



GOLD COUNTRY BRANCH 95

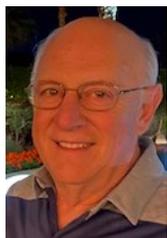
SIR is a non-profit organization whose mission is to enhance the lives of our members through fun activities, luncheons and events while making friends for life.

Bulletin 386

January 2022

Kevin King, Editor

BIG SIR | Jay Muzio



Happy New Year fellow SIR members. I trust that everyone had a happy, healthy and safe holiday season. Thus, we move on into a new year. January is the month for fresh starts, resolutions, goal setting, the post-holiday blues and much more.

Let's look forward to the new year with optimism and hope. Let's try to reset our difficult relationships for the better. Let's nurture and strengthen our relationships with family and friends and let's make new friends, new relationships and new experiences to enrich our lives.

In my younger days I used to make New Year's resolutions. I aimed high with lofty expectations of myself. Now days I aim a little lower and am satisfied with small changes and accomplishments. I am happier this way and, at this stage of my life, I think happiness is more important than accomplishments.

That is not to say that setting goals is not important. This year your board has set some particularly important goals for the growth and well-being of our Branch 95.

- At the top of the list is to **continue to improve communications**. Kevin King has stepped up to the challenge of improving our monthly newsletter. We will be looking for members to step up and contribute to the content of the newsletter through opinion pieces, stories, jokes, puzzles, pictures, etc. Be creative!
- **Create and maintain a Branch 95 website**. Again, Kevin King has taken on this challenge. A functioning and interesting website is not only important for communication with our members but is a valuable tool for recruitment of new members. We will be asking for members to step up to contribute content for the website also.
- **Continue to add sponsored activities to our list of activities available to all our members**. Pat O'Keefe has assumed the responsibility of Activities Chairman. He will assist forming new activity groups, oversee the needs of our activity groups as they are developing and assure the ongoing success of all our activity groups. A menu of fun activities is the foundation upon which SIR was built. Next to fellowship it is the most important recruiting tool that we have.

See **BIG SIR** next page

Gold Country Branch 95 2022 Elected Officers - (PBS) denotes Past Big SIR

Big SIR Jay Muzio 650-302-1902	Little SIR Ken Mahar 650-504-1393	Secretary Terry Starkel 916-817-1524	Assistant Secretary Bob Carlson 916-817-1181	Treasurer Tim Irish (PBS) 916-933-3466	Assistant Treasurer Chad Barrow 209-603-7346
Director at Large Rich Turoff (PBS) 916-934-0176	Director at Large Joe Giacomini (PBS) 916-939-2060	Director at Large Shoji Kumagai 408-472-6102	Director at Large Pat O'Keefe (PBS) 831-809-5830	Director at Large Kevin King (PBS) 916-337-9811	

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- **Increase the number of new members and retain existing members.** With the reopening of activities and the attaining of a new venue to host our monthly luncheon meetings, we can now be proud to offer new members the best SIR experience possible. I charge all existing members to think of friends and acquaintances that would benefit from the SIR experience. I would like to reach a membership of 100 members by the end of 2022.
- **Develop a pipeline of willing and capable volunteers from both new and existing members for critical leadership, committee and activity rolls.** The keys to branch sustainability are active recruitment of new members and development of a pipeline of willing and capable volunteers for critical leadership, committee and activity rolls.

Post-holiday blues is another issue that we should all be aware of. When the holiday decorations are put away for another year, the house seems bare and the feeling there is little to look forward to other than a cold winter can cause sadness. If you are feeling this way prevention is about understanding our seasonal rhythms and working with them, leaning into them and then finding a way to work with them instead of fighting the feelings when they arise. Your SIR fellowship and participation in fun activities is a great elixir for this kind of sadness. Call a friend, go for a walk, commit to serving your community, take time to read a book, watch a movie and pamper your self with things you enjoy. And, if you see someone who seems to be struggling, reach out to them.

I also want to thank all the people that helped to make the holiday party a great success. We have included some photos from the event and will have many more at the January meeting.

Finally, the Board and I would also like to thank all of you who stuck with us through some unusual and trying times in the last year. We commend you all for your commitment to our SIR Branch 95 and count on you to continue to support our branch in any capacity of which you feel capable.

See **BIG SIR** next page

General Meeting

Wednesday, January 12, 2022

Waiver & proof of vaccination required
Lunch \$25 (no increase from 2021!)

CAMERON PARK COUNTRY CLUB

3201 Royal Drive

CAMERON PARK, CA 95682

Social Hour

11:00 - 12:00

General Meeting & Lunch

12:00 ~ 2:00

Menu

Pasta w/ 2 sauces

Meatballs

Grilled veggies

Salad and bread

Beverage station with

iced tea, lemonade

and coffee included



January Birthdays

Bob Bartlett
Bob Davenport
Bill Keane
Bob Mello
Malcolm Ramsay

January Milestone Anniversaries

Bob Woodford - 5 years
Jack May - 10 years
Jerry Nester - 26 years

Happy SIR Anniversary!

Membership

No new members this month
Active membership - 70

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Our next general membership meeting is January 12th, 2022. It will be at the Cameron Park Country Club. The happy hour starts at 11:00am, and the meeting starts at 12:00pm. Please support all the efforts of those who work so hard to provide an enjoyable and worthwhile experience by honoring us with your attendance.

“To every man his chance, to everyman regardless of his birth his shining golden opportunity. To every man the right to live, to work, to be himself & to become whatever his manhood & his vision can combine to make him. This seeker is the promise of America.” ~ Thomas Wolfe

LITTLE SIR | Ken Mahar

The speaker at our luncheon this month will be Lewis Chapman. He transferred to our branch last April from the Walnut Creek SIR branch. Lew was born in May 1950 in Sacramento, CA after his parents moved there from the upper peninsula of Michigan. He is the fourth of five children. He was raised in Sacramento and attended high school and junior college there. He graduated in 1973 with a BS in Biological Sciences from UC Davis. He married his wife, Kitti Rae in 1970 while attending college. Kitti Rae practiced dental hygiene for 20 years and sold real estate for 10 years. They have one daughter, Paula, and two grandsons who live in Northern California.

Lew started his career in the biopharmaceutical industry in 1973 as a sales representative for Ely Lilly in Santa Rosa. After obtaining his MBA, he was transferred to Indianapolis headquarters for a management development program. After ten years at Lilly, he returned to the Bay Area, and has resided in San Ramon, Alamo and Danville. Kitti Rae and he moved to El Dorado Hills in 2018 to be near their daughter and family.

Lew built his career in numerous biotechnology and medical device companies in the Bay Area, - specializing in startups. His job functions were commercially oriented (marketing, sales, new

product planning and business development). Notable achievements included leading the commercial introductions of breakthrough biotech products such as t-PA (clot buster) for heart attack and stroke and Betaseron for MS.

Lew enjoys many activities including, golf, keelboat sailing, snow skiing, fly fishing, mountain biking, bocce ball, cribbage and Mexican train dominoes, among others. Lew and Kitti Rae also enjoy traveling together in their 42' diesel pusher motor home and traveling internationally - highlighted by a four-month worldwide ocean cruise.

The title of Lew's talk is “Living in the Biotechnology Revolution.” Lew spent his entire career working for health care companies, primarily in the BioPharmaceutical industry. Lew finally fully retired in 2018. As Lew will tell you, he witnessed and was fortunate to be a player in the formation of the biotech industry. He was a start-up company aficionado, helping get some very successful companies going, as well as having some spectacular failures! In his talk he will describe how the biotech industry got started and review some of the breakthrough new product introductions he was involved in. It's a fascinating history of DNA and genetic engineering. He has a great story about

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the "Clone or Die" culture which developed at Genentech (the first biotech company). He will address the amazing breakthroughs here today or just around the corner such as gene and cell therapy and mRNA products. He will even offer up three Public Service Announcements which you will not want to miss. Finally, you'll hear about the Nobel Prize winning breakthrough CRISPR of Dr. Jennifer Doudna, an mRNA expert at UC Berkeley, and how, because of SARS-COVID 2, Biotechnology has touched everyone's life. We are all living in the Biotechnology Revolution!

Plan on attending the meeting and enjoy an informative and fun talk.



If you know of any speakers or a topic you think our members would be interested in, please contact Little SIR, Ken Mahar, at 650-504-1393 or KMahar@comcast.net or Big SIR, Jay Muzio, at 650-302-1902 or jaymuzio@gmail.com. To contribute to the newsletter, send your articles to Kevin King at kmking00@gmail.com. The deadline for submissions is two weeks prior to our monthly meeting date.

HOLIDAY PARTY RECAP | Jay Muzio, Big SIR

The holiday party was a great kick-off to the holiday season. What fun it was to greet each other for socializing, drinks, dinner, and many door prizes. Sixty-four people attended and the Cameron Park Country Club was festive and roomy enough to allow for much mingling.

Retiring Big Sir Kevin King was recognized by incoming Big Sir Jay Muzio for his dedication and service for the last two difficult years. Thanks to the many hands that went into the planning and execution of this event, making it a special evening for all.



Members had the opportunity to go home with a fabulous door prize - some of which were donated by our members



L to r: Bill Willman; Oli & Mary Bohlman; Glenda Willman; Pauline & Bob Carlson (incidentally, Bob was also celebrating his 80th birthday)



Cameron Park Country Club was fully decked out for the occasion.

SUNSHINE | John Ninan, Chaplin

916-941-9479



If you become aware of a SIR member who is ill, please let me know by email at ocninan@yahoo.com or by phone 916-941-9479 so that our SIR members can be informed. Our intent is to remain in contact with a sick SIR member to offer support and encouragement during their illness.

BRANCH HAPPENINGS / SIR COMINGS & GOINGS | Kevin King (PBS)

916-337-9811

As we flip the calendar to a new year, there's reason to be optimistic going into 2022. Yes, we're still facing a water shortage with potentially stricter restrictions still ahead of us and we're just a few weeks into the latest COVID variant with potentially more variants to come, but as a branch we came out of 2021 in pretty good shape and the outlook is bright. For one, we remain a viable branch and have even seen some membership growth with a net membership increase of two during the year. More importantly, our members avoided any serious COVID-related illnesses since the beginning of the pandemic. 96% of our members have signed the waiver and provided proof of vaccination (80% for spouses and significant others). This allows them to participate in all branch activities and events and, importantly, gives reassurance to the rest of us that it's reasonably safe for us to be together.

A new BEC will be taking over with a few new faces and a few new ideas. They've set a reasonable and achievable set of goals for 2022. State SIR's theme this year is "The Year of the Branches". Let's all do our part to ensure it's our best year yet. Doing so will set the stage for many more years to come.

As I'm sure you've noticed by now, our newsletter has undergone a total redesign - the first in the past 12 years of archived newsletters I've found, possibly since the incorporation of our Branch 40+ years ago. Members were surveyed as to what they wanted in their newsletter. Your input and some creative license on a few individuals' part is what you see. Let me know what you think and if there are any other improvements and/or features you'd like to see in future newsletters.

GET TO KNOW YOUR FELLOW SIR

Match the SIR with his little

known fact: (answers on page 8)

- | | |
|------------------|---|
| 1) Hugh Thompson | a) I lived in the same house in San Jose for 53 years |
| 2) Don Nicholson | b) My hobby for many years was performing magic |
| 3) Bob Davenport | c) Years after the Vietnam war, I overheard a barbershop conversation that led to reuniting with a soldier I was walking behind when the soldier tripped a booby trap that wounded both of us |
| 4) John Guisto | d) After grade school, I considered entering the seminary |
| 5) Lew Chapman | e) As a kid, I picked tobacco worms from tobacco plants for 25 cents a can |
| 6) Terry Starkel | f) One of my favorite adventures was skydiving |
| 7) Kevin King | g) I took infrared photos of a burning oil tanker from a hovering helicopter as part of an oil burning study |
| 8) Bob Burdt | h) I became a character in Martin Cruz Smith's book "Red Square" |
| 9) George Alboff | i) I was in the movie "Milk Money" with Melanie Griffith and Ed Harris |
| 10) Ray Guenther | j) You may find me anchored in McCovey Cove with a beer waiting for home runs |

BRANCH 95 GOLF | Terry Starkel, Golf Chairman

916-817-1524



We will see some changes in the SIR 95 golf program this year. By the time this newsletter gets to you, you will have received two different copies of the 2022 SIR 95 golf schedule. One schedule is the monthly schedule that shows the courses and times to check in. The other schedule shows the course we will play and when the first tee is scheduled. I hope you have printed these out so that you have them available throughout the year.

You will have noticed that we have gone back to playing a variety of courses on the fourth Tuesday of the month. We also have some changes in the leadership of our golf group. I will be running the first Tuesday of the month, which is at Empire Ranch. Lew Chapman will be running the golf program on the second Tuesday of the month at Mather. Dan Cockcroft will be running the third Tuesday of the month at Wildhawk. I will also do the fourth Tuesday, which will be held at a number

of different courses in the area. Thank you to these individuals that have stepped up to help with the weekly tournaments. We will also need to sign up earlier for each round of golf than we have in the past. Because of the increased interest in playing golf at the courses, and that many courses want people to sign up on line, we will need to send in our number of groups at least eight days in advance for most courses. At a couple of the courses, it will be fourteen days in advance. Please keep this in mind as you receive notices to sign up for golf in 2022.

Thank you to all of the golfers that participate in SIR 95 golf and those that step up and help as needed. We currently have 42 golfers that are a part of SIR 95 golf. I know that some of you are not able to get out as often as you would like and I hope to see you participate as you can. I am looking forward to a better new year in 2022.

SAND TRAPS

Terry Starkel, Golf Chairman
916-817-1524

Golf Director (Mather)
Lew Chapman 510-912-5658

Golf Director (Wildhawk)
Dan Cockcroft 408-781-0714

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**SIR Branch 95 Results
2021 Tournaments**

November 2nd - Empire Ranch
1st place: Bob Carlson
2nd place: John Ashley
3rd place: Tim Irish
4th place: Don Nicholson
Closest to the pin: Don Nicholson

November 9th - Mather
Cancelled due to weather

November 16th - Wildhawk
1st place: Shoji Kumagai
2nd place: Peter Apel
3rd place: Chad Barrow
Closest to the pin: Tim Irish

December 7th - Empire Ranch
1st place: Terry Privott
2nd place: Mel Hallett
3rd place: Bill Drummond
Closest to the pin: Terry Privott

December 14th - Mather
Cancelled due to weather

SIR Websites

Branch 95: *Currently under construction*
State SIR: www.sirinc.org
State SIR Marketing: WeAreSIR.com
SIR Happenings (State SIR newsletters):
www.sirinc.org/newsletters

State SIR Officials

State President Richard Kindle 209-652-8608	Region 1 Director Hugh Thompson 916-276-5117	Area 4 Governor Jack Reefer 916-531-2551
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BOCCE | Dan Cockcroft (PBS)

408-781-0714



Signori Novanta Cinque

Play is open to SIR members, their spouses or significant others and invited guests considering joining SIR. We currently play at Promontory Park in El Dorado Hills on the 1st and 3rd Thursdays of the

month. If you're interested in playing or just want to check it out, please contact me at cockcroftdaniel@gmail.com so I can get you on my mailing list. I email a signup sheet to those who have expressed an interest about a week in advance of each play date. It's open play but I do ask that you sign up in advance so I can ensure we have enough equipment. I hope to see you out there.

PICKLEBALL | Dan Cockcroft (PBS)

408-781-0714

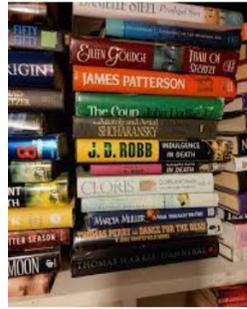
Drop-in play on local courts where branch members often play. Call ahead for hours and fees.

- El Dorado Hills Community Services District Gym
- Cameron Park Lake Tennis Courts
- Cameron Park Community Services District Gym
- Andy Morin Sports Complex (Folsom)
- Lembi Park (Folsom)



BOOK EXCHANGE | Lew Chapman

510-912-5658



This month, we are starting a book exchange. In the spirit of what SIR is all about, especially as we age, we know reading is good for you because it improves your focus, memory, e m p a t h y and communication skills.

It's simple, find a dusty volume or two (or as many as you would like which you don't want to keep anymore). If you think someone else might enjoy it, bring it to the beginning of the luncheon. I will lay them out in some sort of order. Peruse the collection over the social hour and take what you would like. Either bring it back to be exchanged again at a future luncheon, or add it to your permanent collection. No library cards, no overdue dates, no late-fees.

You know what they say about reading: "Reading is to the mind, what exercise is to the body." Or is it, "A reader lives a thousand lives before he dies." Or, "There is more treasure in books than all the



If you'd like to suggest a new branch activity, contact Activity Chairman, Pat O'Keefe, at 831-809-5830 or patokeefe43@gmail.com.

WINE TASTING | Jay Muzio, Big SIR

650-302-1902



Our first SIR Wine Tasting was a vinified success. Two houses + 16 people + eight Pinot Noirs = a fun evening of SIR socializing. You still have an opportunity to sign up for our next event in January.

November 18th was the first meeting of the SIR wine tasting group. Pinot Noirs graced the table and the 16 attendees decided on their favorites. Then, everyone sat down to a luscious dinner featuring contributions from all. It must have been fun because everyone stayed up past their bedtimes and didn't conclude until 11 PM.

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WINE TASTING continued from previous page

Pinot Noir Tasting
November, 2021
Irene & Jay Muzio, Hosts

Guests:
Lewis & Kitti Chapman
Curtis & Gaye Johnson
Ed & Joanne Rice

Branch 95 inaugural wine tasting event. House 1 of 2



Pinot Noir Tasting
November, 2021
Maureen & Jim Canty, Hosts

Guests:
Hugh & Faye Thompson
Kevin & Marsha King
George & Micki Alboff

Branch 95 inaugural wine tasting event. House 2 of 2

The next wine tasting will be Thursday, January 20th (third Thursday of the month). The featured wine will be California chardonnay. Sign-ups are due by January 6th. If you have not already joined the group and would like to do so, contact Jay Muzio at jaymuzio@gmail.com.

ON THE LIGHTER SIDE | Terry Wild

Here's something to think about...I recently picked a new primary care doctor. After two visits and exhaustive lab tests, he said I was doing 'fairly well' for my age.

I had just turned "late seventy-ish" and being a little concerned about his comment, I couldn't resist asking him, 'Do you think I'll live to be 80?'

He asked, 'Do you smoke tobacco, or drink beer, wine or hard liquor?'

'Oh no,' I replied. 'I'm not doing drugs, either!'

Then he asked, 'Do you eat rib-eye steaks and barbecued ribs?'

'I said, 'Not much... my former doctor said that all red meat is very unhealthy!'

'Do you spend a lot of time in the sun, like playing golf, boating, sailing, hiking, or bicycling?'

'No, I don't,' I said.

He asked, 'Do you gamble, drive fast cars, or have a lots of sex?'

'No,' I said...

He looked at me and said, 'Then, why do you even care?'

Answers to Get to Know Your Fellow SIR on page 5: 1-g; 2-e; 3-i; 4-a; 5-j; 6-b; 7-d; 8-f; 9-h; 10-c

Member Attendance

To maintain membership, a member is required to attend one-half of the regular Branch monthly luncheon meetings within the previous twelve consecutive month period, unless the Branch BEC has approved different attendance requirements (Policy 25; Bylaw 18).

SIR Non-Responsibility Clause

All activities arranged for, or by, or sponsored by SIR'S Inc. and its branches, are for the convenience and pleasure of the members and their guests who desire to participate. SIR'S Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or their property in matters pertaining to said events or activities.