



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

The Pony Express Branch #69
April - 2023 Edition

John Popadak, Editor

ALAN'S BS STUFF



Gentlemen! The weather is FINALLY turning for the better. It has been a long, rough (for Sacramento) winter. How soon will we be complaining it is too hot? Sooner than we can believe. There was a warning that, due to all of the water, this year will be a bonus year for mosquitoes

- and authorities expect a big uptick in cases of the West Nile Virus. So be sure to wear long-sleeved shirts *especially* around dawn and dusk.

As bowling wraps up another season, be sure to consider participating in other SIR activities: Ping pong, Cribbage, pickle ball and SOON TO COME Bocce. Bocce is a great game and my wife, Michele, is quite the bocce player and is looking forward to it when it starts up. If you missed, we had a great SIR dinner at Vince's Italian restaurant in West Sacramento. April will be at Logan's Road House on Truxel just north of the freeway. Consider coming ... and bring along your spouse or significant other. We always have a nice evening of dinner and banter. THIS is what SIR is all about - keeping active. It is SO important as we age that we find ways to keep us alert and healthy.

Bowlers: visit the State SIR bowling page at <http://www.sirinc3.org/sirBowling/index.html> and consider participating in a tournament. They are lots of fun and, because they are handicap based, ALL skill levels have a shot at doing well. You just need to have a "good day" and bowl above your average!

Golfers: As the courses dry out, I am certain you will all be happy to hit the links. It has been a rough time lately. Good to see the weather improving.

AND, as always gentlemen, invite a friend to attend lunch. As guys we simply do not have the same social network that our wives have. SIR is a good place to make friends and enjoy some activities.

See you all at the April luncheon!

Alan Weinel, Big SIR

CONNOR'S LUCK OF THE IRISH



Connor Chin has one quarter of the calendar year in the books as your 2023 Little SIR. We have several exciting and interesting speakers to come, plus work on the June Summer Picnic and the year-ending Christmas Party.

The month of April brings us: The March Madness NCAA Basketball Tournament Championship, The Masters Golf Tournament, Easter Sunday, and the MLB Regular Season has started.

Gregg Fishman (Ward 3 Board of Directors) and Brittany Woodard of SMUD Community Relations were the guest speakers for the March 9th Luncheon. There was excellent information on billing rates, sources of generation of power, and the SMUD Museum of Science and Curiosity in Old Sacramento.

The guest speaker for the April 13th Luncheon is Dirk Verdoorn, KCRA Channel 3 and MY 58 Weather Reporter. His presentation will be on the 2023 never ending Winter Season and what to expect in future months.



Looking ahead, I promise to do my level best for the Branch in 2023. See you all at the April 13th Luncheon.

Connor Chin, Little SIR

April Birthdays

Fred Gordon	04/04
Paul Sickert	04/05
Terry Block	04/07
Dennis Kramer	04/10
Carl Hefner	04/17
Alan Weinel	04/19
Thomas "Train" Walton	04/21
Jim Oblizalo	04/23
Russell Prophet	04/23
Mark Machado	04/28



April Anniversaries

Eddie & Mattie Caviel	04/01	
Steve & Ede Brandenburg	04/02	57 Years
Warren & Jewel Senegal	04/03	68 Years
Bob & Linda Clanton	04/06	
Bill & Wanda Rhoe	04/09	
Bob & Ruth Dant	04/15	
Amnon & Helyne Igra	04/17	
Dr. Paul & Linda Parsons	04/17	52 Years
Gary & Sue Lukins	04/21	
Steve & Leslie Goodman	04/27	



RECRUITING AND PUBLICITY



WE NEED YOU!

My article last month announced that our branch is now an official partner with Mission Oaks Park and Recreation District (MORPD). The primary benefit to this union is that we will have a small announcement about our branch activities in the MORPD magazine. This publication comes out twice a year with around 30,000 copies of each issue. This is a lot of potential eyeballs to notice Branch 69 and our activities! The spring issue of the MORPD publication came out early in March and included our ad. We have already had an inquiry from an interested gentleman about our branch because of this ad.

I also noted in my last article that we will have certain obligations on our part as partners with MORPD. We will have to show that we use the Park District facilities, especially Swanston Park, for some of our branch activities. The main areas here will be table tennis, the walking group, and possibly pickle ball. I have already talked with PBS Mark Steffens about scheduling a walking group outing at Swanston Park's new perimeter walking path. The next step as MORPD partners is to post full-size Branch 69 flyers on the bulletin boards at one or more of the MORPD facilities.

We are continuing our efforts to place our advertising posters in the local golf courses. This work has been done primarily by our Golf Committee chair, Rick Hom. Many of the courses seem very willing to let us display our posters.

Keep working on your buddies who might be interested in our various activities. Each Branch 69 member should give some thought to friends, golfing and bowling buddies who might have an interest in our branch. We know how much fun our golf and bowling programs are, not to mention new activities, such as dinner outings, walking group and card playing—we have to share this information with prospective members.

I'm looking forward to seeing all of you at the next luncheon. We're off to a great start for 2023; let's continue to have a great year.

**Tom Page Recruiting & Publicity
Director**



LAST MONTH'S SPEAKERS



LS Connor Chin (center) presents Brittany Woodward and Gregg Fishman, from SMUD, with a bottle of wine in appreciation for their informative presentation at the March meeting.

FOOD MENU

For April 13 Meeting

Dante House Salad,

Rice Pilaf,

Grilled Teriyaki Chicken
Thighs,

Seasonal Vegetables,

Dinner Rolls with Sweet Butter



The More You Know

Catalytic Converter Economics

The police blotters in newspapers often report thefts of catalytic converters (CC). These devices, part of cars' exhaust systems, convert noxious exhaust fumes into non-toxic gasses. Thieves find CCs attractive targets because they are valuable (\$800-\$3,500, new) and easy to steal (a practiced thief with an electric saw can remove a CC from a car in 30 seconds!). Between 2018 and 2020, reported CC thefts increased 11-fold, while an estimated 60% of them go unreported.

The heart of a CC is a ceramic honeycomb containing three precious metals that catalyze the chemical reactions: platinum, palladium, and rhodium. In the last three years the cost of palladium has increased 3-fold to \$3,000/ounce and the cost of rhodium has increased 10-fold to a lofty \$30,000/ounce. The primary reason for these cost increases is the shortage of supply. Palladium and rhodium are biproducts of platinum mining and mines have cut back operations due to the excess of platinum in the marketplace.

At the same time, demand for these metals is increasing. The catalytic converter market is growing about 8% per year globally. Most stolen CCs are broken open to retrieve the ceramic honeycomb inside, and an illegal smelter retrieves the precious metals from the honeycomb. At current prices, the value of the metals retrieved from a single CC range from \$600 to \$1,400.

D'oh!



"He used to be indecisive, but now he's not so certain." - *Peter Alliss*

"I owe a lot to my parents, especially my mother and my father." - *Greg Norman*

GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

- April 6 - Morgan Creek - Stroke Play - \$55/Incl Cart
- May 4 - Lincoln Hills - Orchard - Stroke Play - \$55/Incl Cart
- May 18 - Teal Bend - Stroke Play - \$57/Incl Cart
- May 25 - Wildhorse - 2 Man Shamble - \$54/Incl Cart

MARCH RESULTS

Cherry Island (3/2) - 3/4 Person Scramble

- 1st Place Team: Jerry Buhlert, Rod Lukins, Bill Mullen, and Dan Nelson
- 2nd Place Team: Terry Block, Bob Clanton, Tom Knoble, and Mark Machado
- 3rd Place Team: Jack Osborne, Fred Smith, and Rick Hom

CTPs: Jerry Buhlert, Mark Machado, Terry Block, Jack Osborne, and Bob Clanton

Diamond Oaks (3/16) - Stroke Play

CANCELLED due to weather-related course conditions

UPCOMING TOURNAMENTS

- April 10 - Antelope Greens - Stroke Play - \$27
- April 24 - Bing Maloney—Stroke Play - \$35
- May 9 (Tuesday) - River Oaks - Stroke Play - \$51/Incl Cart
- May 22 - Ancil Hoffman - 4-Person One Best Ball - \$36

MARCH RESULTS

Bartley Cavanaugh (3/6) - Stroke Play

- Flight A - Pat Quinn - Low Net
- Flight B - Terry Block - 1st Low Net
- Flight B - Tom Page - 2nd Low Net
- Flight C - John Popadak - Low Net

Allister Mackenzie (3/20) - 4 Man Shamble, 2 Best Ball

We had 14 brave souls play on March 20, though it was a beautiful day, it was cart path only, meaning we walked a lot.

1st Place Team: Jerry Buhlert, Terry Block, Dan Nelson, and Ty Espinoza (guest)

2nd Place Team: Mark Machado, Dan Calcagno, and Alex Canada





BOWLING NEWS

Our Wednesday league bowling continues to move along, still with very close competition at the top of the standings. Right now, the Ballbarians (Roland Rodriguez, Bernie Moreno, Floyd Scott and captain Jim Smallings) have moved out to a nice lead for the second half of the season. We have a few weeks of the regular season, so a couple teams are hoping for a strong finish to catch the Ballbarians.

Some recent great scores of note: Frank Adams and Allen Riker rolled strong handicap series of 718 and 717 recently. Almost every week has several bowlers recording high scores.

Our league bowling is held every Wednesday at 11:00am at Country Club Lanes, the corner of Watt & El Camino. Spectators are always welcome—who knows, you might even get an urge to join in on the fun.

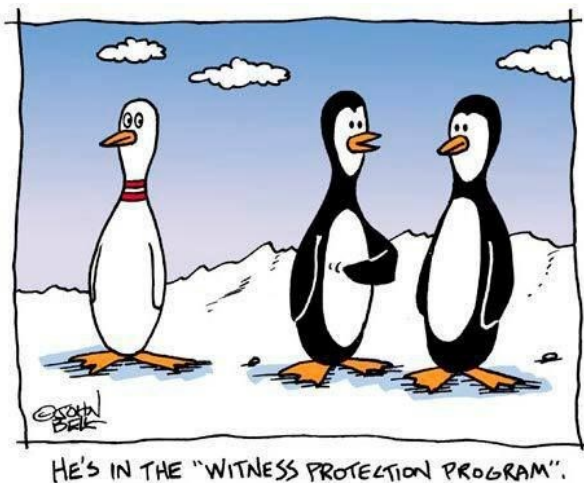
Other bowling information:

If you want to practice bowl anytime **during the weekdays** (not evenings or weekends), identify yourself as a SIR league bowler at the front desk at Country Club Lanes and you can bowl for \$.25/game. Also, if you still have some of those old free bowling coupons from making splits, Country Club Lanes will continue to honor them during the weekdays.

See you soon at Country Club Lanes.

Stay safe and stay healthy,

Tom Page, League Secretary



DOING MY PART



BS Alan Weinel (far right) presents Connor Chin, Hal Copperberg, and Todd Davis with an "I'm Doing My Part" pin for their work in ensuring a successful State SIR bowling tournament in February.



A man walks into a bar and orders a drink. The bartender gives the man his drink and the man asks, "If I show you something crazy, would you let me have free drinks for the rest of the night?"

The bartender thinks for a minute and then says, "It would have to be something spectacular to take that offer." The man leans down and picks up a box and sets it on the bar. He opens the box and inside is a small piano man, who is only 1 foot tall, and a little piano. The piano man starts playing classical music like Beethoven and Chopin. Once he finishes, the bartender is in utter disbelief. He tells the man, "You can have free drinks for the rest of the night, but only if you tell where you got this."

The man says, "In the alleyway behind your bar, there is a Genie who is granting free wishes to everyone who wants them." Elated, the bartender heads behind his bar to see if it was true. A few minutes pass and out of the alleyway erupts a cacophony of quacking. The bartender rushes back into the bar and shuts his door against a wave of thousands of ducks. He manages to secure the door and says to the man, "I think that the Genie is hard of hearing because after I asked for a million bucks, these ducks appeared by the thousands."

The man chuckles and says, "Did you really think I wished for a 12-inch pianist?"

BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

On March 5th the ten members who attended theater night at the Wells Fargo Pavilion were treated to a delicious table full of amazing Hors oeuvres and then to a fantastic presentation of wait until WAIT UNTIL DARK

Also on March 21st, 22 members enjoyed a superb evening together at Vince's Restaurant and Bar in West Sacramento. The evening was extraordinary even with all the rain and wind.

Dine-Out: NEXT DINE-OUT at Logan Steakhouse, on April 25th at 6:00 PM at 3698 N Freeway Blvd, Sacramento, Ca 95834. For menu information: <https://logansroadhouse.com/>. Enjoy time with your SIR buddies, bring a guest & make a new friend!

For more information & RSVP, PBS Mark Steffens, call or text (916) 214-8650 or steffens.mark@gmail.com



Mark Steffens, Activities Chairman
(916) 214-8650 /
steffens.mark@outlook.com



PING PONG



Ping pong is available at these two local places - a couple of SIRs69 members are already active at both locations.

Swanston Park, 2350 Northrop Ave, Sac, has ping pong on M+W+F from 11:00am-1:00pm. Suggested donation is \$2/day. There is a decent paddle available at Swanston for people who don't have their own gear.

Gibbons Park, 4701 Gibbons Dr, Carmichael, has ping pong on W+F from 3pm-6pm. The Gibbons Park club asks players to join the club for \$25/year, but a visitor can play for free the first time to see how it feels.



Bob Schrumph, Ping Ball Chairman



BRANCH ACTIVITIES

CONTINUED



WINE TASTING

The wine tasting that had been scheduled for Saturday April 15th at 11:00 am at the Bella Grace Tasting room, will be rescheduled. Unfortunately, we did not have enough people sign up. We will try again at a later date to-be-announced.

The Bella Grace Tasting room is located at 73 Main Street in Sutter Creek, a group of 10 will taste 4 different wines with food pairings. The pairings are small bites.

There will be no charge for this event.

The Bella Grace tasting room is in the heart of Sutter Creek's downtown area and will take about an hour to get there, carpooling will be encouraged.

Those who are interested, should contact **Dennis Kramer** at either (530)-312-3896, or wischixen1@aol.com

Dennis Kramer, Wine Tasting Chairman



CARD CLUB

We will be playing cards on Wednesday, the 5th, and Wednesday, the 19th, at 2:00 pm at the country Club Bowling Alley in the month of April.

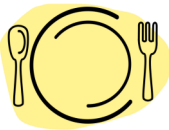
We started playing for dollars (everyone put \$5.00 into the pot at the beginning of play) We play 3 games of cribbage each against the other competition and the winners are determined by the people who wins the most games out of the 3 games. ON March 15th the winners were:

1. Dan Nelson
2. Ron Peters
3. Tod Davis

If you have suggestions for more and different games to play besides cribbage, please let me know and we will try to accommodate your request. If you make suggestions, please know that in order to make it work, you need to have some ideas that will help us implement the new card games.

Thanks, and hope to see you there.

Dan Nelson, Cards Chairman



DINE OUT

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PICKLEBALL

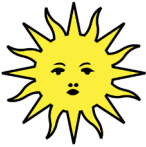


There will be no pickleball in April unless someone else wishes to organize an event.



Terry Block, Pickleball Chairman





SUNSHINE



PRAYERS GO OUT TO THE FOLLOWING:

PBS Wayne Plauster passed away on March 8.

If you know of any of our members or immediate family with health problems give me a call at (916) 206-2732, or call Big SIR Alan Weinel.

**Lieutenant Coopwood,
Sunshine Chairman
ltcoopjr@gmail.com**



REMEMBER WHEN?



My correct email address is: alan_weinel@att.net.

Please send roster corrections to Alan's personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction". Don't forget to update your rosters with new members.

Alan Weinel, Roster Chairman



2023 Officers		
BIG SIR	ALAN WEINEL	(209) 843-1804
LITTLE SIR	CONNOR CHIN	(916) 601-1854
SECRETARY	BERNIE MORENO	(209) 245-6313
ASST SECRETARY	LIEUTENANT COOPWOOD	(916) 206-2732
TREASURER	HAL COPPERBERG	(916) 722-2606
ASST TREASURER	BOB SANCHEZ	(916) 996-7342
Directors		
PBS MARK STEFFENS	(916) 214-8650	JOHN POPADAK (916) 662-0695
JIM OBLIZALO	(916) 747-8172	RON PETERS (916) 847-7196
PBS TED PATTERSON	(916) 607-3050	PBS PAUL SICKERT (916) 396-6230
State Officers		
STATE PRESIDENT:	DAVE GONZALES	
AREA 4 REPRESENTATIVE:	JACK REEFER	
Recruitment, Activities, Member Relations & Publicity (RAMP)		
RECRUITING/PUBLICITY/BIO	PBS TOM PAGE	(916) 488-6465
ACTIVITIES	PBS MARK STEFFENS	(916) 214-8650
MEMBERSHIP	JOHN POPADAK	(916) 662-0695
Committee Chairs		
Programs	Connor Chin	(916) 601-1854
Newsletter	John Popadak	(916) 662-0695
Chaplain	Lieutenant Coopwood	(916) 206-2732
Roster	Alan Weinel	(209) 843-1804
NCGA Ambas	VACANT	
Audit	George Langford	(650) 823-5493
Nominating	PBS Mark Steffens	(916) 214-8650
Attendance	Mark Kraut	(916) 929-3494
Orientation	Steve Goodman	(916) 521-6546
Information	John Popadak	(916) 662-0695
Sunshine	Lieutenant Coopwood	(916) 206-2732
Web Site	Ross Martin	(916) 427-0559
Book Club	Steve Brandenburger	(916) 765-0585
RAMP	PBS Jerry Schroeder	(916) 801-2530
Activities	PBS Mark Steffens	(916) 214-8650
Honored Members		
<u>HONORARY LIFE MEMBERS</u>		
PBS RON HUTCHESON		
PBS TOM PAGE		
PBS JIM PORTERFIELD		
PRD WARREN SENEGAL		
PBS LENNIE SILVA		
<u>DISTINGUISHED SERVICE AWARDS</u>		
PBS PAT QUINN		
<u>SENIOR CERTIFICATES</u>		
PBS WARREN SENEGAL		
SIR KEN TOWNS		
SIR VERNON FREEMAN		
SIR HEMAN SMITH		
SIR LLOYD PLANK		
SIR CHARLES DANT		
<u>SPECIFIC ACTIVITIES CHAIRMEN</u>		
Golf (RC)	Rick Hom	(916) 395-7433
Golf (PGC)	Terry Block	(916) 686-0797
Bowling	PBS Tom Page	(916) 488-6465
Bocci Ball	Bob Schrupf	(916) 897-7114
Cards	Dan Nelson	(916) 895-5673
Dine-Out	PBS Mark Steffens	(916) 214-8650
Investmnt Gp	Joe Cain	(916) 219-3709
Pickleball	Terry Block	(916) 686-0797
Picnic	PBS Jerry Schroeder	(916) 801-2530
Ping Pong	Bob Schrupf	(916) 897-7114
River Cats	Dennis Kramer	(530) 312-3896
Walking	VACANT	
Wine Tasting	Dennis Kramer	(530) 312-3896
Branch Aprnl https://sirinc.org/apparel-and-signage		

Check out the State SIR newsletter "Happenings" for information about statewide SIR activities and other branches by clicking on the Rooster at the right.

NON-RESPONSIBILITY DECLARATION: ALL ACTIVITIES arranged or sponsored by Sons In Retirement, Inc. and its branches are for the convenience and pleasure of its members and their guests who desire to participate. Sons In Retirement Inc. and its branches do not assume any responsibility for the well-being or safety of the participants or their property in matters pertaining in to said activities.

Checks, money orders or credit cards for Travel for one day or less (no overnight), where a bus/busses is/are used as the primary means of transportation, may be made payable to the Branch sponsoring the event. All other checks, money orders or credit cards for travel must be made payable to the travel agency. (Rule 420 & 421).

Members are obligated to attend all regular luncheon meetings unless prevented by illness or absence from the Branch locale. (Rule 60). **REQUIRED ATTENDANCE** - A member who misses three (3) consecutive luncheon meetings without having been excused by contacting the designated Branch Attendance person prior to the meeting date, and giving a valid reason, or did not attend one half of the regular luncheon meetings within the previous twelve consecutive month period. may be notified, by letter, of the pending termination of his membership in SIR. (Rule 60, 100 & 107).



TREASURER'S REPORTS



HOW ARE WE DOING?

3/25/2023

INCOME	<u>ACTUAL</u>	<u>BUDGET</u>	<u>DIFF</u>
Annual Dues	\$2,700	\$3,200	\$ -500
Special Activities*	\$ 0	\$ 650	\$ -650
Other	\$ 515	\$ 0	\$ 515
TOTAL INCOME	\$3,215	\$3,850	\$ -365
EXPENSES			
Printing & Postage	\$ 246	\$ 325	\$ 79
Officers' Expenses	\$ 0	\$ 25	\$ 25
Guest Expenses	\$ 125	\$ 300	\$ 175
State Assessment	\$ 254	\$1,050	\$ 796
Special Activities*	\$ 0	\$ 650	\$ 650
Other, Recruitment	\$ 0	\$ 50	\$ 50
Other, Misc.	\$ 378	\$ 750	\$ 372
TOTAL EXPENSES	\$ 1,003	\$3,150	\$ 2,147

*Special Activities = Day in Park & Holiday Luncheon

CASH BALANCE AT END OF 2022	\$ 3,809
CURRENT CASH BALANCE	\$ 5,912
PROJECTED YEAR END CASH BALANCE	\$ 4,509
PROJECTED 2023 YEAR END MEMBERSHIP	135
PROJECTED CASH BALANCE PER MEMBER	\$ 33

Hal Copperberg, Treasurer

TREASURER'S REPORT - MARCH, 2023

03/25/2023

Cash Balance 1/1/2023 = \$3,809

	<u>MARCH</u>	<u>YTD</u>
Beginning Cash Balance	\$5,955	N/A
Contributions	\$ 215	\$ 3,215
Expenses	\$ 258	\$ 1,111
Ending Cash Balance	\$5,912	N/A
<u>MEMBERSHIP</u>		
Membership, Gain/Loss	0/0	132

2023 ROSTER REPAIRS

SIR Branch 69 Picnic

SAVE THE DATE!

Wednesday, June 21

10AM-2PM Carmichael Park

\$12 per person, \$5 per child 12 and under

Pay Jerry Schroeder at the May or June Luncheon



GAMES

Pitching Contest
Horseshoes
Bocce Ball
Cards
Trivia

FOOD

BBQ Tri-tip and Chicken
Baked Beans
Salads
Watermelon

PRIZES FOR ALL

Prizes are re-gifts that you bring from home. Look around, find those things that you will never use and bring them to be prizes. Give to Little Sir at May and June lunch.

