



THE MAIL POUCH



The Pony Express Branch #69
April — 2021 Edition



John Popadak, Editor



Sickert Says

As I write this it is the first day of Spring, the sun is shining, movie theaters are opening, restaurants are allowing indoor dining again, and there is even talk of bowling. I am hopeful that these signs of normalcy in the community are a prelude to the reopening and return to normalcy for the branch.

In this spirit, in an effort to help branches “retool to reopen,” State SIR is offering special “State Sir Activity Seminars” to share experiences and expertise in organizing activities and games using ZOOM. These are how-to seminars, two hours each provided over four days. A certified personal trainer will conduct a workshop on exercise for seniors, a wine connoisseur will teach wine tasting, and a noted author will talk about how to conduct a book club. There will also be training on several card games as well as mah-jongg and Mexican Train dominoes.

The seminars are being presented in March and April. You should have received a notice as to the dates, times, and ZOOM address for March seminars from the Branch. When the dates, times, and ZOOM address for the April seminars becomes available we will also forward that information to you as well.

Stay healthy. Thank you.

Paul Sickert, Big Sir



Mark's Talk

Absolutely Amazing! I'm sorry if you missed last month's presentation from Alan Baker who spoke on AARP FRAUD WATCH! Alan spoke about internet security and what we can do that will keep us and our family safe. You can see him in a TV interview on this topic at:

https://www.youtube.com/watch?v=S4rn8Z_afB4

Our speaker schedule for April 8th, is Past BS Michael Barrington. He has recently published an historical novel (LET THE PEACOCK SING) that he will be discussing with us! "Let the Peacock Sing" (2020) is an historical novel set against the backdrop of the French Resistance during World War II. As the owner and President of MJB Consultants, he flies all over the world monitoring and evaluating humanitarian projects and has worked in more than 30 countries. He is completely fluent in several languages, is an avid golfer, and academically considers himself to be over-engineered having three Masters' Degrees and a Ph.D. On his bucket list is to pilot a helicopter, become fluent in Arabic and spend a week's retreat at Tamanrasset in the Sahara desert. Michael is an experienced public speaker with thirty years of experience. **DON'T MISS OUT!**

District Vaccine Assistant Team Coordinator for our club. I asked each caller to contact each of you to complete the survey to provide statistical information as requested by the Big Sir. The results from our Club the following: *Option 1. <29>I have received my 1st dose or have an appointment. Option 2. <3>I have problems making an appointment and need help. Option 3. <0> I have signed up but am not yet scheduled. Option 4. <3> I do not plan to get vaccinated for COVID-19. Option 5. <64>I have had both doses or have an appointment for the 2nd. Option 6. <3>I am under age 65 or otherwise have to wait.*

PLEASE CONTACT ME IF WE HAVEN'T GOT YOUR RESPONSES!

May 13th speaker Saige White from Cosumnes River Preserve: The Cosumnes River Preserve encompasses and protects thousands of acres of wetlands and adjacent uplands. These lands, once considered insect

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Your SIR Branch is looking for a new Secretary, Assistant Secretary, and Membership Chairman for next year, as well as directors. It is imperative that we fill these positions. Without a Secretary, we may not be able to operate as a SIR branch anymore. If you are interested in helping out your fellow SIRs, contact:

Ron Hutcheson at rhutches@surewest.com or
John Popadak at johnpopadak@comcast.net.

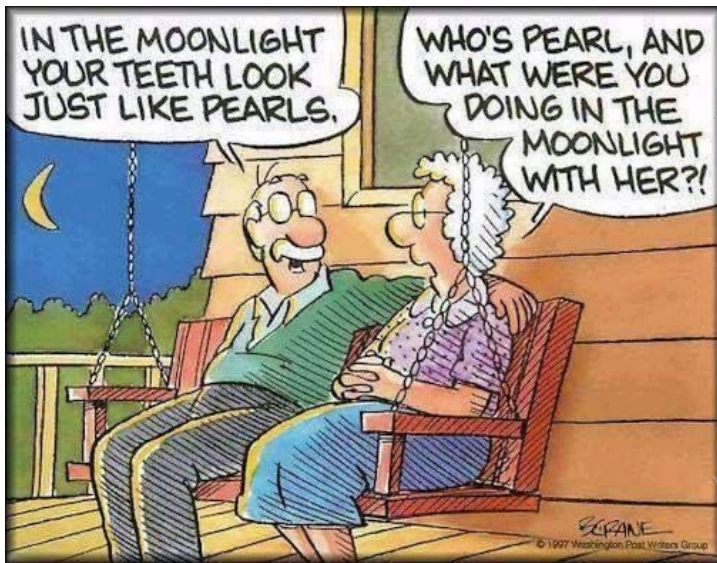
Mark's Talk

(Continued from Page 1)

ridden, unattractive, and even dangerous, today are recognized as beautiful places with important roles in local and global ecology. Both the River Walk Trail and Wetlands Walk Trail that are easily accessed from the trailhead just north of the Visitor Center. Check out the videos on [Youtube channel!](#)

Finally, check out SIR Apparel and Signage ([Apparel and Signage – SIR \(sirinc.org\)](#)) you will be amazed on what is Available to our members. The Pro-Shop Website can take individual orders.

Mark Steffens, Little Sir



2021 SIRS Branch 69 Roster

The 2021 Roster is here and ready for distribution.

Please send your \$20.00 voluntary contribution (check made payable to SIR Branch 69) to our branch Treasurer, Hal Copperberg at his home address: **8015 Garry Oak Drive, Citrus Heights, CA 95610** and he will mail your roster to you. The contribution for 2021 is reduced by \$5.00 due to reduced expenses. Call it a COVID bonus!

Your \$20.00 voluntary contribution is critical for the branch. Among other things, it goes towards publishing of the branch roster and newsletter as well as to pay for obligations including mandated State SIR dues for each member, the Ladies Day Luncheon and Sirs Day in the Park events, appreciation gifts to our speakers and various office supplies consumed during the year. Remember, the Branch provides the umbrella under which our Golf and Bowling programs operate:

No Branch, No Activities. Your help towards branch expenses is appreciated.

April Birthdays

Bryan Perrin	04/03
Paul Sickert	04/05
John Hanson	04/06
Terry Block	04/07
Phil Olavarri	04/17
Alan Weinel	04/19
Thomas "Train" Walton	04/21
Jim Oblizalo	04/23
Mark Machado	04/28



April Anniversaries

Eddie & Mattie Caviel	04/01	
Steve & Ede Brandenburg	04/02	55 Years
Warren & Jewel Senegal	04/03	66 Years
Bob & Linda Clanton	04/06	
Bill & Wanda Rhoe	04/09	
Bob & Ruth Dant	04/15	
Amnon & Helyne Igra	04/17	
Gary & Sue Lukins	04/21	
Roger & Patrice Wilbur	04/25	51 Years
Steve & Leslie Goodman	04/27	



Your 2021 Golf Directors



Lennie Silva—Regular Course

APRIL GOLF

April 1 - Mather - Low Net - Green fees & prize fund is \$33

April 15 - Alister Mackenzie - 4 Man Best Ball - Green fees & prize fund is \$38

April 22 - Wildhawk - Low Net - Green fees & prize fund is \$34

Remember: Dan Nelson will be posting your scores.

RECRUITING AND PUBLICITY



Our SIR golf programs are now back in action, a very positive step on the path to getting back to all our branch activities.

We still don't have our luncheons yet, but it looks like we might be adding a member in April. When you sign up for golf tournaments, think about friends who might benefit from our SIR activities. Perhaps you could have a friend play as a guest in a tournament, one of the best recruiting methods. It's always good to keep our recruiting efforts in mind!

Stay safe and healthy,

Tom Page Recruiting & Publicity Director



Greg Schweitzer—Progressive Golf Club

APRIL GOLF:

April 5 Antelope Green Stroke Play

April 26 Bing Maloney 4-man Shamble 2 Best



BOWLING NEWS



We have a little positive news on the bowling scene. Knotty Pines Bowl in Pollock Pines is holding a State SIR tournament on April 29 & 30. This event, called the "Get Out of Covid Jail Tournament", will be the first State SIR tournament in over a year. Singles and Doubles bowling will be held each day, so pick your partner and pick your day. Applications for the tournament are on the State SIR website. Ray DiBasilio, the tourney director, tells me that many of the slots have filled up, so enter right away if you want to play.



Also, I have just learned that you have to renew your USBC membership to participate in any tournament or summer league play. You can do the renewal by accessing the Bowl.com website and following the "Join" button instructions. You will have to renew again in the fall in order to compete in league play.

We still don't know how local bowling is going to go. Some nearby bowling alleys are open, such as Nu Generations in Yuba City and Strikes in Rocklin. I just talked with Country Club Lanes staff here in Sacramento; as of right now, plans for reopening this venue are unclear. Since Sacramento County is moving to the red level (more lenient), bowling activities might be allowed to resume operation soon.

As always, I will keep you posted on bowling developments. Keep your fingers crossed.

Tom Page, League Secretary 916-488-6465

2021 ROSTER REPAIRS



Dick Borah - Please change his email address from jersey21@surewest.net to jersey21golf@gmail.com

Alan Weinel, Roster Chairman

PLEASE UPDATE YOUR ROSTERS

Please send Roster Corrections to my personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction"

Also, please remember to add new members each month.

HOW ARE WE DOING?

03/27/2021

INCOME	ACTUAL	BUDGET	DIFF
Contributions	\$1,545	\$2,100	\$ 555
Other	\$ 0	\$ 0	\$ 0

TOTAL INCOME \$1,545 \$2,100 \$ 555

EXPENSES

Printing & Postage	\$ 0	\$ 500	\$ 500
Officers' Expenses	\$ 42	\$ 50	\$ 8
Guest Expenses	\$ 0	\$ 200	\$ 200
State Assessment	\$ 0	\$ 800	\$ 800
Other, Golf Expo	\$ 0	\$ 200	\$ 200
Other, Misc.	\$ 75	\$1,475	\$1,400

TOTAL EXPENSES \$ 117 \$3,225 \$ 3,108

CASH BALANCE AT END OF 2020	\$ 4,486
CURRENT CASH BALANCE	\$ 5,913
PROJECTED CASH BALANCE 12/31/2021	\$ 3,361

PROJECTED 2021 YEAR END MEMBERSHIP	150
PROJECTED CASH BALANCE PER MEMBER	\$ 22

Hal Copperberg, Treasurer

**SUNSHINE**

Each month as I sit down to create the "Sunshine" report I find it is to report that the sun has set for one or more of our members or their loved ones, and so it is that this month is one of those times. (sad to say)

After 62 years of marriage, member Adrian Herrell has lost the love of his life, his wife Kay passed on the 28th of February.

On March 12th Ernie Berryman slipped away while in slumber, and Roy Dunson left us on the 7th of February.

"Reach out to those who are important to you, show your love, life is short " "GOD BLESS"

kindest Regards,

Bill Nichols, Sunshine Chairman

916-844-9382 | Notaford64@gmail.com

2021 Officers

BIG SIR	PAUL SICKERT	(916) 396-6230
LITTLE SIR	MARK STEFFENS	(916) 214-8650
SECRETARY	PAT QUINN	(916) 201-5262
ASST SECRETARY	RON HUTCHESON	(916) 897-2807
TREASURER	HAL COPPERBERG	(916) 722-2606
ASST TREASURER	ALAN WEINEL	(209) 843-1804

Directors

PBS JIM BUCKLEY	(916) 284-2364	STEVE BRANDENBURGER	(916) 765-0585
BUD ROGERS	(916) 991-2611	JIM OBLIZZALO	(916) 747-8172

State Officers

STATE PRESIDENT:	STUART (STU) WILLIAMS
REGION 1 DIRECTOR:	DAVE GONZALES
AREA 4 GOVERNOR:	HUGH THOMPSON

Recruitment, Activities, Member Relations & Publicity (RAMP)

RECRUITING/PUBLICITY/BIO	PBS TOM PAGE	(916) 488-6465
ACTIVITIES	PBS JERRY SCHROEDER	(916) 801-2530
MEMBERSHIP	JOHN POPADAK	(916) 662-0695

Committee Chairs

Programs	Mark Steffens	(916) 396-6230
Newsletter	John Popadak	(916) 662-0695
Chaplain	Bill Nichols	(916) 844-9382
Roster	Alan Weinell	(209) 843-1804
Golf (BR69/RC)	PBS Lennie Silva	(916) 487-9812
Golf (PGC)	Greg Schweitzer	(916) 687-8629
Bowling	PBS Tom Page	(916) 488-6465
Audit	Don Neufeld	(916) 863-5228
Nominating	PBS Jim Buckley	(916) 284-2364
Nominating	Ron Hutcheson	(916) 897-2807
Nominating	John Popadak	(916) 662-0695
Attendance	Ernie Berryman	(916) 723-2148
Orientation	Steve Goodman	(916) 521-6546
Branch Apparel	TBD	
Meeting Review	John Popadak	(916) 662-0695
Sunshine	Bill Nichols	(916) 844-9382
Lunch Reception	Ron Bacher	(916) 422-5583
Web Site	Ross Martin	(916) 427-0559
Book Club	Bernie Moreno	(209) 245-6313
RV	Bob Houghton	(916) 487-1190
NCGA Ambassador	Jim Huffman	(916) 468-8197
RAMP	Jerry Schroeder	(916) 801-2530

Honored Members**HONORARY LIFE MEMBERS**

PBS RON HUTCHESON
PBS TOM PAGE
PBS JIM PORTERFIELD
PRD WARREN SENEGAL
PBS LENNIE SILVA

SENIOR CERTIFICATES

SIR JIM PAGE
SIR KEN TOWNS
SIR VERNON FREEMAN
SIR HEMAN SMITH
SIR DON BALDWIN
SIR ROY DUNSON
SIR LLOYD PLANK
SIR CHARLES DANT

TREASURER'S REPORT – MARCH, 2021

Cash Balance 1/1/2021 = \$4,486

	MARCH	YTD
Beginning Cash Balance	\$5,813	N/A
Contributions	\$ 100	\$1,545
Expenses	\$ 0	\$ 117
Ending Cash Balance	\$5,913	N/A

MEMBERSHIP

Membership, Gain/Loss	-3	142
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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).



APRIL ZOOM MEETING

ALL MEMBERS ARE INVITED AND WELCOME

The April ZOOM meeting of our branch will be on 8th at 10:00am. Our speaker for the April meeting is Past BS Michael Barrington. He has recently published an historical novel (LET THE PEACOCK SING) that he will be discussing with us! "Let the Peacock Sing" (2020) is an historical novel set against the backdrop of the French Resistance during World War II. If you do not have a PC w/Camera or a Smart Phone, please see "Additional Resources" below for instructions on how to join in with Audio from any phone!

When signing on to ZOOM, **please use your complete name**. For specific ZOOM technical requirements and how to use ZOOM, please see the State SIR website: www.sirinc.org:

If you already use Zoom, the information is **ZOOM meeting ID = 848 4074 8205 / Passcode = 746642**

If you do not have ZOOM on your PC or are not sure HOW to use ZOOM, go to the State SIR website at www.sirinc.org,

1. On the SIR Home Page, at the end of the last paragraph on this page where it says: "Meanwhile, communicate with Zoom! Information and assistance are here." Click on the word "here". This will take you to the "Zoom Information" page.

2. Under "Zoom for SIR" watch the "Overview" video.

3. Under "Attend a Meeting" click on "Set Up Zoom" and watch and follow the "Learning How to Use Zoom" slideshow.

• **ZOOM meeting ID = 848 4074 8205 / Passcode = 746642**

ADDITIONAL RESOURCES:

FROM THE ZOOM WEBSITE:

You can join a Zoom meeting by means of teleconferencing/ audio conferencing (using a traditional phone). This is useful when:

- you do not have a microphone or speaker on your PC/Mac,
 - you do not have a smartphone (iOS or Android) while on the road, or
 - you cannot connect to a network for video and VoIP (computer audio)
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- The TOLL FREE numbers are 877-853-5247 and 888-788-0099. If you have free long distance, two other numbers are 1-669-900-6833 and 1-646-876-9923.
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- **ZOOM meeting ID = 848 4074 8205 / Passcode = 746642**

Hope you can all make it!