



THE MAIL POUCH



The Pony Express Branch #69
August — 2021 Edition



John Popadak, Editor



Sickert Says

The branch will have its first in-person luncheon meeting in over a year at the Dante Club (new name Dante Event Center), 2330 Fair Oaks Blvd., Sacramento, CA 95825, (916) 925-8230. Lunch is at 12 noon. Come early and visit with old friends. When you arrive, Alan Weinel will welcome you and receive your proof of vaccination and COVID-19 Liability Waiver Form, if not already provided. Proof of vaccination and waivers may always be provided to the branch at any time by sending these to John Popadak at johnpopadak@comcast.net.

I am sure many of you have been watching the news as I have about the resurgence of COVID-19 and the Delta variant. While I have concerns and find myself wearing my mask again in public indoor places full of strangers, I am not concerned about attending our August luncheon. Everyone attending will be vaccinated and the rise in infections has been predominantly among the unvaccinated.

The Dante Club COVID-19 protection requirements are: Vaccinated guests are not required to wear masks; non-vaccinated guests are encouraged to wear masks when walking around the building, but not when actively eating or drinking. Staff are required to wear masks while working. If there is any concern for your own safety, please wear a mask.

We will be holding the election of Branch 69 Officers and Directors for 2022 at the August meeting. The Branch Executive Committee recommends approval of the following slate of candidates:

- | | |
|-----------------|-----------------------|
| Big Sir | Mark Steffens |
| Little Sir | Alan Weinel |
| Secretary | Jim Huffman |
| Asst. Secretary | Bernie Moreno |
| Treasurer | Hal Copperberg |
| Asst. Treasurer | Connor Chin |
| Director | Paul Sickert |
| Director | Stephen Brandenburger |
| Director | Bud Rogers |
| Director | Jim Oblizalo |
| Director | Ted Patterson |
| Director | John Popadak |

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Mark's Talk

For the August 12th meeting we have scheduled **Marcie Larkey** from **PANC (Parkinson Association of Northern California)**. PNAC is dedicated to enhancing the lives of people with Parkinson's, their families, and care partners. Marcie is retired. Her professional career included almost 40 years in the non-profit Sacramento Community. The majority of Marcie's professional experience was in healthcare where she held a wide range of positions in education, marketing, business development and fundraising. Marcie, always active in the community, has served on a variety of Non-Profit Boards including The Association of Fundraising Professionals, Habitat for Humanity, People Reaching Out, Mental Health Associates, (an Independent Practice Association) the Episcopal Foundation of Northern California and Transitional Living and Community Support (TLCS). She currently serves on the Board of Directors for the Creative Arts League and the Parkinson Association of Northern California.

September 7th, our Speaker is **Jennifer Johnson** from **SUTTER HEALTH**. Jennifer is a Child Life Specialist for over 29 years. For the past 24 years, She has worked with the pediatric oncology population, providing care to patients and families undergoing tremendous stress. She became a CC (Canine Companion) graduate with facility dog Millie in 2004. Millie and Jennifer were pioneers in incorporating facility dogs into the hospital! She now has successor facility dog, Glimmer. Jennifer will be speaking on the positive impact facility dog Glimmer has had on their oncology unit which indeed is some **powerful medicine!**

Finally, check out SIR Apparel and Signage ([Apparel and Signage - SIR \(sirinc.org\)](http://Apparel and Signage - SIR (sirinc.org))) you will be amazed on what is Available to our members (personalize Branch 69 shirts and jackets with your name FREE). The Pro-Shop Website can take individual orders. If you order is over \$50 it has free shipping. I will have my own new shirt and hat by this meeting.

Mark Steffens, Little Sir

Sickert Says (Continued)

If you have another person you want to see as an Officer or Director, you may make a nomination from the floor during the election.

This luncheon has been a long time coming. I will see you there.

Thank you.

Paul Sickert, Big Sir

August Birthdays

Paul Ogden	08/01	86 Years
Dan Calcagno	08/06	
Conrad Cookman	08/07	
Gary Rumick	08/12	
Warren Senegal	08/12	89 Years
Heman Smith	08/20	92 Years
Bob Dant	08/21	91 Years
Joe Riley	08/31	



August Anniversaries

Greg & Norma Schweitzer	08/10	
Ross & Susan Martin	08/12	54 Years
George & Karen Langford	08/12	
Mark & Jan Kraut	08/14	
Dan & Kathy Calcagno	08/16	
Joseph & Sharon Cain	08/21	
Michael & Shelly Brassil	08/21	
Dan & Cheryl Nelson	08/23	52 Years
Pietro & Antonietta Pozzuto	08/31	



2022 BEC SLATE OF CANDIDATES FOR SIRS BRANCH 69

The Nominating Committee recommends:

OFFICERS

Big SIR Mark Steffens



Little SIR Alan Weinel



Secretary Jim Huffman



Assistant Secretary Bernie Moreno



Treasurer Hal Copperberg



Assistant Treasurer Connor Chin



DIRECTORS

PBS Paul Sickert
Term: 2022



Stephen Brandenburger
Term: 2020-2022



Bud Rogers
Term: 2020-2022



Jim Oblizalo
Term: 2021-2023



Ted Patterson
Term: 2022-2024



John Popadak
Term: 2022-2024



See the attached flyer regarding the requirements for attending the in-person luncheon/meeting at the Dante Club on August 12.

Your 2021 Golf Directors



Lennie Silva—Regular Course



Greg Schweitzer—Progressive Golf Club

AUGUST GOLF

August 5 - Alister Mackenzie - First round Club Championship - \$43

August 19 - Bartley Cavanaugh - Second round Club Championship - \$38

August 26 - Diamond Oaks - Low net - \$50/crt

AUGUST GOLF

August 2 - Wildhawk - 3rd & Final round of Club Championship

August 17 (**Tuesday**) - River Oaks - 4-man scramble

AUGUST 12 LUNCHEON MENU

Slow Roasted Tri-Tip with Red Wine Demi Sauce,
Classic Caesar Salad, Seasonal Vegetables,
Garlic Mashed Potatoes, Dinner Rolls with Sweet
Butter, Chef's Choice Dessert.



BOWLING NEWS



Bowling, Yes! If all continues to go well, our Wednesday Branch 69 & Friends bowling league will be able to open on schedule in the fall. We could still get tripped up by the new Delta strain of the Covid-19, but most likely we will have our league bowling in September. Country Club Lanes is now open at noon on Fridays for No-Tap bowling - it's a fun way to get back in bowling shape for the season.



RECRUITING AND PUBLICITY



Change is in the air, which is a lot better than all those virus germs floating around. Our branch is going to have an actual, live luncheon at the Dante Club (our new luncheon venue) on August 12.

Along with our return to real luncheons, it's time to get serious about recruiting again. I don't know if you have been reading the Branch monthly membership reports, but our membership is now below 140 members. We haven't been this low for many years! The Covid-19 pandemic has hurt us, as it has all branches, and some of the State SIR decisions have had a negative effect on our membership. Also, we haven't had Golf Expo in two years. The solution to our declining numbers: get busy with recruiting new members.

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 our best recruiting methods. Also, think about bowlers who might want to join our branch and bowl in our league. It's always good to keep our recruiting in mind!

Tom Page Recruiting & Publicity Director

Here are some important dates:

Wednesday, August 25, 11:00am. This is the date of our bowling meeting, held upstairs at Country Club Lanes. We will go over and vote on the league rules, cover a few procedural items for the team captains, and collect the dues for league bowling. I don't know the amount of the dues yet, but this will be announced at the August 12 luncheon.

Wednesday, September 1, 10:30 am. This will be the start of our league bowling for 2021-2022. We are starting a little early timewise so that we can collect dues from those who weren't able to attend the league meeting on August 25.

Finally, all bowlers will have to follow the SIR guidelines for indoor activities. This means a signed liability waiver and either a shot card showing complete Covid-19 vaccination or a recent (within 72 hours) proof of a negative Covid test. I will do my absolute best to get the records from our August luncheon and the golf programs so that you will not have to submit the same material over and over. I know how irritating this can be.

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BOWLING NEWS (Continued from Page 3)

I have pretty much finished contacting all our league bowlers. It looks like we will have 12 teams this year, down from the 14 teams of recent years. We have lost several bowlers, some have passed away, some have moved out of the area, and some have had age and illness catch up to them. I hope to have the teams sorted out by the August luncheon. Your leadership team of Dick Borah, League President and pot bowling manager, Bud Rogers, League Vice-President, Jerry Buhlert, Treasurer, Hal Copperberg as assistant treasurer and myself as League Secretary, returns as before.

I will look forward to seeing all of you at the August luncheon and at our League meeting on August 25.

Tom Page, League Secretary 916-488-6465

HOW ARE WE DOING?

07/23/2021

INCOME	ACTUAL	BUDGET	DIFF
Contributions	\$1,890	\$2,100	\$ 210
Other	\$ 0	\$ 0	\$ 0
TOTAL INCOME	\$1,890	\$2,100	\$ 210
EXPENSES			
Printing & Postage	\$ 0	\$ 500	\$ 500
Officers' Expenses	\$ 42	\$ 50	\$ 8
Guest Expenses	\$ 0	\$ 200	\$ 200
State Assessment	\$ 501	\$ 800	\$ 299
Other, Golf Expo	\$ 0	\$ 200	\$ 200
Other, Misc.	\$ 75	\$1,475	\$1,400
TOTAL EXPENSES	\$ 618	\$3,225	\$ 2,607

CASH BALANCE AT END OF 2020	\$ 4,486
CURRENT CASH BALANCE	\$ 5,758
PROJECTED CASH BALANCE 12/31/2021	\$ 3,361

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

Hal Copperberg, Treasurer

**2021 ROSTER REPAIRS**

No Roster repairs this month. Please send corrections to Alan's personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction".

Alan Weinel, Roster Chairman

SUNSHINE

We have lost our Sunshine Chairman, Bill Nichols. In the interim, if you have any information regarding a member who is ill or incapacitated, please email Paul Sickert at: paulsicket3787@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	TBD	
Roster	Alan Weinel	(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	Ron Hutcheson	(916) 897-2807
Nominating	John Popadak	(916) 662-0695
Attendance	John Hanson	(916) 612-3115
Orientation	Steve Goodman	(916) 521-6546
Branch Apparel	TBD	
Meeting Review	John Popadak	(916) 662-0695
Sunshine	TBD	
Lunch Reception	Ron Bacher	(916) 422-5583
Web Site	Ross Martin	(916) 427-0559
Book Club	Bernie Moreno	(209) 245-6313
RV	TBD	
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 LLOYD PLANK
SIR CHARLES DANT

TREASURER'S REPORT – July, 2021

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

	JULY	YTD
Beginning Cash Balance	\$6,605	N/A
Contributions	\$ 0	\$1,890
Expenses	\$ 257	\$ 618
Ending Cash Balance	\$5,758	N/A

**MEMBERSHIP**

Membership, Gain/Loss	0/-2	138
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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).

Please Read This Notice

Branch 69 is resuming the monthly in-person luncheons, and we will meet at the Dante Club THURSDAY, AUGUST 12th.

THE FOLLOWING IS REQUIRED BY STATE SIR. If you do not provide this information, unfortunately, you will not be allowed into the luncheon. There will be no exceptions.

YOU MUST

- 1) PROVIDE TO THE BRANCH A SIGNED LIABILITY WAIVER FORM *if you have NOT ALREADY DONE SO*. Many of the golfers have already provided this information. (A copy is attached to this Newsletter) Please copy the waiver form, print it out, and sign the form. Bring it with you to the luncheon.
- 2) PROVIDE ONE OF THE FOLLOWING:

A) Proof of a COVID vaccination.

Actual vaccination card, photo copy or picture of the card on your phone.

We will NOT keep the information—we only need to “see” it and make a notation so we don’t need to ask again for future meetings.

B) OR Proof of a negative COVID test within the 72 hours prior to the luncheon.

We sincerely apologize for this strict policy, but State SIR requires it for insurance reasons.

**SIR EVENT WAIVER AND RELEASE OF
LIABILITY FOR EXPOSURE TO COVID-19**

Branch Name and Number: Pony Express, #69

Due to the Covid-19 pandemic and the general unavailability of insurance to cover liability related to that matter, the SIR branch listed above (“Branch”) is requiring members, visiting SIR members from other branches, guest speakers, guests, and spouses/significant others attending events sponsored by the Branch or by Sons in Retirement, Incorporated (“State Sir”) to agree to the following:

1. In attending activities sponsored by the Branch or State SIR, the undersigned agrees to comply with mask, social distancing, and other Covid-19 protocols required by applicable government bodies, the Branch, State SIR, and the applicable venue. Failure to do so will result in the attendee being asked to leave the event.

2. Regardless of adherence to mandated protocols, requirements, recommendations, and vaccinations, the undersigned acknowledges that there is a risk of Covid-19 exposure whenever an individual enters a public space, a building with other people, or a group of other individuals.

3. Knowing the foregoing risk, the undersigned assumes the risk of Covid-19 exposure and accepts sole responsibility for any exposure to Covid-19 and resulting health conditions that may occur due to attendance at a Branch or State SIR event.

4. The undersigned hereby releases and holds harmless the Branch, State SIR, and their respective officers, directors, and members from any and all responsibility for illness, death, or other losses arising from exposure to Covid-19 at a Branch or State SIR event.

THE UNDERSIGNED HAS READ AND UNDERSTANDS THE ABOVE WAIVER AND RELEASE, UNDERSTANDS THE RISKS POSED BY COVID-19, AND SIGNS THE WAIVER AND RELEASE VOLUNTARILY.

Attendee’s Name (print): _____

Attendee’s Signature: _____ Date: _____