



THE MAIL POUCH



The Pony Express Branch #69
July — 2021 Edition



John Popadak, Editor



Sickert Says

It looks like we will be having our luncheon in August at the Dante Club. A subcommittee of the Branch Executive Committee (BEC) met with the Carmichael Elks Lodge and recently with the Dante Club, which had expressed an interest in having Branch 69 return. After reviewing and considering both proposals the BEC voted unanimously for the Dante Club.

A Committee of the BEC met first with the Carmichael Elks Lodge (Elks). To have what we had before the luncheons were cancelled because of the pandemic: round tables with linen tablecloths, cafeteria style buffet food service, menu selected by the Elks, and a bartender to serve alcohol in the room, we have calculated the cost to be \$21. The basic room and food charge is \$18; the required Alcohol, Beverage Control Board (ABC) license to have alcohol in the room is \$125; we are required to sell \$150 minimum of alcohol per event; and there is a \$4 charge for linen tablecloths (they are offering paper table coverings) for 10-12 round tables. The contract with the Elks would be for 6 months.

The cost for the Dante Club is a flat \$25. That is for a plated meal served to you at your table. The menu will be selected each month by the branch from among a menu choice for that month of three items. Alcohol is available to all members from the bar adjacent to the luncheon room without an additional ABC fee charge, or minimum alcohol purchase requirement. The fixed price contract would be for 1 year.

The Dante Club is nothing like it was when the branch left several years ago. The people running the Dante Club then are gone. It now has a new general manager, new chef, and food staff, and it has spent the downtime of the pandemic completing a major remodeling of the premises inside and out.

The Elks Lodge is as you remember it from a year ago. We would be in the same room with the buffet and us having to call members up to get food at the buffet a few tables at a time. Recall that there were always one or two tables that had to wait until the end to get their food which could

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Mark's Talk

Absolutely Amazing! On June 10th our speaker was Ingrid DeVore from the Coalition of Concerned Medical Professionals (CCMP). We found out that it is an all-volunteer effort, independent from government funding. CCMP's membership includes physicians, dentists, nurses, podiatrists, pharmacist, optometrist, optician's, physical therapist, any other volunteers striving to establish comprehensive approach to preventive health care for people whose health care is inadequate. If you want to find out more or volunteer, please go to <https://www.ccmpbayarea.com>

No speaker is scheduled for the July Board Meeting!

For the **August 12th** meeting we have scheduled Marcy Barkley from PANC (Parkinson Association of Northern California). PANC is dedicated to enhancing the lives of people with Parkinson's, their families, and care partners. Some of many things that we will learn during the discussion: Can You Die for Parkinson? What Happens with a New Diagnosis of Parkinson's Disease? How To Live Well with PD?, How Does Parkinson's Progress?, Is There a Cure for PD?, Is There Support for Younger People with Parkinson's, What to Do After a PD Diagnosis?, and Can You Drive with PD? These and many other questions will be answered during this informative presentation.

Finally, check out SIR Apparel and Signage ([Apparel and Signage - SIR \(sirinc.org\)](http://Apparel and Signage - SIR (sirinc.org))). You will be amazed at 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

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

Sickert Says (Continued)

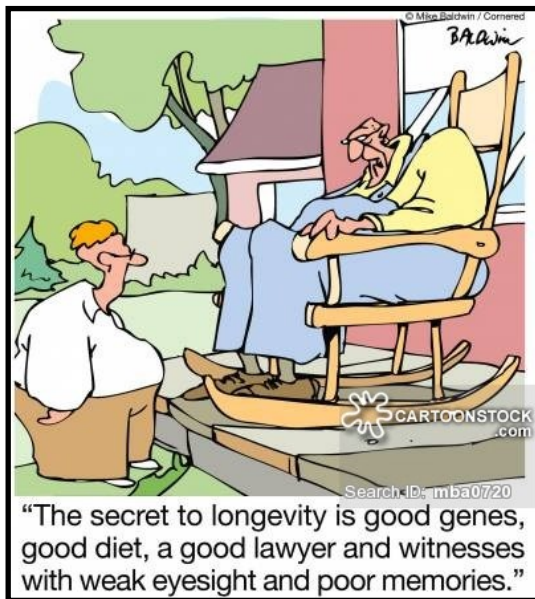
be a half hour or more after the first table had finished eating. By then the buffet food was often cold or had run out. This won't happen at the Dante Club where we will all be served at our tables at the same time.

The chance for a sit-down luncheon again where everyone is eating together, having food choices and the promise of better food, access to alcohol for those who want it without additional fees for the branch, and a small price difference, argued convincingly for the BEC to select the Dante Club. I look forward to seeing you there in August for our first luncheon in over a year.

Don't forget that to attend to the luncheon you will need to provide 1) a signed "SIR EVENT WAIVER AND RELEASE OF LIABILITY FOR EXPOSURE TO COVID-19, and either 2) proof of vaccination or 3) a negative COVID-19 test within 3 days of the day of the luncheon on August 12. If you have previously provided one or both of 1) and 2), to the branch we have a record of this and you do not need to provide them again.

Thank you.

Paul Sickert, Big Sir



2021 ROSTER REPAIRS



Jerry Schroeder has a new address: 2038 University Park Drive, Sacramento, CA 95825. His telephone and e-mail remain the same.

Please send corrections to Alan's personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction".

Alan Weinel, Roster Chairman

June Birthdays

Steve Eason	07/01	
Dan Nelson	07/02	
Bill Mueller	07/04	82 Years
Bill Nichols	07/06	85 Years
Frank Calcagno	07/12	83 Years
Jim Page	07/13	94 Years
Wayne Plauster	07/18	86 Years
Merritt Davis	07/22	83 Years
Steve Haakenson	07/22	
David Trujillo	07/22	
Erle Hansen	07/25	
Bob Baker	07/26	
Wing Tse	07/27	
Jim Carlson	07/28	88 Years
Steve Flynn	07/29	81 Years
Rod Lukins	07/29	
Jim Huffman	07/30	



June Anniversaries

Bud & Romelle Rogers	07/01	
Ken & Daphne Towns	07/04	69 Years
Jerry & Lois Deuser	07/07	50 Years
Bernie & Denise Moreno	07/11	
Terry & Emese Block	07/11	
Patrick & Tara Fintel	07/12	
Richard & Katie Terrell	07/12	
Bob & Starlene Houghton	07/18	
Dick & Jackie Borah	07/21	
Alan & Michele Weinel	07/21	
Rick & Nancy Hom	07/22	
Mark & Debbie Steffens	07/23	
Mike & Pamela Pinkston	07/24	
Bill & Francine Green	07/28	



Your 2021 Golf Directors



Lennie Silva—Regular Course



Greg Schweitzer—Progressive Golf Club

\$38 JULY GOLF

July 1 - Mather - Low net - Green fees & prize fund is \$33

July 15 - Wildhawk - 4-man 2 best ball - Green fees & prize fund is \$34

July 22 - River Oaks - Low net - Green fees, cart & prize fund is \$45

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 - Price TBD

JULY GOLF:

July 12 - Bing Maloney - Stroke play

AUGUST GOLF

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

August 16 - River Oaks - 4-man scramble



BOWLING NEWS



Promising news on bowling, finally! Country Club Lanes has opened (on a partial schedule) and it looks like our Wednesday Branch 69 & Friends bowling league will be able to open on schedule in the fall. Nothing is certain, of course, what with new Covid-19 strains popping up, but the vaccinations appear to be effective against the new strains.



RECRUITING AND PUBLICITY



Our lives continue to show signs of progress toward normal existence. Businesses and restaurants are opening and the pandemic infection rate is dropping as more people are vaccinated. This positive turn is reflected in our Branch 69 activities, too. We are nearing a return to actual luncheons. Country Club Lanes is now open in limited hours; we're hoping that our bowling league will be able to restart in the fall.

We've lost members during the pandemic, while our recruiting efforts have lessened due to the lack of Branch activities. Now is the time to re-focus our efforts toward adding 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. It's always good to keep our recruiting in mind!

Tom Page Recruiting & Publicity Director

I have been contacting our past bowlers to find out who will be joining us for bowling in the league. The process of contacting everyone takes a long time, but so far, the responses have been very positive. Once I have contacted all our bowlers, I will start sorting out new teams for the fall. I hope I remember how to do all these things! Your leadership team of Dick Borah, League President and pot bowling manager, Bud Rogers, League Vice-President, Jerry Buhlert, Treasurer, and myself as League Secretary, returns as before.

If you have not previously bowled with our SIR league but would like to participate, please let me know right away so that I can include you in the league plans. Most likely, there will be open slots on teams and we can always use substitute bowlers. My contact info is in the roster and in this newsletter.

We will all have to renew our USBC membership in the fall in order to participate in any league play. You can do the renewal by accessing the Bowl.com website and following the "Join" button instructions. Also, all our bowling averages from the shortened season last year are posted on the Bowl.com website.

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BOWLING NEWS (Continued)

Last month, when I listed the results for our members from the April State SIR tournament at Knotty Pine Bowl, I completely missed that Connor Chin had paired with local Branch 113 member Mike Termaat to finish 4th in the Division 2 doubles. Nice bowling, Connor and friend.

Tom Page, League Secretary 916-488-6465

HOW ARE WE DOING?

06/29/2021

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	\$ 254	\$ 800	\$ 546
Other, Golf Expo	\$ 0	\$ 200	\$ 200
Other, Misc.	\$ 75	\$1,475	\$1,400
TOTAL EXPENSES	\$ 371	\$3,225	\$ 2,854
CASH BALANCE AT END OF 2020			\$ 4,486
CURRENT CASH BALANCE			\$ 6,005
PROJECTED CASH BALANCE 12/31/2021			\$ 3,361
PROJECTED 2021 YEAR END MEMBERSHIP			150
PROJECTED CASH BALANCE PER MEMBER			\$ 22



Hal Copperberg, Treasurer



SUNSHINE

My about to be 85 years have taught me that despite hardships, I have much to be grateful for and I am indeed grateful for the time I was a part of and served "Sir Br 69" with a happy heart. But now it's with a heavy heart that I part company with badge number 114 and one hell of a lot of great guys.



Bill Nichols, Sunshine Chairman

916-844-9382 (OK to text) 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	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	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	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 – June, 2021

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

	APRIL	YTD
Beginning Cash Balance	\$5,985	N/A
Contributions	\$ 20	\$1,890
Expenses	\$ 0	\$ 371
Ending Cash Balance	\$6,005	N/A
MEMBERSHIP		
Membership, Gain/Loss	0/-3	140



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: _____