

THE MAIL POUGH



The Pony Express Branch #69
April — 2022 Edition





John Popadak, Editor

Facebook: Pony Express SIR Branch 69

Message from Mark



Spring is bringing us longer days with fantastic weather! With that everyone is looking forward to getting some more time outside with family and friends. The golf league will be increasing the number of days for golfing per month. But league

bowling will come to an end in April. In June we will have PICNIC DAY at Carmichael Park on June 22nd.

My goal has been to have additional activities for our members, spouses or significant others plus attract new members with additional activities.

We started with a DINE - OUT and Card Games in March. The goal for the first Dine Out was to find the best Italian Restaurant in the Sacramento area. The first was Vince's restaurant in West Sacramento with 16 people attending. I thought I'd do it every quarter, but the trendies wanted one in April. So, on April 7th we will be dinning at Taste of Tuscany (https://www.thetasteoftuscany.com/).

On March 16th SIR Dan Nelson organized our first **Card Game** activity (*Cribbage*) at Country Club Bowling Center. It was a great success since there were at least 16 players stopping by to play cribbage or watch!

Coming soon we will be having the opportunity to go to **River Cats** games (Chair SIR Dennis Kramer), **Walks/Hikes** (Co chair PBS Paul Sickert and SIR Fred Gordon) and **Wine Tasting** (Chair SIR Dennis Kramer). Thank you for DOING YOUR PART! Again, <u>PLEASE</u> invite a guest to any of these activities!



March 10 meeting crowd.

DOING MY PART: Please welcome our new members for March SIR MALCOLM HILL (Sir Fred Smith), SIR DENNIS KRAMER (BS Mark Steffens), SIR JIM BONO-VICH (PBS Jimmy Buckley), SIR PAUL PARSON, MD (PBS Jerry Schroeder), SIR GREGORY POWELL (PBS Tom Page).





Last month Area Governor Jack Reefer Installed our five new members!





Jack also awarded to PBS Tom Page the State pin **Doing My Part** for his exceptional job in hosting

the Pony Express Branch SIR 69 first State Bowling Tournament. We had over 90 participants from around the state attending.

Finally, check out SIR Apparel and Signage (https://sirinc.org/apparel-and-signage). You will be amazed at what is available to our members (personalized Branch 69 shirts and jackets with your name FREE). The Pro-Shop Website can take individual orders. If your order is over \$50 it has free shipping.

Alan's Chit-Chat

Gentlemen: Don't you love the longer hours and nice weather? The trees are leafing out, and the flowers are in bloom. Nice. Our branch has seen a spurt of growth – keep up the good work. Sadly, I

had to attend two memorial services this past week – for Frank Calcagno and Pietro (Pete) Pozzuto. Being from the southern part of the county, I had NO IDEA Frank was so well known and beloved community-wide! My wife and I played Bocce Ball with him and his wife Sandy. He will be missed. And at Pietro's service I found out that he and his wife, Antonietta were from the same small village in Italy. Everyone has a story that is unique and fascinating. Take the time to learn more about your SIR brothers – you may be surprised at what you learn...

Our April presentation will be by the Health and Safety Committee from Heritage Park, the community that I live in. They will present on the Vial of Life, which is designed to provide first responders with important medical and other information when they respond to an emergency in your home. When a disaster strikes, we may not be in the frame of mind to present them with necessary information.

As the bowling season winds down, I want to take a moment to thank Tom Page for his continued service to the league – his tireless work is mostly behind the scenes and deserves recognition. Thank you, Tom.

As always, invite a friend. As retired men, we need to have the social interaction – it helps "keep the old man out".

Alan Weinel, Little SIR



Little Sir, Alan Weinel, presents Norm Losk with a certificate and a bottle of wine for his presentation.

March's speaker, Norm Losk, explains the AARP's volunteer income tax preparation service and how SIR members can volunteer to help.





April Birthdays

Dennis Kramer	04/01
Bryan Perrin	04/03
Fred Gordon	04/04
Paul Sickert	04/05
John Hanson	04/06
Terry Block	04/07
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	56 Years
Warren & Jewel Senegal	04/03	67 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	51 Years
Gary & Sue Lukins	04/21	
Steve & Leslie Goodman	04/27	



WELCOME NEW MEMBERS!!

SIR Paul Parsons MD

2040 University Park Dr Sacramento, CA 95825 (916) 849-9071 pparsonsmd@gmail.com Sponsor: Jerry Schroeder

Paul was born and raised here in Sacramento. After graduating from Sacramento High School, Paul attended Raymond College, a part of University of the Pacific in Stockton. He also completed a short stint at UC Berkeley to finish his credits for medical school. Paul's medical school was UC Davis, where he was a member of the first medical school class at that university. He did his internal medicine internship at the University of Oregon, followed by a radiology program there. Following the medical training in Oregon, he returned to the Sacramento area with a radiological practice in Woodland, eventually followed by a move to Mercy radiological group in Sacramento.

Paul and his wife Lin have two sons, one an accountant in the Bay Area and one a doctor with a general practice in Colorado. Paul enjoys golf and is looking to improving his game and participating in our branch golf outings. He has been involved with choral groups and music all his life, too.

Birthday: May 26, 1946

Anniversary: Lin, April 19, 1971

SIR Samuel (Jim) Bonovich

3308 Oak Stream Ct, Carmichael, CA 95608 (916) 765-8640 bonjr1@sbcglobal.net Sponsor: Jimmie Buckley



Jim was born and raised in the small town of Crockett, right at the west end of the Carquinez Bridge. After high school, Jim went to work for 10 years as a heavy equipment diesel mechanic. He next operated a gas station for another three years. After the gas station venture, Jim and his mom opened Vera's VillaValona restaurant in Crockett. They ran this restaurant until 1975, when Jim switched to owning and operating the Whale's Tale in Alameda. That restaurant operated Suc-

cessfully until the Loma Prieta earthquake in 1989 broke off the access around the location. At that point, Jim and his family moved to Sacramento and Jim began work in the swimming pool maintenance and repair business. He was happy with that work - just himself, no employees, no union to deal with. He retired in 2005.

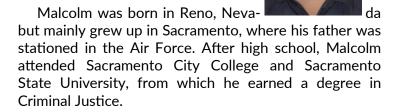
Jim has three sons, four grandchildren and two great-grandchildren. He has worked with all kinds of cars all his life - sports cars, antique cars, hot rods. He used to grow his own grapes and produce his own wine. He still enjoys bocce ball and bowling, with plans to bowl in our SIR league. Jim also used to do a lot of competitive sailing, racing up and down the coast of California and Mexico. He raced a Santana 35 in the Bay Area for 10 years and raced a Santana 20 at Folsom Lake for several years.

Birthday: March 16, 1935

Anniversary: Roseanne, October 24, 1998

SIR MALCOLM GEORGE HILL

5414 Bartig Way Citrus Heights, CA 95829 (916) 961-0758 madmtmel@comcast.net Sponsor: Fred Smith



His degree led him to early career jobs as a reserve deputy sheriff and a police officer for the San Juan Unified School District. Later, Malcolm worked for Breuner's Furniture Company for 19 years. After Breuner's closed, he returned to the San Juan School District as a bus driver for the remainder of his working life.

Malcolm likes golf and is looking forward to playing with our groups. He is also going to attend the cribbage outing scheduled for Country Club Lanes.

Birthday: January 24, 1955

WELCOME NEW MEMBERS!!

(CONTINUED)

SIR GREG POWELL

49 Shrine Way, Sacramento, CA 95827 (925) 759-1275 gregorykpowell3@gmail.com Sponsor: Tom Page

Greg was born in San Francisco and grew up there. He attended San Francisco City College for a while, then joined the Army in 1979. He was an armorer in the Army, working with both small arms and tank weaponry. During his 12-year enlistment, he traveled to Korea, Germany and Japan in addition to postings in the United States.

After his Army service, Greg worked for West Coast Beauty in their warehouse, later in there facility design team. After his retirement, he moved to the small town of Paradise near Chico and lived there until the entire town was consumed by fire several years ago.

Greg is an active bowler, plays some golf and has enjoyed music all his life.

Birthday: June 2, 1955

SIR DENNIS JORDAN KRAMER

560 Pajaro Ct., Sacramento, CA 95864 (530) 312-3896 wischixen1@aol.com Sponsor: Mark Steffens



Dennis was born in Santa Rosa, but grew up in Yuba City. After high school, he attended Yuba College for two years and then the University of the Pacific in Stockton, from which Dennis earned a BA degree in Non-Profit Agencies. Following college, Dennis moved to Woodland to work for the Boy Scouts of America as a District Scout Executive, a job that primarily involved fund raising. This job didn't really provide a lot of satisfaction, so he moved into remodeling contractor work throughout the Woodland, Davis, Esparto and Knight's Landing area. This occupation kept Dennis employed for 20 years and ultimately led him to a job working as a hospital engineer for Woodland Healthcare. He continued with this employment until injuries from a severe auto accident led to his retirement.

Dennis and his wife Kitty have two daughters. He enjoys family activities, cards, backgammon, golf and maybe bowling when physically able to participate, fishing and hiking.

Birthday: April 10, 1958

Anniversary: Kitty, May 26, 1979

RECRUITING AND PUBLICITY

Our branch brought in 5 new members last month! This is really good news and a great effort on the part of branch members. Let's keep up that momentum and keep those new guys coming in. Also, read the bios for our recent additions - they're an interesting group of guys.

I'm still fighting some recent health issues, but I'm improving slowly and hoping to get in touch with Morton Golf shortly to see if there is a possibility for a joint marketing event with Morton Golf and our branch, or perhaps with Sons in Retirement overall. I'll keep you posted on any results.

Meanwhile, 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 - we have to share this information with prospective members.

I'm looking forward to seeing all of you at the next luncheon.

Tom Page Recruiting & Publicity Director



Your 2022 Golf Directors



Lennie Silva—Regular Course



Gre

Greg Schweitzer—Progressive Golf Club

APRIL GOLF

April 21 - Micke Grove - Low Net - \$42 (incl. cart)

April 28 - Mather - Low Net - \$34

APRIL GOLF

April 11 - Antelope Greens - Stroke Play

April 25 - Bing Maloney - 4 Man, 2 Best Ball Shamble

SIR State Golf Tournament

2022 SPRING FLING IN NAPA EAGLE VINES & CHARDONNAY GOLF COURSES

Tuesday April 19th (Eagle Vines) and Wednesday April 20th (Chardonnay)

Men Day 1 - 4-person team of your choice - 2 Best Ball (net) - 9AM Shotgun Start

Men Day 2 - 4-person team, SCRAMBLE, computer selected - 9AM Shotgun Start

Ladies Day 1 - 4-person team of your choice - 2 Best Ball (net) - 9 AM Shotgun Start

Ladies Day 2 – 4-person team, SCRAMBLE, computer selected – 9 AM Shotgun Start

Closest to Pin Contests on each Day (Both Front & Back nines)

To enter, complete the attached application for you and any other playing partners and send it along with check(s) made payable to "SIR STATE GOLF COMMITTEE" for the full amount of the Entry Fee for each player. Fees are: Playing Both days is \$150, only playing Day 1 is \$85 or only playing Day 2 is \$65 Have questions, contact Mark Stuart at either (916) 218-2287 or at mss95678@hotmail.com ONLY THE APPLICATIONS RECEIVED WITH FULL PAYMENT WILL BE CONFIRMED AND ACCEPTED **** ENTRY DEADLINE IS MONDAY APRIL 11TH ***



Eagle Vines Golf Course, Napa



Chardonnay Golf Course, Napa

ADDITIONAL INFORMATION ABOUT THIS TOURNAMENT AND APPLICATION CAN BE FOUND ON THE SIR STATE GOLF WEBSITE AT "WWW.SIRGOLF.ORG"



BOWLING NEWS

CARD CLUB

300! It was total perfection for Jim Smalling in our recent league play. This was Jim's first perfect game in our league,

although he had previously nailed 2



perfect games in the Tuesday league. Ted Patterson is the only other bowler with a 300 in our league, and Ted has 2 of them. Congratulations, Jim, on your great game.

I mentioned in my bowling report at the March luncheon that 3 teams have pretty much moved out in front of the pack for the 2nd half title. With just 4 weeks to go, this is still the case. These 3 teams, captained by George Langford, Rich Taylor and Steve Eason, will no doubt battle it out to the end.

In addition to Jim Smalling's perfect game, several other bowlers recorded some impressive scores. Bowling directly against Jim, Pat Barrett actually beat Jim's scratch series with a 711 total over Jim's 692. Jim Happs had a 609 series. Patrick Fintel had the best handicap series with 758, while Adrian Garcia followed with 744 and Emory Haworth with 743.

SACRAMENTO STATE SIR BOWLING TOURNAMENT

Quite a few of our league bowlers cashed in with our recent State SIR Bowling event. Joe Bowers led all our bowlers, followed closely by Neal McCoy. Overall, our guys bowled really well and the results confirmed that.

Final league results will be in the May newsletter.

Check out page 9 for pictures from this great tournament. Pictures courtesy of Jimmy Buckley.

Tom Page, League Secretary 916-488-6465



We had our first get together on Wednesday the 16th at the Country Club Lanes. They have a back room for us with tables and chairs and lots of room. We played Cribbage for a 2-3 hrs. and its was a lot of fun. We played one on one games, 3 handed games, and doubles. Just getting familiar with the game of cribbage again and for some of us just learning the game for the first time. We played quite a few games and everybody had a good time. We will continue to do this for a few weeks until everybody feels comfortable. Ultimately we hope to start having tournaments and playing for pride and maybe a little money.

I might add if you ever play against Fred Smith, watch out, he can't count. Everything adds up to 31 (just kidding Fred).

We will be doing this again on Wednesday March 30th at 1:00 and continue to 3:30 at the latest. Come and join us. Lots of fun and kibitzing with each other. See you there.

Dan Nelson, Card Game Facilitator 916-895-5673



SAVE THE DATE

June 22 - SIR DAY IN THE PARK



We will resume having our annual picnic at Carmichael Park. Fun for the whole family!

FOOD! GAMES! FOOD! CON-**TESTS! FOOD! PRIZES! DID I MENTION FOOD?!?**

We need the following participation. Please call or see me, Jerry Schroeder, at the next lunch.

Lunch of Tri-Tip and Chicken. Figure on 80 people, so prepare quantities accordingly.

Set up must be ready by 10:00 AM

NEED: Grillers: Calgagno waiting to confirm, Nelson con-

firmed, need one more.

NEED: 48 Corn Muffins (Bud Rogers will bring one

batch, need another): **NEED:** Potato Salad: **NEED:** Tossed Salad: **NEED:** Water Mellon (3):

Lemon aid: Tom and Joanne Page

NEED: Set up and organize Bocce Ball

NEED: Set up horse shoes Set up Chipping: Dick Borah

NEED: Set up board games: Cribbage, Cards, etc.:

Set up directional signs: Popadak

NEED: Music Box:

NEED: Set up tables, including covers, dishes for food,

etc.:



NEED: Clean up afterwards:

NEED: Prizes: EVERYBODY bring RE-GIFTS to Little Sir prior to picnic date. LS to wrap (newspaper works

well). Mark those for kids.

NEED: BS to bring trivia info for use after lunch.

THANKS TO ALL, THIS IS A GROUP ACTIVITY.

BRING FAMILY. KIDS AND GRANDKIDS WELCOME. OR COME ALONE, BUT COME. FOR YOU NEW GUYS, THIS IS LOTS OF FUN, SO PLAN ON COMING.

Jerry Schroeder, Picnic Organizer Jerry.s2arch@gmail.com 916-801-2530



Wine Tasting

How about a Wine Tasting trip that's a little different? I would use the old cliché about out of the box thinking at this time but if you're new to wine this may be just what you need to get you out of drinking boxed Wine.

My suggestion is as follows; we go on our first trip to Bogle Winery in Clarksburg. Contact was made about private group "tastings" with a knowledgeable Host. The idea being to learn something about the Wine process from vineyard to bottle, as well as trying a variety of wines and in some cases get food pairing suggestions. I recommend we go on a Monday, Tuesday, or Wednesday as the Winery is closed on those days thus allowing our group a truly Private event.

There is also a nice Picnic area available, with a great view perfect for capping off a great day.

I will need to have an approximate number attending, (perfect outing for wives, mine will be coming) when I make contact to book the outing. Dates will be available on or before our next meeting.

Dennis Kramer, Wine Trip Organizer wischixen1@aol.com 530-312-3896





NOTICES AND REMINDERS

How would **YOU** like to have a leadership role in our dynamic SIR branch! Your SIR Branch is looking for a new Big Sir for 2024 (Little Sir next year). In addition, we need to fill the position of Secretary, and two Branch Executive Committee Directors. These



WE NEED YOU!

are critical positions for the success of the Branch. If you are interested in any of these positions, contact Paul Sickert at paulsickert3787@gmail.com or (916) 396 -6230. Thank you.

2022 ROSTER REPAIRS

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



SUNSHINE



Nothing new to report this month.

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



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



2022 Officers

BIG SIR	MARK STEFFENS	(916) 214-8650
LITTLE SIR	ALAN WEINEL	(209) 843-1804
SECRETARY	JIM HUFFMAN	(916) 468-8197
ASST SECRETARY	BERNIE MORENO	(209) 245-6313
TREASURER	HAL COPPERBERG	(916) 722-2606
ASST TREASURER	CONNOR CHIN	(916) 601-1854

Directors

PBS PAUL SICKERT (916) 396-6230 STEVE BRANDENBURGER (916) 765-0585 BUD ROGERS (916) 991-2611 JIM OBLIZZALO (916) 747-8172 PBS TED PATTERSON (916) 607-3050 JOHN POPADAK (916) 662-0695

State Officers

STATE PRESIDENT: RICK KINDLE
REGION 1 DIRECTOR: HUGH THOMPSON
AREA 4 GOVERNOR: JACK REEFER

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	Alan Weinel	(209) 843-1804	
Newsletter	John Popadak	(916) 662-0695	
Chaplain	Lieutenant Coopwood	(916) 206-2732	
Roster	Alan Weinel	(209) 843-1804	
Golf (RC)	PBS Lennie Silva	(916) 487-9812	
Golf (PGC)	Greg Schweitzer	(916) 687-8629	
NCGA Ambas	(916) 468-8197		
Bowling	PBS Tom Page	(916) 488-6465	
Audit	Bob Sanchez	(916) 996-7342	
Nominating	Paul Sickert	(916) 396-6230	
Attendance	Allen Riker	(916) 873-3779	
Lunch Recptn	(916) 929-3494		
Orientation	Orientation Steve Goodman		
Meeting Rev John Popadak		(916) 662-0695	
Sunshine	Lieutenant Coopwood	(916) 206-2732	
Web Site	Ross Martin	(916) 427-0559	
Book Club	Bernie Moreno	(209) 245-6313	
RAMP	Jerry Schroeder	(916) 801-2530	
Information	John Popadak	(916) 662-0695	
Branch Apprl https://sirinc.org/apparel-and-signage			

Honored Members

HONORARY LIFE MEMBERS PBS RON HUTCHESON

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

Q: What should you do if your round of golf is interrupted by a lightning storm?
A: Walk around holding your 1-iron above your head, because even Mother Nature can't hit a 1-iron.

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).

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SIR BOWLING TOURNAMENT COUNTRY CLUB LANES

First Annual Tournament
Sponsored by
Branch 69
Sacramento, Ca
Feb 18th and 19th 2022
Chairman – PBS Tom Page





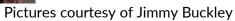
























2022 SPRING FLING IN NAPA

EAGLE VINES & CHARDONNAY GOLF COURSES Tuesday April 19th (Eagle Vines) and Wednesday April 20th (Chardonnay)

Men Day 1 – 4-person team of your choice – 2 Best Ball (net) – 8:30 AM Shotgun Start
Men Day 2 – 4-person team, SCRAMBLE, computer selected – 9:00 AM Shotgun Start
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Closest to Pin Contests on each Day (Both Front & Back nines)

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Have questions, contact Mark Stuart at either (916) 218-2287 or at mss95678@hotmail.com

ONLY THE APPLICATIONS RECEIVED WITH FULL PAYMENT WILL BE CONFIRMED AND ACCEPTED

**** ENTRY DEADLINE IS MONDAY APRIL 11TH ***

(Cut here)

APPLICATION AND ENTRY FORM

THE COST OF EACH DAY'S TOURNAMENT INCLUDES GREEN FEES, CART, RANGE BALLS, PRIZES

Make check(s) out to "SIR State Golf Committee", send to:

Mark Stuart, 47 Townsend Court, Roseville CA 95678

You can fill in this form online and then print or email the completed application!

Just click in a box and then type in the data.

					Both	Day 1	Day2
1.	NAME	NCGA #	BRANCH	TEL			
	STREET			ZIP			
	EMAIL ADDRESS	(Will be used for confirming receipt of entry)					
					Both	Day 1	Day2
2.	NAME	NCGA #	BRANCH	TEL		-	-
	STREET	CITY		ZIP			
	EMAIL ADDRESS				ng receipt of entry)	
					Both	Day 1	Day2
3.	NAME	NCGA #	BRANCH	TEL			
	STREET	CITY		ZIP			
	EMAIL ADDRESS	(Will be used for confirming receipt of entry)					
					Both	Day 1	Day2
4.	NAME	NCGA #	BRANCH	TEL			
	STREET	CITY		ZIP			
	EMAIL ADDRESS		(Will be	used for confirmin	ng receipt of entry)	
	ELIGIBILITY: Men SIR mer	mber and guests must h	nave a verifiable NCG	6A INDEX with an	y NCGA golf club	. Wome	en

guests have no requirement for a handicap.