



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

 **The Pony Express Branch #69** 
August - 2023 Edition

John Popadak, Editor

ALAN'S BS STUFF



Well, the Dog Days of Summer are upon us. The dog days or dog days of summer are the hot, sultry days of summer that were historically the period following the rising of the star system Sirius (known colloquially as the "Dog Star"), which is connected with heat, drought, sudden thunderstorms, lethargy, fever, mad dogs and just plain old bad luck! They are now taken to be the hottest, most uncomfortable part of summer in the Northern Hemisphere. AND, of course, August is not only long and hot, but it is also the month with NO holidays at all!

We had a nice turnout for the last "dine out", at El Tapatio. If you have not attended a dinner, please consider doing so. It is nice to be able to sit and visit with fellow SIR members in a less structured environment. PLUS, for those with spouses, they generally appreciate the night out!

If you have NOT talked to Tom Page about bowling, please do so! He will have team assignments in a few weeks. And, PLEASE consider participating in a variety of SIR activities – Golf, Bowling, Cards and other activities. It is critical for us, as guys, to have that connection with other men. It helps keep us young and active.

I am beginning to work on the 2024 Roster. Look for an e-mail with your 2024 information – they will start to be sent out in early August.

Little Sir, Connor Chin, is working on the Annual Ladies Holiday Luncheon. I am certain that it will be ANOTHER resounding success! Keep your eyes open for information to come!

Lastly, "Thank you" to all the volunteers who help the club out in so many ways. Without you, things simply would not get done!

See you all at the August Luncheon!

Alan Weinell, Big SIR

CONNOR'S LUCK OF THE IRISH



Connor Chin has eight months of the calendar year in the books as your 2023 Little SIR.

A Christmas Party is being planned for December 14th at the Dante Club. Music (DJ) and a great luncheon is on the docket. We are meeting with the Dante Club to discuss the menu and other items on September 14th. Tickets can be purchased at the October 12th and November 9th Luncheons.

Hopefully, the month of August will bring us some cooler weather for the golfers and the SIR 69 Bowling League will be having their sign-up day on August 23rd (free bowling that day) and the League starts on Wednesday-August 30th.

At the end of the month, Week #1 of the NCAA College Football will be here for our TV enjoyment.

The August 10th Luncheon Speaker is Jerrod Sieberg, a DMV Senior Driving Ombudsman. His presentation will be on Senior Driver Renewal and what are California DMV Regulations for Senior Drivers.

Looking ahead, I promise to do my level best for SIR Branch 69 in 2023. See you all at the August 10th Luncheon.

Connor Chin, Little SIR

DID YOU KNOW?

August was once the 6th month of the year.

In the Roman calendar, August was known as "Sextilis", the Latin word for 6. It wasn't until 700 BC when January and February were added to the calendar, that August was bumped down to become the 8th month of the year. While "Sextilis" does have a somewhat naughty ring to it, it was in 8 BC when it was dropped and Augustus became the official name. The month was named in honor of Augustus Caesar, the Roman emperor and adopted son of Julius Caesar. Eventually, Augustus was shortened to simply, August.

August Birthdays

Paul Ogden	08/01	88 Years
Tony Straton	08/02	
Dan Calcagno	08/06	
Conrad Cookman	08/07	
Bill Auch	08/09	
Warren Senegal	08/12	91 Years
Chris Wicks	08/13	
Heman Smith	08/20	94 Years
Bob Dant	08/21	93 Years
Robert Kiehne	08/24	

WELCOME NEW MEMBER!!

SIR Dave Damitz

2021 Joan Way
 Sacramento, CA 95825
 (916) 862-6056
 dmcdamitz3@gmail.com
 Sponsored by Allen Riker



Dave was born and grew up in Vallejo, CA. He played sports all through high school, excelling in tennis especially. He continued on to Solano Junior College, UC Davis and finally Sac State, from which he earned a Master's degree in Physical Education. He also studied biology in college, all of which lead to a position as a football coach and biology teacher at Jesuit High School after college. He stayed there for a couple years, later coached girls volleyball at Rio Americano High School. Ultimately, Dave switched careers to work at pharmaceutical sales for several years, but he didn't really enjoy this line of work. Soon he returned to the sports world and became the assistant tennis pro at Sunset Whitney in Rocklin and later at Sierra View Country Club in Roseville. He held these positions for the remainder of his working career. After his first retirement, he worked at Home Depot until the Covid pandemic convinced him to retire for good.

Dave and his wife Maria have one son, a senior in college. He still participates in doubles tennis, pickleball and water skiing. Music also has been an important part of his life. He is going to try bowling in our league this fall, too. As an example of Dave's love of life and California, Dave and some friends in 1972 went surfing, waterskiing and snow skiing, all in the same day! Then they repeated this feat in 1982 and 1992.

Birthday: July 10, 1954
 Anniversary: to Maria, May 17, 1997



August Anniversaries

Greg & Norma Schweitzer	08/10	
Ross & Susan Martin	08/12	56 Years
George & Karen Langford	08/12	51 Years
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	54 Years



I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet....but the thyme is cummin.

NEXT MEETING

GENERAL MEETING

Thursday August 10, 2023

Dante Event Center, 2330 Fair Oaks Blvd., Sacramento 95825

Check-In and Social Hour: 11:00 am to 12:00 noon
General Meeting, Lunch, and Speaker: 12:00 noon - 2:00 pm

YOU'RE ALL INVITED!



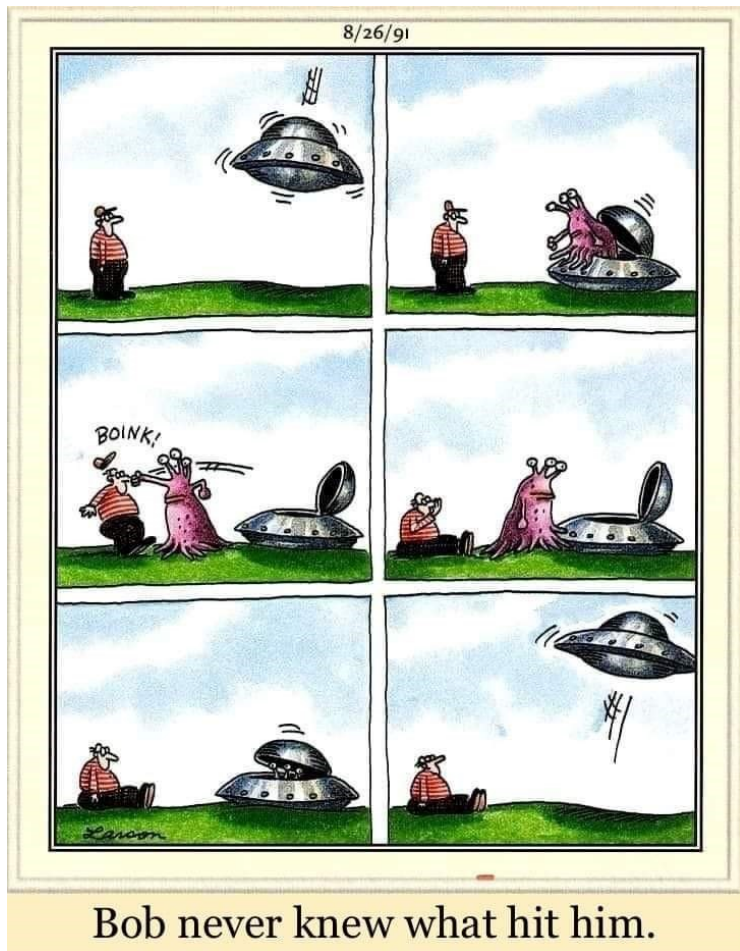
Big SIR Alan Weinel (L), welcomes new member Dave Damitz (C) and his sponsor, Allen Riker (R)

PROBLEM SOLVED!

After being married for 50 years, I took a careful look at my wife one day and said, "Fifty years ago we had a cheap house, a junk car, slept on a sofa bed and watched a 10-inch black and white TV, but I got to sleep with a hot 23-year-old girl every night. Now, I have a \$500,000 home, a \$45,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 69-year-old woman. It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Aren't older women great? They really know how to solve an old guy's problems.



2024 BEC SLATE OF CANDIDATES FOR SIRS BRANCH 69

The Nominating Committee recommends:

OFFICERS



Big SIR
Connor Chin



Little SIR
Lieutnant Coopwood



Secretary
Bernie Moreno



Asst. Secretary
Robert Schrupf



Treasurer
Hal Copperberg



Asst. Treasurer
Jim Sprifke

DIRECTORS



PBS Alan Weinel
Term: 2024



PBS Mark Steffens
Term 2024-2026



Blake Thomson
Term 2024-2026



Ron Peters
Term 2024-2025



PBS Ted Patterson
Term 2024



John Popadak
Term 2024



Paul Sickert
Term 2024

Last Month's Speaker



Little SIR Connor Chin presents Captain Dwayne Oslund and Captain Joellen Oslund with a certificate of appreciation and a bottle of wine. Captain Joellen Oslund is a retired Navy pilot and one of the Navy's first helicopter pilots. She discussed her distinguished career and the many obstacles she overcame to reach her goal to be a Navy pilot.

BRANCH 69 MEETING ATTENDANCE

<u>Month</u>	<u>Members</u>	<u>Attendees</u>	<u>Percent</u>
January	129	86	67%
February	132	87	66%
March	132	83	63%
April	132	83	63%
May	132	89	67%
June	131	79	60%
July	131	80	61%

To maintain membership, a member is required to attend one-half of the regular Branch monthly luncheon meetings within the previous twelve consecutive month period, unless the Branch BEC has approved different attendance requirements (State SIR Policy 25; Bylaw 18).



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

August 3 - Wildhorse - Team Play, Shotgun Start - \$54

August 17 - Teal Bend - Final Rnd Club Championship, Shotgun Start - \$57

August 31 - Wildhawk - Team Play - \$34

September 21 - Woodcreek - Stroke Play - \$52

JULY RESULTS

Bing Maloney (7/6) - 4 Man Team Scramble

1st Low Net Team: Jerry Buhlert, Sandy Davis, Mark Machado, and Dan Nelson

2nd Low Net Team: Bab Baker, Bob Clanton, Mike Evans, and John Popadak

3rd Low Net Team: Gary Lukins, Marty Miller, Robert Prophet, and Jim Svobodny

CTPs: Rick Hom, Jim Svobodny, Dan Nelson, Fred Smith, Paul Woods, and Ritchie Carlson

River Oaks (7/20) - 2nd Rnd Club Championship

1st Low Net, 2nd Low Net, 3rd Low Net

1st Flight: Joe Riley, Jerry Buhlert, Mark Machado

2nd Flight: Gary Lukins, Terry Block, Rick Hom

3rd Flight: Marty Miller, Paul Woods, Orville Noel

CTPs: Mark Machado, Tom Costello, Rick Hom

Wildhawk (7/27) - Stroke Play

1st Low Net, 2nd Low Net, 3rd Low Net

1st Flight: Mark Machado, Mike Long, Tom Page

2nd Flight: Sandy Wicks, Chris Wicks, Dan Nelson

3rd Flight: John Popadak, Malcolm Hill, Jim Sprifke

CTP: Ritchie Carlson

UPCOMING TOURNAMENTS

August 7 - Mather - Final Rnd Club Championship - \$35

August 21 - Antelope Greens - 4 Clubs Only

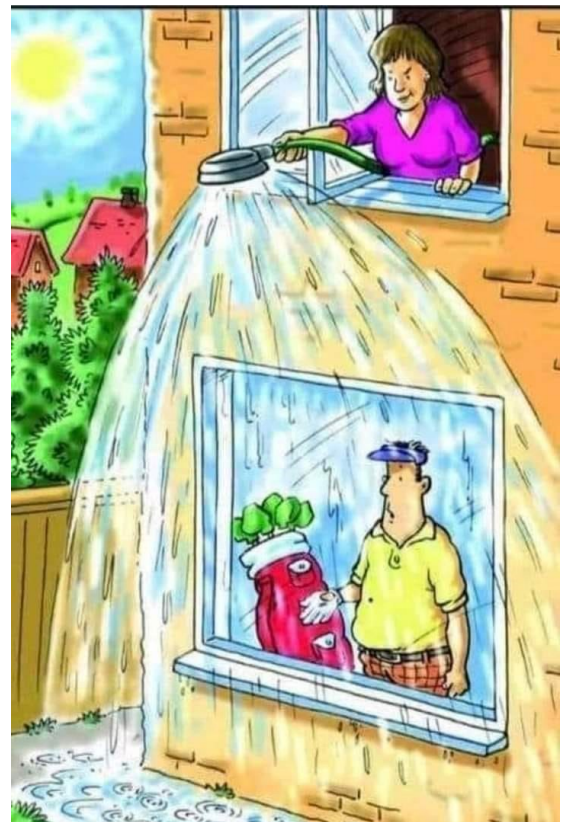
JULY RESULTS

Cherry Island (7/10) - 2nd Round Club Championship
Low Gross, Low Net, CTPs

Flight 1: Jim Oblizalo, Pat Quinn, Bill Katsifolis and Mark Machado

Flight 2: Jack Osborn, Dan Nelson, Robert Ortega

Flight 3: Marty Miller, Carl Hefner, Marty Miller and Paul woods



HOLE-IN-ONE!

Congratulations to Tom Page for his ace on #7!



BOWLING NEWS

I have lots of news in this bowling article. First off, the league will officially start on Wednesday, August 30, at 11:00am at Country Club Lanes. We will have our traditional bowling meeting and practice day the preceding Wednesday, August 23, also at 11:00.

The main new announcement is that the league will have to drop to 10 teams this year. The last two years, we fielded 12 teams, but not all the teams had the full 4 members and we had almost no subs to fill in. This year, we have lost a couple bowlers, several more are nursing injuries and can't bowl at the start of the season, and a couple more have family issues that rightfully take precedence over bowling. Right now, I have exactly 40 bowlers signed up who want to bowl on a team. I have not heard from a couple of our regular bowlers about their bowling intentions for the coming season. If you have bowled with us in the past and have not contacted me, please do so right away. With the smaller number of teams, we will have quite a few subs to fill in for absences.

Once I get the list of bowlers completed, I'll put together the teams and captains. Some new Branch 69 members have shown an interest in bowling; I sincerely hope that all our usual bowlers will return for the fun and competition next fall. Hopefully, I'll have the team roster completed in time for the August luncheon.

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.

Stay safe and stay healthy,

Tom Page, League Secretary
916-488-6465



RECRUITING AND PUBLICITY

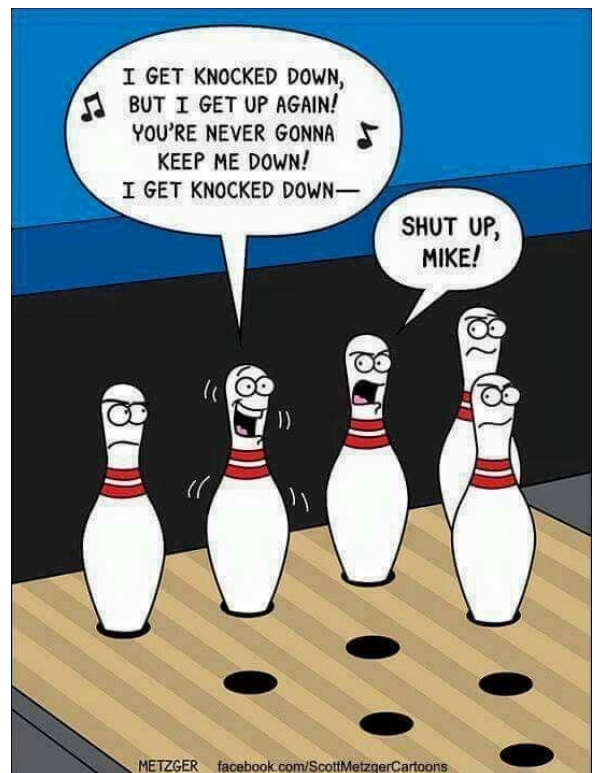
Our major recruiting effort continues to be the advertisement in the Mission Oaks Recreation & Park District magazine, plus our flyers in their organization display racks. I have just renewed our ad in the MORPD magazine for the fall issue. As before, this magazine goes out to 30,000 addressees, so a lot of eyeballs get to see information about our program. This is an ongoing effort, one that we hope will bring in new membership prospects in the coming months.

We are also 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'll look forward to seeing everyone at the August luncheon.

Tom Page, Recruiting & Publicity Director



BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

On July 19th we gathered at our favorite Mexican restaurant EL Tapatio. Everyone in attendance had a fabulous time. Talking about bowling, golf and anything else that was interesting. If you weren't there, you missed out on a fabulous dinner. And by fabulous, we mean spicy. Like, really spicy. Some of us are still feeling the burn.

NEXT DINE-OUT:

Back by Popular Demand : Vince's Restaurant & Bar, on August 14th AT 6:00 PM @ 840 Harbor Blvd., West Sacramento 95691. Enjoy time with your SIR friends, bring a guest & make a new friend! Or an enemy, depending on how competitive you are.



For more information & RSVP, call or text Mark Steffens at (916) 214-8650 or email him at steffens.mark@outlook.com. But don't text him after midnight, he turns into a gremlin.

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



CARD CLUB



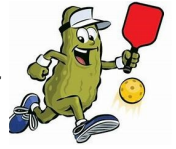
We are scheduled for play on Wednesday August 2nd and Wednesday August 16th. 1st and 3rd Wednesday of every month at the Country Club Lanes off Watt and El Camino Ave. See you there.

Dan Nelson, Cards Chairman



PICKLEBALL

Pickleball has been cancelled until further notice.

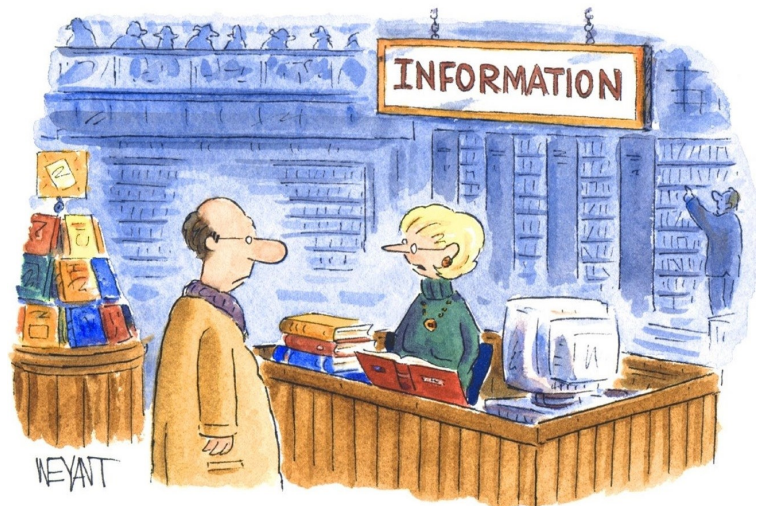


Terry Block, Pickleball Chairman
(916) 686-0797
TerryBlock@Comcast.Net

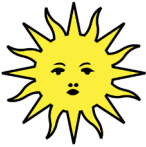
PICKLEBALL INJURIES

More than 60 percent of injuries sustained by pickleball players 60 and older resulted from slips, trips, falls or dives, according to our recent study of people who went to U.S. emergency departments. Wrist fractures are more common among women, while men are more likely to develop strains and sprains. To lower your risk, wear shoes that support lateral motion, like those for tennis-not running shoes designed for forward motion. A lesson can help you learn the correct technique, and you might want to wear a wrist brace. To prevent strains and sprains, warm up for five or 10 minutes before playing. Loosen up your large lower-body muscles and shoulders.

-CharlesDiMaggio, director of injury research, NYU Langone Health, and coauthor of a study on pickleball injuries



"Don't you think you should try to find the Self-Help section on your own?"



SUNSHINE



Pat Quinn was in the hospital with an infection in his leg. He's improving and looks forward to getting back out on the golf course asap.

Jim Happs's wife, Edie, succumbed to her fight with cancer and is resting in God's arms now. Pray for Jim.

Addrian Harrell was laid to rest this month and service was at Ancil Hoffman golf course.

Keep **Jerry Schoeder** in your prayers as he recovers from kidney replacement and urinary tract infection/cancer.

Tom Walton is recovering from cancer treatments.

Jim Oblizalo is battling bladder cancer and is improving.

Bob Sanchez is recovering from a stroke.

Reach out to someone and let them know we care and they are not alone.

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



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



ROSTER CORRECTIONS

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	JIM SPRIFKE	(209) 200-2107
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 Ambassadors	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
SPECIFIC ACTIVITIES CHAIRMEN		
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
Investment 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 Apparel https://sirinc.org/apparel-and-signage		

Honored Members

HONORARY LIFE MEMBERS

- PBS TOM PAGE
- PBS JIM PORTERFIELD
- PRD WARREN SENEGAL
- PBS LENNIE SILVA

DISTINGUISHED SERVICE AWARDS

- PBS PAT QUINN

SENIOR CERTIFICATES

- PBS WARREN SENEGAL
- SIR KEN TOWNS
- SIR VERNON FREEMAN
- SIR HEMAN SMITH
- SIR CHARLES DANT

Forgot the luncheon's speaker details? Want to read back issues of the Mail Pouch? Get all of this and more on our Web Site at <http://branch69.org>

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).