



THE MAIL POUCH



The Pony Express Branch #69
February — 2021 Edition



John Popadak, Editor



Sickert Says

We are inviting all Branch 69 members to attend our February 11, 2021, 10 a.m. Branch Executive Committee (BEC) meeting via ZOOM. Little Sir Mark Steffens is reviving our regular speaker's program. PBS Jim Porterfield will be the first speaker for the year with his talk titled "The Future of our Food as the Planet Heats Up."

Mark is scheduling other speakers for the months ahead that will be presented via ZOOM until we can all be together again for in-person luncheons. Instructions on how to use ZOOM and sign-in to the BEC meeting are included at the end of the newsletter.

With every other branch activity, for the moment, cancelled, it is nice to have some sense of normalcy return with the inclusion of speakers regularly making presentations at our meetings. To support his efforts, everyone attending February's BEC ZOOM meeting will be entered into a raffle for one of three Amazon \$25 gift cards. The raffle drawing will be held at the conclusion of the BEC meeting.

Did you know that January and February are the months that most Branch 69 members make their annual voluntary contributions to support the Branch? Please send your \$20 (check made payable to SIR Branch 69) to branch Treasurer, Hal Copperberg, 8015 Garry Oak Drive, Citrus Heights, CA 95610.

Happy Valentine's Day. Stay safe. Thank you.

Paul Sickert, Big Sir



Mark's Talk

Fantastic News! This month we're going to begin our first Zoom *presentation* with our own PBS Jim Porterfield. Jim has been a member of SIR Br 69 since 2007. He served as Big Sir in 2012 and for 5 years he directed the dinner/theater and picnic activities. In 2015, He became interested in climate change, our environment and nutrition.

Jim's researched these three subjects in collaboration with "The Climate Reality Project" under former Vice President Al Gore. He received certificated training for sustainable environmental resources from the World Health Organization. And he studied nutrition under Dr. John McDougall and other experts on food consumption.

Join us at the next BEC meeting via Zoom where we will do this again and you can have a chance at an Amazon gift card just for attending the meeting. The raffle will be held at the conclusion of the BEC meeting

Mark your calendar for next month Zoom speaker on AARP FRAUD WATCH with Alan Baker.

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.

FEBRUARY ZOOM MEETING

Thursday, February 11, 10:00 a.m.

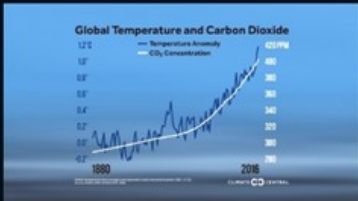
Join the meeting for a chance to win a \$25 Amazon gift card!



Free Presentation on ZOOM

Hosted by
Jim Porterfield

THE FUTURE OF OUR FOOD AS THE PLANET HEATS UP



SPEAKER TOPICS:

- * OUR BROKEN FOOD PRODUCTION SYSTEM
- * ITS IMPACT ON OUR HEALTH AND OUR ENVIRONMENT
- * HOW IT CONTRIBUTES TO GLOBAL WARMING
- * WE HAVE SUSTAINABLE SOLUTIONS

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February Birthdays

Frank Levings	2/1	
Dick Borah	2/10	83 Years Old
Connor Chin	2/16	
Jack Mehl	2/18	83 Years Old
Lennie Silva	2/19	83 Years Old
Jim Happs	2/21	
Steve Macilrath	2/23	
Ross Martin	2/25	
Jim Luttig	2/27	
Allen Ricker	2/28	



2021 ROSTER REPAIRS

Alex Canada: Please change his address FROM: Sacramento CA 95833 TO: **ANTE-LOPE, CA 95843**

Charlie Landau: Please change his address FROM: 5808 State Avenue TO: **5608 State Avenue**

Mark Machado: Please change his telephone number TO: **916.396.3406**

Ted Machado: Please change his email address TO: **Machado 77@Yahoo.com**

Richard Terrell: Please change his telephone FROM: 472-4286 TO: **472-4686**

Jim Huffman: Correct email address should be: **jimhuffman50br69@gmail.com**

Lorren Jacobs: Correct his address to: **6814 Easthaven Way**

Mark Steffens: His new email address is: **steffens.mark@outlook.com**

John Hanson: His new address is: **7889 Lichen Drive #288, Citrus Heights 95622**

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.

Your 2021 Golf Directors



Lennie Silva—Regular Course

FEBRUARY GOLF:

**ALL SIR ACTIVITIES ARE CANCELLED
UNTIL FURTHER NOTICE**



Greg Schweitzer—Progressive Golf Club

FEBRUARY GOLF:

**ALL SIR ACTIVITIES ARE CANCELLED
UNTIL FURTHER NOTICE**

RECRUITING AND PUBLICITY



All our SIR activities remain closed for the foreseeable future, so recruiting efforts have pretty much come to a standstill.

We're still hoping that the State SIR office will reconsider their decision and let SIR golf resume, which would at least let us invite potential new members to join us in a round of golf. In early January, a State SIR Fireside Chat was held on Zoom; 273 members logged in to participate. A number of issues were discussed, including the resumption of SIR golf. Stu Williams, the State SIR President for 2021, was very optimistic that the golf program could resume soon, but weeks have gone by since then with no more news.

In the meantime, keep thinking of potential members who might want to join our branch when some activities begin again.

I keep in touch with my contact person at Morton Golf. She recently sent an announcement that Golf Expo for 2021 will be a reduced effort with fitting appointments from the major golf equipment companies only. There will be no vendor booths as we have had in past years, so outside businesses and clubs like our SIR branch will not be able to participate. Hopefully, we will return to the usual format in 2022.

Stay safe and healthy,

Tom Page Recruiting & Publicity Director

February Anniversaries

Dan and Sarita Turner	2/3	53 Years
Ron and Diana Hutcheson	2/4	
Gary and Iris Rumick	2/7	
Don and Patricia Neufeld	2/9	59 Years
Victor and Barbara Scott	2/14	
Bill and Lena Mueller	2/16	58 Years
Bob and Loretta Turner	2/18	60 Years
Jim and Lavina Smalling	2/23	



BOWLING NEWS



We still don't have any good news as far as SIR bowling is concerned. Our regular season is cancelled for sure. There may be some bowling alleys in outlying areas open for business, but not Country Club Lanes or any other Sacramento venues.



It looks like the Covid-19 vaccine is finally starting to arrive. This effort could provide some safety for people who elect to get the shots, welcome news for everybody and especially us older guys. The vaccination program is also the best hope for the resumption of bowling activities.

Ray DeBasilio is still hoping the Carson City tournament in April will still be held. Ray acknowledges that the tournament might be a bit of a long shot, but still possible. The vaccination program and permission from the State SIR office are the main issues for the tournament.

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

Tom Page, League Secretary 916-488-6465

HOW ARE WE DOING?

01/31/2021

INCOME	ACTUAL	BUDGET	DIFF
Contributions	\$1,220	\$2,100	\$ 880
Other	\$ 0	\$ 0	\$ 0

TOTAL INCOME \$1,220 \$2,100 \$ 880

EXPENSES

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

TOTAL EXPENSES \$ 0 \$3,225 \$ 3,225

CASH BALANCE AT END OF 2020	\$ 4,486
CURRENT CASH BALANCE	\$ 5,706
PROJECTED CASH BALANCE 12/31/2021	\$ 3,361

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

Hal Copperberg, Treasurer

**SUNSHINE**

Branch 69 has received word that Sir Don Neufeld will or has begun treatment for recently being diagnosed with bladder cancer. All of us at Branch 69 send our best wishes for successful treatment. I am sure that Don would enjoy hearing some bladder cancer success stories from Branch members who like myself are now "cancer free"

Neither my computer nor phone allow me to take part in Zoom, so I will depend on the follow up input to keep abreast.

Stay safe my fellow SIR members...

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
JACK MEHL	(916) 397-3706	JIM OBLIZZALO	(916) 747-8172
ERNE BERRYMAN	(916) 723-2148	BUD ROGERS	(916) 991-2611

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	JACK MEHL	(916) 397-3706

Committee Chairs

Programs	Mark Steffens	(916) 396-6230
Newsletter	John Popadak	(916) 662-0695
Chaplain	Bill Nichols	(916) 844-9382
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	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 – JANUARY, 2021

Cash Balance 1/1/2020= \$4,486

	December	YTD
Beginning Cash Balance	\$4,486	N/A
Contributions	\$1,220	\$1,220
Expenses	\$ 0	\$ 0
Ending Cash Balance	\$5,706	N/A
MEMBERSHIP		
Membership, Gain/Loss	-1	145



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).

FEBRUARY BEC ZOOM MEETING

Hello Sir Branch 69 Members! You are hereby invited to attend our February 11th 10:00am BEC meeting via the video conferencing tool called ZOOM for a presentation by PBS Jim Porterfield, "The Future of Food as the Planet Heats Up." Everyone attending the BEC meeting will be entered into a raffle for one of three Amazon gift cards. 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 = 857 8297 6937 / Passcode = 985419**

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 = 857 8297 6937 / Passcode = 985419**

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)
-
- 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.
 - **ZOOM meeting ID = 857 8297 6937 / Passcode = 985419**

Hope you can all make it!