



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

ALAN'S BS STUFF



I hope everyone has a nice 4th. Michele and I are hosting one of our two German grandsons for a couple of weeks. It is always interesting to see how those from other places and cultures view our different traditions.

With great sadness we recognize the passing of Bud Rogers. Even with his advanced illness he attended the Bowling awards ceremony in April. Bud was a big supporter of SIR and will be sorely missed.

PLEASE, PLEASE, PLEASE let your caller know WHETHER OR NOT you plan to attend the luncheon. And, if you do NOT get a call, REACH OUT to your caller. It is critical that we know - the Dante Club only prepares food for the number we tell them.

We recently had our annual picnic. It was very nice. Around 50 attended. Everyone seemed to have a great time. PLENTY of food: BBQ Tri-Tip, Chicken, and hot dogs. PLUS, plenty of side dishes. Lots of games! There was a bocce court laid out, corn hole and a golf challenge. There were card games and just a lot of visiting. The weather was BEAUTIFUL. Mid-June CAN get hot, but we had perfect weather. NEXT YEAR, plan on attending. It was nice to sit around and visit with folks you normally don't have the chance to chat with.

Bowlers: Rumor has it the Tom Page is dusting off his Ouija board! He will be putting teams together for the next season. Play will begin at the end of August. If you have ANY interest at all, consider joining. It is a "handicapped" league - bowlers with lower averages are given additional pins to help equalize the scores. You DON'T have to bowl great to win! AND, anyway, it is just a fun way to spend time with your friends.

AND, as always gentlemen, invite a friend to attend lunch. As guys we simply do not have the same social network that our wives have. SIR is a good place to make friends and enjoy some activities.

See you all at the July Luncheon!

Alan Weinel, Big SIR

CONNOR'S LUCK OF THE IRISH



Connor Chin has seven 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.

The month of July brings us a Fourth of July Independence Day - USA Birthday, US Women Open at Pebble Beach, and the British Open.

The guest speaker for the June 8th Luncheon was Mark Hoffman (owner) of Sports Leisure Vacations. His presentation covered general safety tips and procedures.

Captain Joellen Oslund will be the July 13th guest speaker with the assistance of her husband, Captain Dwayne Oslund, US Navy Ret, who will manage the audio & visual equipment via a laptop. Captain Joellen was one of the first US Navy Helicopter Pilots and her presentation on her military career will be very interesting and informative to everyone.

Looking ahead, I promise to do my level best for SIR Branch 69 in 2023. See you all at the July 13th Luncheon.

Connor Chin, Little SIR



July Birthdays

Steve Eason	07/01	
Dan Nelson	07/02	
Merritt Davis	07/22	85 Years
Steve Haakenson	07/22	
Erle Hansen	07/25	
Bob Baker	07/26	
Wing Tse	07/27	
Rod Lukins	07/29	
Tim Salada	07/30	



July Anniversaries

Ken & Daphne Towns	07/04	71 Years
Bernie & Denise Moreno	07/11	
Terry & Emese Block	07/11	
Patrick & Tara Fintel	07/12	
Richard & Katie Terrell	07/12	
Alan & Michele Weinel	07/21	50 Years
Brian & Susan Thurston	07/22	
Tim & Pamela Salada	07/22	
Rick & Nancy Hom	07/22	
Mark & Debbie Steffens	07/23	
Mike & Pamela Pinkston	07/24	
Paul & Emelita Woods	07/30	



FOOD MENU

July 13th Meeting

Grandma's Meatloaf with
Garlic Mashed Potatoes
& Brown Gravy, Seasonal
Vegetables, Dinner Rolls
with Sweet Butter, and
Chef's Choice
Dessert



**WE HAVE NEVER FOUND A
CAVE PAINTING OF A SALAD**



WELCOME NEW MEMBERS!!

SIR John Mestek

3418 55th St
Sacramento, CA 95820
(916) 996-4081
bighamster007@yahoo.com
Sponsored by Mark Steffens



John was born in Waukegan, Illinois, and grew up there. After high school, he joined the Air Force and served from 1975-1979. While in the Air Force, John had a brief posting in Germany, but most of his service was at McClellan AFB here in Sacramento. After his active duty ended, John went to school at American River College and Cal Poly, San Luis Obispo.

John found work as an engineering technician for several years before signing on as a surveyor for Sacramento County, a position he held for 28 years. He just retired in April of this year.

John enjoys traveling and golf. He also is a chess fan and likes board games such as backgammon. He is already signed up for our Branch 69 golf tournaments and he may well sign up for bowling as a substitute this fall.

Birthday: June 6, 1956

SIR Jim Critz

8934 Sunset Ave
Fair Oaks, CA 95628
(916)536-9970
james_critz@yahoo.com
Sponsored by State SIR website

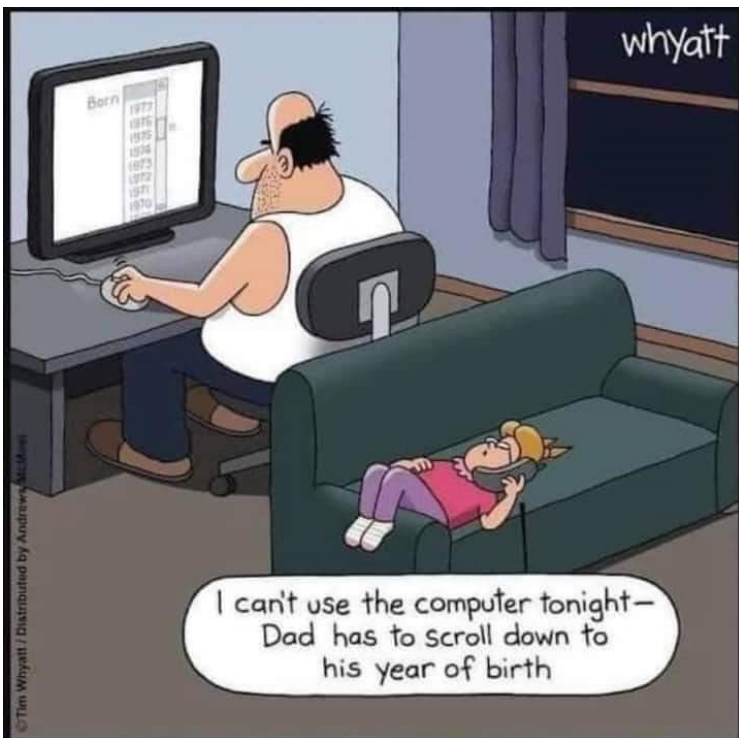


Jim was born in Birmingham, Alabama, while his father was stationed there in WWII. Jim grew up in a number of military bases in the US and Europe with his father's Army career. After high school, Jim attended the University of Oklahoma and received an Army ROTC commission in 1968. His own military service took him to Berlin in an armored unit (tanks) and later to a tour in Viet Nam in the infantry. He returned to Ft. Knox, Kentucky for the remainder of his 6 years of active duty.

Jim began his civilian life working in sales, ultimately working for the Yellow Pages for 25 years, ending up as VP of sales. He retired in 2009.

Jim and his wife Dianne have between them two daughters, a grandson and a granddaughter and a great-granddaughter. They enjoy family activities, wine tasting and especially travelling in Europe, in which they have visited 13 countries. Jim used to be a long-time golfer, but injuries have kept him from that sport for some time. He is hoping that he can rejoin his golfing activities once a couple injuries have healed up.

Birthday: September 23, 1944
Anniversary: to Dianne, October 17, 1998



BS Alan Weinel with new members John Mestek and Jim Critz

GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

- July 6 - Bing Maloney - Team Play - \$35
- July 20 - River Oaks - 2nd Rnd Club Championship - \$50
- July 27 - Wildhawk - Stroke Play - \$34
- 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

JUNE RESULTS

Mather (6/1) - 3 or 4 Man Team Shamble
 1st Low Net Team: Terry Block, Michael Brassil, Dave Busch, and Alex Canada

2nd Low Net Team: Bob Baker, Rick Hom, Jim Sprifke, and Chris Wicks,

3rd Low Net Team: Conrad Cookman, Joe Riley, and Fred Smith

CTPs: John Valdes, Mark Machado, Chris Wicks Glen Halvorsen, Michael Brassil, and Sandy Davis

Bartley Cavanaugh (6/15) - 1st Rnd Club Championship
Low Gross, 1st Low Net, 2nd Low Net, 3rd Low Net

1st Flight: Jerry Buhlert, Mike Long, John Valdes, Joe Riley

2nd Flight: Dan Calcagno, Jack Osborne, Tom Page, Gary Lukins

3rd Flight: Marty Miller, Carl Hefner, Rod Lukins, John Popadak

CTPs: Jerry Buhlert, Joe Riley, Gary Lukins, Bob Ortega, John Popadak, and Paul Woods

UPCOMING TOURNAMENTS

- July 10 - Cherry Island - 2nd Rnd Club Championship - \$33
- August 7 - Mather - Final Rnd Club Championship - \$35
- August 21 - Antelope Greens - 4 Clubs Only

JUNE RESULTS

Wildhawk (6/5) - 1st 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

Diamond Oaks (6/19) - 4 Man Scramble

The two teams that played tied. Everyone won!

Team 1: Alex Canada, Jim Svobodny, Russ Prophet, and Dan Calcagno

Team 2: John Popadak, Bill Mullen, Terry Block, and Fred Smith

Empire Ranch (6/22) - Stroke Play
1st Low Net, 2nd Low Net, 3rd Low Net

1st Flight: Joe Riley, Pat Quinn, Bob Baker

2nd Flight: Alex Canada, Gary Lukins, Jim Svobodny

3rd Flight: Terry Block, Dan Nelson, Rod Lukins

CTPs: Fred Smith, Tom Page, Jim Svobodny, Jack Osborne



BOWLING NEWS

OK, bowlers, now is the time to sign up for our 2023-2024 bowling league. 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.

What I need from each returning bowler: a brief email letting me know if you are planning to bowl with us in the league, and if you want to be on a team or a substitute.

Please reply just to me at tpagefam@surewest.net.

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. 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 July luncheon. We're off to a great start for 2023; let's continue to have a great year.

Tom Page, Recruiting & Publicity Director



FOURTH OF JULY TRIVIA

Only two men signed the Declaration of Independence on July 4th, John Hancock and Charles Thompson. Most of the others signed it on August 2, 1776.

The Fourth of July was not declared a federal holiday until 1938.

There is no treasure map on the back of the Declaration of Independence. The words "Original Declaration of Independence dated 4th July 1776" is written on the back.



BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

NEXT DINE-OUT:

El Tapatio - 5637 Sunrise Blvd,
Citrus Heights
July 17th at 6:00

www.eltapatiocuisine.com



SOCIALIZE, BRING A FRIEND!

For more information and to sign up contact **PBS Mark Steffens**, call or text (916) 214-8650 or email steffens.mark@outlook.com

WALKERS AND HIKERS

Next walk will be at **River Walk Park** on Monday, July 17th at 10:00 am. River Walk Park is located at 651 2nd Street. We will meet at the restrooms at the beginning of the walk.

BRANCH 69 PICNIC/DAY IN THE PARK

We had great weather for our day in the park/picnic. We had 50 adults and 6 children for a total of 56 attendees, 28 of which were SIR members. Lots of fun had by all! See the pictures on the next page.

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



CARD CLUB



We are scheduled to play cards on July 5th and July 19st at Country Club Lanes at 2:00 pm.

Dan Nelson, Cards Chairman
(916) 895-5673
dan8733@yahoo.com



PICKLEBALL

Pickleball has been cancelled until further notice.



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

PING PONG

The current aarp.org website has a story (dated 6/26/23) about the benefits of playing ping-pong. We have a couple of members playing at Swanston Rec&Park and at Gibbons Rec&Park, but there is room for more. Have some fun and help your body by coming by and playing.



Bob Schrupf, Ping Ball Chairman
(916) 897-7114
Rschrumpf@hotmail.com



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SIR Branch 69 Picnic



The Chefs: Steve Brandenburger, Richard Slocum, and Joe Bowers





WINE TASTING

By Dennis Kramer



On June 15th, a beautiful and sunny morning in Amador County, near the small town of Plymouth, three members, their spouses and a prospective member and spouse met at Bella Grace Wine Cave.

Arrangements were made with the winery for a wine and food pairing in the wine cave. The wine cave has an average temperature of about 58-65 degrees and is perfect to store wine barrels. The winery owners, Michael (wife) and Charlie Havill, grow wines on their property and purchase additional grapes from other vintners. They have seven children, three of whom work for the winery. After their corporate lifestyle, they decided to become vintners in 2006 and purchased 50 acres with 20 acres of vineyards. Charlie learned as much as he could about biodynamic and sustainable farming.

Guests were seated next to the Big Bertha wine barrel which currently holds 800 gallons of Barbara wine. This huge barrel sits towards the back of the 12 foot high wine cave. Our table was placed right in front of the barrel.



Charlie gave us a short history of the vineyard and how they got started in the business. He then introduced us to his son, Robert, who is a professional chef. He specifically paired each course to the wines being served.

We started off with an Italian Prosecco, which is drier in comparison to other Proseccos, which are normally on the sweeter side. Charlie stated they worked with Italian Prosecco makers to make and bottle their own brand. He had us taste the Prosecco to whet our palates, then take a larger sip. We were served honeydew and cantaloupe melon balls, crema, smoked salmon, grapefruit with a white balsamic dressing with crushed pine nuts and arugula lettuce.

We were also served bits of bread and olive oils, balsamic vinegars and Tuscan salt which are also available at their location in Plymouth and Sutter Creek.

The next course included a 2022 Vermentino white wine which was served with a roasted beet salad, radicchio and little gem lettuce, marinated snap peas, with crumbled goat cheese and pistachios.

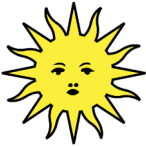
The third course consisted of a 2018 Private Selection Zinfandel (otherwise known as "Fancy Pants") with braised pork shoulder, with creamy polenta and basil.

The dessert course consisted of a 2014 Vino Doce, a sweeter dessert wine, with Madagascar vanilla bean gelato, fresh berries and a Bella Grace Balsamic Vinegar.

Everything was delicious and our gracious host, Charlie, described each wine being served and Robert also described how he chose the meal selection as we proceeded through each course. Our group was the first ones to taste the new season of small plates for these special wine pairings.

We were also lucky enough to get Barbara tastings directly from Big Bertha to cap off the day's luncheon.





SUNSHINE



Bud Rogers passed away on June 4. He will be greatly missed. Our prayers go out to his family.

Bob Sanchez had a stroke recently and is now recovering at home with his family. This has led him to resign as Assistant Treasurer for the branch.

Jim Oblizalo had his staples removed on June 27. The pathology report came back negative for cancer.

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



ROSTER CORRECTIONS

Bob Clanton's new telephone number is (408) 887-8449

Jack Osborne's new address is 8328 Evans Tree Drive, Roseville 95747

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	VACANT	

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

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

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
Investmnt 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 Aprnl <https://sirinc.org/apparel-and-signage>

An Irishman walks into a bar in Toronto and orders a drink.

The bartender, noticing his accent, asks him "What brings you to Canada?"

The Irishman says "Well, I was in a pub in Dublin and the coaster under my glass said 'Drink Canada Dry', so I thought I'd give it a shot"

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



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).



TREASURER'S REPORTS



HOW ARE WE DOING?

6/26/2023

INCOME	<u>ACTUAL</u>	<u>BUDGET</u>	<u>DIFF</u>
Annual Dues	\$3,175	\$3,200	\$ -25
Special Activities*	\$ 360	\$ 0	\$ 360
Other	\$ 667	\$ 0	\$ 667
TOTAL INCOME	\$4,202	\$3,200	\$ 1,002
EXPENSES			
Printing & Postage	\$ 246	\$ 325	\$ 79
Officers' Expenses	\$ 0	\$ 25	\$ 25
Guest Expenses	\$ 200	\$ 300	\$ 100
State Assessment	\$ 512	\$1,050	\$ 538
Special Activities*	\$ 108	\$ 650	\$ 542
Other, Recruitment	\$ 0	\$ 50	\$ 50
Other, Misc.	\$ 786	\$ 750	\$ -36
TOTAL EXPENSES	\$ 1,852	\$3,150	\$ 1,298

*Special Activities = Day in Park & Holiday Luncheon

CASH BALANCE AT END OF 2022	\$ 3,809
CURRENT CASH BALANCE	\$ 6,158
PROJECTED YEAR END CASH BALANCE	\$ 4,509

PROJECTED 2023 YEAR END MEMBERSHIP	135
PROJECTED CASH BALANCE PER MEMBER	\$ 33

Hal Copperberg, Treasurer

TREASURER'S REPORT - JUNE, 2023

6/26/2023

Cash Balance 1/1/2023 = \$3,809

	<u>JUNE</u>	<u>YTD</u>
Beginning Cash Balance	\$5,918	N/A
Contributions & Other Income	\$ 365	\$ 4,202
Expenses	\$ 125	\$ 1,852
Ending Cash Balance	\$6,158	N/A
<u>MEMBERSHIP</u>		
Membership, Gain/Loss	1/-2	131