



THE MAIL POUCH



The Pony Express Branch #69
June — 2021 Edition



John Popadak, Editor



Sickert Says

Welcome to June. On June 15, the State of California is expected to remove capacity and distancing requirements for most business activities. As a result, the Carmichael Elks Lodge is planning to reopen some activities beginning in June. We have already begun discussions with them about a return of branch luncheons.

We are also discussing the terms for holding our luncheons at another location. At the moment, the critical factor is the minimum number required to attend in order to receive the quoted per meal price. One place requires only 25 people attending, the other 75.

By the time you read this, you should all have been contacted by your caller asking if you plan to attend our luncheon, if one where held, in August. I hope you responded, your answer will guide the Branch Executive Committee in moving forward and choosing between the options available to us at this time.

Members who do attend the luncheon will need to bring with them two things to be admitted. One is a signed 'Sir Release of Liability for Exposure to COVID-19 Liability' form, a copy of which will be sent to you prior to the event, the other is proof of a COVID-19 vaccination; or the results of a negative COVID-19 test administered within 3 days prior to the event.

The branch has already started collecting waiver forms from Lennie Silva's and Greg Schweitzer's golfers. These waivers are being retained by the branch and a record is kept of those individuals providing the waivers. Once you have provided a waiver to the branch you will not be required to do so again.

For the proof of COVID-19 vaccination, we will apply essentially the same process. Once proof of vaccination has been shown for a branch event a record will be made of that fact, so that members on the list will not need to show proof of vaccination thereafter.

Thank you to those gentlemen that stepped forward to fill officer and director positions last month. You are

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Mark's Talk

Absolutely Amazing! On May 13th Saige White from Cosumnes River Preserve spoke. Everything was going so well with her presentation but then the sound cut off and we only got portions of her presentation. The part that we heard was remarkably interesting about the Consumers River Preserve. I ended up having to cut her time down since we could not hear what she was saying. Please check Cosumnes River Preserve on the videos on [Youtube channel!](#)

I am hoping that this month we will not have the same problems we did last month.

Our speaker for June 10th will be **Ingrid DeVore** from the Coalition of Concerned Medical Professionals. Concerned Medical Professionals (CCMP) is an all-volunteer effort, rooted in the community, founded in the Bay Area in 1976. CCMP is independent from government funding or any funding with strings attached. 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.

We will not be having a speaker for July. One reason is because we have a low turnout and the second reason is I will be out of town. But if you do know someone who would like to speak to our club in July (8th) please let me know and I will set them up for that date. I am working on our next speaker for August. I'm hoping that we're back at a location by that time. Also, please let me know if you know of someone who would be of interest to our group.

Finally, check out SIR Apparel and Signage ([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 your order is over \$50 it has free shipping. I will have my own new shirt and hat by this meeting.

Mark Steffens, Little Sir

Sickert Says (Continued)

appreciated. The branch still needs volunteers to be the Attendance Chairman and the Membership Chairman. I found the Attendance Chairman position to be a fun experience when it was my responsibility. Both of these positions are essential to the functioning of the branch; now more than ever as we prepare to return to our activities. Please support the branch by volunteering for one of these positions.

Thank you.

Paul Sickert, Big Sir



WELCOME!!

SIR DAVID BEN TRUJULLIO

918 Piedmont Drive
Sacramento, CA 95822
(209) 479-3364 davidbentrujillo@gmail.com
Sponsor: Jim Oblizalo

David was born in Stockton and grew up there, attending Edison High School. He was an excellent musician all through school. Following graduation, he went to Delta College and Sacramento City College, studying mechanical/electrical technology. This led to David's first career as an air conditioning mechanic. This work did not suit him completely and ultimately led to some serious changes in his life.

In 1988, he became sober and changed his entire life for the better. He started a pharmacy, which he ran very successfully for 15 years. After he sold his pharmacy, he went back to teaching music, but not just at a regular school. He chose to teach delinquent juveniles, some in lockdown institutions. These were tough kids and this was tough work, but his students benefitted from his teaching and many of them changed their lives around. David now mentors men in recovery. His spiritual life is very important to David and his wife Janice.

David has three sons and six grandchildren. He enjoys golf, dancing (how he met his wife) and public speaking. He is already active in our Branch 69 golf program--I can personally attest to his good golf swing!

Birthdate: July 22, 1950
Anniversary: Janice, November 24, 2012

SIR GLENN WHITE

5626 Chipping Way
Citrus Heights, CA 95621
(253) 777-7968 glennwhite03@gmail.com
Sponsor: Lennie Silva



Glenn was born in Nyack, New York, and grew up there. After high school, he joined the Army in 1981 and followed that career for 23 years. He was a combat signaler and combat engineer, serving in several noteworthy combat areas, including Panama (parachuted in), Iraq, and Haiti while part of the 82nd Airborne. He also worked as an instructor in his military specialties.

After his military service, he worked for the Department of Defense at Tripler Hospital in Hawaii for ten years while his wife finished her military commitment. Later, he continued working for the DOD at Fort Lewis in Washington and in Las Vegas.

Glenn and his wife, Christine, have two daughters. He is interested in golf and plans to participate in our Br 69 golf events soon.

Birthdate: January 20, 1963
Anniversary: Christine, January 20, 1995

June Birthdays

Sid Newman	6/2	87 years old
Tom Page	6/2	
Mas Miyagi	6/7	84 years old
Ken Towns	6/10	93 years old
Larry Aronson	6/12	
Vic Scott	6/13	82 years old
Ritchie Carlson	6/14	
Steve Goodman	6/16	
Pat Quinn	6/18	
Michael Brassil	6/20	
David Fitzsimons	6/20	
Neal (Real) McCoy	6/20	
Vernon Freeman	6/21	92 years old
John Martinez	6/21	
Bill Green	6/24	
Bob Houghton	6/27	



June Anniversaries

Doug and Pamela Bailey	6/8	53 years
Ted and Dorothy Patterson	6/9	64 years
Rich and Patti Taylor	6/11	
Jim and Edie Happs	6/12	
Jim and Shirley Carlson	6/12	66 years
Steve and Theresa Eason	6/14	
George and Barbara Ringley	6/14	
Connor and Jean Chin	6/15	
Tod Davis and Dorene Fritts	6/19	
Don and Catherine Agostinelli	6/20	51 years
Frank and Sandra Calcagno	6/20	57 years
Ed and Jacklyn Linn	6/25	61 years



2022 BEC SLATE OF CANDIDATES FOR SIRS BRANCH 69

The Nominating Committee recommends:

OFFICERS

Big SIR Mark Steffens



Little SIR Alan Weinel



Secretary Jim Huffman



Assistant Secretary Bernie Moreno



Treasurer Hal Copperberg



Assistant Treasurer Connor Chin



DIRECTORS

PBS Paul Sickert
Term: 2022



Stephen Brandenburger
Term: 2020-2022



Bud Rogers
Term: 2020-2022



Jim Oblizalo
Term: 2021-2023



Ted Patterson
Term: 2022-2024



John Popadak
Term: 2022-2024



Your 2021 Golf Directors



Lennie Silva—Regular Course

JUNE GOLF

June 17 - Bing Maloney - 1st Round Club Championship
- Green fees, C/C fee & prize fund is \$38

June 24 - The Reservr - Low Net - Green fees, cart &
prize fund is \$50



Greg Schweitzer—Progressive Golf Club

JUNE GOLF:

June 14 Alister MacKenzie 1st Round Club
 Championship
June 28 Bartley Cavanaugh 2nd Round Club
 Championship

The SIR State Team Qualifier will be on June 15 at Mather Golf Club. We have three teams competing this year.

RECRUITING AND PUBLICITY



I don't want to jump the gun too quickly, but we're seeing more signs of normal life in California and in our branch. Sir Golf is in full swing, and it looks like bowling and even luncheons may follow suit before too long.

I'm happy to note that our branch added two members in June, Glenn White and David Trujillo. Read their bios in this issue—they are both very interesting guys with a lot to offer our group. Also, 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!

As you can read in my bowling article again this month, bowling is close to returning at Country Club Lanes. We're hoping to see informal, fun league bowling soon, maybe by mid-June, and a return to regular league bowling next fall. All this hope is based on further progress in fighting the Covid-19 pandemic. I'm happy to see how many of our SIR members have gotten their vaccines—this is the best way to stay safe and healthy.

Tom Page Recruiting & Publicity Director

2021 ROSTER REPAIRS

None noted this month. Please send corrections to Alan's personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction".



**You never appreciate what you have till it's gone.
Toilet paper is a good example.**



BOWLING NEWS



We're still waiting for Sacramento County to move into the orange tier, which would permit facilities such as bowling alleys to reopen. This hasn't happened yet, but it looks like California as a whole will lessen its restrictions on gathering and events as of June 15. Hopefully, that will get Country Club Lanes up and running again. News Flash—it looks like Country Club Lanes will be opening up on a limited basis as of Wednesday, June 2. We will know more once CCL gets going and decides how to run their operation.



Part way through June, I will be contacting all our league bowlers to see who will want to bowl in our league again next fall. We don't know for certain that the league will start then, but I'm going to gather as much information as possible from our bowlers. That way, if the pandemic continues to be contained and controlled, we will be ready to go. Give some thought about your intentions to bowl so that you will be ready to respond to me when I reach you.

As I mentioned in April and May, you have to renew your USBC membership to participate in any tournament or summer league play. You can do the renewal by accessing the Bowl.com website and following the "Join" button instructions. You will have to renew again in the fall in order to compete in league play. Also, all our bowling averages from the shortened season last year are posted on the Bowl.com website. I renewed my USBC membership in March and recently received my new member card.

A number of our bowlers competed in the State SIR tournament at Knotty Pine Bowl in Pollock Pines late in April. Wow, some of our guys did really well! Ritchie

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BOWLING NEWS (Continued)

Carlson finished 3rd in the Division 1 singles, finished 1st in the Div 1 doubles with Joe Bowers, and finished 1st overall in the Division 1 combined events. Great bowling, Ritchie, and you, too, Joe. Bud Rogers and Tod Davis took 5th in the Div 1 doubles, Emory and Joyce Haworth got 9th in the Div 2 doubles, Erle Hansen and Mark Steffens took 9th in Div 2 doubles, and Tod Davis finished 10th in the Div 1 singles. Nice bowling, all of you.

Tom Page, League Secretary 916-488-6465

HOW ARE WE DOING?

05/25/2021

INCOME	ACTUAL	BUDGET	DIFF
Contributions	\$1,870	\$2,100	\$ 230
Other	\$ 0	\$ 0	\$ 0
TOTAL INCOME	\$1,870	\$2,100	\$ 230
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			\$ 5,985
PROJECTED CASH BALANCE 12/31/2021			\$ 3,361

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



Hal Copperberg, Treasurer



SUNSHINE



For the vast majority of branch 69 members, feeling the effects of age and health related issues and coming to the realization that they have become the dominant factor in planning what we can and can not do, brings about the making of sad but necessary decisions. And so it is that our RV director Bob Houghton and wife Starlene have sadly decided to give up the RV lifestyle, both agree that it is a "heartbreaking decision".



Bill Nichols, Sunshine Chairman

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 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	Ron Hutcheson	(916) 897-2807
Nominating	John Popadak	(916) 662-0695
Attendance	TBD	
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 – MAY, 2021

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

	APRIL	YTD
Beginning Cash Balance	\$5,900	N/A
Contributions	\$ 85	\$1,870
Expenses	\$ 0	\$ 371
Ending Cash Balance	\$5,985	N/A



MEMBERSHIP

Membership, Gain/Loss	3/-1	143
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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).

JUNE ZOOM MEETING

ALL MEMBERS ARE INVITED AND WELCOME

The June ZOOM meeting of our branch will be on 10th at 10:00am. Our speaker for the June will be **Ingrid DeVore** from the Coalition of Concerned Medical Professionals. Concerned Medical Professionals (CCMP) is an all-volunteer effort, rooted in the community, founded in the Bay Area in 1976. CCMP is independent from government funding or any funding with strings attached. 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 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 = 848 4074 8205 / Passcode = 746642**

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 = 848 4074 8205 / Passcode = 746642**

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)
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- 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 = 848 4074 8205 / Passcode = 746642**

Hope you can all make it!