



THE MAIL POUCH



The Pony Express Branch #69S
September — 2021 Edition



John Popadak, Editor



Sickert Says

Branch 69 held its first luncheon since the onset of the pandemic almost two years ago. Members met at the Dante Event Center on Thursday, August 12, for good food and good company. I particularly enjoyed seeing and catching up with friends that I had not seen since the luncheons were cancelled last year.

ZOOM Meetings does what it was created to do very well, but there is nothing better than the personal contact we shared in the Branch Executive Committee meeting as well as at the luncheon. Everyone appeared to enjoy the tri-tip lunch. I had the vegan ratatouille and it was delicious.

The check-in process went smoothly and in compliance with branch COVID-19 protocols. Although we had extra masks at check-in if needed, everyone brought their own mask. I did not find wearing a mask, when I was not eating or drinking, a hindrance to my enjoyment of the luncheon at all.

The election of the slate of Branch 69 Officers and Directors for 2022 was completed at the luncheon. Your Officers and Directors for 2022 are:

Big Sir	Mark Steffens
Little Sir	Alan Weinel
Secretary	Jim Huffman
Asst. Secretary	Bernie Moreno
Treasurer	Hal Copperberg
Asst. Treasurer	Connor Chin
Director	Paul Sickert
Director	Stephen Brandenburger
Director	Bud Rogers
Director	Jim Oblizalo
Director	Ted Patterson
Director	John Popadak

Our next luncheon at the Dante Event Center is on **Tuesday, September 7, 2021**. This is a one-time change in schedule. Please join us at 11 a.m. for social hour and 12 noon for lunch. With our first in-person luncheon and bowling starting soon we are almost back to normal.

Thank you.

Paul Sickert, Big Sir



Mark's Talk

At our August 12th meeting, we had **Marcie Larkey from PANC (Parkinson Association of Northern California)**. PANC is dedicated to enhancing the lives of people with Parkinson's, their families, and care partners. Marcie shared with us her professional experience in working with the Parkinson community. She also shared many of her own personal experiences with working with individuals with Parkinson's and their families. She made us very much aware that Parkinson is still a very hard disease to diagnose in the beginning stages. With her dedication and support to raise funds for the PANC we got a great understanding of how we as a community can help support this local community support group. **Panctoday.org (Parkinson Association of Northern California)**

September 7th Our Speaker will be from **SUTTER HEALTH. Jennifer Johnson** has been a Child Life Specialist for over 30 years. For the past 25 years, she has worked with the pediatric oncology population, providing care to patients and families undergoing tremendous stress. She first became a Canine Companions graduate with facility dog Millie in 2004. Millie and Jennifer were pioneers in incorporating facility dogs into the hospital setting and now mentor numerous other healthcare professionals seeking out facility dog programming. She graduated again in 2016 with successor facility dog, **Glimmer**.

During Glimmer's day, she is busy going on patient rounds with the oncology team, snuggling with children as they cope with their cancer treatment, and playing fetch in the hallway with her fellow facility dogs. Glimmer's sweet gentle demeanor and soft fur make even the toughest times a bit better. It is easy to spot Glimmer in the halls because she always has a flower on her collar! When Glimmer is not spending time with patients and families, she is bringing joy to the hospital staff who love having her around. She has a positive impact on their oncology unit and that indeed is some **powerful medicine!** Also, as special guest, Zurich PIT (puppy in training), my current puppy, will be with us.

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SEPTEMBER 7 LUNCHEON MENU

Chicken Cacciatore, Spinach Mandarin Salad, Seasonal Vegetables, Rice Pilaf, Dinner Rolls with Sweet Butter, Chef's Choice Dessert.

September Birthdays

Lieutenant Coopwood	09/05	
John Popadak	09/09	
Jim Porterfield	09/09	81 Years
Don Neufeld	09/14	80 Years
Patrick Fintel	09/15	
Steve Brandenburger	09/18	80 Years
Arnie Keller	09/18	88 Years
Larry McLeod	09/20	
Ron Bacher	09/21	83 Years
Eddie Caviel	09/25	
Jim Smalling	09/25	
Bob Turner	09/25	83 Years
Lorren Jacobs	09/25	86 Years

Happy Birthday!

September Anniversaries

Dave and Judy Yorston	09/05	56 Years
Ritchie and Glenda Carlson	09/10	59 Years
Jimmy and Velma Buckley	09/12	
Otis and Willa Benning	09/21	59 Years
Phil and Linda Olavarri	09/27	
Tom and Donna Costello	09/59	59Years



Mark's Talk (Continued)

Finally, check out SIR Apparel and Signage ([Apparel and Signage - SIR \(sirinc.org\)](http://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 Web-site can take individual orders. If your order is over \$50 it, has free shipping. I will have my new shirt and hat by this meeting.

Mark Steffens, Little Sir

WELCOME!!

SIR FRED GORDON

5563 Brampton Way
 Sacramento, CA 95835
 (916) 607-4178
 email: fredjr.gordon@gmail.com
 Sponsor: Richard Terrell



Fred was born in Mississippi and lived there until his family moved to San Jose when he was 8. He grew up in San Jose; after high school, he started his working career as a truck driver. He first worked in air transport trucking but later moved to driving concrete mixer trucks. He drove these trucks until his retirement in 2018.

Fred has two children, five grandchildren and one great-grandchild. Family circumstances led to his raising one of his grandsons. In addition to family activities, Fred likes bowling, hiking, walking and motorcycle riding. He is already signed up for our SIR league bowling.

Birthday: April 4, 1954

2021 ROSTER REPAIRS



No Roster repairs this month. Please send corrections to Alan's personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction".

Alan Weinel, Roster Chairman





Your 2021 Golf Directors

Lennie Silva—Regular Course



Greg Schweitzer—Progressive Golf Club

SEPTEMBER GOLF

September 2 - Bing Maloney - Third round Club Championship - \$38

September 16 - Turkey Creek - Low net - \$50/crt

September 23 - Wildhawk - Low net - \$34

SEPTEMBER GOLF

September 13 - Wildhorse - Modified shotgun start

September 20 - Alister Mackenzie - 4-man shamble, 2 best balls

RECRUITING AND PUBLICITY

I thoroughly enjoyed seeing all my friends again at the August luncheon at the Dante Club. Now we have to hope that we can keep having our luncheons without further interference from the pandemic.

Along with our return to real luncheons, it's time to get serious about recruiting again. I don't know if you have been reading the Branch monthly membership reports, but our membership is now below 140 members. We haven't been this low for many years! The Covid-19 pandemic has hurt us, as it has all branches, and some of the State SIR decisions have had a negative effect on our membership. Also, we haven't had Golf Expo in two years. The solution to our declining numbers: get busy with recruiting new members. This is even more important now that Morton Golf has announced that they will no longer be holding the traditional Golf Expo as they had for so many years. Their new version of Golf Expo will consist of manufacturers demo days by appointment - no more booths, no more huge crowds, no more SIR recruiting at Golf Expo. We will have to work harder on our own to make up for this loss of recruiting opportunities.

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. Also, think about bowlers who might want to join our branch and bowl in our league. It's always good to keep our recruiting in mind!

Tom Page Recruiting & Publicity Director



BOWLING NEWS

If all has gone well, we will have started bowling about the time you get this newsletter. Our bowling league season is scheduled to start on Wednesday, September 1. The league will continue for 33 weeks and end in April, 2022.



As I have noted before, all bowlers will have to follow the SIR guidelines for indoor activities. This means a signed liability waiver and either a shot card showing complete Covid-19 vaccination or a recent (within 7 days) proof of a negative Covid test. I will do my absolute best to get the records from our August luncheon and the golf programs so that you will not have to submit the same material over and over. I know how irritating this can be.

Sacramento County has now mandated that indoor activity venues will require masks. For Country Club Lanes, this means that you will have to wear a mask as you enter and while moving around the desk and common areas. As of now, masks will not be required while actually in the bowling area and while bowling. This mandate shouldn't interfere with our bowling fun at all.

I will look forward to seeing all of you at our monthly luncheons and at the bowling alley.

Stay safe and stay healthy,

Tom Page, League Secretary 916-488-6465

HOW ARE WE DOING?

08/22/2021

INCOME	ACTUAL	BUDGET	DIFF
Contributions	\$2,096	\$2,100	\$ 4
Other	\$ 0	\$ 0	\$ 0
TOTAL INCOME	\$2,096	\$2,100	\$ 4
EXPENSES			
Printing & Postage	\$ 0	\$ 500	\$ 500
Officers' Expenses	\$ 52	\$ 50	\$ -2
Guest Expenses	\$ 0	\$ 200	\$ 200
State Assessment	\$ 501	\$ 800	\$ 299
Other, Golf Expo	\$ 0	\$ 200	\$ 200
Other, Misc.	\$ 621	\$1,475	\$ 854
TOTAL EXPENSES	\$ 1,174	\$3,225	\$ 2,051
CASH BALANCE AT END OF 2020			\$ 4,486
CURRENT CASH BALANCE			\$ 5,408
PROJECTED CASH BALANCE 12/31/2021			\$ 3,361
PROJECTED 2021 YEAR END MEMBERSHIP			150
PROJECTED CASH BALANCE PER MEMBER			\$ 22



Hal Copperberg,
Treasurer

**SUNSHINE**

Pietro Pozzuto is in the Intensive Care Unit in the hospital being treated for a blocked gall bladder. He is also being treated with chemotherapy for cancer and while at the hospital for chemo treatment the blockage in his gall bladder was discovered.

Tod Davis continues to recover at home from his back surgery. It included vertebrae fusion, disc replacement, and disc decompressions to relieve sciatic nerve pain. Two to three more months of physical therapy before he can think about returning to activities.

Memorial services for PBS Tony Vigil are being planned for October 23, 2021. More information will be provided as it becomes available.

We currently do not have a Sunshine Chairman. In the interim, if you have any information regarding a member who is ill or incapacitated, please email Paul Sickert at: paulsicket3787@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
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	TBD	
Roster	Alan Weinell	(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	John Hanson	(916) 612-3115
Orientation	Steve Goodman	(916) 521-6546
Branch Apparel	TBD	
Meeting Review	John Popadak	(916) 662-0695
Sunshine	TBD	
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 – August, 2021
Cash Balance 1/1/2021 = \$4,486

	JULY	YTD
Beginning Cash Balance	\$5,758	N/A
Contributions	\$ 206	\$2,096
Expenses	\$ 556	\$1,174
Ending Cash Balance	\$5,408	N/A
MEMBERSHIP		
Membership, Gain/Loss	1/-1	138



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).