



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

 **The Pony Express Branch #69** 
January - 2024 Edition

John Popadak, Editor



CONNOR'S LUCK OF THE IRISH

With the great help and guidance of Past BIG SIRs (PBS) Mark Steffens and Alan Weinel, there was a smooth and easy transfer of power to the 2024 Big SIR Connor Chin and Little SIR Lieuten-

ant Coopwood.

The BEC and SIR Branch 69 welcome the following new BEC members to work in 2024: Robert Schrupf-Assistant Secretary, Jim Sprifke-Assistant Treasurer, James Aylett-Chaplain/Sunshine, Blake Thomson-Director.

There is a committee head, as mentioned in the 2024 Roster, for many activities: Golf, Bowling, Book Exchange, Dinning Out, Cribbage, Pickleball, Wine Tasting, Investment Group, Ping Pong, etc. They are all listed on page 8 of this newsletter.

By staying active in our branch activities, it helps to strengthen the mind or exercise the body to new levels of activity. Contact these committee heads for time and place of their respective events.

Hopefully, your Christmas and New Year was healthy and enjoyable with family and friends. Looking forward to see everyone at the SIR Branch 69 January 12th.

Connor "Lucky Irish" Chin, Big SIR

Cell Phone: 1 (916) 601-1854

Email: cljschin@gmail.com

COOP'S CORNER



Well isn't this something. Who would have thought that the little boy from Gary, Indiana would be in this position? I Lieutenant Coopwood Jr, would never, ever have thought that I'd be in the honored position of leadership as SIR Branch 69's Little Sir. I'm honored to have been asked to give back to the organization to keep this chapter functioning at its peak.

I trust you all enjoyed 2023 and everyone reading this should be grateful to be alive and breathing, to give 2024 a chance to improve your games and venture out to experience life anew in the beautiful valley of Sacramento. If you're not enjoying life to it's fullest, then make some changes by getting involved in the various opportunities the branch offers.

New year means new beginnings, a chance to see things not as they are but as they can be. Be the change you want to see in this world. Then step back and watch the positive seeds you planted grow productive fruit.

Our first speaker of the year will be Gregg Lukenbill former owner of the Sacramento Kings. He's now represents the Sacramento Historical Foundation and will be giving us some insights into the beginnings of our fair city.

Please join me this year in keeping things running by providing me some tips on speakers and providing insight into what in the world I'm supposed to be doing in this new job I've committed to fulfilling.

Lieutenant Coopwood, Little SIR

Happy New Year!

January Birthdays

Patrick Lord	1/5	
Roland Rodriguez	1/6	
Ernie Shell	1/6	
Amnon Igra	1/8	
Ron Peters	1/9	81 Years Old
Bernie Moreno	1/11	
Stu Nussbaum	1/15	
Dave Yorston	1/15	85 Years Old
Tom Knoble	1/16	
Tim Fuller	1/21	
Tod Davis	1/26	
Don Agostinelli	1/29	
Jerry Schroeder	1/29	83 Years Old
Dan Turner	1/31	



January Anniversaries

Glen and Jayne Halvorsen	1/1
Bob and Debbie Baker	1/5
Lieutenant and Annette Coopwood	1/15
Thomas and Bernece Walton	1/26
Jerry and Linda Schroeder	1/27
Pat and Teri Barrett	1/28



FOOD MENU

January 11th

Winter Honey Crisp
Salad
Herb Roasted Pork Loin
with Apple Mustard
Cream Sauce
Garlic Mashed Potatoes
Seasonal Vegetables
Dinner Rolls with Sweet
Butter
Chef's Choice Dessert



BRANCH 69 MEETING ATTENDANCE IN 2023

Month	Members	Attendees	Percent
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%
August	127	82	65%
September	128	81	63%
October	130	78	61%
November	130	89	68%

State SIR sets the goal at 70% attendance.

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).

CERTIFICATE OF APPRECIATION



Incomming Big SIR, Connor Chin, presents outgoing Big SIR, Alan Weinel, with a Certificate of Appreciation for his excellent leadership this past year.

NEW YEAR RESOLUTIONS ORIGINS:

January was named for the two-faced Roman god, Janus, who looks forward to new beginnings as well as backward for reflection and resolution. The Romans would offer sacrifices to Janus and make promises of good behavior for the year ahead.

Janus was also the guardian of gates and doors. He presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety where new beginnings and new resolutions could be forged.

RECRUITING AND PUBLICITY

2024!! We're starting a new year, with all that that entails in new hopes and new plans. One thing that doesn't change for our branch is the need for continued recruiting. We are blessed with a strong, healthy SIR Branch 69, thanks to the continued efforts of our members to volunteer their time and skill for the various leadership positions.

The key element to continuing our success is recruiting. We have seen other seemingly healthy SIR branches wither and fail, and the reason is always the same: failure to recruit.

Don't let this happen to our branch! Please dedicate yourself to 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, ping pong, walking group and card playing—we have to share this information with prospective members.

If anyone has ideas about other types of recruiting steps, please let me know. I always love to hear new thoughts on how we can improve our branch and its recruiting program.

We are also continuing our work 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.

I'll look forward to seeing everyone at the January luncheon.



Tom Page, Recruiting & Publicity Director

2024 CALLERS



Bob Clanton



Steve Haakenson



Marty Miller



Steve Brandenburger



Mark Kraut



Bernie Moreno



Bob Schrupf



Richard Terrell



Wing Tse



Connor Chin



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

January 25, 2024 - River Oaks - \$56

DECEMBER RESULTS

The Reserve (12/7) - Stroke Play

It started out as a blustery day, warmed up then got extremely cold with a hint of rain but all 24 players finished in just over 4 hours. The Reserve at Spanos is a tough course on a good day but throw in wind, cold and a little rain and the course gets tough as evidenced by the higher than normal scores.

Congrats to those who placed and a special congratulations to Jim Sprifke for hitting a ball to 4 feet on hole #15, he is now the person to beat for the annual CTP award.

Low Net, 2nd Low Net, 3ed Low Net

1st Flight: Tom Page, Jerry Buhlert, Conrad Cookman

2nd Flight: Mike Evans, Mark Steffens, Mike Long

3rd Flight: Terry Block, Sandy Davis, Dan Nelson

4th Flight: Marty Miller, Jim Sprifke, George Langford

CTPs: Jerry Buhlert, Jack Osborne, Jim Sprifke, and Bob

UPCOMING TOURNAMENTS

January 15, 2024 - Davis GC - \$47 - 2 Person Net Best Ball

DECEMBER RESULTS

Davis GC (12/11) - Individual Net Stableford

We had 19 players at Davis for the second Stableford tournament of the 2023 season; it was an extremely cold morning to start but got much better a few hours later. There were some good scores and several ties; the following individuals played well enough to take home the prize money:

1st Place, 2nd Place, 3rd Place

1st Flight: Bab Baker, Jerry Buhlert and Conrad Cookman (tie), John Mestek

2nd Flight: Jack Osborne, Dan Nelson and Alex Canada and Tom Page (ties)

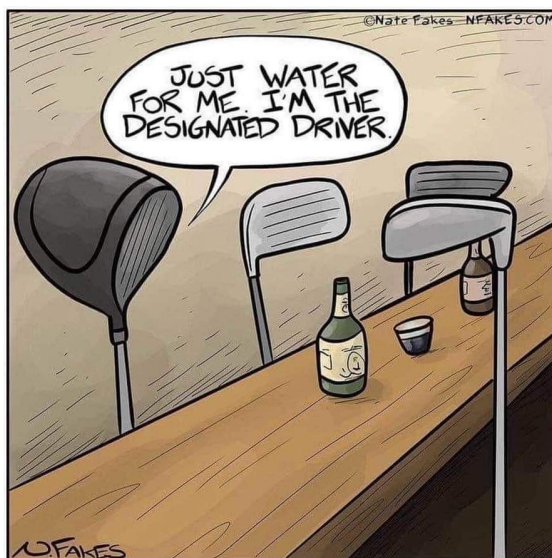
3rd Flight: Bill Mullen, Russ Prophet, John Popadak

CTPs: Conrad Cookman and Jerry Buhlert

Teal Bend (12/18) - Stroke Play

Cancelled due to rain.

Coming soon to a street near you!





BOWLING NEWS

The close of the first half of our bowling season came down to four teams with a shot to win. Two points separated these four teams going into the final day of bowling. The second place team beat the first place 3-1 and the fourth place team beat the third place team by the same margin, which moved the second place team, the Pin Pushers (Neal McCoy, Bernie Moreno, Wing Tse and Captain Alex Canada) into the overall win for the first half. Congratulations, Pin Pushers!

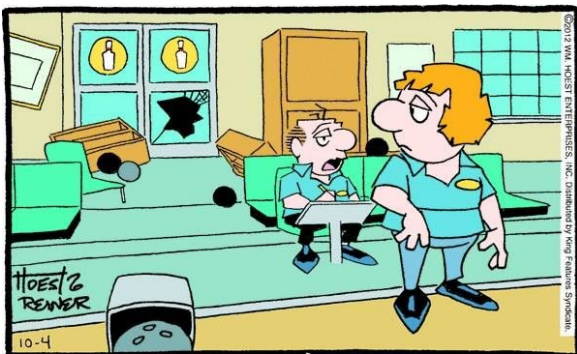
We've had some fine individual bowling, too. Jim Smalling came within one strike of a perfect game with a 299 effort. Jim has the top scratch series score, too, with 707. Neal McCoy is second in both categories at 277 and 671 while Roland Rodriguez is third with 255 and 637. Neal is tops in the handicap game with 317, followed by Jim Smalling at 313 and Steve Haakenson at 304. Steve Haakenson has the top handicap series with 815, followed by Neal McCoy at 806 and Jim Smalling at 749.

Other bowling information:

If you want to practice bowl, identify yourself as a SIR league bowler at the front desk at Country Club Lanes and you can bowl for \$.25/game. I had thought that evenings and weekends were excluded, but several guys have told me that they practiced then at the same low rate. 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 healthy,

Tom Page, League Secretary
916-488-6465



"I'LL BET THAT WOULD HAVE BEEN A STRIKE IF IT HAD GONE FORWARD."

BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

DINE-OUT

Our next Dine-Out will be at Vince's Restaurant & Bar on January 25 at 6:00 PM. Vince's is located at 840 Harbor Blvd., West Sacramento, 95691. On Vince's menu you will find a variety of old-world Italian entrees, pizza, chicken, seafood and steaks along with their daily and nightly specials.



Their bar is full and a world of its own with over 20 varieties of bottled and draft beers and a wine list that no one page can do justice! Enjoy time with your SIR friends, bring a guest & make a new friend!

For more information & RSVP text or call Sir Mark Steffens at steffens.mark@outlook.com or (916) 214-8650.

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



CARD CLUB



The cards group meet on the first and third Wednesdays of each month to play cards. In the month of January we will meet on Wednesday the 3rd and Wednesday the 17th. We meet at Country Club Lanes located at 2600 Watt Avenue, where the bowlers play.

Dan Nelson, Cards Chairman
(916) 895-5673
Dan.8733@yahoo.com



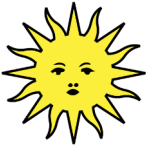
Forgot the luncheon's speaker details? Want to read back issues of the Mail Pouch? Get all of this and more on our Web Site at <http://branch69.org>

2023 Holiday Party



2023 Holiday Party





SUNSHINE



Please Keep the Following Folks in Your Prayers:

Jim Happs had knee replacement surgery on December 12, 2023. It was successful and he is recovering at home.

Thomas (Train) Walton is still recovering from cancer. He had a small setback but, his health is on an upward trend.

Bob Sanchez is recovering from a stroke.

Dave Yorston's brother passed away today (12/21/2023) at the age of 92. He lived in Sun City, Roseville and was a Golfer.

Ritchie Carlson is scheduled for Shoulder Surgery soon.

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 (650) 240-6019, or call Big SIR Connor Chin.

**James Aylett, Sunshine
Chairman
penholder19@gmail.com**



A little boy goes to his father and asks, "Daddy, how was I born?" The father answers, "Well, son, I guess one day you will need to find out anyway! Your Mom and I first got together in an online chatroom. Then I set up a date via E-mail with your mom, and we met at a Cyber Cafe. We sneaked into a secluded room and googled each other. There your mother agreed to a download from my hard drive. As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said, "You've got male!"

2024 ROSTER UPDATE

The new roster for 2024 should be available at the January luncheon.

**Alan Weinel, Roster Chairman
(209) 843-1804
Alan_weinel@att.net**



2024 Officers		
BIG SIR	CONNOR CHIN	(916) 601-1854
LITTLE SIR	LIEUTENANT COOPWOOD	(916) 206-2732
SECRETARY	BERNIE MORENO	(209) 245-6313
ASST SECRETARY	ROBERT SCHRUMPF	(916) 897-7114
TREASURER	HAL COPPERBERG	(916) 722-2606
ASST TREASURER	JIM SPRIFKE	(209) 200-2107
Directors		
PBS ALAN WEINEL	(209) 843-1804	JOHN POPADAK (916) 662-0695
BLAKE THOMSON	(916) 922-5227	RON PETERS (916) 847-7196
PBS TED PATTERSON	(916) 607-3050	PBS PAUL SICKERT (916) 396-6230
State Officers		
STATE PRESIDENT:		DALE DECKER
AREA 4 REPRESENTATIVE:		LEE LAMP
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		
Program	Lieutenant Coopwood	(916) 206-2732
Newsletter	John Popadak	(916) 662-0695
Chaplain	James Aylett	(650) 240-6019
Roster	PBS Alan Weinel	(209) 843-1804
Audit	George Langford	(650) 823-5493
Nominating	PBS Alan Weinel	(209) 843-1804
Attendance	Mark Kraut	(916) 929-3494
Orientation	John Popadak	(916) 662-0695
Information	John Popadak	(916) 662-0695
Sunshine	James Aylett	(650) 240-6019
Web Site	Ross Martin	(916) 427-0559
Picnic	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
Book Club	PBS Alan Weinel	(209) 843-1804
Cribbage	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	Robert Schrupf	(916) 897-7114
River Cats	Dennis Kramer	(530) 312-3896
Wine Tasting	Dennis Kramer	(530) 312-3896
WALKING	PBS Mark Steffens	(916) 214-8650
Branch Apprl 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
- PBS ARNIE KELLER

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).