



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

ALAN'S BS STUFF



Well, Fall is upon us. THAT means we are just outside of another Holiday Season! Ready or not! The temps are already easing up, and soon the leaves will change color. I LOVE the fall season. As you read this, Michele and I will be headed over to Germany (10/3) to visit daughter (Jessica) and her family. For any of you gentlemen who know where Wiesbaden is, Jessica lives in a small village Called Schwabenheim (pop 2,500 +/-) about 11 miles SW out of there. They have been growing wine grapes there since 765 A.D.! That means, at the time of the American Revolution, they already had over a THOUSAND YEARS of wine making under their belts! Some years ago, they were digging for a new underground parking garage in a nearby city (Mainz) and ran into Roman Ruins. Un-believable! On another note, Michele is going to be happy - Before we return (10/31) the Christmas Markets should be opening. Oh Boy!

As we got ready for this trip, we realized that in the event we both pass away (Not if ****I**** can help it!), we needed to get our estate planning house in order. Updated the Family Trust, prepared a list of accounts we have, where to find "stuff", set up a list of "things to do and people to call" and shared with the 3 "kids" our desires for after we are gone. It was somewhat difficult to comprehend, but we wanted to be responsible parents and NOT leave them with a mess. It feels good. HOPEFULLY it won't be needed for a long time, but as we gentlemen age... you just never know. I turn 70 next April. Grrrrrrr.

Once again, we had a GREAT "Dine Out" at "El Gallo" up on Fair Oaks Blvd. Good food, and good company. If you have not attended one, bring your spouse / S.O. and enjoy a nice evening of conversation.

Stay active - Golf, Bowl, or WHATEVER - Just do NOT sit around and get old! An active lifestyle will help keep you young. It s important.

Special thanks to Connor Chin for stepping up to run the October meeting.

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CONNOR'S LUCK OF THE IRISH



The SIR 69 Christmas Party is all set for December 14th at the Dante Club - great menu and entertainment. Tickets can be purchased at the October 12th and November 9th Luncheons. The Reservation Flyer will be included in the October and November Newsletters and will be on your luncheon table.

The Bowling League is in high gear for the 2023-24 Season. The Golf Club Champions and other awards will be handed out as we begin to wrap up the 2023 Golf Season on November 14th at 1:00 PM at the Old Spaghetti Factory on Sunrise.

The MLB Playoff is starting up in October with the lots of surprises for you sport betting fans.

The October 12th Luncheon Speaker is Mike Woods - Head Golf Professional of Haggin Oaks. His main topics are course maintenance - new equipment - pace of play.

See you all at the October 12th Luncheon.

Connor Chin, Little SIR

NEXT MEETING

GENERAL MEETING

Thursday October 12, 2023
Dante Event Center, 2330 Fair Oaks Blvd., Sacramento
95825

Check-In and Social Hour: 11:00 am to
12:00 noon

General Meeting, Lunch,
and Speaker: 12:00 noon - 2:00 pm

YOU'RE ALL INVITED!



More of ALAN'S BS STUFF

Don't forget to mark the Annual Ladies Holiday Luncheon on your calendars. Again, another nice way to socialize with your friends, and the spouses enjoy it too. Happy wife, happy life!

Have a great luncheon and I will see you all at the November Luncheon!

Alan Weinel, Big SIR

October Birthdays

| | | |
|---------------------|--------------|-----------------|
| Otis Benning | 10/01 | 84 Years |
| Tom Mezzanares | 10/05 | |
| Jim Oliver | 10/05 | 81 Years |
| John Valdes | 10/09 | |
| Rick Hom | 10/13 | |
| Sandy Davis | 10/15 | |
| Marty Miller | 10/15 | 82 Years |
| Doug Bailey | 10/19 | |
| Bob Ortega | 10/20 | 83 Years |
| Paul Woods | 10/20 | |
| Bob Clanton | 10/21 | |



October Anniversaries

| | |
|---------------------------|-------|
| Bill and Cheryl Pritchett | 10/05 |
| Hal and Dolly Copperberg | 10/06 |
| Pat and Sandy Quinn | 10/16 |
| Mark and Nancy Machado | 10/21 |



WELCOME NEW MEMBER!!

SIR Ed Ianconis

4038 McClain Way
Carmichael, CA 95608
(916)764-1716
edpietro@aol.com
Sponsored by Tom Knoble



Ed was born in McCloud, California, up in the northern part of the state. He grew up and lived there until he left for Sacramento in 1956 to play baseball and attend college at Sac State. Soon his life changed when he married and had two sons. Ultimately, he gained custody of the two boys and raised them while working as an auto mechanic in local gas stations. In 1966, he went to work for the government as an instrument repair technician at McClellan AFB. Ed continued with this type of work for the rest of his employment career.

Ed also coached ball at El Camino High School, where he worked with our late beloved member Frank Calcagno. Ed loves to deer hunt, fish and bowl. He has three grandchildren, one in college and two very young. He has also been working on a project to find a cure or better treatment for diabetics.

Birthday: March 9, 1938

THE ARGYLE SWEATER SCOTT HILBURN



RECRUITING AND PUBLICITY

Our year is drawing to a close. We are continuing with our major recruiting effort, which is advertising in the Mission Oaks Recreation & Park District magazine, plus our flyers in their organization display racks. I have just renewed our ad in the MORPD magazine for the fall issue. As before, this magazine goes out to 30,000 addressees, so a lot of eyeballs get to see information about our program. This is an ongoing effort, one that we hope will bring in new membership prospects in the coming months.

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.

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.

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

Tom Page, Recruiting & Publicity Director



New member, Ed Iaconis, is welcomed to the branch by BS Alan Weinel.

MENU

October 12, 2023

Dante House Salad
Herb Roasted Red Potatoes
Pan Seared Pork Chops with Honey Glaze Sauce
Seasonal Vegetables
Dinner Rolls with Sweet Butter




Grilled Chicken



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

- *October 5 - Diamond Oaks - Stroke Play - \$52
- *October 19 - Lincoln Hills - Hiolls Course - Stroke Play - \$57
- *October 26 - Ancil Hoffman - Team Play - \$36
- November 2 - Wildhawk - Team Play - \$34
- November 16 - Empire Ranch - Stroke Play - \$53
- *NOTE: October tournament sign-ups and checks should be mailed to Jerry Buhlert.**

SEPTEMBER RESULTS

Wildhawk (8/31) - 2-Man Shamble

- 1st Low Net: Marty Miller and Jack Osborne
- 2nd Low Net: Fred Smith and Rick Hom
- 3rd Low Net: Gary Lukins and Rod Lukins
- 4th Low Neet: Mark Machado and Tom Costello
- CTPs: Rick Hom, Gary Lukins, and Fred Smith

Woodcreek (9/21) - Stroke Play

1st Low Net, 2nd Low Net, 3rd Low Net

- 1st Flight: Jerry Buhlert, Rick Hom, Jim Oblizalo and Joe Riley (tied)
- 2nd Flight: Terr Block, Jack Osborne, Fred Smith
- 3rd Flight: Russ Prophet, Orville Noel, Carl Hefner
- CTPs: Rich Terrell, Rick Hom, Alex Canada, Jack Osborne, Carl Hefner, and Sandy Davis

UPCOMING TOURNAMENTS

- October 9 - The Reserve - 4-Man Shamble, 2 Best Balls - \$57
- *October 30 - Alister Mackenzie - Stroke Play - \$40
- *November 6 - Ancil Hoffman - Stroke Play - \$36
- *November 13 - Swenson Park - Stroke Play - \$25
- *NOTE: These tournaments will be run by Jerry Buhlert. Sign-ups and checks should be mailed to him.**

SEPTEMBER RESULTS

Mather (9/11) - 2-Man Shamble, 1 Best Ball

- First Place Team: Mark Machado and Fred Smith
- 2nd Place Team: Marty Miller and Bill Mullen
- 3rd Place Team: Tom Costello and Glen Halvorsen
- 4th Place Team: Jack Osborne and Rick Hom
- 5th Place team: Jerry Buhlert and Terry Block

Bartley Cavanaugh (9/25) - 2-Person Team Net

- First Place Team: Jerry Buhlert and Terry Block
- 2nd Place Team: John Popadak and Mark Machado
- 3rd Place Team: Rick Hom and Jack Osborne
- 4th Place Team: Fred Smith and Mark Steffens
- 5th Place team: Bob Baker and Dan Nelson



BOWLING NEWS

We're rolling and bowling at Country Club Lanes! It feels a little strange with only 10 teams this year, but at least we have some willing subs to step in for absent bowlers.

Like all seasons, some bowlers are off to hot starts and some bowlers are having trouble getting up to speed. It all evens out somewhat in the end. The teams seem to be closely matched, but bowling luck and close scores tip the standings in favor of a couple teams and against a couple others. Stay tuned for more news on scores and standings.

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 healthy,

Tom Page, League Secretary
916-488-6465



PUNNY STANDARDS

1. Ratio of an igloo's circumference to its diameter = Eskimo Pi
2. 2000 pounds of Chinese Soup = Won ton
3. 1 millionth of a mouthwash = 1 microscope
4. Time between slipping on a peel and smacking the pavement = 1bananosecond
5. Weight an evangelist carries with God = 1 billigram
6. Time it takes to sail 220 yards at 1 nautical mile per hour = Knotfurlong
7. 365.25 days of drinking low-calorie beer = 1 Lite year
8. 16.5 feet in the Twilight Zone = 1 Rod Serling
9. Half a large intestine = 1 semicolon
10. 1,000,000 aches = 1 megahurtz
11. Basic unit of laryngitis = 1 hoarsepower
12. Shortest distance between two jokes = a straight line
13. 2000 mockingbirds = two kilomockingbirds
14. 1 kilogram of falling figs = 1 Fig Newton
15. 1000 cc's of wet socks = 1 literhosen
16. 8 nickels = 2 paradigms

More GOLF NEWS!



The Annual Golf Awards Lunch is on Tuesday, 11/14, at the Roseville Old Spaghetti Factory. Please RSVP with Pat Quinn (pjquinn54@gmail.com)

Time to renew your Branch 69 Golf Club Membership, please return your Membership Renewal Form and membership dues to Pat Quinn at the address listed on the Form.

Lunch RSVP forms and Membership Renewal Forms have been sent to all current Golf Club Members.



Last month's speaker was Bonnie Rae, MSW, a Family Care Specialist with the Alzheimer's Association. She discussed the similarities and differences between Alzheimer's and dementia. Here she is receiving a Certificate of Appreciation and a bottle of wine from LS Connor Chin.

BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

Wow, what a fantastic night we had at El Gallo Mexican Restaurant! I want to express my gratitude to all of you who joined us for this memorable occasion. The food was delicious, especially the Camarones a la Diabla (Prawns in a hot and spicy sauce) that made our taste buds dance. I don't know about you, but I was feeling the heat by the end of the meal. If you haven't been to this restaurant yet, you should give it a try, because we are planning to go back soon!

JOIN US! On Our Next Adventure!

October 18th at 6:00 PM at CATTLEMAN'S (RANCHO CORDOVA) <https://www.cattlemens.com/restaurants/rancho-cordova/>



Enjoy time with your SIR buddies, bring a guest, make a new friend! For more information RSVP PBS Mark Steffens, call or text (916) 214-8650 or email: steffens.mark@outlook.com.

Mark Steffens, Activities Chairman

(916) 214-8650 /

steffens.mark@outlook.com



ANNUAL HOLIDAY LUNCHEON

Thursday December 14
The Dante Club, 2330 Fair Oaks Blvd., Sacramento
11:00 - Drinks and Conversation
12:00 Noon - Lunch and Soft Music

The Holiday Luncheon 2023 is open to all members of Branch 69. Wives and guests are encouraged, but not required. Guests such as Widows, Daughters or Friends are always welcome. Single members are encouraged to attend. Dress: Dressy Casual.

For lunch you get a choice of:

- ◆ Tri-Tip with mushrooms, with Yukon Golden Mashed Potatoes
- ◆ Pan Seared Salmon with Rice Pilaf
- ◆ Cheese Mushroom Ravioli

All meals served with a Mixed Green Salad, rolls and butter and Cheesecake. Coffee, Ice Tea, and water will be served at table. White and red wine carafes at each table.

See attached flyer for more details.



CARD CLUB

The cards group will meet on the first and third Wednesdays of each month to play cards. The month of October we will meet on Wednesday the 7th and Wednesday the 21st. We meet at the Country Club Lanes where the bowlers play.

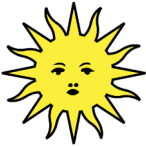


Dan Nelson, Cards Chairman

(916) 895-5673

dan8733@yahoo.com





SUNSHINE



Tom Page is recovering from pneumonia at home. He is on oxygen.

Pat Quinn is recovering nicely and attended the September meeting.

Bob Sanchez is improving from his stroke.

James Aylett has volunteered to be the Chaplain next year.

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 (916) 206-2732, or call Big SIR Alan Weinell.

**Lieutenant Coopwood, Sunshine
Chairman
ltcoopjr@gmail.com**



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



2024 ROSTER UPDATE

At October's meeting a copy of the most current draft of the roster will be on each table. PLEASE check your information to be sure it is correct.

**Alan Weinell, Roster Chairman
(209) 843-1804
Alan_weinell@att.net**



| | | |
|--|---------------------|---------------------------------|
| 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 | JIM SPRIFKE | (209) 200-2107 |
| 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 Weinell | (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 | | |
| <u>HONORARY LIFE MEMBERS</u> | | |
| PBS TOM PAGE | | |
| PBS JIM PORTERFIELD | | |
| PRD WARREN SENEGAL | | |
| PBS LENNIE SILVA | | |
| <u>DISTINGUISHED SERVICE AWARDS</u> | | |
| PBS PAT QUINN | | |
| <u>SENIOR CERTIFICATES</u> | | |
| PBS WARREN SENEGAL | | |
| SIR KEN TOWNS | | |
| SIR VERNON FREEMAN | | |
| SIR HEMAN SMITH | | |
| SIR CHARLES DANT | | |
| PBS ARNIE KELLER | | |
| <u>SPECIFIC ACTIVITIES CHAIRMEN</u> | | |
| 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 Apprl https://sirinc.org/apparel-and-signage | | |

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>

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).

Annual Holiday Luncheon



Thursday, December 14, 2023
The Dante Club, 2330 Fair Oaks Blvd.
Sacramento, Ca.

11:00 Drinks and Conversation
12:00 Lunch

Soft music during lunch

- Seating: If you would like to be seated as a group, write on the back of this reservation sheet, otherwise open seating.
- Holiday Luncheon 2023 is open to all members of Branch 69. Wives and guests are encouraged, but not required. Guests such as Widows, Daughters or Friends are always welcome. *Single members are encouraged to attend.* **Dress: Dressy Casual.**
- Program will include members being recognized for significant accomplishments and events, such as a hole-in-one or significant bowling score. Branch activities recognition will also be featured.
Special gifts will be provided to the ladies with door prizes to be given out.
- Come be recognized and celebrate!

Reservations:

- SIR Name _____
- Spouse/Guest(s) _____

Lunch Menu:

Quantity

- | | | | |
|---|-------|---|----------------|
| • Tri-Tip/w mushrooms Served with Yukon Golden Mashed Potatoes | _____ | X | \$25 = \$_____ |
| • Pan Seared Salmon Served with Rice Pilaf | _____ | X | \$25 = \$_____ |
| • Cheese Mushroom Ravioli | _____ | X | \$25 = \$_____ |
| | TOTAL | = | \$_____ |

*Each meal is served with a Mixed Green Salad, rolls and butter and Cheesecake.
Coffee, Ice Tea, and water will be served at table. White and red wine carafes at each table.

Prepay at the October 12th and November 9th Luncheons & make checks payable to **SIRS**
Branch 69, or mail or give check to Treasurer, Hal Copperberg, 8015 Garry Oak Drive, Citrus Heights, CA 95610 – **BY November 24.** (We **must** give the Dante Club a final count by 11/30)