



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor



CONNOR'S LUCK OF THE IRISH

In the month of April, there are three exciting events taking place - March Madness Basketball Championship Game - Masters Golf Tournament - and the NBA Playoffs (Go Kings).

There is a committee head, as mentioned in the 2024 Roster Book, for all of the outside branch activities. Please see the listing included on Page 8 of the 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.

We are down to 14 members that have not paid their \$25.00 Annual Membership Dues. One can make their due's payment at the April 11th Luncheon or mail it to our Treasurer: Hal Copperberg 8015 Garry Oaks Drive Citrus Heights Ca 95610. The annual dues fund the payment of branch operational expenses and some of the branch outside activities.

We need to get a better member response to the Ten Dedicated Volunteer Phone Callers. The number of No Responses, individuals that say "Yes" and do not show up, or individuals that said "No" and they attend anyway on the luncheon date, is making it difficult to get an accurate luncheon count for the payment of the membership lunches that are served on our luncheon dates.

Hopefully, everything has been healthy and enjoyable for your family. Looking forward to see everyone at the SIR Branch 69 Luncheon on April 11th.

Connor "Lucky Irish" Chin, Big SIR

Cell Phone: 1 (916) 601-1854

Email: cljschin@gmail.com

COOP'S CORNER



This past month I found myself working like a madman to fulfill my commitments. I take pride in following through on what I tell people I'm going to do. I've discovered that performing outstanding tasks, although very rewarding, sometimes its good to just say no. Or at least let them know, it may be awhile because my plate is full at the moment.

Now saying no can sometimes stretch out into a lifetime of saying no if you're not careful. Which puts you in a place of total complacency. So it's good to step outside the box every now and again so life doesn't pass us by. Get involved but remember the rhythm of life. There is a time and a season for everything. To deliver to the rhythms of season and flowering and dormancies is to savor the secrets of life itself. So just step out in faith sometime as the Spirit leads you.

Our own, Sir Greg Powell, will be our speaker in April. He will share some of his experiences while a member of the Army National Guard.

Lieutenant Coopwood, Little SIR

NEXT MEETING

NEXT GENERAL MEETING

Thursday **April 11th, 2024**

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!

April Birthdays

Paul Sickert	04/05
Terry Block	04/07
Dennis Kramer	04/10
Carl Hefner	04/17
Alan Weinel	04/19
Thomas "Train" Walton	04/21
Jim Oblizalo	04/23
Russell Prophet	04/23
Mark Machado	04/28



April Anniversaries

Brian & Deborah Denico	04/01	
Steve & Ede Brandenburg	04/02	58 Years
Warren & Jewel Senegal	04/03	69 Years
Bob & Linda Clanton	04/06	50 Years
Bill & Wanda Rhoe	04/09	
Bob & Ruth Dant	04/15	
Amnon & Helyne Igra	04/17	
Dr. Paul & Linda Parsons	04/17	53 Years
Gary & Sue Lukins	04/21	
Steve & Leslie Goodman	04/27	



CONGRATULATIONS!

Special congratulations go out to Bob and Linda Clanton on their 50th wedding anniversary!



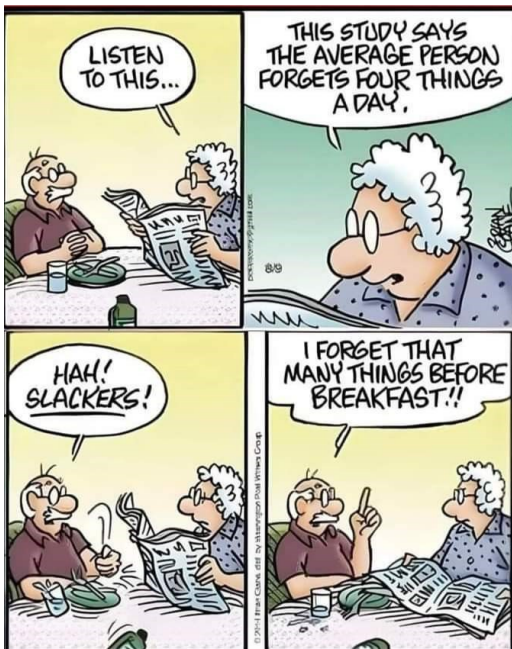
Forgot the luncheon's speaker details? Want to read back issues of the Mail Pouch? Get all of this and more on our Web Site at <http://branch69.org>

LAST MONTH'S SPEAKER

Last month's speaker was author La Wanna Parker. Additionally she is also a blogger, coach, and speaker. She is a spark for transformation. Through her best-selling books, engaging blog posts, empowering coaching sessions, or inspiring speeches, La Wanna helps individuals unleash their inner writer, create their lasting legacy, and grow personally and professionally. She explained how everyone has a story to tell within them and encouraged everyone to write about it.



Here LS Lieutenant Coopwood presents La Wanna with a Certificate of Appreciation and a bottle of wine.



RECRUITING AND PUBLICITY

We had no new members last month and we have the possibility of losing some existing members because several of our guys have not responded to calls to pay their annual dues. Whatever their reasons for not paying, we do face the loss of these men. So, we have to keep up our good work recruiting new members—they are the lifeblood of our organization. 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. Share our success with potential new members.

As I've mentioned previously, if any members have ideas about possible recruiting measures, please let me know. We could use some new outreach efforts.

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 April luncheon.

Tom Page, Recruiting & Publicity Director



SIR Membership Application Form

If you know of someone who would like to join Branch 69, download an application form to give them by clicking on the form at right:



BRANCH 69 MEETING ATTENDANCE IN 2024

<u>Month</u>	<u>Members</u>	<u>Attendees</u>	<u>Percent</u>
January	133	99	74%
February	134	96	72%
March	134	78	58%

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



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

- April 18 - Alister Mackenzie - \$42 - Stroke Play
- April 25 - Lincoln Hills-Hills - \$65 - 2-Man Scramble
- May 2 - Wildhawk - \$36
- May 16 - Turkey Creek - \$60
- May 23 - Ancil Hoffman - \$62

MARCH RESULTS

Ancil Hoffman (03/07) - 4-Man Team Shamble

An absolutely beautiful day for golf, just a little later in the day than we're used to. The net scores were very close for all of the teams. But the 1st place team finished with a terrific 58 on the back nine to seal their deal. Congrats to all that participated!

1st Place Team: Alex Canada, Gary Lukins, Bill Mullen, and Fred Smith

2nd Place Team: Will Berndt, Connor Chin, Mr. Senna, and Rick Hom

3rd Place Teams (tied):

Bob Baker, Dan Calcagno, Tom Costello, and Jack Osborne

Ernie Flores, John Mastek, John Popadak, and Mark Steffens

CTPs: Rich Terrell, Bill Mullen, Ernie Flores, Mark Machado, Will Berndt, and John Popadak

Empire Ranch (03/21) - 2-Man Team Alternate Shots

It was a beautiful day for golf on a course that was in great condition. There were a lot of good scores, congratulations to our winners!

1st Place Team: Gary Lukins & Bill Mullen

2nd Place Team: Will Brendt & Joe Riley

3rd Place Team: Terry Block & Jerry Buhlert

4th Place Team: Mark Machado & Dan Nelson

5th Place Team: Bob baker & Tom Costello

UPCOMING TOURNAMENTS

- April 1 - Bing Maloney - \$38 - Stroke play
- April 8 - Teal Bend - \$57 - Person Net Stableford
- May 13 - Alister Mackenzie - \$42
- May 20 - Micke Grove - 61

MARCH RESULTS

Alister Mackenzie (03/11) - 4 person scramble, low net
It was a pleasant day to golf; cloudy but no rain and mild winds. We had 5 teams playing a Four-person Scramble; one team stood out with a net 47..way to go.

1st Place Team: Mark Machado, Terry Block, John Popadak, and James Garror

2nd Place Team: Jerry Buhlert, Conrad Cookman, Jack Osborne, and Dave Damitz

3rd Place Team: Rick Hom, Will Berndt, Connor Chin, and Alex Canada

River Oaks (03/19) - 2 person scramble, 1 best net
It was a great spring day for golf; with a lot of begging I managed to get 20 people to enjoy this 2 person shamble; River Oaks was in great shape and from comments everyone seemed to enjoy themselves.

Flight 1:

1st Place Team: Jerry Buhlert & Gary Lukins

2nd Place Team: Mark Machado & Bob Baker

Flight 2:

1st Place Team: Rick Hom & Mark Steffens

2nd Place Team: Terry Block & Mr. Espinosa

Flight 3:

1st Place Team: Mike Evans and Mr. Evans

2nd Place Team: Dan Nelson & James Garror

(Continued on Page 5)



BOWLING NEWS

Our bowling league is right at the finish line for the second half of the bowling season and the League Championship for the entire year. Close? You bet it's close. We have three weeks left in the season: 1 regular week of bowling, 1 position round and the Championship round. Entering the final 3 weeks, 7 of the 10 ten teams in the league are within 3 points of the lead.

We've had some fine individual bowling, too. Roland Rodriguez started out a game with 8 strikes before finishing with 2 spares for a 264 total. Joe Bowers had a 636 scratch series and James Aylett nailed a 725 handicap series.

Stay tuned for the exciting finish to our season and the prize money distribution of over \$5,000.

Changes are coming to our bowling program. Ever since we moved to Country Club Lanes (perhaps 10 years ago) we have bowled at 11am on Wednesdays. That time slot let our bowlers from distant locations miss the morning traffic early on and get home before the afternoon commute buildup got too heavy. With the recent closing of Land Park Bowl, Country Club Lanes has added more leagues and recreation usage. As a result of this increased pressure for bowling times, Country Club has announced that, starting next year, leagues will have to start at either 9:30am or 12:30pm. Our league will now have to choose which of the two time slots we want, hopefully without losing bowlers who can't bowl at one or the other time.

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.

Tom Page, League Secretary
916-488-6465



MORE GOLF NEWS

(Continued from Page 4)

Empire Ranch Results (Continued)

CTPs: Rich Terrell, Jack Osborne, Rod Lukins, Mark Machado, and Ron Huthceson

The Reserve (03/28) - 2-man Team Scramble

Perfect day on a course in perfect condition. Congratulations to our winners!

1st Place Team: Mark Steffens & John Popadak

2nd Place Team: Terry Block & Dan Nelson

3rd Place Team: Alex Canada & Bob Clanton

4th Place Team: Jerry Buhlert & Pat Quinn

CTPs: John Valdes, Alex Canada, Sandu Davis, Jerry Buhlert, and Jim Sprifke

A man staggers into an emergency room with a concussion, multiple bruises, two black eyes and a five iron wrapped around his neck.



Naturally, the doctor asks him what happened.

"Well," the man says, "It's like this; I was playing a quiet round of golf with my wife, when at a difficult hole, we both sliced our balls into a pasture of cows.

We went to look for them, and while I was rooting around, I noticed one of the cows had something white on its rear end.

I walked over and lifted up the tail, and sure enough, there was a golf ball with my wife's monogram on it -- stuck right in the middle of the cow's butt. That's when I made my big mistake."

"What did you do?" the doctor asks.

"Well." the man replies, "I lifted the cow's tail and yelled to my wife, 'Hey, this looks like yours!'"

"I don't remember much after that!"

BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

DINE-OUT

On March 25th, we gathered at Sammy's restaurant located in Stones Casino. We also got to celebrate Fred Smith's 78th birthday. Everyone had a fantastic time, and we hope you can join us next month. There's always room!



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



NEXT DINE-OUT

The next dine-out event is at Lucille's Smokehouse Bar-B-Que on April 23rd at 6:00 PM. Don't miss it! The venue is located at 6628 Lonetree Blvd, Rocklin, 95765.

If you want to check out the menu beforehand, please visit Lucille's Smokehouse Bar-B-Que. This is your chance to spend quality time with your SIR buddies, bring along a guest and even make new friends!

To RSVP or if you need more information, do not hesitate to contact PBS Mark Steffens by calling or text at (916) 214-8650 or steffens.mark+dine@gmail.com. We look forward to seeing you all there!



ANNUAL BRANCH PICNIC CARMICHAEL PARK WEDNESDAY, JUNE 19

It's almost time for the annual SIR Branch 69 Picnic at Carmichael Park. We are beginning preparations for this event by asking for volunteers and prize donations. See attached for list of volunteers needed.

Jerry Schroeder, Picnic Chairman
(916) 801-2530
Jerry.s2arch@gmail.com



It's prize time for the picnic.



Bring your white elephants, holiday gifts that didn't make it, and anything else that's cluttering up at home. These can be repurposed into prizes for the picnic!

Bring to Little Sir at next few lunches, he will bring to Picnic.

BRANCH ACTIVITIES

(Continued)



PING-PONG

For those interested in playing ping-pong, there are ping-pong clubs open at both Swanston Community Center and Mission Oaks Community Center.

The Swanston ping-pong club (Blazing Paddles) meets Mondays, Wednesdays, and Fridays from 11:00am to 1:00pm at the Swanston Community Center, 2350 Northrop Ave, Sacramento. Their telephone number is 916-333-6464. A \$2.00 donation is suggested.

The Mission Oaks ping-pong club meets Wednesdays and Fridays from 3:00pm to 6:00pm at the Mission Oaks Community Center, 4701 Gibbons Dr, Carmichael. Their telephone number is 916-972-0336. Membership is required.

For more information call, text, or email me.

Robert Schrupf, Ping-Pong Chairman
(916) 897-7114
rschrumpf@hotmail.com



BASEBALL DAY

On Sunday May 19th the Sacramento River Cats, a San Francisco Giants Minor league affiliate, will be hosting The Oklahoma City Dodgers, a Los Angeles Dodgers Minor league affiliate, at Sutter Health Ballpark in West Sacramento (formerly known as Raley Field). Please see attached flyer for more information.

A seating chart can be viewed at www.rivercats.com. Should you have any questions my email is wischixen1@aol.com and my phone is (530) 312-3896.

Dennis Kramer
River Cats Chairman



INVESTMENT GROUP

The investment group meets (via ZOOM) on the 4th Wednesday of the month. The next meeting will be on April 24. Information and materials will be sent out a few days before the meeting. Please contact Joe Cain for more information.

Joe Cain, Investment Group Chairman
(530) 219-3709



WINE TASTING

Greetings fellow Wine Enthusiasts!

Please find attached flyer about an upcoming event at DiArie Winery. If you have questions please don't hesitate call me. A map will be circulated prior to the event (well in advance).

Please let me know if you plan to attend as their is limited space.

Thanks,

Dennis Kramer
wischixen1@aol.com
(530) 312-3896



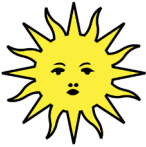
CARD CLUB

The Card Club will meet April 3rd and 17th this month at the Country Club Bowling alley in the back room. Remember it starts at 2:00 pm. Bring your friends and come play Cribbage with us. Maybe we will do monster Cribbage this month.

See you there and bring your friends.

Dan Nelson, Cards Chairman
(916) 895-5673





SUNSHINE



Please Keep the Following Folks in Your prayers:

Richie Carlson (Shoulder Replacement Surgery) - Richie is looking forward to starting rehab and getting back to bowling

Bob Clanton (Recovering from Cancer) - Bob's working his way through chemotherapy and looking forward to getting back to Golf.

Thomas (Train) Wilson (Recovering from Cancer) - Thomas is currently navigating through the complications of diabetes.

Jewell Senegal (Hospitalized - Internal Bleeding) - I spoke to Warren today (3/24/2024) and he said Jewell was hanging in there and her pain was being managed. I asked how he was doing and he said he'd been better, but it helps that he is surrounded by family.

Tom Page (Compression Fracture of a Vertebrae) - By order of His Doctor and a "Higher Power" Tom has been ordered to cease most of his physical activities **until further notice.**

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**



2024 ROSTER CORRECTIONS

Please add Dave Damitz's wife Maria to your rosters.

Please send Roster Corrections to my personal Email account Alan_Weinel@ATT.Net with subject "Roster Correction"

Be sure to add the new members to your copy of the roster.

**PBS Alan Weinel, Roster Chairman
(209) 843-1804**



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:		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		
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 Schrumph	(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
- PBS RON HUTCHESON

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).

PICNIC VOLUNTEERS NEEDED

PICNIC TIME IS COMING!

I need several people willing to help. *Costs incurred are reimbursable.*

Baked Beans: Last picnic, someone brought baked beans at last minute. Please let me know who you are. Linda wants to talk to your wife.

Corn Muffins: Need two separate people to each bring 4 dozen corn muffins.

Potato Salad: Need two people to bring 1 gal potato salad. Can get from Raleys/Bel Air.

Tossed Salad: Need 1 additional person to bring 1 gal of green tossed salad.

Water Melon: Need 2 full sized melons.

Pies: Need 6 pies, purchase frozen pies from Emigh's Hardware, bake and bring. 2 people, 3 ea. or 3 people, 2 ea.

Bocce Ball: Have the game, need someone to set it up and run the games.

Golf Pitching: Have the game, need someone to help Tom Page run the game.

Please call Jerry Schroeder, 916-801-2530
or see me at March meeting.



**WE NEED
YOU!**

April 19, 2024

12 PM

*Wine Tasting with the
Winemaker*

April 19, 2024—12 PM

DiArie Tasting Room

19919 Shenandoah School Road

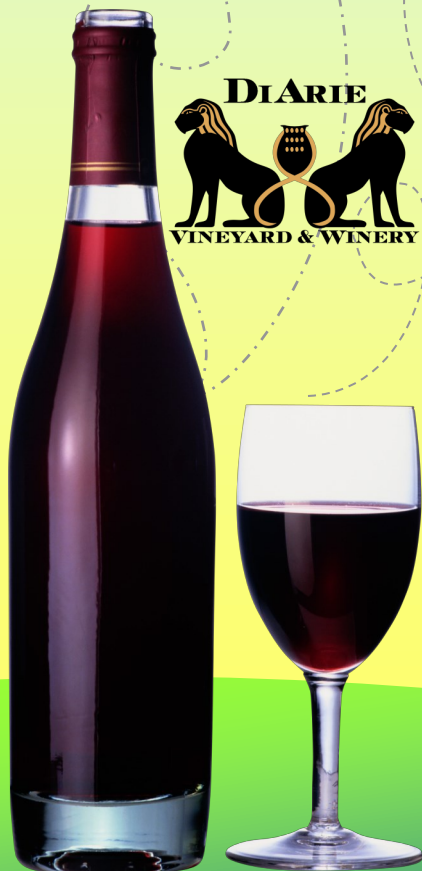
Plymouth, CA

\$25 per person (limited seating)

**Learn the “Art of Blending” by
tasting and discussing all of the
individual component
contributions to the blend**

RSVP to : Dennis Kramer

(530) 312-3896





Sacramento Rivercats vs Oklahoma City Dodgers

Sunday, May 19, 2024

1:05 PM Start

Sutter Health Ballpark in West Sacramento

\$38 per person—members/family

(A minimum of 20 tickets must be sold for this price)

Seating in “Senate” section

RSVP: Dennis Kramer, (530) 312-3896

