



# THE MAIL POUCH



Website: [branch69.org](http://branch69.org)

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

## ALAN'S BS STUFF



So, the wild weather continues! As I write this, the snow level was down LOW! Reports of snow in Rocklin??? WOW! Hard to believe that in a matter of a month or so it will be just beautiful!

First, I want to thank Connor Chin, Tod Davis and Hal Copperberg for their efforts in hosting the second (Annual?) SIR Branch 69 Bowling Tournament. This was the first time I have ever bowled in an event like that – I consider myself to be “not good enough”. Surprise! I did well. SO... if any OTHER bowlers are hesitant about entering an event, GO FOR IT! Lots of fun, and you just may win a few bucks!

Remember to set your clocks ahead when you go to bed Saturday, March 11th. I am seriously looking forward to the longer daylight in the afternoon. Although spring won't OFFICIALLY begin for another week and a half after that, the time change creates a mental note that winter is over!

In honor of St. Patrick's Day – Éirinn go Brách – loosely translated as Ireland Forever! AND, to keep up the tradition, our March lunch will consist of the traditional corned beef and cabbage! One of MY favorites.

Finally, stay healthy. Be as active as you can. Activity helps not just your physical health, but also your mental wellbeing.

See you all at the March luncheon.

**Alan Weinel, Big SIR**



## CONNOR'S LUCK OF THE IRISH



As we start the New Year with Connor Chin as your 2023 Little Sir, it will be a fun and rewarding time to be of service to SIR Branch 69. I have a tough road to follow all the good program projects of the 2022 Little SIR Alan Weinel.

The month of March brings us: The March Madness NCAA Basketball Tournament – Clocks spring forward one hour - St. Patrick's Day – First Day of Spring on March 20th.

For you College Basketball Fans, Sacramento Golden One is one of the 2023 Tournament Sites for First and Second Round. Hopefully, your favorite University or College might be playing in Sacramento.

Program Speakers for the March 9<sup>th</sup> Luncheon are from SMUD doing a return visit to talk about billing rates, new sources of power generation, and the SMUD Museum of Science and Curiosity in Old Sacramento.

Looking ahead, I promise to do my level best for the Branch in 2023. See you all at the March 9<sup>th</sup> Luncheon.

**Connor Chin, Little SIR**



LS Connor Chin presents February's speaker, Ken Cross of the Renaissance Society of Sacramento State, with a Certificate of Appreciation and a bottle of wine. See page 6 for more information.

## March Birthdays

Bill Mullen	3/3	
Jose Fernandez	3/4	88 years old
Pat Barrett	3/5	
Joseph Cain	3/5	
Jimmy Buckley	3/14	
Fred Smith	3/25	81 years old
Brian Thurston	3/30	



## March Anniversaries

Jose and Carol Fernandez	3/11	67 years
Patrick and Barbra Lord	3/20	
Allen and Rhonda Riker	3/23	
Vernon and Shyrlee	3/31	67 years

# HAPPY ANNIVERSARY



## RECRUITING AND PUBLICITY



**WE NEED YOU!**

I have good news on our publicity efforts. We are now an official partner with Mission Oaks Park and Recreation District (MORPD). The primary benefit to this union is that we will have a small announcement about our branch activities in the MORPD magazine. This publication comes out twice a year with around 30,000 copies of each issue. This is a lot of potential eyeballs to notice Branch 69 and our activities! The next issue comes out in March—I will bring copies to the luncheon.

Along with the benefits of advertising our branch with MORPD, we will have certain obligations on our part. We will have to show that we use the Park District facilities, especially Swanston Park, for some of our branch activities. The main areas here will be table tennis, the walking group, and possibly pickle ball. I have already talked with PBS Mark Steffens about scheduling a walking group outing at Swanston Park's new perimeter walking path.

We are continuing our efforts to place our advertising posters in the local golf courses. This work has been done primarily by our Golf Committee chair, Rick Hom. Most 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, walking group and card playing—we have to share this information with prospective members.

I'm looking forward to seeing all of you at the next luncheon. We're off to a great start for 2023; let's continue to have a great year.

**Tom Page Recruiting & Publicity Director**



**SPECIAL RECOGNITION!**  
Congratulations to Jim and Lavina Smalling on their 50th wedding anniversary last month!

# WELCOME NEW MEMBERS!!

## SIR Christian (Chris) Wicks

PO Box 15058  
Sacramento, CA 95851-0058 (mailing  
address)  
(916) 925-3838  
cwickser@gmail.com  
Sponsored by Michael Brassil



Chris is a native Sacramentan, mostly growing up here and graduating from Encina High School. Chris attended American River College for 2 years and then Chico State University for 3 more years, earning a degree in civil engineering. He also worked for Granite Construction during his college years.

After college, Chris worked for the city of Benicia as the assistant public works director before going to work for his dad in his concrete construction business, and getting his CA contractors license. Later, Chris worked for several major construction companies in the Sacramento area as a project manager. He also spent time working in Atlanta, Georgia and worked for a period for himself as an independent project manager. Most of his later working years were with the California General Services Department, both as a regular employee and as a retired annuitant.

In 1996, Chris was seriously injured in a car accident. Ultimately, he lost his left leg at the knee level. Thanks to a positive attitude and a great prosthetic specialist, Chris stayed active and returned to many of his former activities, including skiing and cycling. Now he plays a lot of golf, rides a recumbent 3-wheel bike and loves to travel. Chris has one daughter who works as a stage actress in New York City.

Birthday: August 13, 1949

## SIR GARY RANSOM

1406 Commons Dr.  
Sacramento, CA 95825  
(916) 203-7648  
garyransom@yahoo.com  
Sponsored by Heman Smith



Gary was born in New Brunswick, New Jersey, and grew up there. After high school, he remained in the area to attend Rutgers University, all the while working outside jobs. He earned a commission in the Air Force through ROTC, but before actively serving, he spent a year as an investigator with the New Jersey Division of Civil Rights.

Gary served in the Air Force, first in Sacramento at Mather AFB, where he trained as a B-52 navigator and later in South Dakota. He did a tour over Viet Nam and, in one instance, helped his plane evade a missile sent to shoot them down!

Following his Air Force service, Gary went to McGeorge School of Law in Sacramento, graduating in the top 25% of his class. He passed the bar on his first attempt and joined the Sacramento Public Defenders office, the first Black man to hold this position. Later, Governor Jerry Brown appointed him as a judge in the Municipal Court; ultimately, Governor Deukmejian appointed him to the Superior Court. Gary retired at age 60 but kept serving as a court judge until age 77. He lists teaching classes at Sac State while on the bench and community volunteer work to his list of accomplishments.

Gary recently lost his wife, Gloria, after several years of severe illness. He likes to do 2 or 3 crossword puzzles each morning.

Birthday: December 23, 1941



# WELCOME NEW MEMBERS!!

## SIR RICHARD SLOCUM

1952 University Park Drive  
Sacramento, CA 95825  
(301) 943-6815  
rrslocum89@gmail.com  
Sponsored by Jerry Schroeder



Richard comes from New Jersey and spent most of his life on the east coast. After high school, he attended Susquehanna University in Pennsylvania and earned a Bachelor of Music degree. Richard then went to the University of Maryland and received a Master of Music Performance degree, specializing in the trombone. He completed his music schooling at the Shenandoah Conservatory, receiving his doctorate in Musical Arts.

Richard began his teaching career in elementary and middle school in 1977 before doing most of his work at the high school level, all in Maryland. After retirement, Richard and his wife Rosemary immediately moved to Sacramento to follow their son, daughter-in-law and their three sons. Their son and his wife are both physicians and had moved to Sacramento to pursue their medical careers.

Richard enjoys family activities and cooking—he is already signed up to help Jerry Schroeder do the cooking at the SIR picnic in June!

Birthday: February 21, 1954  
Anniversary: to Rosemary, December 12, 1989

## SIR DAVID BUSCH

935 Glide Ferry Way  
Sacramento, CA 95831  
(480) 365-9381  
davebusch.ca@yahoo.com  
Sponsored by Rick Hom



Dave was born in Detroit but grew up in Deerfield, Illinois, a suburb of Chicago. He attended Iowa State University, where he met his wife, Kay, while both of them studied psychology. Both Dave and Kay then attended the University of Iowa to earn their Masters of Social Work graduate degrees. They also worked for two years at a residential home for boys who couldn't live with their natural families, generally because of behavior issues.

Dave and his wife moved to Tempe, Arizona, in 1980, to practice psychology, specializing in trauma cases and relationship issues. After 40 years in the desert heat, they retired in 2020 and moved to Sacramento for cooler weather and to be closer to their daughter in San Mateo and their son in Oregon.

Dave is an avid golfer, also kayaks, enjoys reading, and is a beginning fisherman.

Birthday: September 15, 1949  
Anniversary: To Kay, May 28, 1973

## NEW MEMBERS (NM) FOR FEBRUARY AND THEIR SPONSORS (S)



Richard Slocum (NM), Jerry Schroeder (S), Chris Wicks (NM), Michael Brassil (S), BS Alan Weinel, Gary Ransom (NM), Heman Smith (S), David Busch (NM) (inset)



# GOLF NEWS

**Rick Hom—Regular Course**



**Terry Block—Progressive Golf Club**



## UPCOMING TOURNAMENTS

March 2 - Cherry Island - Team Scramble - \$32

March 16 - Diamond Oaks - Stroke Play - \$52

March 30 - Turkey Creek - Stroke Play - \$56

## FEBRUARY RESULTS

Bartley Cavanaugh (2/2) - Pairs—Alternate Shot

- 1st Low Net: Gary Lukins & Bill Mullen
- 2nd Low Net: Tom Costello & Lennie Silva
- 3rd Low Net: Terry Block & Tom Knoble
- 4th Low Net: Glen Halvorsen & Jack Osborne
- 5th Low Net: John Popadak & Jerry Schroeder
- 6th Low Net: Alex Canada & Connor Chin

Ancil Hoffman (2/16) - Stroke Play, Blind Birdie (#2 and #11)

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

- 1st Flight: Bob Baker, Pat Quinn, Rick Hom, Alex Canada, Mark Machado
- 2nd Flight: Bill Mullen, Joe Riley, John Valdes, Joe Riley, John Valdes
- 3rd Flight: Terry Block, Jerry Schroeder, Rod Lukins

## UPCOMING TOURNAMENTS

March 6 - Bartley Cavanaugh - Stroke Play - \$35

March 20 - Alister Mackenzie - 4 Person, 2 Best Ball - \$39

## FEBRUARY RESULTS

Wildhorse (2/6) - 4 Man Scramblke

- 1st Place Team: Jerry Buhlert, Fred Smith, Jim Sprifke, and Tom Page
- 2nd Place Team: Alex Canada, Dan Nelson, and Steve Haakenson
- 3rd Place Team: Pat Quinn, Tom Knoble, Bill Mullen, and Connor Chin



Jim Trudel (L), Region I Representative of the SIR State Golf Committee, presents Sandy Davis (R) with a personalized jacket for winning the 2022 State Golf Individual Championship.





## BOWLING NEWS

Our State SIR bowling tournament, scheduled for February 16 & 17, will be history by the time you get this. I'll announce winners from our branch at the March luncheon. I bowled on Friday at the tournament—everything went very smoothly with the tournament operation. As always, we thank Bobbi Nicholson and Chris Alvarez at Country Club Lanes for their help in running a successful tournament. Connor Chin, Tod Davis and treasurer Hal Copperberg did most of the heavy lifting for the event, assisted by State Sir Bowling Committee member Ray DiBasilio and his friend Cindy.

Our Wednesday league bowling continues to move along, still with very close competition at the top of the standings. Right now, 7 teams (over half the league) are within 5 points of the leading team, the Ballbarians (Roland Rodriguez, Bernie Moreno, Floyd Scott and captain Jim Smallings).

Some recent great scores of note: Brian Thurston upped his already high handicap game to 317, followed by Jerry Buhlert at 296, but then Adrian Garcia topped them all with a 322 handicap game.

Our league bowling is held every Wednesday at 11:00am at Country Club Lanes, the corner of Watt & El Camino. Spectators are always welcome—who knows, you might even get an urge to join in on the fun.

### 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.

See you soon at Country Club Lanes.

Stay safe and stay healthy,



**Tom Page, League Secretary**  
**916-488-6465**



## SACRAMENTO STATE SIR BOWLING TOURNAMENT

The results are in for the Sacramento State SIR bowling tournament, held February 16 & 17 at Country Club Lanes. The event had 97 participants, 22 from our own branch. Several other Sacramento area branches also were represented. In addition, participants came from 18 branches in Napa, Vallejo, Grass Valley, Nevada City, Concord, Walnut Creek, Marysville and Pollock Pines.

Prize money for the tournament totaled nearly \$2,900, plus about \$800 in door prizes was given out. The door prizes included 6 new bowling balls and 2 new bowling pins.

Almost half of the Branch 69 bowlers collected prize money. The big winners were Big Sir Alan Weinel (\$134), Hal Copperberg (\$86), Jim Happs (\$80), and Jerry Buhlert (\$76). Many thanks to Connor Chin and Tod Davis, co-chairs for the event, Treasurer Hal Copperberg, and several volunteers for their hard work putting on the tournament. Complete results for the tournament are on the State Sir website under the Bowling category.



February's speaker was from the Renaissance Society of Sacramento State. The Renaissance Society of Sacramento provides opportunities for participatory lifelong learning and community engagement for older adults. Their learning opportunities include seminars and other programs on widely varied subjects proposed and presented by our members. They have a wide variety of programs, five days a week.

For the Spring 2023 semester, programs on Zoom will be offered Mondays through Thursdays. Other programs will be on the Sac State campus on Fridays; some will be in-person only, while others will be a combination of in-person and Zoom.

For more information visit: [www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-](http://www.csus.edu/college/social-sciences-interdisciplinary-studies/renaissance-)

# BRANCH ACTIVITIES

## WALKERS AND HIKERS

Our next walk is at Swanston Park (2350 Northrop Ave, Sacramento 95825) on Wednesday, March 8th at 8:30 am. We are starting early since many of you will be going to bowling straight from the walk. It's a short walk and very easy to complete. Four times around will give you a mile. Please come out and join us to show our support to the Mission Oaks Recreational and Park District.



**Mark Steffens, Activities Chairman**  
(916) 214-8650 / [steffens.mark@outlook.com](mailto:steffens.mark@outlook.com)

## PING PONG



If you live near Carmichael and enjoy ping-pong, why not join the ping-pong group at Gibbons Community Center, located at 4701 Gibbons Dr., Carmichael, CA.

Ping-pong is available Wednesdays and Fridays from 3:00-6:00.

There are 4 tables for our use, and this is open to the public as well as to SIRS members (there are already 3 of us from SIR 69 who play regularly at Gibbons).

**Bob Schrumph, Ping Ball Chairman**

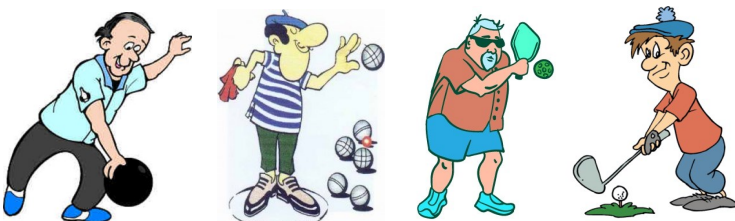


## PICKLEBALL



March 27th, Pecan Park, Orangevale, 10 - 11 am

**Terry Block, Pickleball Chairman**



## CARD CLUB



Cards: March 1st and 15th at the same place and time, Country Club Lanes on Watt Avenue at 2:00 pm.

Look forward to seeing you all there. If you just want to learn to play, come on out. We are looking for more people to join us.



**Dan Nelson, Cards Chairman**

## DINE OUT



NEXT DINE-OUT at Vince's Restaurant & Bar, on March 21 at 6:00 pm. Located at 840 Harbor Blvd., West Sacramento 95691. Enjoy time with your SIR buddies, bring a guest & make a new friend!

For more information & RSVP, **Sir Mark Steffens**, call or text (916) 214-8650 or [steffens.mark@outlook.com](mailto:steffens.mark@outlook.com)

## WINE TASTING



How about a Wine Tasting trip that's a little different? Wine tasting with food pairings.

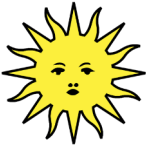
On Saturday April 15th at 11:00 am at the Bella Grace Tasting room, located at 73 Main Street in Sutter Creek, a group of 10 (there are 8 spaces left) will taste 4 different wines with food pairings. The pairings are small bites. Anyone with food allergies should speak up however so that arrangements can be made to include you.

There is no charge for this event.

The Bella Grace tasting room is in the heart of Sutter Creek's downtown area and will take about an hour to get there, carpooling is encouraged.

Those who wish to participate should sign up asap with **Dennis Kramer** at either (530)-312-3896, or [wischixen1@aol.com](mailto:wischixen1@aol.com)





# SUNSHINE



PRAYERS GO OUT TO THE FOLLOWING:

**Orville Noel** is recovering from lung surgery.

**Ron Peters** has a detached retina and has had the eye removed.

**Jim Oblizalo** is fighting bladder cancer (special prayers for him).

**Ross Martin** had a cochlear implant installed.

**Terry Block** is recovering from Covid.

If you have any old hearing aids or batteries that you'd like to donate, Mark Stephens says that the Lyon's Club will take them.

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 Weinel.

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



## 2023 ROSTER REPAIRS

Ron Peters' new email is: ronslaw611@gmail.com

The 2023 rosters are now available. Pick up your copy at the next meeting if you have not already done so.

Please send roster corrections to Alan's personal Email account Alan\_Weinel@ATT.Net with subject "Roster Correction". Don't forget to update your rosters with new members.

**Alan Weinel, Roster Chairman**



Everyone's Irish  
On March 17th.

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	BOB SANCHEZ	(916) 996-7342

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 Weinel	(209) 843-1804
NCGA Ambas	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

#### HONORARY LIFE MEMBERS

- PBS RON HUTCHESON
- 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 LLOYD PLANK
- SIR CHARLES DANT

#### SPECIFIC ACTIVITIES CHAIRMEN

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 Aprpl <https://sirinc.org/apparel-and-signage>

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).





# TREASURER'S REPORTS



## HOW ARE WE DOING?

2/21/2023

<b>INCOME</b>	<b>ACTUAL</b>	<b>BUDGET</b>	<b>DIFF</b>
Annual Dues	\$2,500	\$3,200	\$ -700
Special Activities*	\$ 0	\$ 650	\$ -650
Other	\$ 500	\$ 0	\$ 500
<b>TOTAL INCOME</b>	<b>\$3,000</b>	<b>\$3,850</b>	<b>\$ -850</b>
<b>EXPENSES</b>			
Printing & Postage	\$ 246	\$ 325	\$ 79
Officers' Expenses	\$ 0	\$ 25	\$ 25
Guest Expenses	\$ 75	\$ 300	\$ 225
State Assessment	\$ 254	\$1,050	\$ 796
Special Activities*	\$ 0	\$ 650	\$ 650
Other, Recruitment	\$ 0	\$ 50	\$ 50
Other, Misc.	\$ 278	\$ 750	\$ 472
<b>TOTAL EXPENSES</b>	<b>\$ 853</b>	<b>\$3,150</b>	<b>\$ 2,297</b>

\*Special Activities = Day in Park & Holiday Luncheon

CASH BALANCE AT END OF 2022	\$ 3,809
CURRENT CASH BALANCE	\$ 5,955
PROJECTED YEAR END CASH BALANCE	\$ 4,509
PROJECTED 2023 YEAR END MEMBERSHIP	135
PROJECTED CASH BALANCE PER MEMBER	\$ 33

**Hal Copperberg, Treasurer**

## TREASURER'S REPORT - FEBRUARY, 2023

02/21/2023

Cash Balance 1/1/2023 = \$3,809

	<b>FEBRUARY</b>	<b>YTD</b>
Beginning Cash Balance	\$5,589	N/A
Contributions	\$ 505	\$ 3,000
Expenses	\$ 139	\$ 853
Ending Cash Balance	\$5,955	N/A
<b>MEMBERSHIP</b>		
Membership, Gain/Loss	4/-1	132