



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor



CONNOR'S LUCK OF THE IRISH

In the month of March, there are several exciting events taking place: March Madness 32 by 32 Bracket Play, St. Patrick's Day, and Easter Sunday.

There is a committee head, as mentioned in the 2024 Roster Book, for all of the outside branch activities. Please see the attached listing 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 19 members who have not paid their \$25.00 Annual Membership Dues. One can make their due's payment at the March 14th 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, and individuals that say "No" and they attend anyway on the luncheon date, are making it difficult to get an accurate luncheon count to the Dante Club for the meals that have to be served.

Hopefully, everything has been healthy and enjoyable for your family. Looking forward to see everyone at the SIR Branch 69 Luncheon on March 14th.

Connor "Lucky Irish" Chin, Big SIR

Cell Phone: 1 (916) 601-1854

Email: cljschin@gmail.com



COOP'S CORNER



Wheel of Fortune emcee Pat Sajak once wrote, "When I retire, I suspect most of my time will be spent whittling on the front porch, but I don't know how to whittle and I don't have a front porch, so that will be a challenge."

If you're not doing what you intended to do during your retirement, you may want to either rethink your goals or literally, start building that porch!

The joys of life aren't always handed to us. Sometimes we've got to make an effort to create them. Don't wait on someone else to build that dream for you. It first starts with your vision and planning. You're going to run into obstacles and naysayers. Just as Noah did when building the ark, people asked him, "Why are you building that boat?" Noah responded, "because it's going to rain....A LOT!" They responded "What's rain?"

You are unique and people can't see things from your perspective. Therefore, since they don't understand, they scoff at what you think, feel or believe. Most people will conform instead of transform due to the fear of being labeled as, odd.

Be not dissuaded, but may God grant you the courage to rise up and meet each challenge, and wisdom guide you toward your purpose here on this day, this time, this moment.

If you can imagine it, you can build it.

This Month's Speaker is author La Wanna Parker. But she is more than an author, 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

Lieutenant Coopwood, Little SIR

March Birthdays

Bill Mullen	3/3	
Jose Fernandez	3/4	89 years old
Pat Barrett	3/5	
Joseph Cain	3/5	
Ed Iaconis	3/9	86 years old
Jimmy Buckley	3/14	
Fred Smith	3/25	82 years old
Brian Thurston	3/30	



March Anniversaries

Jose and Carol Fernandez	3/11	68 years
Patrick and Barbra Lord	3/20	
Allen and Rhonda Riker	3/23	
Vernon and Shyrlee	3/31	68 years



NEXT MEETING

NEXT GENERAL MEETING

Thursday **March 14, 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!

MENU

For March 14th
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Brussel Sprouts Salad
 Braised Corned Beef &
 Cabbage with Roasted
 Carrots
 Boiled Yukon Potatoes
 Dinner Rolls with Sweet
 Butter
 Chef's Choice Dessert

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%

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).

WELCOME NEW MEMBERS!!

SIR Rich Stratton

5207 Milton Ranch Road
Shingle Springs, CA 95682
(916) 215-6722
rtgrm@att.net
Sponsor: John Valdes



Rich was born in Elmhurst, Illinois, near Chicago, and grew up there. After high school, he went to junior college and then to the University of Illinois, from which he graduated with a degree in engineering. Before starting his working life, he joined the Peace Corps for two years, which he spent in Nepal helping construct water supply systems. Returning to the States, he went back to the University of Illinois to gain a MS degree in environmental engineering. That advanced degree led to a job offer from the State of California, which got him to the Sacramento area ever since. Rich only worked for the State for a few years before going to several engineering consulting firms. Most of his career, 28 years, was spent with the HDR consulting company. He still puts in a few hours with them on various projects.

Rich and his wife Terri have three children and two grandchildren. He is an avid golfer, likes cribbage, family activities and traveling. He is already participating in our SIR golf events.

Birthday: May 20, 1955

SIR Gregg Hess

5271 Minerva Ave
Sacramento, CA 95819
(916) 955-0466
cinnamongregg@aol.com
Sponsor: Blake Thompson



Gregg started life in San Francisco before his family moved to Isleton and later Sacramento. He graduated from Mira Loma High School as a member of the very first International Baccalaureate program there. He next went to Sac City College and later Sac State, but in between he joined the National Guard and served his active duty in several posts in the Southeast US. After he earned his degree from Sac State, he went to work for Parke-Davis Pharmaceutical Company in sales. His territory covered Santa Rosa all the way up to the Oregon coast; he made enough money to buy a home in Sacramento when he left Parke-Davis to work with the State of California as a systems analyst manager. Over the years, Gregg added more rental properties, which ultimately enabled him to leave his State employment when he had an opportunity to travel on an extended trip to Russia, Georgia and Ukraine. He never returned to formal employment but has managed his properties and engaged in a life of extraordinary travels ever since.

Gregg has hiked the John Muir trail twice, hiked several of Europe's famed hiking venues and visited all of our fifty states and 99 foreign countries. His travel experiences center on camping and staying in out of the way hotels that gain a real flavor of the local population, not the more common swank hotels and guided tours. Of course he has plans to round out an even 100 countries: he is working on a trip to Bhutan, a reclusive country in the vicinity of Nepal and India.

Gregg played golf on his high school team and still plays at times. He is a handyman, too, which comes from owning rental properties.

Birthday: October 31, 1946

SIR Ernest (Ernie) Flores

5648 Cypress Point Dr.
Citrus Heights, CA 95610
(916)847-6448
diveref@aol.com
Sponsor: Mark Steffens



Ernie was born in Oxnard, California, but mostly grew up in Lompoc, near Santa Barbara. Later, his father was transferred to McClellan AFB in Sacramento, so that's how Ernie came to our city. After graduating from San Juan High School, he went to work for Gemco but soon switched to FedEx. He started out as a loader, soon became a courier and later began his lifetime work as a tractor/trailer driver. Ernie worked 35 years for FedEx and retired in 2018.

Ernie likes to play golf and is a beginning pistol range shooter. He is looking to playing golf with us and has already signed up for SIR tournaments. He is planning to participate in our social activities, too.

Birthday: August 31, 1953

RECRUITING AND PUBLICITY

I was happy to see three new members join our branch last month. Keep up the 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.

At the February BEC, I was told that a magazine called Golden Pages might be a good source of advertising for new members. Apparently Branch 117 in Rancho Cordova already has an ad in the magazine. I did a fair amount of sleuthing about the magazine and ultimately found their website and also located a hard copy of the publication. Then life got interesting: I called the number for the Branch 117 ad and got a man from Branch 98 in Roseville! He had no idea how his number came to be listed as a contact person for Branch 117. Also, he has never received any prior calls about the Golden Pages ad. We had a nice chat about SIRs in general; I certainly added a new mystery to his life.

So, it looks like that magazine will not be worth our investment in an ad for recruiting. If anyone has other ideas about 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 March 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:



FEBRUARY NEW MEMBERS AND SPONSORS



New members (NM) and Sponsors (S) for February: Blake Thompson (S), Gregg Hess (NM), Ernie Flores (NM), Mark Steffens (S), John Valdes (S), and Richard Stratton (NM)

GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

- March 7 - Ancil Hoffman - \$62 - 4 man team shamble
- March 21 - Empire Ranch - \$56 - 2 man team alternate shots
- March 28 - The Reserve - \$64 - 2 man team scramble
- April 18 - Alister Mackenzie - \$42
- April 25 - Lincoln Hills-Hills - \$65

FEBRUARY RESULTS

Ancil Hoffman (2/22) rescheduled for March 7 due to weather. No tournaments in February.

UPCOMING TOURNAMENTS

- March 11 - Alister Mackenzie - \$42 - contracted for 24, need at least 20 golfers—4 person scramble, low net
- March 19 (Tuesday) - River Oaks - \$56 - 2 person scramble, 1 best net
- April 1 - Bing Maloney - 38 - Stroke play
- April 8 - Teal Bend - \$57 - 2 person net stableford

FEBRUARY RESULTS

Bartley Cavanaugh (2/5) Cancelled due to weather.

Wildhorse (2/12) - Stroke Play
Low Gross, 1st Low Net, 2nd Low net, 3rd Low Net

1st Flight: B. Katsifolis, Rick Hom, Jerry Buhlert, Bob Baker

2nd Flight: T. Espinoza, Terry Block and Conrad Cookman (tied), Jim Svobodny and Dan Nelson (tied)

3rd Flight: Tom Page, Fred Smith, Mark Steffens

CTPs: Pat Quinn, Jim Svobodny, Rick Hom, Rick Stratton, and Tom Page



OTHER UPCOMING TOURNAMENTS

April 22&23 - State Spring Classic - Chardonnay and Eagle Vines - For more info click on the golf ball below.

June 2-5 - Branch 93 Golf Trip - Carson City - Empire Ranch & Genoa Ranch - \$100

June 4-6 - State Reno Trip - For more info click on the golf ball below.





BOWLING NEWS

Our bowling league is now past the halfway point for the second section of the season. The first half of the season came down to the wire; the second half is doing the same. Five of the ten teams in the league are within two points of the lead. It's still anyone's chance to grab the win.

We've had some fine individual bowling, too. Robert Schrupf rolled a 292 handicap game and 721 handicap series, while Joe Bowers came close in both categories with 276 and 719. Ken Towns shot a nice 259 handicap game.

Flash!! The results just came in for the State SIR Bowling Tournament at Country Club Lanes on February 15 and 16. Tod Davis once again managed the event, with lots of help from Hal Copperberg, Jim Smalling, State Bowling member Ray DiBasilio and several other volunteers. They put on a well-run tournament and got a really good turnout. Considering that Country Club Lanes is our home bowling venue, we didn't exactly tear up the alleys. Some of our guys did finish in the money, however. Steve Eason finished 4th in the Division 1 singles and 4th in the Division 1 All Events. Mark Steffens finished 5th in the Division 2 singles. Neal McCoy and Tod Davis took 3rd in the Division 1 doubles, while Hal Copperberg and Ray DiBasilio got 6th place in the Division 2 doubles. As always, Country Club Lanes was a gracious and helpful host for our event.

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



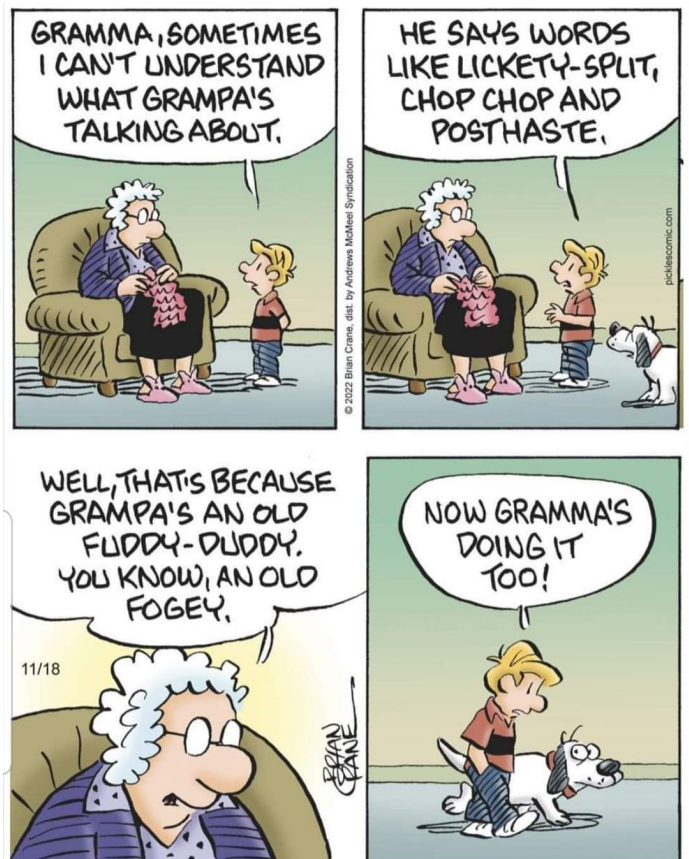
BOWLING TOURNAMENT

Branch 69 hosted the State SIR Bowling Tournament which was held Feb 15 and 16 at Country Club Lanes. The event was for Singles and Doubles bowling squads. 169 games were bowled over 2 days. We had 83 participants from 30 different SIR Branches in Northern California and Nevada. Branch 69 had nine teams participate and we had 7 prize fund winners. The prize fund awarded was over \$2,750.00 to all winners. Everyone had a wonderful time even though not all had stellar games.

We look forward to continuing this tournament annually each February.

Many thanks to Hal Copperberg and Jim Smalling for helping me operate a very successful tournament for our members.

Tod Davis
Branch 69
SIR Bowling Tournament Manager



BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

DINE-OUT

On February 20th we came together at El Tapatio for another fabulous DINE-OUT!



NEXT DINE OUT: Sammy's Restaurant and Bar
March 28th at 6:00 PM, located inside Stones Gambling Hall, 6508 Antelope Road, Citrus Heights, CA 95621
<https://www.sammysatstones.com/>

Enjoy time with your SIR buddies, 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 Card Club will meet March 6th and 20th 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



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
rschrupf@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 1:05 PM at Sutter Health Ballpark in West Sacramento (formerly known as Raley Field). My recommendation is that we sit in what is known as the Senate seating area as this would appear to provide us with the best overall view of the playing field. The tickets are mid-range priced at \$38.00 each. We would need a minimum of 20 participants and all family members are welcome. I am making arraignments for a tour of the facility which can take place hopefully the week before we go to the game. 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 Krammer
River Cats Chairman



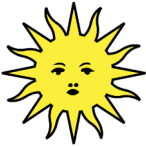
INVESTMENT GROUP

The investment group meets (via ZOOM) on the 4th Wednesday of the month. The next meeting will be on March 27. 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
jlcain45@yahoo.com



LS Lieutenant Coopwood presents February's speaker, Alan Baker, the State SIR Board Webmaster and the SIR 93 Membership Chairman, with a Certificate of Appreciation and bottle of wine. His presentation was on Electric Cars. Alan talked about their performance, range, charging issues, maintenance, and environmental impact.



SUNSHINE



Please Keep the Following Folks in Your prayers:

Bob Sanchez is still recovering from a stroke, but is doing very well and it was great seeing him at our January luncheon.

Ritchie Carlson underwent shoulder replacement surgery. He'll be in a sling for the next 6 weeks before he can start rehab. He's looking forward to getting back to bowling as soon as possible.

Bob Clanton Is doing well after surgery for bladder cancer (last month). He'll be following up with his doctor to find out how soon he can start golfing again.

Thomas (Train) Walton took a turn for the worse and is back in the hospital as of January 10th.

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 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 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 Aprnl 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).