



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

ALAN'S BS STUFF



Labor Day is here - which marks the unofficial end of summer. The kids are back in school and cooler temps are on the horizon. Football is cranking up, and Baseball is headed to a conclusion. Great time of the year - EXCEPT for the leaves that will soon fall and need raking. Grrrrrr.

Bowling is back for another season, and Golfers are in full swing (please forgive the pun). With the cooler weather, it is an ideal time to get out and get some additional activity time in. In our community (Heritage Park) the annual Sports Festival is underway (I refer to it as the Old-lympics): Pickleball, Water Volleyball, Bowling, Shuffleboard, Corn Hole and more. GOTTA keep ourselves active.

We had a GREAT turnout for the last "dine out" at Vince's. If you have not attended a dinner, please consider doing so. It is nice to be able to sit and visit with fellow SIR members in a less structured environment. PLUS, for those with spouses, they generally appreciate the night out.

2024 Roster Update: Thank you to the guys who updated your contact information at the last luncheon. I am putting that info in and will have ANOTHER copy at the September luncheon. I am trying very diligently to have as complete and accurate roster as possible, and I sincerely appreciate your cooperation!

Little Sir, Connor Chin, is working on the Annual Ladies Holiday Luncheon. I am certain that it will be ANOTHER resounding success! Keep your eyes open for information to come!

Lastly, "Thank you" to all the volunteers who help the club out in so many ways. Without you, things simply would not get done!

See you all at the September Luncheon!

Alan Weinel, Big SIR

CONNOR'S LUCK OF THE IRISH



A Christmas Party is being planned for December 14th at the Dante Club. Music (DJ) and a great luncheon is on the docket. We are meeting with the Dante Club to discuss the menu and other items on September 14th. Tickets can be purchased at the October 12th and November 9th Lunch-eons.

The month of September is the start of the fall season which should bring some cooler weather for the golfers and the SIR 69 Bowling League starting up on Wednesday August 30th. Week #1 of the National Football League will be here on September 7th for a 17 Week Season.

The September 14th Luncheon Speaker is Bonnie Rea, MSW - Family Care Specialist of the Alzheimer's Association, Northern California and Northern Nevada Chapter.

See you all at the September 14th Luncheon.

Connor Chin, Little SIR

NEXT MEETING

GENERAL MEETING

Thursday September 14, 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!

September Birthdays

Brooks, Larry	09/04	
Lieutenant Coopwood	09/05	
John Popadak	09/09	
Jim Porterfield	09/09	83 Years
Don Neufeld	09/14	82 Years
David Busch	09/15	
Patrick Fintel	09/15	
Steve Brandenburger	09/18	82 Years
Arnie Keller	09/18	90 Years
Larry McLeod	09/20	
Jim Smalling	09/25	
Bill Rhoe	09/30	

September Anniversaries

Mike and Rosanna Evans	09/03	
Dave and Judy Yorston	09/05	58 Years
Ritchie and Glenda Carlson	09/10	61 Years
Robert and Marta Ortega	09/10	
Dwight and Gloria Zook	09/10	
Jimmy and Velma Buckley	09/12	
Jim and Jana Aylett	09/19	
Robert and Ruth Kiehne	09/20	
Otis and Willa Benning	09/21	61 Years
Tom and Donna Costello	09/29	61 Years



SENIOR CERTIFICATES

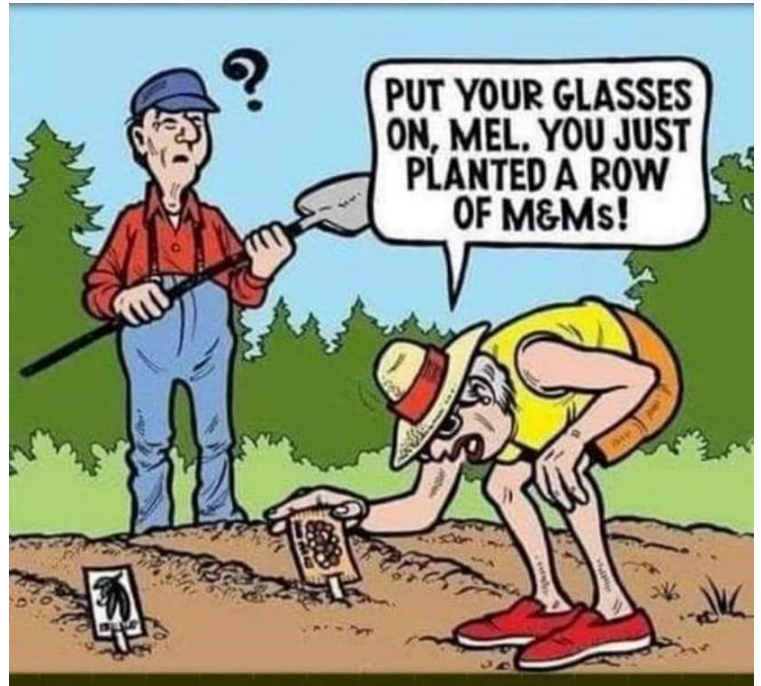


Big SIR Alan Weinel presents a Senior Certificate to Arnie Keller (90 Years) and a Super Senior Certificate to Ken Towns (95 Years), whose birthday was in June. CONGRATULAIONS!

FOOD MENU

September 14th

Classic Caesar Salad,
Garlic Mashed Potatoes,
Chicken Cordon Bleu
with Creamy Parmesan
Sauce,
Seasonal Vegetables,
Dinner Rolls with Sweet
Butter, and
Chef's Choice Dessert



BRANCH 69 MEETING ATTENDANCE

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%

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).

DID YOU KNOW THESE THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a new born baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la', which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscyde.
16. The condition of finding it difficult to get out of the bed in the morning is called dysania.
17. Illegible hand-writing is called griffonage.
18. The dot over an "i" or a "j" is called tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called Bannock device.

HOW MANY OF THE ABOVE DID YOU ALREADY KNOW?

2024 BEC SLATE OF CANDIDATES FOR SIRS BRANCH 69

The Nominating Committee recommends:

OFFICERS



Big SIR
Connor Chin



Little SIR
Lieutenant Coopwood



Secretary
Bernie Moreno



Asst. Secretary
Robert Schrupf



Treasurer
Hal Copperberg



Asst. Treasurer
Jim Sprifke

DIRECTORS



PBS Alan Weinel
Term: 2024



PBS Mark Steffens
Term 2024-2026



Blake Thomson
Term 2024-2026



Ron Peters
Term 2024-2025



PBS Ted Patterson
Term 2024



John Popadak
Term 2024



Paul Sickert
Term 2024

Last Month's Speaker



Big SIR Alan Weinel presents Jared Sieberg, last month's speaker, with a Certificate of Appreciation and a bottle of wine. Jared is a Senior Driving Ombudsman with the DMV.



RETIREMENT IS GREAT.

YEAH. IT'S NICE TO SIT BACK AND REWIND.



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

- September 21 - Woodcreek - Stroke Play - \$52
- October 5 - Diamond Oaks - Stroke Play - \$52
- October 19 - Lincoln Hills - Hiolls Course - Stroke Play - \$57
- October 26 - Ancil Hoffman - Team Play - \$36

AUGUST RESULTS

Wildhorse (8/3) - Stroke Play

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

- 1st Flight: Mark Machado, Tom Page, Joe Riley
- 2nd Flight: Gary Lukins, Dan Nelson, Dan Calcagno
- 3rd Flight: Paul Woods, Russ Prophet, Sandy Davis

CTPs: Rich Terrell, Jack Osborne, Ritchie Carlson, Dan Nelson, Chris Wicks, and Fred Smith

Teal Bend (8/17) - 3rd Rnd Club Championship

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

- 1st Flight: John Valdez, Rick Hom, Joe Riley, Jerry Buhlert
- 2nd Flight: Tom Page, Jack Osborne, Alex Canada, Tom Costello
- 3rd Flight: Marty Miller, Rod Lukins, Paul Woods, Tom Knoble

CTPs: Jerry Buhlert, John Valdes, Jack Osborne, and Marty Miller

UPCOMING TOURNAMENTS

- September 11- Mather - 2-Person Scramble - 1 Best Ball - \$34
- September 25 - Bartley Cavanaugh - 2-Person Team Net - \$35
- October 9 - The Reserve - 4-Person Shamble - \$57
- October 30 - Alister Mackenzie - \$40

AUGUST RESULTS

Mather (8/2) - 3rd Round Club Championship

Low Gross, Low Net, 2nd Low Net

- Flight 1: Rick Hom, Jim Svobodny, Conrad Cookman
- Flight 2: Alex Canada, Russ Prophet, Dan Nelson
- Flight 3: Marty Miller, Carl Hefner, Paul Wwoods

CTPs: Russ Prophet, Tom Knoble, and Paul Woods

Antelope Greens (8/21) - 4 Clubs Only

Low Gross, Low Net

- Flight 1: Jerry Buhlert, Conrad Cookman
- Flight 2: Alex Canada, Tom Page
- Flight 3: Fred Smith, George Langford

Rick Hom (R) congratulates Tom Page (L) on his hole-in-one last month.





BOWLING NEWS

Bowling season is officially underway! We held our annual bowling meeting on Wednesday, August 23, and started the regular bowling season on Wednesday, August 30. We will bowl for 33 weeks and end on Wednesday, April 10, 2024.

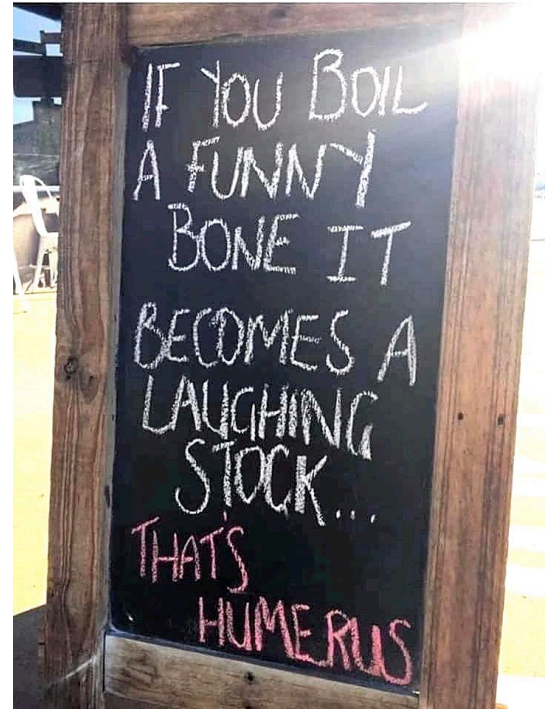
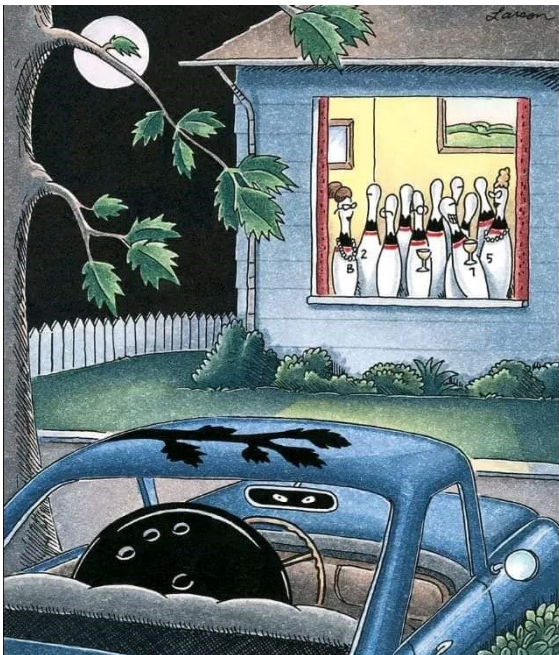
I've put together 10 teams that I hope will be evenly matched throughout the season. We've already had a slight hiccup because a couple bowlers who originally committed to bowling this year have backed out, so some changes to the teams may have to be made. At any rate, we are looking forward to a season of good fun and close competition.

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



RECRUITING AND PUBLICITY

September already, the year seems to have flown by. 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 efforts 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, walking group and card playing—we have to share this information with prospective members.

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

Tom Page, Recruiting & Publicity
Director



BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

On July 14th, Vince's Restaurant & Bar was the scene of a gastronomic extravaganza, as 30 members of our club and their lucky spouses indulged in a feast of authentic Italian cuisine. The aroma of garlic, basil and oregano filled the air, as we savored every bite of the mouthwatering dishes, from antipasti to dolci. The staff was attentive and friendly, and the atmosphere was cozy and lively. We laughed, we chatted, we toasted, and we had a blast. It was another amazing success for our club, and we can't wait for the next one!



NEXTDINE-OUT:

El Gallo Mexican Restaurant, September 19th at 6:00 PM located at 11773 Fair Oaks Blvd, Fair Oaks. Enjoy time with your SIR buddies, bring a guest and make a new friend!

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

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



BRANCH ACTIVITIES

CONTINUED



PING PONG

Ping-pong is still available at a very low cost at our local rec & park districts.

We play at Swanston Park and Rec on M, W, F from 11am to 1pm. We play at Gibbons Park and Rec on W, F from 3pm to 6pm.

Bob Schrupf, Ping Ball Chairman
(916) 897-7114
Rschrumpf@hotmail.com



BRIDGE



I have been playing bridge with members of SIRS Branch 23. I've been enjoying the guys as well as the bridge. I have been an alternate for little under one year and have just begun playing as a full member. We need Alternates.

We meet on the 2nd Tuesday each month at the home of Joe Dobrowolski at 3950 Oak Hurst Circle, Fair Oaks. It's roughly just west of Sunrise and south of Fair Oaks Blvd. (Don't try to spell it, just call him Joe Dobro) Games start at 6:30 and continue to 10:00 depending on end of that round of hands. We play 5 hands then switch partners and tables. There are usually 3 rounds/night. We currently play 2 tables, would expand to 3 if we had enough people. We each toss a couple of bucks into the prize fund.

We need Alternates. One should know if you are needed within a week prior. There is always someone who can't make a particular night, so alternates do play, frequently.

Call, text or email me if you are interested.

PBS Jerry Schroeder
(916) 801-2530
Jerry.s2arch@gmail.com



CARD CLUB



The cards group will meet on the first and third Wednesdays of each month to play cards. The month of September we will meet on Wednesday the 6th and Wednesday the 20th. We meet at the Country Club Lanes where the bowlers play.

Dan Nelson, Cards Chairman
(916) 895-5673
dan8733@yahoo.com



AARRRGGG!



September 19th is "Talk Like a Pirate Day."



SIR DAY AT THE RACES

State SIR is sponsoring a day at the races at Golden Gate Fields. This is the final race at Golden Gate Fields. See the attached flyer for more information.





SUNSHINE



Pat Quinn is in a rehab facility learning to walk again after a severe leg infection. He was initially 100% bed ridden for a week and a half and had lost his strength. There is also concern with the anti-biotics affecting his kidney.

Bob Sanchez is improving from his stroke.

Tom Walton is still in recovery for his cancer. PBS Ted Patterson had seen Tom on Saturday and he is moving around with the aid of a walker. Tom was scheduled for CAR T-Cell replacement program August 18th.

PBS Mark Steffens informed us that Dave Yorston has cancer.

The Sunshine Committee is looking for a chaplain for next year. Please step up and offer your services even if it's just part time. Do what you can when you can, and you'll be blessed in the process.

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 Weinel.

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

The first cut was done. A copy of the roster was on each table at last month's meeting for the members to review/correct/okay their information. Alan collected them at the end of the meeting. He will do the same thing this month and do the final shot in November before going to press.

Alan Weinel, Roster Chairman
(209) 843-1804



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 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
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		

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

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).

Yes! **WE'RE**
BACK

Come in, we've missed you

SIR Day at the Races
GGF-9/25/23; noon
\$76/buffet/TurfClub

Wonderful scenery!
Excellent food + drinks.
Plenty of smiles and lots
of laughter. Memories.
You can bet on it!

Lee Moy

Address/mail check to Lee Moy, 127 N. Helm Ave, Clovis 93612;
Leehealthstudio@gmail.com; Text (559) 709-9851

Deadline 9/20/23. \$76/per person

Optional: Wear Kentucky Derby style hats