



THE MAIL POUCH



Website: branch69.org

The Pony Express Branch #69
May - 2023 Edition

Facebook: [Pony Express SIR Branch 69](https://www.facebook.com/PonyExpressSIRBranch69)

John Popadak, Editor

ALAN'S BS STUFF



Gentlemen! We are in that sweet spot, weather wise. It is nice in the morning, and it is not TOO hot yet in the afternoon. It is just BEAUTIFUL. I know that you duffers appreciate it.

Things are happening! The monthly dine-out is being well attended. April's was held at Logan's Roadhouse off of Truxel in Natomas. If you have NOT attended one of the dinners, consider doing so. It is a great way for our spouses to get to know one another, and they generally seem to enjoy an evening out. For you gentlemen without spouses, please consider attending: it is a nice way to get to know your fellow members in a different setting.

Our branch MAY be merging with Branch 93. They are struggling and need to make some changes. IF that happens in the next few months, we will welcome them into our little family, and get to know some additional guys.

Bowlers: The next State SIRS bowling tournament is May 16th and 17th at Fireside Lanes here in the Sacramento area. Consider participating. The cost is \$55. See Connor Chin (916) 601-1854 for additional information. **DON'T WAIT** – you must register in advance.

Plans for the summer picnic are well underway. This is another great opportunity to get out and have a nice day. The most important thing, guys, is to keep yourself active. These activities help keep us from just “existing” – getting out and being with others is so critical as we age. It really contributes to your overall health – both mental AND physical.

AND, as always gentlemen, invite a friend to attend lunch. As guys we simply do not have the same social network that our wives have. SIR is a good place to make friends and enjoy some activities.

See you all at the May Luncheon!

Alan Weinell, Big SIR

CONNOR'S LUCK OF THE IRISH



Connor Chin has five months of the calendar year in the books as your 2023 Little SIR.

Please bring to the May 11th or June 8th Luncheon your re-gift donation for the June 21st Carmichael Park Picnic. Connor Chin is the one in charge of collecting all these re-gift donations.

Soon the Christmas Party Committee will be working on the year-ending Christmas Party on December 14th.

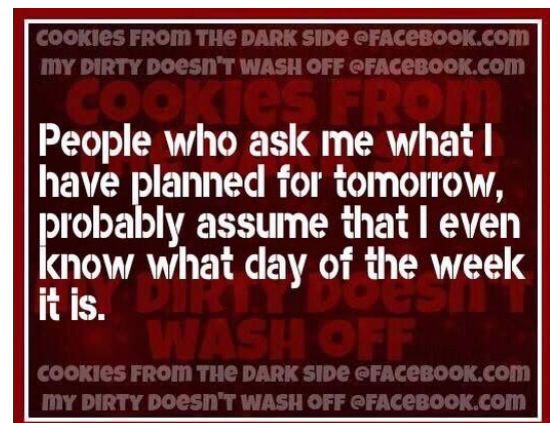
The month of May brings us: The Kentucky Derby – Mother's Day – Memorial Day – The Indy 500.

Dirk Verdoorn from KCRA Channel 3 and MY 58 Weather Reporter gave us an informative overview of his career and the work of a weather reporter.

The guest speaker for the May 11th Luncheon is Mike Woods – The Head Golf Professional at Haggin Oaks. His presentation will be on all the recovery work for 2023 never ending Winter Season and other golf related issues like the punching of greens schedule and new equipment for Senior Golfers.

Looking ahead, I promise to do my level best for the Branch in 2023. See you all at the May 11th Luncheon.

Connor Chin, Little SIR



May Birthdays

Floyd Scott	05/05	86 Years
Glen Halvorsen	05/07	
Ted Patterson	05/15	85 Years
Alex Canada	05/18	
Jim Sprifke	05/22	
Frank Adams	05/24	82 Years
Paul Parsons, MD	05/26	
Ray Price	05/27	
Bill Pritchett	05/29	
Blake Thomson	05/30	

WELCOME!! NEW MEMBER

SIR Bob Ingols

3511 Del Paso Rd Suite 160-433
Sacramento, CA 95835 (mailing address)
(916) 712-6163
bobingols@gmail.com
Sponsored by Hal Copperberg



Bob was born in Waterloo, Iowa, and grew up there. After high school he attended Iowa State University, from which he earned a BS degree in chemical engineering. He went to work for Shell Chemical in Los Angeles, and then he was off to New York. Later, he moved to Palo Alto to work for Hewlett-Packard. He worked for HP for 13 years. While there, he took advantage of a great opportunity to attend Stanford University and earned an MS degree in industrial engineering. Bob next worked in marketing and communications for several companies before obtaining his real estate license and moving to Sacramento in 2004. He still works as many as five days a week in real estate.

Bob has two children and six grandchildren. He enjoys golf, reading and some travel. He used to Scuba dive all over the world, but has had to give up that sport. He met Hal and several other Branch 69 golfers at the Tuesday Land Park outings.

Birthday: June 29, 1944



May Anniversaries

Joe & Karon Bowers	05/04	
Jim & Lauren Luttig	05/07	
Tom & Vanessa Mezzanares	05/13	51 Years
James & Rhonda Svobodny	05/14	
Ernie & Sylvia Shell	05/21	
Tom & Joanne Page	05/21	
Ray & Linda Price	05/23	
Dennis & Kitty Kramer	05/26	
Sidney & Ella Newman	05/26	71 Years
Bob & Kathy Schrupf	05/26	
Davis & Kay Busch	05/28	50 Years



Last Month's Speaker



LS Connor Chin presents last month's speaker, Dirk Verdoorn from KCRA Chanel 3, with a certificate of appreciation and a bottle of wine.

RECRUITING AND PUBLICITY



WE NEED YOU!

My article last month announced that our branch is now an official partner with Mission Oaks Park and Recreation District (MORPD), which gained us 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 month, I'm happy to announce that we have two-sided flyers about Branch 69 activities in the display boxes at Swanston Park. Once again, it's always hard to predict how much we will gain from this, but getting our name and activities out in the public eye is always a good thing.

In keeping with our association with the Mission Oaks Recreation and Parks District, Mark Steffens organized a walking group outing at Swanston Park in mid-April. We had 10 walkers and 4 dogs participate in the walk around Swanston's perimeter path. The weather was cool and sunny—perfect for a morning walk. I sent some photos of our walk to the Swanston Park manager, who was really pleased with our branch effort to use park facilities in our program. Thanks, Mark, this was truly great.

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. 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'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



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

May 4 - Lincoln Hills - Orchard - Stroke Play - \$55/Incl Cart

May 18 - Teal Bend - Stroke Play - \$57/Incl Cart

May 25 - Wildhorse - 2 Man Shamble - \$54/Incl Cart

June 1 - Mather - Team Play - \$34

June 15 - Bartley Cavanaughg - 1st Round Club Championship - \$35

June 22 - Empire Ranch - Stroke Play - \$53

APRIL RESULTS

Morgan Creek (4/6) - Stroke Play
First Low Net, 2nd Low Net, 3rd Low Net

1st Flight: Jack Osborne, Pat Quinn, John Valdez
CTPs: Jerry Buhlert, Ted Patterson

2nd Flight: Jim Svobodny, Gary Lukins, Fred Smith
CTPs: MNark Steffens

3rd Flight: Dave Busch, Rodney Lukins, Russ Prophet
CTPs Dan Nelson, Bill Mullen

UPCOMING TOURNAMENTS

May 9 (Tuesday) - River Oaks - Stroke Play - \$51/Incl Cart

May 22 - Ancil Hoffman - 4-Person One Best Ball - \$36

June 5 - Wildhawk - 1st Round Club Championship - \$35

June 19 - Diamond Oaks - 2nd Round Club Championship - \$53

APRIL RESULTS

Antelope Greens (4/10) - 4 Club, Stroke Play
Low Gross, Low Net

Flight 1 - Jim Oblizalo, Rick Hom
Flight 2 - Tom Page, Alex Canada
Flight 3 - Bill Mullen, John Popadak

Ed Linn got a hole-in-one on #13. Congratulations!



On March 6, SIR Branch 161 Discovery Bay hosted the Friendship Golf Tournament at the Discovery Bay Golf and Country Club. Russ Prophet It was a two-ball Best Ball Team format and Russ Prophet was on the first place team. Jerry Buhlert was on the eighth team.



BOWLING NEWS

Winner! Our bowling season came to a close on April 12th with the Championship game between the winner of the first half of the season (Team 9: Steve Haakenson, Ron Peters, Wing Tse and Captain Rich Taylor) and the winner of the second half of the season (Team "I Needed That": Neal McCoy, Tim Salada, Dave Yorston and Captain Brian Thurston). Most of the league bowlers stayed to watch the close battle! The teams split the first two games; after 7 frames, the final game was dead even. Team "I Needed That" made some good throws in the last few frames and pulled away to win the league championship. Congratulations to Team "I Needed That" and to both teams for such a dramatic final.

After the finals match, we moved upstairs to hand out the winnings for all the bowlers for team wins and team and individual special awards. Some of the noteworthy awards:

Jim Smalling	High League Average (205)
Frank Adams	Most Improved Bowler (113 to 132, 19 pins gained)
Alan Weinel	High Game over Average, bowlers under 70 years old, 222 game with 139 average, 83 pins over
Brian Thurston	High Game over Average, bowlers 70-79 years, 277 game with 175 average, 102 pins over
Adrian Garcia	High Game over Average, bowlers 80 + years, 278 game over 171 average, 107 pins over

Overall, we handed out nearly \$7,000 in prize money!

I think we had a very successful bowling season. The competition was close in both halves of the season and in the finals match as well. As always, several bowlers had to drop out because of illness or injury (bowling and otherwise), but several subs stepped up to fill in the slots. Many thanks to our League Officers, whose efforts made out league a success:

- Allen Riker, League President and side pot administrator
- Bud Rogers, League Vice-President
- Jerry Buhlert, League Treasurer
- Hal Copperberg, League Assistant Treasurer



Tom Page with the winning team: Brian Thurston (Captain), Dave Yorston, Neal McCoy, and Tim Salada.

I also want to thank Bobbi Nicholson and the other Country Club Lanes staff for their continued support of our bowling activities. Bobbi and her co-workers are always welcoming to us and go out of their way to make sure our league operations go smoothly.

Other bowling information:

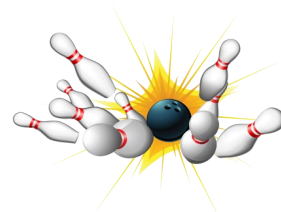
If you want to practice bowl anytime **during the weekdays** (not evenings or weekends), identify yourself as a SIR league bowler at the front desk at Country Club Lanes and you can bowl for \$.25/game. Also, if you still have some of those old free bowling coupons from making splits, Country Club Lanes will continue to honor them during the weekdays.

Watch for my bowling article in June when I ask for prospective bowlers for the 2023-2024 season. I hope all the current bowlers and many new guys will sign up to play.

Stay safe and stay healthy,



Tom Page, League Secretary
916-488-6465



BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

JOIN US! PONY EXPRESS SIR BR#69
Our Next Adventure!

NEXT DINE-OUT: Lucille's Barbecue Restaurant, located at 6628 Lonetree Blvd, Rocklin, 95765, on May 29th AT 6:00 PM. Website: [#22 Rocklin | Lucille's Smokehouse BBQ \(lucillesbbq.com\)](#)

SOCIALIZE, BRING A FRIEND! For more information & RSVP NOW (NEED TO LET RESTUATANT KNOW), contact PBS Mark Steffens, call or text (916) 214-8650 or steffens.mark@outlook.com

WALKS/HIKES: I am thrilled to announce on May 10th at 10:00 AM we will meet at Maidu Park, 1550 Maidu Dr, Roseville, Ca 95661, <https://www.yelp.com/biz/maidu-regional-park-roseville>. After entering the park off Maidu Dr., make right at corner and drive down to the skateboard parking lot. We will start our walk from that area. Please let me know if you can make it! Contact PBS Mark Steffens, call or text (916) 214-8650 or steffens.mark@outlook.com



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



PICKLEBALL



Pickleball will resume at Gibbons Park on May 29, from 10:00 am to 11:00 am.



Terry Block, Pickleball Chairman
 (916) 686-0797
TerryBlock@Comcast.Net

PING PONG



Gentlemen,

I'm the ping-pong manager at two Park & Rec locations. Contact me if you want info on their locations, hours, and cost (there is a cost but it is very affordable.)



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



DINE OUT ON APRIL 25 at Logan Roadhouse. 28 Members and guest enjoyed a special evening out. A few commented that they're so happy they didn't have to plan on making a nner and a clean up.

BRANCH ACTIVITIES

CONTINUED

WINE TASTING



The wine tasting at Bella Grace Wine-Cave has been scheduled for June 17.

See the attached flyer for more information.

Those who are interested, should contact **Dennis Kramer** at either (530)-312-3896, or wis-chixen1@aol.com

Dennis Kramer, Wine Tasting Chairman



CARD CLUB



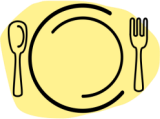
We are scheduled to play cards on May 3rd and May 17th at Country Club Lanes at 2:00 pm. Bring your A game and \$5.00. Heman Smith wants to get at least 4 guys to play Bridge, so if you are interested show up and be ready to play. It would be a good idea to contact Heman to let him know you want to play. Please let him know at his e-mail address which is ijshbsatty@aol.com.

See you on Wednesday May 3rd and Wednesday May 17th.

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



DINE OUT



NEXT DINE-OUT at Lucille's Barbecue Restaurant, on May 29th AT 6:00 PM at 6628 Lonetree Blvd, Rocklin, 95765. Website: #22 Rocklin | Lucille's Smokehouse BBQ (lucillesbbq.com)

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

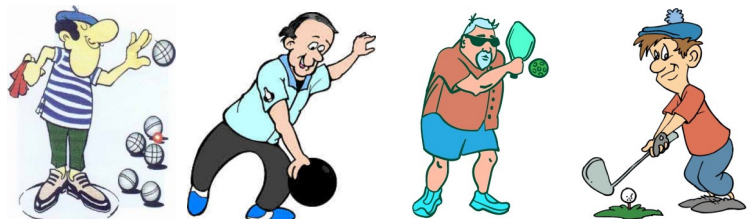


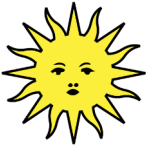
WALKERS AND HIKERS

On April 19th we had a nice morning walk at Swanson Park! Ten humans and four well-behaved dogs! We completed four circuits around the perimeter path and used the exercise equipment at the various stations. This is a great path; quiet, comfortable and easy for seniors to use.



Mark Steffens, Activities Chairman





SUNSHINE



Our prayers go out to **Jerry Schroeder** who had an operation to remove a non-functioning kidney last Wednesday.


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**



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 Weinell	(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		
<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		
<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 Aprnl 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.



ROSTER CORRECTIONS

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

Alan Weinell, Roster Chairman



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?

4/19/2023

INCOME	<u>ACTUAL</u>	<u>BUDGET</u>	<u>DIFF</u>
Annual Dues	\$2,875	\$3,200	\$ -325
Special Activities*	\$ 0	\$ 0	\$ 0
Other	\$ 490	\$ 0	\$ 490
TOTAL INCOME	\$3,365	\$3,200	\$ 165
EXPENSES			
Printing & Postage	\$ 246	\$ 325	\$ 79
Officers' Expenses	\$ 0	\$ 25	\$ 25
Guest Expenses	\$ 150	\$ 300	\$ 150
State Assessment	\$ 512	\$1,050	\$ 538
Special Activities*	\$ 0	\$ 650	\$ 650
Other, Recruitment	\$ 0	\$ 50	\$ 50
Other, Misc.	\$ 686	\$ 750	\$ 64
TOTAL EXPENSES	\$ 1,594	\$3,150	\$ 1,556

*Special Activities = Day in Park & Holiday Luncheon

CASH BALANCE AT END OF 2022	\$ 3,809
CURRENT CASH BALANCE	\$ 5,471
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 - APRIL, 2023

04/19/2023

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

	<u>APRIL</u>	<u>YTD</u>
Beginning Cash Balance	\$5,912	N/A
Contributions	\$ 150	\$ 3,365
Expenses	\$ 591	\$ 1,594
Ending Cash Balance	\$5,471	N/A
<u>MEMBERSHIP</u>		
Membership, Gain/Loss	1/-1	132

SIR Branch 69 Picnic

SAVE THE DATE!

Wednesday, June 21

10AM-2PM Carmichael Park

\$10 per member and adult guest, \$5 per child 12 and under

Pay Hal Copperberg at the May or June Luncheon



GAMES

Pitching Contest
Horseshoes
Bocce Ball
Cards
Trivia

FOOD

BBQ Tri-tip and Chicken
Baked Beans
Salads
Watermelon

PRIZES FOR ALL

Prizes are re-gifts that you bring from home. Look around, find those things that you will never use and bring them to be prizes. Give to Little Sir, Connor Chin, at the May and June lunch.



BELLA



GRACE



Date: Saturday, June 17, 2023

Time: 11:00 AM

Place: Bella Grace wine Cave
22715 Upton Road
Plymouth, CA 95669

Come relax with complimentary wine and small bite food pairings!! Please let me know if you or guest has a food allergy.

Only to 5 spaces left!

Make your reservations today!

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

