



# THE MAIL POUCH



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

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

## ALAN'S BS STUFF



As I write this, we are still at our daughter's place in Germany - but heading home on Halloween. We are having a great visit. Although we have visited here many, many times, we still find some things different from "home". At the November luncheon, I will share a picture of something different that I found right here in her little village! While it is nice to travel, it is ALWAYS nicer to be back home. That I do look forward to.

As a reminder, the year end is not too far away, and if you need to make any last-minute tax planning changes, now is the time. If you are subject to the dreaded Required Minimum Distribution rules, be sure to take them. And if this is your FIRST year, you have the choice to take them by next April 15th instead of December 31st this year. BUT, if you do, then next year (2024) you will have to take TWO. I also saw that those of us on Social Security will get a WHOPPING 3.2% increase in 2024. Might use mine to go get that Lamborghini I have been pining for. Or not.

While on the subject, beginning in February, I will again be working with AARP doing tax preparation. It is a free service - but you cannot have rental property and a few other exclusions. Sometime in mid-January appointments can be made by calling 2-1-1. We are all volunteers, and mostly former tax people. The program is funded by the IRS and does not have any income limits - it is NOT restricted to low-income folks. If interested, my advice is to call early - appointments book quickly.

I look forward to seeing everyone at the Luncheon!

*Alan Weinel, Big SIR*



## CONNOR'S LUCK OF THE IRISH



The SIR 69 Christmas Party is all set for December 14th at the Dante Club - great menu and entertainment. Tickets can be purchased at the October 12th and November 9th Luncheons. The Reservation is Flyer attached and will be on your luncheon table.

Your reservation form can be mailed to the SIR 69 Branch 69 Treasurer: Hal Copperberg, 8015 Garry Oak Drive, Citrus Heights Ca 95610. Reservation submittal deadline date is Friday - November 24th.

The Bowling League is in high gear for the 2023-24 Season and, on November 14th at 1:00 PM at the Old Spaghetti Factory on Sunrise, the Golf Club Champions and other awards will be handed out as we begin to wrap up the 2023 Golf Season.

The November 9th Luncheon Speaker is Andrea Haverland - Community Engagement Coordinator for the Sacramento City Zoo. Andrea will be speaking on the development and moving the City Zoo to Elk Grove.

See you all at the November 9th Luncheon.

**Connor Chin, Little SIR**

# NEXT MEETING

## GENERAL MEETING

Thursday November 9, 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



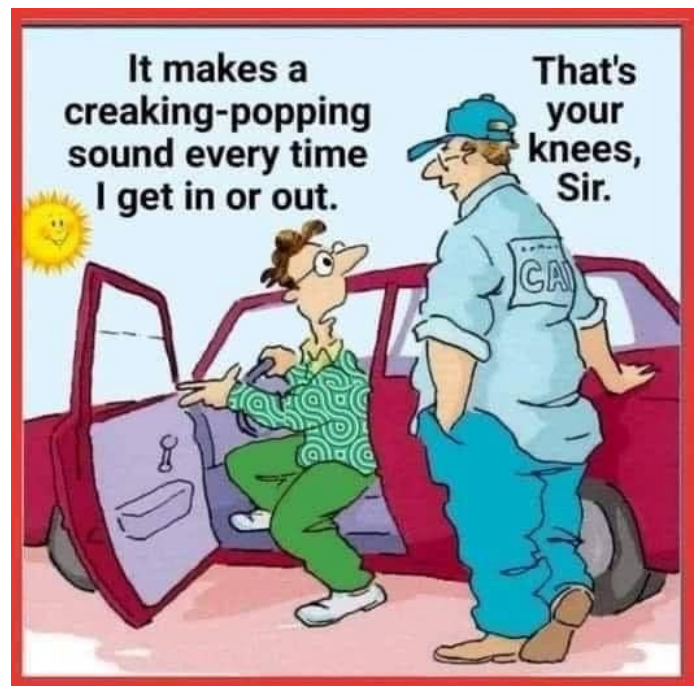
**YOU'RE ALL INVITED!**

## November Birthdays

Hal Copperberg	11/01	
Mark Steffens	11/03	
Robert Schrupf	11/10	
Jerry Buhlert	11/12	
Richard Terrell	11/16	
Orville Noel	11/20	
Jack Osborne	11/20	
<b>Tom Costello</b>	<b>11/22</b>	<b>84 Years</b>
Mike Evans	11/22	
Joe Bowers	11/24	
Malcolm Hill	11/24	
<b>Bob Sanchez</b>	<b>11/24</b>	<b>85 Years</b>
James Svobodny	11/29	

## November Anniversaries

Alex and Laree Canada	11/09
Lennie and Timmi Silva	11/26
Jim and Bonnie Oliver	11/27
Bob and Paulette Sanchez	11/28



### NOVEMBER 9th LUNCHEON MENU

- Cranberry Mixed Green Salad
- Slow Roasted Turkey
- Traditional Stuffing
- Garlic Mashed Potatoes with Gravy
- Roasted Brussels Sprouts
- Dinner Rolls with Sweet Butter

### IMPORTANT NOTICE!

The Dante club has made a change to their policy for luncheons. They NOW require a final count on TUESDAY of the week before the luncheon. **That means for the 11/9 lunch, they need a count by TUESDAY October 31<sup>st</sup>.**

To give your callers time to compile the info and get it to Connor Chin who THEN needs to get it to Dante, **PLEASE PLEASE PLEASE** let your caller know by MONDAY the 30<sup>th</sup> whether or not you will attend. I know that is a bit far in advance, but it is what it is.

*Alan Weinell, Big SIR*



# WELCOME NEW MEMBERS

## SIR Russ Nussbaum

1553 35th Street  
Sacramento, CA 95816  
(916)475-4420  
energylightsavings@gmail.com  
Sponsored by John Popadak



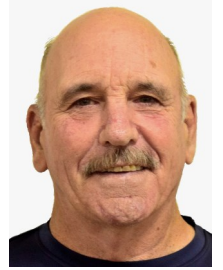
Stu comes from Washington, DC, where he was born and grew up. After high school, he traveled around the world for a year and a half and ended up in Los Angeles where he lived with his sister for a while. Ultimately, he moved to Sacramento for a job position and has lived here ever since. He first worked for Prudential Insurance Company and later for Ramco rent to own. Most of his working career was in sales with a lighting company that provided energy-saving light systems. He retired in 2019.

Stu likes ping pong and has won tournaments with his prowess in this sport. He and his wife like hiking and also share a 26 foot bowrider power boat. At some point in the future, they hope to buy a trailer and tour North America. Stu played and coached soccer for many years until his age disadvantage got to be too great. Stu has one son.

Birthday: January 15, 1957  
Anniversary: August 1, 2010, to Liz Friend

## SIR Charles (Brian) Denico

1538 35th Street  
Sacramento, CA 95816  
(916) 296-2474  
briandenico@gmail.com  
Sponsored by John Popadak



Brian was born in Caribou, Maine, but came to Sacramento at age nine when his family moved here. He graduated from Christian Brothers High School and went to work for Western Pacific Railroad, doing several types of work including laying track. After three year at the railroad, he left to become a heavy equipment operator, working on roads, subdivisions, and bridges. He also worked for an environmental projects company and CC Meyers before going to work for Granite Construction Company until he retired.

Brian and his wife Deborah have 4 children and 10 grandchildren. He likes golf, hunting, fishing and hiking.

Birthday: February 4, 1954  
Anniversary: April 1, 1994 to Deborah



LS Connor Chin (R) welcomes new members Stu Nussbaum (L) and Brian Denico (C).



## RECRUITING AND PUBLICITY

I've pretty much covered our recruitment activities for the year. 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. If anyone has ideas about other types of recruiting steps, please let me know. I always love to hear new thoughts on how we can improve our branch.

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.

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, ping pong, walking group and card playing—we have to share this information with prospective members.

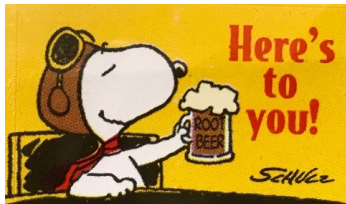
I'll look forward to seeing everyone at the November luncheon.

**Tom Page, Recruiting & Publicity Director**



## VETERANS DAY

Remember: November 11 is Veterans Day, a day to honor everyone who has served in the armed forces. Twenty-five of our branch members served; eleven in the Air Force, nine in the Army, three in the Marines, and two in the Navy.



Two old men were at a bar talking. One leaned over to the other and whispered "Did you know Moose have sex 10-15 times a day?"

The other old man replied.."Figures!! My damn luck! I just joined the VFW!!"

## Last Month's Speaker



LS Connor Chin (R) presents last month's speaker, Mike Woods (L), with a Certificate of Appreciation and a bottle of wine. Mike is the head golf professional at Haggin Oaks Golf Complex.





# GOLF NEWS



**Rick Hom—Regular Course**



**Terry Block—Progressive Golf Club**



## UPCOMING TOURNAMENTS

November 2 - Wildhawk - Team Play - \$34  
 November 16 - Empire Ranch - Stroke Play - \$53  
 December 7 - the Reserve - Stroke Play - \$57

## OCTOBER RESULTS

Diamond Oaks 10/5) - Stroke Play  
 1st Low Net, 2nd Low Net, 3rd Low Net

1st Flight: John Valdes, Jerry Buhlert, Mike Long  
 2nd Flight: Jack Osborne, Joe Bowers, Dan Nelson  
 3rd Flight: Fred Smith, Rodney Lukins, Paul Woods  
 CTPs: John Valdes, Russ Prophet, and Fred Smith

Lincoln Hills—Hills Course (10/19) - Stroke Play  
 1st Low Net, 2nd Low Net, 3rd Low Net

1st Flight: John Valdes, Joe Riley, Jerry Buhlert  
 2nd Flight: Jim Svobodny, Alex Canada, Jack Osborne  
 3rd Flight: Paul Woods, Russ Prophet, Marty Miller  
 CTPs: John Valdes, Tom Page, Jack Osborne, Paul Woods, and Chris Wicks

Ancil Hoffman (10/26) -Team Shamble

First Place Team: Joe Riley, Gary Lukins, Russ Prophet, and Rodney Lukins  
 2nd Place Team: John Valdes, Paul Woods, Dave Damitz, and Carl Hefner  
 3rd Place Team (Tied): Mike Long, Alex Canada, and Tom Knoble  
 3rd Place Team (Tied): Mark Machado, Jim Svobodny, Mike Evans, and John Popadak

CPTs: Mike Long, Mark Machado, Jack Osborne, Tom Page, Paul Woods, and Russ Prophet

## UPCOMING TOURNAMENTS

November 6 - Ancil Hoffman - Stroke Play - \$36  
 November 13 - Swenson Park - Stroke Play - \$25  
 December 11 - Davis GC - Individual Net Stableford - \$24  
 December 18 - Teal Bend - Stroke Play - \$58

## OCTOBER RESULTS

The Reserve (10/9) - 4-Man Shamble, 2 Best Balls

First Place Team: Bob Baker, Gary Lukins, Rod Lukins, and Sandy Davis  
 2nd Place Team: Conrad Cookman, Fred Smith, Jack Osborne, and Paul Woods  
 3rd Place Team: Mark Machado, Terry Block, and John Popadak



“I’m sorry for doubting you’re sick.  
 I guess I can shop by myself.”



# BOWLING NEWS

Time goes by fast in our bowling league—we’ve reached the middle of the first half of our season. Right now, team Mavericks (Adrian Garcia, Paul Sickert, Erle Hansen and Dwight Zook) have a narrow lead over team Bowling Stones (Robert Schrupf, Mark Kraut, Steve Haakenson and Allen Riker) and team Whatever (Emory Haworth, Jimmy Buckley, Mas Miyagi and Joe Bowers). Other teams lurk close behind, so the competition is close.

We’ve had some fine individual bowling, too. Jim Smalling leads the scratch levels with a high game of 268 and a series score of 641. Roland Rodriguez is second in both categories with 255 and 637. Bob Clanton has the high handicap game of 289 and Brian Thurston has the top handicap series with 745.

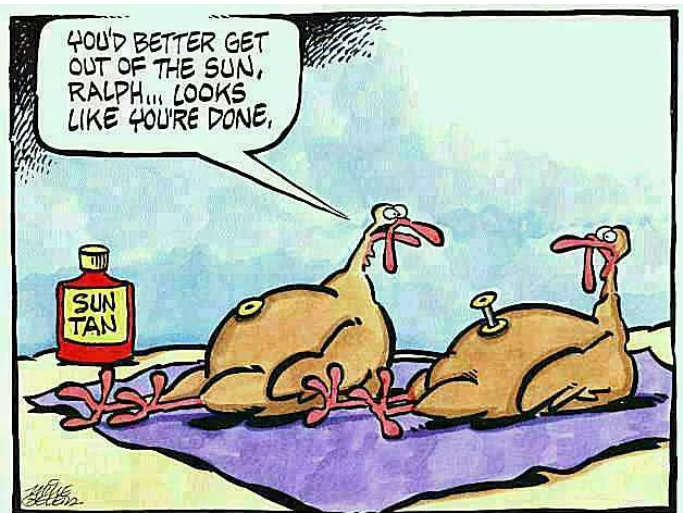
Other bowling information:

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



## 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%
September	128	81	63%
October	130	78	61%

State SIR sets the goal at 70% attendance.

## ANNUAL HOLIDAY LUNCHEON

Thursday December 14  
The Dante Club, 2330 Fair Oaks Blvd., Sacramento  
11:00 - Drinks and Conversation  
12:00 Noon - Lunch and Soft Music



The Holiday Luncheon 2023 is open to all members of Branch 69. Wives and guests are encouraged, but not required. Guests such as Widows, Daughters or Friends are always welcome. Single members are encouraged to attend. Dress: Dressy Casual.

For lunch you get a choice of:

- ◆ Tri-Tip with mushrooms, with Yukon Golden Mashed Potatoes
- ◆ Pan Seared Salmon with Rice Pilaf
- ◆ Cheese Mushroom Ravioli

All meals served with a Mixed Green Salad, rolls and butter and Cheesecake. Coffee, Ice Tea, and water will be served at table. White and red wine carafes at each table.

See attached flyer for more details.



# BRANCH ACTIVITIES

## ACTIVITIES CHAIRMAN

We had another fantastic Dine Out at Cattleman's. Sorry you couldn't make it! But next time maybe you can join us on November 14th at Timbers Creek Lodge in Roseville. It seems like a cozy and rustic restaurant with a variety of dishes, such as burgers, salads, pasta, and pizza. It's a lovely place to dine out with your friends. <https://www.timbersatthelodge.com/>

Enjoy time with your SIR buddies, bring a guest & make a new friend! For more information & RSVP, PBS Mark Steffens, call or text (916) 214-8650 or [steffens.mark@gmail.com](mailto:steffens.mark@gmail.com).

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



**Cattlemens**  
STEAKHOUSE





# BRANCH ACTIVITIES

## CONTINUED



### PING PONG

Cooler weather is coming, so now is a great time to join us playing ping-pong. We meet at both Swanston Park, located at 2350 Northrop Ave, on Monday, Wednesday, and Friday from 11am to 1pm, and at Gibbons Park, located at 4701 Gibbons Dr on Wednesday and Friday from 3pm to 6pm. Both are part of the Mission Oaks Recreation and Park District.

There is a minor cost at each location. Give me a call if you are interested or have any questions.

**Bob Schrupf, Ping Ball Chairman**  
(916) 897-7114  
[Rschrumpf@hotmail.com](mailto:Rschrumpf@hotmail.com)



### INVESTMENT GROUP



The Investment Group again had a zoom meeting with SIR Branch 128 to discuss "Channeling Stocks". And, no, this had nothing to do with a séance. They discussed what they are (stocks that are trading within a price channel), what are their characteristics, how to identify them, charting indicators, and what you do with them once you find them.

Traders typically use channeling stocks to implement a "buy-low-sell-high" strategy. They will buy a stock when it reaches the lower support line of the channel, and then sell it when it reaches the upper resistance line. This strategy can be used to generate consistent profits, but it is important to note that it requires patience and discipline.

Channeling stocks are often considered to be low-risk investments, as they are trading within a well-defined range. This means that there is less potential for volatility and large price swings. However, channeling stocks offer recurring potential returns, as they are likely to experience several price ups and downs during the course of a year.

**Joseph Cain**  
(530) 219-3709  
[jcain45@yahoo.com](mailto:jcain45@yahoo.com)



### CARD CLUB



The cards group will meet on the first and third Wednesdays of each month to play cards. In the month of November we will meet on Wednesday the 1st and Wednesday the 15th. We meet at Country Club Lanes located at 2600 Watt Avenue, where the bowlers play.

**Dan Nelson, Cards Chairman**  
(916) 895-5673  
[Dan.8733@yahoo.com](mailto:Dan.8733@yahoo.com)



### Staying Active as You Age



It's never too late to get moving. As an older adult, staying active as you age can work wonders for your physical and mental health, and lead to a longer life with greater independence. Regular exercise can reduce pain, relieve stress, improve sleep, improve flexibility and balance, lower risk for chronic disease and injuries, and increase "good" cholesterol, among many other benefits .

If you aren't already active, it can feel daunting to begin a routine. Ask your doctor what kinds of exercise will work best given your current activity level and discuss any existing health conditions. Next, start slowly and gradually work up to a level you're comfortable with. When it comes to being active, there's something for everyone: walking, yoga, tai chi, swimming, water aerobics and weight training, to name a few. Try different activities until you find something you enjoy—you'll be much more motivated to stick to it. ~ *John Hopkins Medicine*







# SUNSHINE



**Tim Salada** had an accident and since then has had some internal bleeding. He's had exploratory surgery and hopes to be back soon.

**Tom Walton** was admitted to Palo Alto and has had CT cell transplant relating to cancer treatment. In a month he thinks he'll be back soon.

**Dave Yorston** had psoriatic back pain and cancer treatment. He'll miss his first meeting in 3 years.

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 Weinell.


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





Our Golf Awards luncheon is fast approaching, just a reminder that it is scheduled for Tuesday, November 14th at the Old Spaghetti Factory on Sunrise Avenue in Roseville at 1PM.

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

At November's meeting a copy of the most current draft of the roster will be on each table. PLEASE check your information to be sure it is correct. Thank you.

**Alan Weinwel, Roster Chairman  
(209) 843-1804  
Alan\_weinell@att.net**



<b>2023 Officers</b>		
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
<b>Directors</b>		
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
<b>State Officers</b>		
STATE PRESIDENT:	DAVE GONZALES	
AREA 4 REPRESENTATIVE:	JACK REEFER	
<b>Recruitment, Activities, Member Relations &amp; Publicity (RAMP)</b>		
RECRUITING/PUBLICITY/BIO	PBS TOM PAGE	(916) 488-6465
ACTIVITIES	PBS MARK STEFFENS	(916) 214-8650
MEMBERSHIP	JOHN POPADAK	(916) 662-0695
<b>Committee Chairs</b>		
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
<b>Honored Members</b>		
<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		
PBS ARNIE KELLER		
<b>SPECIFIC ACTIVITIES CHAIRMEN</b>		
Golf (RC)	Rick Hom	(916) 395-7433
Golf (PGC)	Terry Block	(916) 686-0797
Bowling	PBS Tom Page	(916) 488-6465
Bocci Ball	Bob Schruppf	(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 Schruppf	(916) 897-7114
River Cats	Dennis Kramer	(530) 312-3896
Walking	VACANT	
Wine Tasting	Dennis Kramer	(530) 312-3896
Branch Aprpl <a href="https://sirinc.org/apparel-and-signage">https://sirinc.org/apparel-and-signage</a>		

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).

# Annual Holiday Luncheon



Thursday, December 14, 2023  
The Dante Club, 2330 Fair Oaks Blvd.  
Sacramento, Ca.

11:00 Drinks and Conversation  
12:00 Lunch

## Soft music during lunch

- Seating: If you would like to be seated as a group, write on the back of this reservation sheet, otherwise open seating.
- Holiday Luncheon 2023 is open to all members of Branch 69. Wives and guests are encouraged, but not required. Guests such as Widows, Daughters or Friends are always welcome. *Single members are encouraged to attend.* **Dress: Dressy Casual.**
- Program will include members being recognized for significant accomplishments and events, such as a hole-in-one or significant bowling score. Branch activities recognition will also be featured.  
Special gifts will be provided to the ladies with door prizes to be given out.
- Come be recognized and celebrate!

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## Reservations:

- SIR Name \_\_\_\_\_
- Spouse/Guest(s) \_\_\_\_\_

## Lunch Menu:

### Quantity

- |   |       |   |                |
|---|-------|---|----------------|
| • Tri-Tip/w mushrooms<br>Served with Yukon Golden Mashed Potatoes | _____ | X | \$25 = \$_____ |
| • Pan Seared Salmon<br>Served with Rice Pilaf                     | _____ | X | \$25 = \$_____ |
| • Cheese Mushroom Ravioli   | _____ | X | \$25 = \$_____ |
|   | TOTAL | = | \$_____        |

\*Each meal is served with a Mixed Green Salad, rolls and butter and Cheesecake.  
Coffee, Ice Tea, and water will be served at table. White and red wine carafes at each table.

Prepay at the October 12<sup>th</sup> and November 9<sup>th</sup> Luncheons & make checks payable to **SIRS**  
**Branch 69**, or mail or give check to Treasurer, Hal Copperberg, 8015 Garry Oak Drive, Citrus Heights, CA 95610 – **BY November 24.** (We **must** give the Dante Club a final count by 11/30)