



# THE MAIL POUCH



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

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

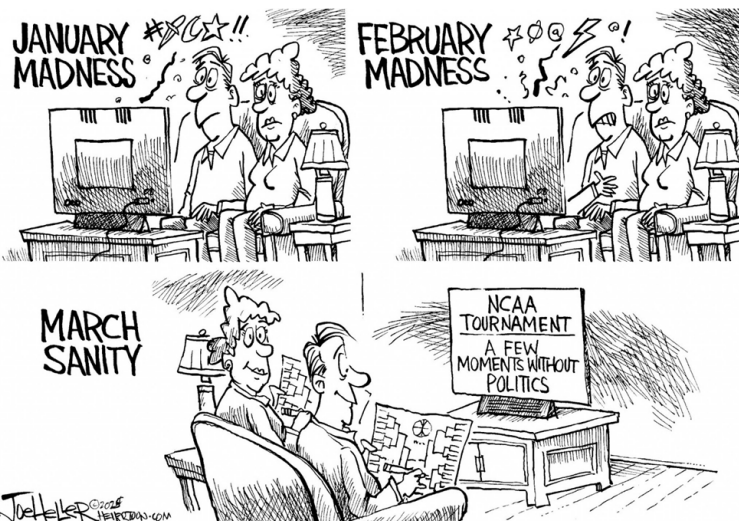
The Pony Express Branch #69  
April - 2025 Edition

John Popadak, Editor

## COOP'S CORNER



Spring is in the air and the talk of sports and March madness has come once again. Winners have a good team around them and so does Sir's 69. The longer I stay in this position of Big Sir the more I appreciate the team work it takes to keep the ball moving down the field or court. I sometimes fumble the ball but I can always count on my team mates to pick up the ball and point me down the field toward the goal. I guess that's what teamwork is and we should remember this with family and friends. Some days they'll fumble responsibilities because they aren't perfect and are going to miss the basket every now and then. So I try to keep this in mind when my littler monsters forget who brought them into this world. I wasn't perfect either, growing up, but I turned out just fine so don't take them out prematurely. They can still turn things around just as I did. Just try to remember to help them just as you all are helping me. This is my appreciation to the members of this group for keeping this organization whole and in the game.



Lieutenant Coopwood, Big SIR

# Happy Easter!

## MY LITTLE CORNER



We were doubly lucky when it came to speakers for March, as Jan Whitney and Tom Cadman, both from "Parkinson Association of Northern California" (PANC) both spoke to us about Parkinson's disease and the services available to the public here in Sacramento. This is a terrible disease which hits many people (especially in our age group). However, we are relatively lucky to be living in the Sacramento area and having some of the best resources available in the country for support to those with loved ones coping with Parkinson's.

If anyone wants to see additional materials about Parkinson's or the PANC organization; I have materials that were emailed to me, that I can share with you.

And on the topic of our speakers, there have been some changes to the 2025 Speaker schedule. For April, we were going to have the owner and founder of Sports Leisure Vacations, Mark Hoffman, come and speak to us. But due to a scheduling conflict, Mark will not be available, and he is being replaced by Clayton Whitehead, the president of Sports Leisure Vacations. Also, our June speaker, Ted Nishio, requested that I change his speaker date to later in the year, and I was able to accommodate him on this. Ted will now be our August speaker; and Mike Woods from the Haggin Oaks Golf Complex, will be speaking to us in June.

I've also been working on trying to organize some Bocce Ball time for us, by talking with the organizers at SIR-23, who are playing monthly at both Carmichael Park and at the Dante Event Center. I've also sent some emails out to some of our fellow SIR-69 members to get their input on organizing something. Hopefully we can organize some kind of event for SIR-69 members. It looks like Bocce Ball will be available to us at the Summer Picnic coming up this June. If you are interested in Bocce Ball, or have some ideas of how we can get together and play, feel free to contact me.

(Continued on Page 2)

## April Birthdays

Robert "Scott" Edwards	04/04
Paul Sickert	04/05
Terry Block	04/07
Dennis Kramer	04/10
Carl Hefner	04/17
Alan Weinel	04/19
Thomas "Train" Walton	04/21
Jim Oblizalo	04/23
Russell Prophet	04/23
Jesse Starkey	04/26
Mark Machado	04/28



## April Anniversaries

Steve & Ede Brandenburg	04/02	59 Years
Warren & Jewel Senegal	04/03	70 Years
Bob & Linda Clanton	04/06	51 Years
Bill & Wanda Rhoe	04/09	
Ken & Galina Sawitzky	04/15	
Dr. Paul & Linda Parsons	04/17	54 Years
Gary & Sue Lukins	04/21	
Rich & Terri Stratton	04/30	



Special congratulations to Warren & Jewel Senegal on their 70th wedding anniversary!

## MY LITTLE CORNER

(Continued from Page 1)

Our monthly Texas Hold'em Poker game was held on March 15 at my house. We had 12 players, with 5 guys being from our SIR-69 group. Plus, we had other people that were invited, including 3 ladies participating (we usually have 3-6 players of fairer sex playing poker with us.) We can handle up to 16 players if you would like to participate - just see the details that are found later in this Newsletter.

Take care,

**Robert Schrupf, Little SIR**

## NEXT GENERAL MEETING

Thursday **April 10, 2025**

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

Scheduled Speaker: Clayton Whitehead, President of  
the Sports Leisure Vacations

**YOU'RE ALL INVITED!**

## MENU

For April 10th

\*\*\*\*\*

Coconut Lime Chicken

Spinach and Mandarin Salad

Rice Pilaf

Vegetables

Dinner Rolls

Chef's Choice Dessert



# WELCOME NEW MEMBER!!

## SIR Rick Matthew

8866 Phoenix Ave  
 Fair Oaks, CA 95628  
 650-274-6864  
 richard.d.matthew@gmail.com  
 Sponsor: Allen Riker



Rick was born in Federal Way, Washington (near Seattle and Tacoma) and grew up there. After high school, he joined the Navy for four years, serving primarily in the United States. Following his Navy service, he worked for a military contractor in the Seattle area refurbishing naval ships weapons systems. He did this work for about four years before joining the Livermore Labs in the East Bay area, working as a technician on high voltage power supplies. After nine years at this job, Rick worked for a series of tech start-up companies as a software engineer on such projects as high speed digital switching, network processors, robotic conveyers and solar power generators. Later, Rick moved to Albuquerque to work for San Dai National Lab before moving back to California to work for Micron and Intel in Folsom, again as a software engineer.

In his spare time, Rick plays bridge and bocce and likes to cook and garden. He is also a car guy, currently working on a 1994 Ford R250 pickup and a 2002 Porsche Carrera.

Birthday: November 29, 1954



Rick Matthew (Center) is welcomed into SIR Branch 69 by his sponsor, Allen Riker (Left), and Big SIR Lieutenant Coopwood.

## RECRUITING AND PUBLICITY

Once again, I am happy to see that we added another new member to our branch in March. Be sure to read his bio in the newsletter. Keep those potential recruits coming in! Also, new member Scott Edwards and I are going to talk further about getting our branch involved with social media to further our recruiting efforts.

We were successful in getting our small advertising note in the Spring edition of the Mission Oaks Recreation and Parks District magazine. This was in doubt up to the last minute, so I'm happy to see the announcement in the magazine. Every bit of exposure to the public helps!

As I've mentioned previously, if any members have ideas about possible recruiting measures, please let me know. We have a couple new outreach efforts to explore in the coming months, but we can always use new ideas. Let me know if you have a brainstorm to share!

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



Tom Page, Recruiting & Publicity

### 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:



## APPAREL

Get your official SIR apparel at: [sir.ourproshop.com](http://sir.ourproshop.com)

Shirts, hats, jackets, all with the official SIR logo at reasonable prices!

Lots of colors to choose from.

Click on the hat to order:





# GOLF NEWS



**Rick Hom—Regular Course**



**Terry Block—Progressive Golf Club**



## UPCOMING TOURNAMENTS

- April 3 - Alister Mackenzie - \$43 - Stroke Play
- April 11 - Davis GC - \$25 - Mod Stableford Stroke Play
- April 17 - Elkhorn - \$51 - Stroke Play
- May 1 - Wildhawk - \$37
- May 15 - Turkey Creek I - \$60
- May 22 - Mather GC - \$39

## FEBRUARY/MARCH RESULTS

### Empire Ranch (02/27) - Stroke Play

*Those of you who didn't play Empire Ranch missed out on a perfect golfing weather day. Congratulations to our winners and all of our participants!*

- 1st Low Net, 2nd Low Net, 3rd Low Net
- 1st Flight: Bill Katsifolis, John Mestek, Mark Machado
- 2nd Flight: Joe Riley, Joe Bowers, Mark Steffens
- 3rd Flight: Ritchie Carlson, John Popadak, Paul Woods
- CTPs: Nate Gauff, Fred Smith, Ernie Flores, Scott Edwards, Terry Block, and John Popadak

### Ancil Hoffman (03/20) Stroke Play

*It was cool day on a challenging course, but we had a fun time. Congratulations to our winners and to all who participated.*

- 1st Low Net, 2nd Low Net, 3rd Low Net
- 1st Flight: Russ Prophet, Mike Jones, Mark Machado
- 2nd Flight: Mike Long, William Berndt, Dan Nelson
- 3rd Flight: Jack Osborne, John Valdes, Marty Miller
- CTPs: Bill Katsifolis, Pat Barrett, Mark Machado, Bill Mullen, and Paul Woods

## UPCOMING TOURNAMENTS

- April 28 - Teal Bend - \$58 - 2 Person Net Stableford
- May 12 - Micke Grove - \$42 - Stroke Play

## MARCH RESULTS

### Allister Mackenzie (03/03) - 4-Person Scramble

*Perfect day to play some golf, mild weather, some pretty decent scores and someone achieved a second milestone...Hole in One. Your very own Monday Tournament Director (Terry Block) made his second career Hole in One at Haggin Oaks, hole #16, Two Oaks tee measured at 135 yds. That hole in one propelled his foursome into first place just ahead of Rick Hom's team.*

- 1st Place Team: Bill Katsifolis, Jerry Buhlert, Terry Block, and Fred Smith
- 2nd Place Team: Rick Hom, Alex Canada, William Berndt, and Connor Chin
- 3rd Place Team: Mark Machado, Dave Busch, Mark Steffens, and Ernie Flores
- 4th Place Team: Jim Oblizalio, Dan Nelson, Jack Osborne, and Marty Miller
- 5th Place Team: John Mestek, Jim Svobodny, Joe Bowers, and Carl Hefner





# BOWLING NEWS

The SIR Branch 69 & Friends bowling league season is coming down to the last few weeks for this season. Four or five teams are still in the hunt for the second half title, but the winner of the first half of the season, Alley Oops (George Langford, Hal Copperberg, Les Kurtz and captain Alex Canada) are leading the pack. If they win the second half, that will settle the overall league title without a playoff. I'll have all the results in this column next month.

Almost every week results in good scores by our bowlers. Recently, Alan Weinel and Patrick Fintel rolled 280 and 272 handicap games respectively, while Jim Smalling nailed a 684 scratch series.

Every week, we have openings for substitute bowlers, some weeks just a couple, but many weeks quite a few openings. If you are feeling an urge to try a little bowling, send me an email and I will add you to the list. We had two more subs bowl for the first time last week, plus two more guys have indicated that they are available to sub—thank you guys for your support. We can always use more subs if you are interested.

**Other bowling information:**

If you're in the league and want to practice bowl, identify yourself as a SIR league bowler at the front desk at Country Club Lanes and you can bowl for \$.50/game, an increase from the previous \$.25/game. It's still a huge bargain. Also, if you still have some of those old free bowling coupons from making splits, Country Club Lanes will continue to honor them.

Stay healthy, stay active,

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



## MORE GOLF NEWS

(Continued from Page 4)

**Arcade Creek (03/27) - 4-Man 2-Low Net Shamble**

*We had a great turnout for our Shamble tournament. I still think that my team deserved a few extra handicap strokes for playing the last two holes in a driving rain!*

1st Place Team: Joe Bowers, Jim Oblizalo, Ken Sawitzky, and Jesse Starkey

2nd Place Team: Alex Canada, Connor Chin, Scott Edwards, and Ernie Flores

3rd Place Team: Mark Machado, Marty Miller, Jerry Schreder, and Mark Steffens

CTPs: Bill Katsifolis, Tom Page, Mark Machado, Gary Lukins, and Paul Woods



## LAST MONTH'S SPEAKER



Jan Whitney and Tom Cadman (not pictured), both from Parkinson Association of Northern California (PANC), were last month's presenters. They spoke about Parkinson's Disease and some of the resources available in the Sacramento area to help deal with this disease.



# BRANCH ACTIVITIES

## ACTIVITIES CHAIRMAN DINE-OUT

Our March 26th Dine-Out at Buckhorn's on Howe Ave was enjoyed by all! Sorry that you missed this amazing outing!



## The NEXT DINE-OUT: The Cheesecake Factory

When: April 29 at 6:00 PM  
Address: 1771 Arden Way,  
Sacramento 95815  
Note: Seating is limited.



RSVP, contact PBS Mark Steffens, call or text (916) 214-8650 or email: [steffens.mark@gmail.com](mailto:steffens.mark@gmail.com)



## CRIBBAGE

The Cribbage Group will meet April 2nd and 16th this month at the Country Club Bowling alley in the back room. Remember it starts at **10:00 am**. Bring your friends and come play Cribbage with us.

See you there and bring your friends.

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



## INVESTMENT GROUP

The Investment club will meet on April 23. 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  
[jl Cain45@yahoo.com](mailto:jl Cain45@yahoo.com)



## PING-PONG

Ping-pong is still going strong at Swanston Rec&Park on Monday, Wednesday, and Friday from 11-1; and at Gibbons Rec&Park on Wednesday and Friday from 3-6. Paddles are available for your use, so come on down and play.

*Robert Schrupf, Ping-Pong Chairman*



# BRANCH ACTIVITIES

(Continued)



## TEXAS HOLD'EM POKER

Our next poker game will be on Saturday, April 12, at my house. Poker playing starts at 1:30 but please feel free to come at 1:00 and socialize for a little while before playing, I'm expecting a mix of SIR-69 members plus other people.

The March winners were a friend of mine, Mick Leggitt, coming in first. Fellow SIR-69 member, Jim Oblizalo, came in second. And I came in third. The cost to play is \$10, and the money collected is paid out to the top 3 winners.



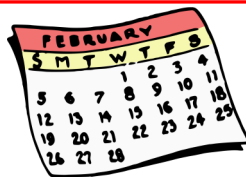
I provide the poker tables, cards, chips, some snacks and drinks. Feel free to bring any treats or drinks you like. We play for about 3 hours, so there is plenty of time to get back home before dinner.

Please RSVP me if you want to play.

**Robert (Bob) Schrupf, Poker Night  
Chairman**  
rschhrumpf@hotmail.com  
(916) 897-7114  
5418 Lequel Way, Carmichael, CA



Big SIR Lieutenant Coopwood congratulates Jose Fernandez, who turned 90 years old last month.



## BRANCH 69 CALANDER OF EVENTS AND ACTIVIES FOR APRIL

- April 2 - Cards - Cribbage
- April 3 - Golf - Allister Mackenzie
- April 10 - Branch Executive Committee (BEC) Meeting (10:00 am)
- April 10 - General Branch Meeting and Luncheon (12:00 Noon)
- April 12 - Cards - Poker
- April 16 - Cards - Cribbage
- April 17 - Golf - Elkhorn
- April 23 - Investment Group ZOOM Meeting
- April 28 - Golf - Teal Bend
- April 29 - Dine-Out - The Cheesecake Factory

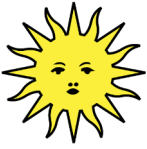
## THOUGHTS FOR THE DAY

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

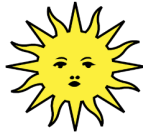
To me, "drink responsibly" means don't spill it.

When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.





**SUNSHINE**



**Otis Benning** - (Burst Vein in the area of his knee) (Pneumonia) - I received a report in early June, that Otis had burst a vein that pushed his knee out of shape and while he was in the hospital he picked up a case of pneumonia.

- Update Nov 14, 2024 - Otis is doing better, he may even be driving soon.

**Thomas (Train) Walton** - (Recovering from Cancer and Battling with Diabetes) The doctors, in an attempt to save his foot have encased it in a box temporarily treating it. (My guess, this will aid in circulation.)

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 Lieutenant Coopwood.


**James Aylett, Sunshine  
Chairman  
penholder19@gmail.com**



"No doubt about it, captain ... it's definitely an Italian sub."

		<b>2024 Officers</b>	
BIG SIR		LIUTENANT COOPWOOD	(916) 206-2732
LITTLE SIR		ROBERT SCHRUMPF	(916) 897-7114
SECRETARY		BERNIE MORENO	(209) 245-6313
ASST SECRETARY	ALAN WEINEL		(209) 843-1804
TREASURER	HAL COPPERBERG		(916) 880-8065
ASST TREASURER	JIM SPRIFKE		(209) 200-2107
		<b>Directors</b>	
PBS CONNOR CHIN	(916) 601-1854	BOB BAKER	(916) 712-1725
BLAKE THOMSON	(916) 922-5227	RON PETERS	(916) 847-7196
DOUG BAILY	(916) 725-9134	BOB CLANTON	(408) 887-8449
		<b>State Officers</b>	
STATE PRESIDENT:		DALE DECKER	
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>		<b>Honored Members</b>	
Program	Lieutenant Coopwood	(916) 206-2732	
Newsletter	John Popadak	(916) 662-0695	
Chaplain	James Aylett	(650) 240-6019	
Roster	PBS Alan Weinell	(209) 843-1804	
Audit	George Langford	(650) 823-5493	
Nominating	PBS Alan Weinell	(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	
<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	
Book Club	John O'Neal	(916) 531-5378	
Cribbage	Dan Nelson	(916) 895-5673	
Dine-Out	PBS Mark Steffens	(916) 214-8650	
Investmnt Gp	Joe Cain	(916) 219-3709	
Picnic	PBS Jerry Schroeder	(916) 801-2530	
Ping Pong	Robert Schrupf	(916) 897-7114	
Poker Night	Robert Schrupf	(916) 897-7114	
River Cats	Dennis Kramer	(530) 312-3896	
Wine Tasting	Dennis Kramer	(530) 312-3896	
Branch Apprl <a href="https://sirinc.org/apparel-and-signage">https://sirinc.org/apparel-and-signage</a>			

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?

03/29/2025

INCOME	<u>ACTUAL</u>	<u>BUDGET</u>	<u>DIFF</u>
Annual Dues	\$ 2,700	\$ 3,500	\$ -800
Other	\$ 391	\$ 1,500	\$ -1,109
Special Activities*	\$ 70	\$ 0	\$ 70
<b>TOTAL INCOME</b>	<b>\$ 3,161</b>	<b>\$ 5,000</b>	<b>\$ -1,839</b>
<b>EXPENSES</b>			
Printing & Postage	\$ 230	\$ 325	\$ 95
Officers' Expenses	\$ 0	\$ 25	\$ 25
Guest Expenses	\$ 135	\$ 324	\$ 189
State Assessment	\$ 374	\$ 1,496	\$ 1,122
Other, Recruitment	\$ 0	\$ 100	\$ 100
Other, Misc.	\$ 898	\$ 1,980	\$ 1,082
Special Activities*	\$ 135	\$ 750	\$ 615
<b>TOTAL EXPENSES</b>	<b>\$ 1,772</b>	<b>\$ 5,000</b>	<b>\$ 3,228</b>

\*Special Activities = Day in Park & Holiday Luncheon

CASH BALANCE AT END OF 2024	\$ 2,634
CURRENT CASH BALANCE	\$ 4,023
PROJECTED 2025 YEAR END CASH BALANCE	\$ 3,500
PROJECTED 2025 YEAR END MEMBERSHIP	140
PROJECTED 2025 CASH BALANCE PER MEMBER	\$ 25
ACTUAL 2024 YEAR-END CASH BALANCE	\$ 2,634
ACTUAL 2024 YEAR END MEMBERS	138
ACTUAL 2024 BALANCE PER MEMBER	\$ 19

**Hal Copperberg, Treasurer**

## TREASURER'S REPORT MARCH, 2025

03/29/2025

Cash Balance 1/1/2025 = \$2,634

	<u>MARCH</u>	<u>YTD</u>
Beginning Cash Balance	\$ 3,856	N/A
Contributions & Other Income	\$ 297	\$ 3,161
Expenses	\$ 130	\$ 1,642
Ending Cash Balance	\$ 4,023	N/A
<b>MEMBERSHIP</b>		
Membership, Gain/Loss	1/0	140

**Hal Copperberg, Treasurer**