



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

 **The Pony Express Branch #69**
February - 2025 Edition 

John Popadak, Editor

COOP'S CORNER



Last month you all did a great job in committing to the luncheon and then attending. I actually did a little caller duty this time around as a fill in. I have gained a new respect and admiration for the job our callers do. They are the ones that we count on to make sure we have a meal when we arrive. I found out that some of you place restrictions on our callers, such as "I am a Grown Man and I'll be there until I can't," and then there's are those that ask, "Who is this and where's my regular caller, are you my new caller?" "No sir, I'm just filling in." Then "what happened to my assigned caller?" "Well, I'm not sure but I can take your order." Now I'm feeling like a waiter.



Now that they know I'm the new guy they start messing with me and asking crazy questions such as, can they change their meal to something different. You guys have a great sense of humor and all I can do is laugh. So thank you callers for all you do and providing great service to SIRs 69.

Lieutenant Coopwood, Big SIR

NEXT GENERAL MEETING

Thursday **February 13, 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: Todd Nobbe from the Sacramento
DA's Office

YOU'RE ALL INVITED!

MY LITTLE CORNER



I was quite disappointed that I couldn't be there for the January speaker's presentation. Molly Winless-Smith was the first speaker that I lined up as part of my duties as LS, but I had a scheduling conflict and had to miss the January lunch and speaker. However, I was told by several people that Molly gave a great presentation, and BS, Lieutenant Coopwood, was more than able to handle things.

For February Todd Nobbe, an investigator from the Sacramento DA's office, will speak to us.

Even though I missed the January lunch, I was able to drop by and participate in the BEC meeting that morning. PBS, Mark Steffens, asked where in our newsletter does it talk about ordering SIR merchandise? John Popadak assured everyone that it is mentioned on the last page of the newsletter. There is a link that takes you to the SIR store website. Well, I was curious about that so I called up the January newsletter on my home computer, and I found the link that Mr. Popadak mentioned, and when I clicked on it, I was immediately taken to the SIR store website.

[Editor's Note: See the new SIR Apparel add on page 9]

I ordered a sweatshirt and a polo shirt and made my online purchase. It was fairly quick and easy and I would encourage everyone to try out the site. I will let you know what I think about the merchandise in next month's newsletter.

And finally, I want to congratulate fellow SIR-69 member, Stu Nussbaum, for giving my monthly poker party a chance; and for being the big winner of the event. A lady that I play ping-pong with came in second (be sure to check out my ping-pong posting in this bulletin), and I was fortunate enough to come in third. We had 16 total players and everyone had fun (just ask Stu).

Bob Schrupf, Little Sir

February Birthdays

Connor (Irish) Chin	2/16	
Lennie Silva	2/19	87 Years Old
Jim Happs	2/21	
Richard Slocum	2/21	
Ross Martin	2/25	80 Years Old
Jim Luttig	2/27	
Allen Riker	2/28	



CONGRATULATIONS!

Special CONGRATULATIONS go out to Ross Martin on this **80th** birthday!



February Anniversaries

Tony and Marilyn Stratton	2/2	51 Years
Dan and Suzanne Meister	2/2	
Dan and Sarita Turner	2/3	57 Years
Ron and Diana Hutcheson	2/4	
Don and Patricia Neufeld	2/9	63 Years
Carl and Robyn Hefner	2/14	
James and Lajuan Garror	2/15	
Jim and Lavina Smalling	2/23	52 Years



MENU

For February 13th

* * * * *

Balsamic Berry Vinaigrette
Winter Salad

Honey Garlic Glazed Chicken

Mashed Potatoes

Seasonal Vegetables

Dinner Rolls

Chef's Choice Desert

WELCOME NEW MEMBERS!!

SIR Robert "Scott" Edwards

761 Bell Russell Way
Sacramento, CA 95831
(916) 267-0502
rsellaughs@aol.com
Sponsor: Connor Chin



Scott Edwards was born in Berkeley, CA, but grew up south of there in Fremont. He attended several high schools, but was proud to ultimately graduate from Christian Brothers in Sacramento. At age 17, Scott began the first of over 12 business ventures when he opened his own construction company. Later, he founded his most notable venture, Laughs Unlimited, at age 24 in 1980. That successful enterprise grew from the original club in Old Sacramento to two more sites in Citrus Heights and Stockton. Scott also opened two restaurants during this time. After running Laughs Unlimited for 21 years, he moved on to other work, which included being the Fleet Director for Elk Grove Ford and finally becoming an independent insurance broker through Farmers Insurance. Scott sold this business and retired for good a year ago this past December.

Scott and his wife Jill have one son, a Native American Culture professor at the University of San Diego. Scott is a podcaster, enjoys scuba diving and shares golf and travel with his wife.

Birthday: April 4, 1955
Anniversary: To Jill, July 13, 1999

SIR BILL KATSIFOLIS

4309 Elizabeth Ave
Sacramento, CA 95821
916-995-0774
katsifolisbill730@gmail.com
Sponsor: Jerry Buhlert



Bill was born and grew up in Greece. He married his wife in 1983 and the two of them decided to immigrate to the United States. In the US, he started work in a cabinet shop. Later, he did construction work for Elliott Homes in the Sacramento area for several years. In 1992, Bill had a bad fall from his roof, sustaining several fractures and other injuries. Unable to resume construction work, he began a journey to teach in vocational education. He attended night school and community college to get his GED and to begin his teaching credential certificate, which he accomplished through Sac State. He started as a vocational instructor but eventually became a program manager. He retired from this work in 2023.

Bill and his wife Penny have two sons and two granddaughters. He enjoys golf, woodworking, fishing, riding his Harley motorcycle, gardening and cooking. He also practices his mechanical skills while maintaining his rental properties.

Birthday: July 3, 1960
Anniversary: Penny, June 19, 1983



Big SIR, Lieutenant Coopwood (Center), welcomes Bill Katsifolis (2nd from Left) and Scott Edwards (2nd from the right) seen here with their sponsors Jerry Buhlert (far left) and Connor Chin (far right).



GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

February 27 - Empire Ranch - \$59

March 20 - Ancil Hoffman - \$62

March 27 - Arcade Creek - \$58

JANUARY RESULTS

River Oaks (01/30) - 2-Man Scramble

Since this tournament was so late in the month, the results will be posted in the March news; letter.



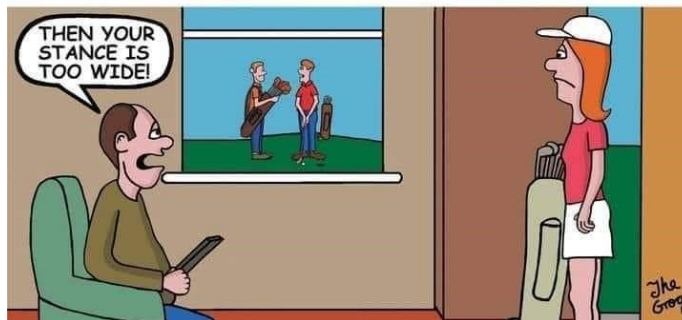
UPCOMING TOURNAMENTS

February 10 - Bartley Cavanaugh - \$57 - Stroke Play

March 3 - Allister Mackenzie - \$61

JANUARY RESULTS

There were no Monday tournaments in January.





BOWLING NEWS

The second half of our bowling season is moving along. Once again, the fight for the top is tight, with six of the ten teams within 3 points of the overall lead.

We've had some more good scores recently, too. David Bozeman rolled a 611 scratch series, while Steve Haakenson hit a 688 handicap series and George Landford nailed a 288 handicap game. Every week has some good scores—all weeks have lots of fun.

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



BOWLING TOURNAMENT

SIR BRANCH 69 BOWLING TOURNAMENT

WHEN: **FEB. 20 & 21, 2025**

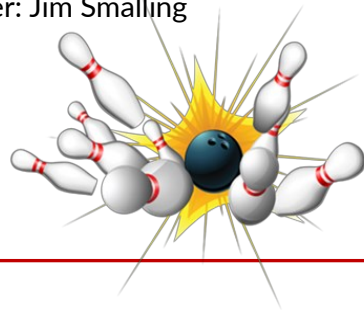
WHERE: COUNTRY CLUB LANES Sacramento, CA.

Singles: 10 am, Doubles: 1 pm

Watch the SIR Bowling website for the tournament application.

Tournament Manager: Tod Davis

Asst. Manager: Jim Smalling



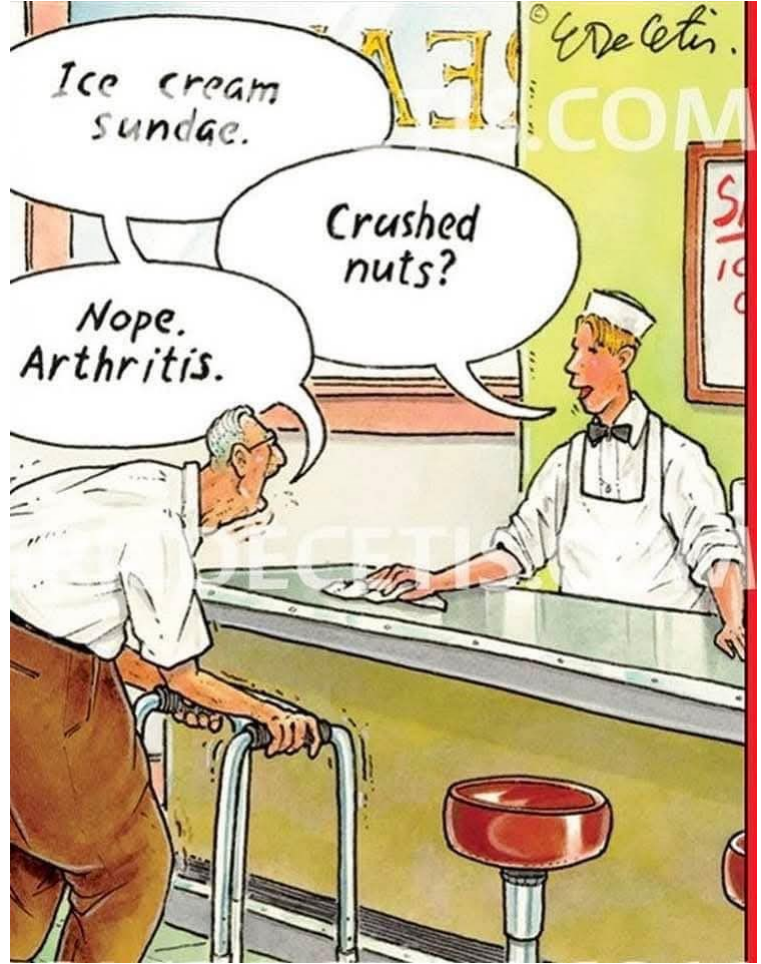
BIZARRO WAYNO & PIRARO



LAST MONTH'S SPEAKER



Molly Wanless-Smith from the Better Business Bureau spoke at last month's meeting. She talked about the many on-line and telephone scams targeting seniors.



REMEMBER!

FEBRUARY 14TH IS VALENTINE'S DAY



For all members who have a wife or someone special in their life, remember February 14th is Valentine's Day.

Did you know?

145 million Valentine's Day cards are exchanged every year.

Valentine's Day is the second-largest day for sending cards after Christmas.

The 14th February was first declared as Saint Valen-

BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN DINE-OUT

On January 23rd the Dine-Out Group met at El Tapito in Citrus Heights. In all, 38 people attended the event.



The **NEXT DINE-OUT** will be at: **Bennet's American Cooking** located 2232 Fair Oaks Blvd., Sacramento, 95825 [https:// bennettsrestaurants.com/](https://bennettsrestaurants.com/)

February 24th at 6:00 PM—**Limited Seating (26)** So make your reservations early!

Bennet's has an eclectic menu featuring steaks, seafood, burgers, pasta, and Mexican food.

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

Mark Steffens, Activities Chairman



BRANCH ACTIVITIES

(Continued)



PING-PONG

Ping-ping is still available to all, at Swanston Rec&Park on Mondays, Wednesdays, and Fridays from 11am to 1pm; and at Gibbons Rec&Park on Wednesdays and Fridays from 3pm to 6pm.

There are two closures in February, those being Wednesday, February 12 (Lincoln's Birthday); and Monday, February 17 (President's Day).

Robert Schrumpf, Ping-Pong Chairman



CARD CLUBS



CRIBBAGE

The Cribbage Group will meet February 5th and 19th 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. Maybe we will do monster Cribbage this month.

See you there and bring your friends.

Dan Nelson, Cards Chairman
(916) 895-5673
Dan.8733@yahoo.com



INVESTMENT GROUP

The Investment club will meet on February 26. 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



TEXAS HOLD'EM POKER

We had 16 players for Texas Hold'em poker during our game in January. Stu Nussbaum was the big winner that day.

Our next game will be on Saturday, February 15 at 1:30 at my house. We have a limit of 16 players, so be sure to RSVP, ASAP.

The cost is only \$10 - where else can you have a couple hours of fun for only \$10? And you too can end up winning a few bucks (ask Stu).



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



BOOK CLUB

VOLUNTEER NEEDED!

Gentlemen – I have been doing the Book Club for a while now, and with ALSO bringing the wine each month, it is getting a bit much.

SO – I need someone to step up and take care of the books. Not a BIG job, just take them home and bring them back. PLUS, you get to weed them out as they grow in numbers. Excess books I donate, from time to time, to a bookstore or the library.



Please let me know if you can help out – thanks!

Alan Weinel 209-843-1804 (voice or text)
or alan_weinel@att.net





APPAREL

Get your official SIR apparel at: 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:



RECRUITING AND PUBLICITY

Once again, I am happy to see that we added two new members to our branch in January. Be sure to read their bios in the newsletter—they both had a lot of adventures in their lives. 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.

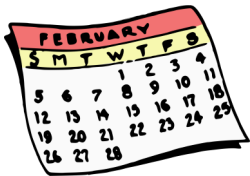
On January 17, Alan Weinel and I staffed a SIR table at the Renaissance Society open house on the Sac State campus. We talked with a lot of great guys in our recruiting efforts. This is a neat group of active people—I was happy to join that society last fall and enjoyed my first class with them. Hard to say what our efforts will produce, but we have at least one guy who hopefully will attend our February luncheon.

I'm still waiting to hear the final decision from the director of Mission Oaks Recreation and Park District about our continued affiliation with MORPD. I had thought that I would have heard from him by now, but he hasn't given me the final word yet. I'll keep you posted.

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 February luncheon.

Tom Page, Recruiting & Publicity Director



BRANCH 69 CALANDER OF EVENTS AND ACTIVIES FOR FEBRUARY

February 5 - Cards - Cribbage

February 10 - Golf - Bartley Cavanaugh

February 13 - Branch Executive Committee (BEC) Meeting (10:00 am)

February 13 - General Branch Meeting and Luncheon (12:00 Noon)

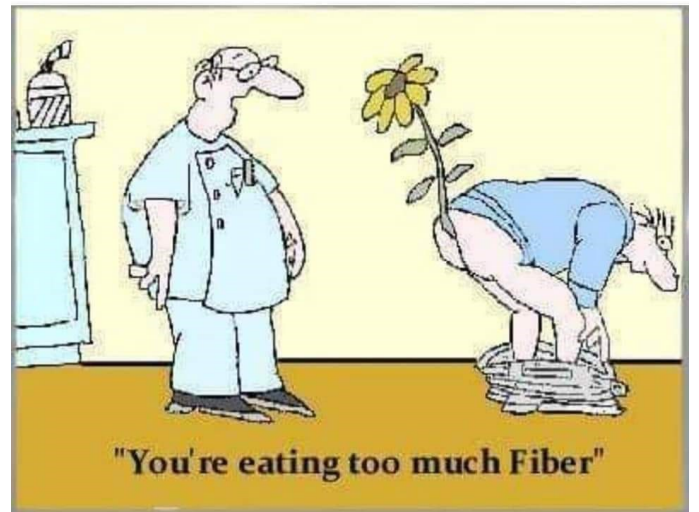
February 15 - Cards - Poker

February 19 - Cards - Cribbage

February 24 - Dine-Out - Bennet's American Cooking

February 26 - Investment Group ZOOM Meeting

February 27 - Golf - Empire Ranch



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:





SUNSHINE



First off a Big Welcome Back to Lennie Silva and Paul Sickert. They both showed up looking good at our last luncheon.

Here is an update on our brother's who are working their way back to 100%.

1.) **Bill Mullen** - (On December 28th - Hospitalized for three days for an Embolism in his heart) The last we heard he was resting at home.

2.) **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.

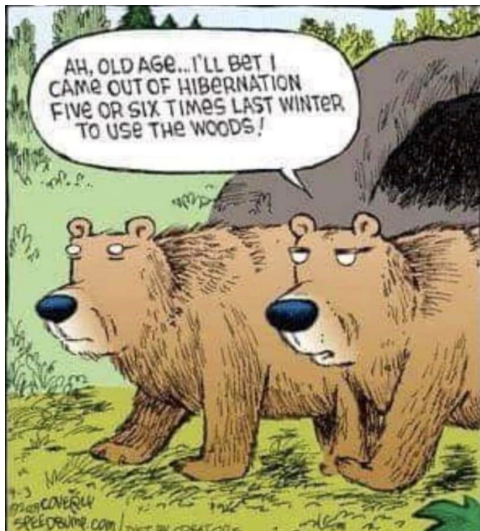
- Update Nov 14, 2024: Otis is doing better, he may even be driving.

3.) **Thomas (Train) Walton** - (Recovering from Cancer) (Battling with Diabetes) The doctors, in an attempt to save his foot have encased it in a box temporarily while 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**



2024 Officers		
BIG SIR	LIEUTENANT 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
Directors		
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
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 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
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 Weinell	(209) 843-1804
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 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
- SIR SIDNEY NEWMAN

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).