



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

COOP'S CORNER



It's that time to start to think about what we want to achieve this upcoming year as well as reflecting on the past year. As we contemplate our future we can't get stuck on what wasn't achieved but what was achieved. Our branch is doing well and we are a strong group of dedicated men devoted to having fun and getting out of the house. Eating, drinking and making merriment is our way of life. Let's keep up the good work and go one more step further, lets come up with more fun stuff to do. We don't want to become stagnant in pursuit of life, liberty and happiness.

I've already started requesting tips on how to improve things. I wish to hear from those that seek improvement to our chapter. So, don't hold back, step up and offer your advice. All ideas will be considered. One thing that I've noticed about this organization are the people who keep things moving and the organization strong. I look forward to working with them and their expert advice on what not to do to screw things up. I'd like to see some of the new members start getting involved in leadership and maybe even consider taking some of the load off the seasoned leaders. We don't want to burn out our best people.



Now here are some do's and don'ts:

Don't commit to attending a luncheon and then not show up. Give us a call.

Do attend leadership meetings if you have the time. That's where the path starts to Big Sir

Don't be shy about trying out some of the other activities this year. Make it a resolution.

Do have fun and invite others to join us having fun

Lieutenant Coopwood, Big SIR

MY LITTLE CORNER



Happy New Year to all of our members. I do hope that everyone is enjoying being a member of our little organization, and keeping active with our various activities and monthly luncheons.

I have the honor and the responsibility of arranging our monthly luncheon speakers, and I'm happy to say that I've already arranged for speakers for the months of January, February, March, April, May, June, July and November.

That leaves only the 3 months needing a guest speaker; the months of August, September and October. And I've already contacted Wild Things Inc and Golf Pro, Mike Woods, of Haggin Oaks, to be possible speakers in the Fall. So, it looks like that part of my job is almost completed.

Unfortunately, I will not be in attendance during our January meeting, when we are having Molly Wanless-Smith of the Better Business Bureau speaking to us. Others who have heard her presentations say that she is a great speaker and I'm really sorry that I will be missing her talk. But, my wife and I will be seeing "Hamilton" that day. These are tickets that were purchased long before I was even asked to be your LS.

Speaking of my wife, Kathy, she belongs to 2 local women's organizations; and they both have monthly and annual dues, and she is amazed at how little we charge our members to run our organization.

Our Annual Membership Dues are only \$25.00; and our full-service, monthly lunches are only \$27. Those are amazingly low costs in this day and age. Please remember to bring your checkbook to our next luncheon on Jan 9, so that you can pay Treasurer, Hal Copperberg, your annual dues.

I look forward to seeing everyone in February.

Bob Schrupf, Little Sir

January Birthdays

Roland Rodriguez	1/6	
Ernie Shell	1/6	
Ron Peters	1/9	82 Years Old
Bernie Moreno	1/11	
Stu Nussbaum	1/15	
Dave Yorston	1/15	86 Years Old
Tom Knoble	1/16	80 Years Old
Romano Luchini	1/16	
Tim Fuller	1/21	
Tod Davis	1/26	
Don Agostinelli	1/29	
Jerry Schroeder	1/29	84 Years Old
Dan Turner	1/31	80 Years Old

January Anniversaries

Bob and Debbie Baker	1/5
Lieutenant and Annette Coopwood	1/15
Thomas and Bernece Walton	1/26
Jerry and Linda Schroeder	1/27
Pat and Teri Barrett	1/28



CONGRATULATIONS!

Special CONGRATULATIONS go out to Tom Knoble and Dan Turner on their **80th** birthday!

NEXT GENERAL MEETING

Thursday **January 9, 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

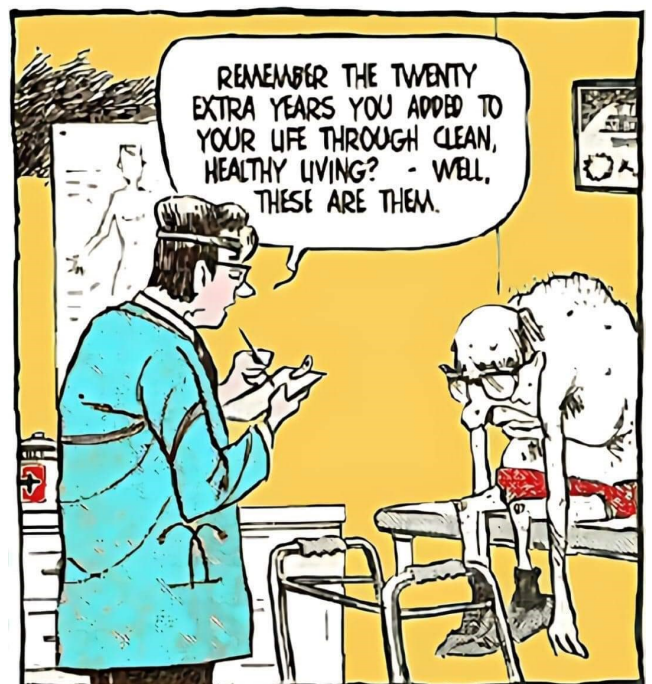
Scheduled Speaker: Molly Wanless-Smith from the
Better Business Bureau

YOU'RE ALL INVITED!

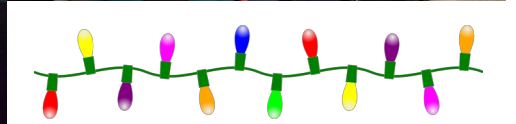
MENU

For January 9th

- Strawberry Winter Salad
- Marinated Roasted Sirloin
Steak with Chimichurri
- Herbed Red Potatoes
- Seasonal Vegetables
- Dinner Rolls & Sweet Butter
- Chefs Choice Dessert



2025 Branch 69 Holiday Party



2025 Branch 69 Holiday Party



Members of the band, Mischief Trio: Les Kurtz, Alan Soliman, and Joyce Ketcherside.





GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

January 30 - River Oaks - \$59 - -Man Scramble

DECEMBER RESULTS

Diamond Oaks (12/05) - Three Blind Mice

This tournament was a Three Blind Mice format. Three of the eighteen holes were drawn at random in the clubhouse after several of the first groups finished. For these holes, #2, #4 and #17, scores and handicap strokes were not counted toward each player's Three Blind Mice net score. Just as luck would have it, the course handicaps (relative difficulty ratings) for these three holes were 14th, 6th and 11th respectively, and not the hardest holes (which would have helped a bunch of us)!

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

1st Flight: Terry Block, Nate Gauff, Jerry Buhlert and Mark Machado (tie)

2nd Flight: Pat Quinn, Tom Page, Gary Lukins

3rd Flight: Ken Sawitzky, Richie Carlson, Carl Hefner

CTPs: Jerry Buhlert, Dan Calcagno, Bob Clanton, and Rich Terrell

UPCOMING TOURNAMENTS

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

DECEMBER RESULTS

Elkhorn (12/16)

Cancelled due to rain.



A NOTE FROM RICK HOM

Those of you that are members of the Branch 69 Golf Club should have received a copy of the current 2025 SIRS Golf Schedule by the time that you read this Newsletter. If you have not received a copy, please let me know (raham@sbcglobal.net).

Some comments about the 2025 Schedule:

There are very few tournaments scheduled for January and February due to anticipated rain and winter conditions.

Due to significant 2025 fee increases at a number of courses, SIRS has elected to contract with a number of more cost-effective venues, e.g. Arcade Creek, Emerald Lakes, Cherry Island, Davis, Wildhawk and others. We hope that you will agree with these choices.

Unlike last year, many courses did not quote meaningful discounts when including cart rentals with green fees. Accordingly, many courses are listed with Walking Rates along with the riding option.

We are all looking forward to a year of great fun, friendly competition, and outstanding fellowship. Please contribute to these goals by participating in our tournaments as often as you can!

In behalf of the Golf Committee, Thank you!



Our first half of the bowling season has come to a close. After seeing multiple teams compete for the top spot, two teams ended up fighting for the honor: Team 1 (Mark Steffens, Bob Clanton, Erle Hansen and Joe Bowers) and Team Alley Oops!!! (George Langford, Hal Copperberg, Les Kurtz and Alex Canada). Team 1 led for most of the season, but in the Position Round, Team Alley Oops!!! started out hot and stayed hot, winning 4 games to zero. Congratulations to Team Alley Oops!!! Now the other nine teams will have to keep that team from winning the second half of the season, too.

Along with the good battles, the league bowlers have had some outstanding scores. Jim Smalling and Ken Barber rolled 279 scratch games, each game consisting of 11 strikes and one single-pin spare. Jim Smalling also has a 667 scratch series. Nate Gauff has a 304 handicap game, while Patrick Fintel nailed a great handicap series at 788.

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 bowling, 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



SAVE THE DATE!!
MARK YOUR CALENDAR!

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

RECRUITING AND PUBLICITY

Welcome to 2025! I hope your holiday celebrations were fun and not too tiring. I believe that we will have two new members at the January BEC, so that is a good start to the year. I also have a couple of news items in the recruiting and publicity department:

First, on January 17, the Renaissance Society will again have an open house on the Sac State campus. Alan Weinel and I are to attend to see if there might be some potential members there. This is a neat group of active people—I was happy to join that society last fall and enjoyed my first class with them.

The second bit of news is not so great. The director of Mission Oaks Recreation and Park District has informed me that their board of directors has changed the rules for affiliate member groups. That change seems to indicate that, in order to stay affiliated with MORPD, we would have to pay an annual fee of \$30 for each of our members. Obviously, this is not feasible. I have asked the director for clarification, but I'm not hopeful that we can continue to be listed in the MORPD magazine twice a year. We'll see.

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 January luncheon.

Tom Page, Recruiting & Publicity



BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN DINE-OUT

NEXT DINE-OUT at



El Tapatio

on **January 23rd AT 6:00 PM** located at 5637 Sunrise Blvd, Citrus Heights, Ca. For menu information: <https://www.yelp.com/biz/el-tapatio-citrus-heights-3>



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

Save the date for the next Dine-Out: February 24 at Bennett's American Cooking.

Mark Steffens, Activities Chairman



INVESTMENT GROUP



The Investment club will meet on January 22. 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



CARD CLUBS

CRIBBAGE

The Cribbage Group will meet January 1st and 15th 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



TEXAS HOLD'EM POKER

We will be playing Texas Hold'em poker at my house on **Saturday, January 25, at 1:30pm**. My address is in the directory, but I will provide it again at the bottom of this announcement.



This is a very, low pressure, non-competitive, co-ed environment (wives and Significant Others are welcome) that also has a very low cost. For \$10.00 you get a pile of poker chips, and the players who make it to the last 3 remaining, will split the pot.

So, take a chance, have some fun, and let me know if you can make it. I do limit participation to 16 players.



Robert (Bob) Schrupf
Poker Night Chairman

5418 Lequel Way, Carmichael, CA



BRANCH ACTIVITIES

(Continued)



PING-PONG

Everything is the same with ping-pong. You can drop in and play at either Swanston Rec&Park on Monday, Wednesday, or Friday from 11am-1pm; or at Gibbons Rec&Park on Wednesday or Friday from 3pm-6pm. Everyone knows how to play ping-pong, so drop by and play (each place has extra paddles for you to use.)

Robert Schrupf, Ping-Pong Chairman



BRANCH 69 CALANDER OF EVENTS AND ACTIVIES FOR JANUARY

January 1 - Cards - Cribbage

January 9 - Branch Executive Committee (BEC)
Meeting (10:00 am)

January 9 - General Branch Meeting and Luncheon
(12:00 Noon)

January 15 - Cards - Cribbage

January 22 - Investment Group ZOOM Meeting

January 23 - Dine-Out - El Tapitio

January 25 - Cards - Poker

January 30 - Golf - River Oaks

I can not shop at Costco anymore.

Yesterday I was at Costco buying a large bag of Purina dog chow for my loyal pet, Necco, the Wonder Dog, which weighs 191 lbs. I was in the check-out line when a woman behind me asked if I had a dog. What did she think I had an elephant? So because I'm retired and have little to do, on impulse I told her that no, I didn't have a dog, I was starting the Purina Diet again.

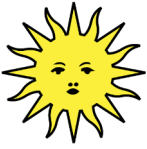
I added that I probably shouldn't, because I ended up in the hospital last time, but that I'd lost 50 pounds before I awakened in an intensive care ward with tubes coming out of most of my orifices and IVs in both arms. I told her that it was essentially a Perfect Diet and that the way that it works is, to load your jacket pockets with Purina Nuggets and simply eat one or two every time you feel hungry. The food is nutritionally complete so it works well and I was going to try it again. (I have to mention here that practically everyone in line was now enthralled with my story.)

Horrified, she asked if I ended up in intensive care, because the dog food poisoned me. I told her no, I stopped to Pee on a Fire Hydrant and a car hit me.

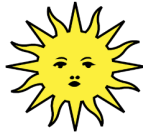
I thought the guy behind her was going to have a heart attack he was laughing so hard.

Costco won't let me shop there anymore. Better watch what you ask retired people. They have all the time in the World to think of crazy things to say.





SUNSHINE



1.) **Lennie Silva** - Suffered a Stroke and was hospitalized. He is now home recuperating and hopes to be at the January meeting.

2.) **Paul Sickert** - Fell and Cracked his left knee cap shortly before the October 10th Luncheon. He's doing better and hopes to make the January meeting.

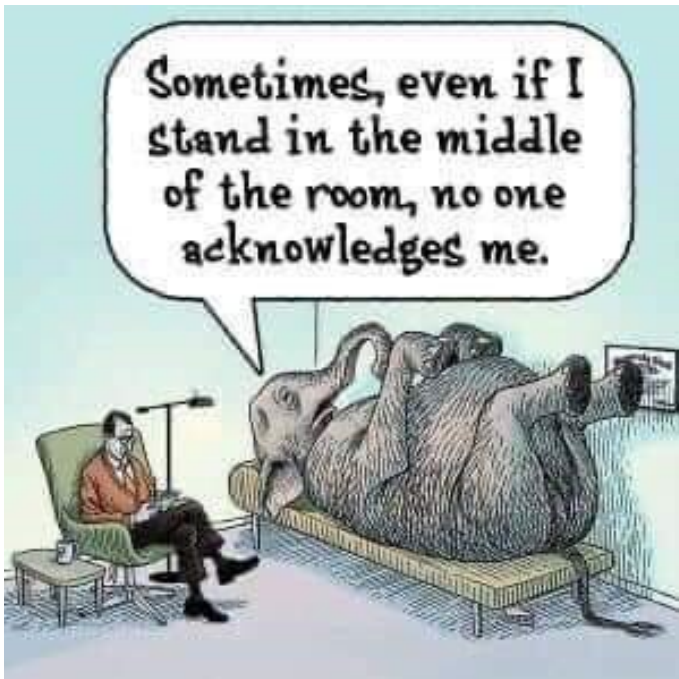
3.) **Otis Benning** - (Burst Vein in the area of his knee) (Pneumonia) - Update Nov 14, 2024 Otis is doing better, he may even be driving.

4.) **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		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
		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	
		Honored Members	
<u>HONORARY LIFE MEMBERS</u>			
PBS TOM PAGE			
PBS JIM PORTERFIELD			
PRD WARREN SENEGAL			
PBS LENNIE SILVA			
PBS RON HUTCHESON			
<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			
SIR SIDNEY NEWMAN			
		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			

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).