



THE MAIL POUCH



Website: branch69.org

Facebook: Pony Express SIR Branch 69

The Pony Express Branch #69
June - 2024 Edition

John Popadak, Editor



CONNOR'S LUCK OF THE IRISH

In the month of June, there are several exciting events taking place – Fathers' Day, the US Open Golf, and Juneteenth.

We are down to 8 members that have not paid their \$25.00 Annual Membership Dues. One can make their due's payment at the June 13th Luncheon or mail it to our Treasurer: Hal Copperberg, 8015 Garry Oaks Drive, Citrus Heights, Ca 95610. The annual dues fund the payment of branch operational expenses and some of the branch outside activities. Ted Patterson (PBS) will be making phone calls to these individuals.

We need to get a better member response & attendance to the Ten Dedicated Volunteer Phone Callers. The number of Yes Responses of Individuals that say "Yes" and do not show up is having a bad effect on the Branch's Treasury. We have been able to sell these missing meals for \$15.00 which leaves a \$10.00 shortage per meal as an added expense to the Branch's Funding. In 2025, we may have to back charge this \$10.00 if the trend of Yes Responses – No Attendance continues to grow in the coming months.

The Annual SIR 69 Family Picnic is all set for June 19th at Carmichael Park. Jerry Schroeder and his volunteer help are preparing an excellent menu and members can bring their raffle prize donations to the June 13th Luncheon and give them to Little SIR Lt. Coopwood. Picnic tickets can be purchased at June 13th Luncheon - \$10.00 per person and \$5.00 per child 12 years and younger.

Hopefully, everything has been healthy and enjoyable for your family. Looking forward to seeing everyone at the SIR Branch 69 Luncheon on June 13th.

Connor "Lucky Irish" Chin, Big SIR
Cell Phone: 1 (916) 601-1854
Email: cljschin@gmail.com

COOP'S CORNER



It must be true, it was on the internet! We've heard this before haven't we? One of the ushers at my church used to send the most interesting articles.

Until one day, he sent me an image of something that reminded me of a futuristic plane I'd seen in a movie. Turns out it was from a movie and he admitted that he didn't realize it. Someone sent it to him so he passed it on as fact.



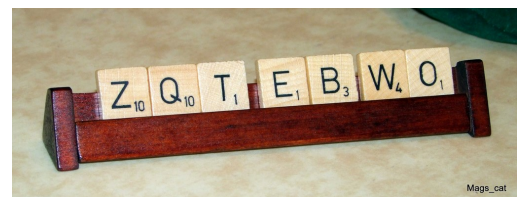
After that I started Fact Checking what he sent. We get bombarded with all kinds of crazy information and it's hard to decipher what is true. People do lie and will lie. We must be careful what we choose to believe because that lie could become our truth.

So, the best way to confirm information is to test it. Then be willing to accept the results even if it differs from what we thought was true. Especially when it comes to voting for our leaders.

The speaker for the June meeting will be Dean Hipwell. He will be talking about disaster preparedness.

Lieutenant Coopwood, Little SIR

I accidentally swallowed some scrabble tiles. My next bowel movement could spell disaster.



June Birthdays

Sid Newman	6/2	90 years old
Tom Page	6/2	80 years old
Gregory Powell	6/2	
Mas Miyagi	6/7	87 years old
Ken Towns	6/10	96 years old
Vic Scott	6/13	85 years old
Ritchie Carlson	6/14	82 years old
Steve Goodman	6/16	
Pat Quinn	6/18	
Michael Brassil	6/20	
Neal (Real) McCoy	6/20	
Vernon Freeman	6/21	95 years old
Bob Ingols	6/29	80 years old



Special Congratulations to Tom Page and Bob Ingols on their 80th Birthday and Sid Newman on his 90th Birthday!!

NEXT MEETING

NEXT GENERAL MEETING

Thursday **June 13, 2024**

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!

All members are also invited to attend the
 Branch Executive Committee (BEC) Meeting: 10:00 am



June Anniversaries

Tim and Kathy Fuller	6/2	
Doug and Pamela Bailey	6/8	56 years
Rich and Patti Taylor	6/11	
Jim and Edie Happs	6/12	
Steve and Theresa Eason	6/14	
Connor and Jean Chin	6/15	
Frank and Donna Adams	6/17	52 Years
Don and Catherine Agostinelli	6/20	54 years
Howard and Janice Nielsen	6/21	55 years
Ed and Jacklyn Linn	6/25	64 years



MENU

For June 13th

CLASSIC CAESAR SALAD

SEASONAL VEGETABLES

CHICKEN PARMESAN with
 HOMEMADE MARINARA
 AND FETTUCCINE ALFREDO

DINNER ROLLS & BUTTER

CHEFS CHOICE DESSERT

WELCOME NEW MEMBERS!!

SIR Nate Gauff

10975 Faber Way
 Rancho Cordova, CA 95670
 (916) 320-8851
 ngauff@yahoo.com
 Sponsor: Ted Patterson



Nate was born in Seattle, Washington, and grew up there. He attended University of Washington after high school and earned a degree in engineering, which led to a move to Sacramento in 1985 and employment with Proctor and Gamble. After a little more than three years, Nate left to do some independent real estate management. He soon left that to join the State recycling department, known in short as Cal Recycle. Nate spent nearly 34 there before his retirement.

Nate played a lot of competitive basketball into his forties, so it was a natural for him to referee high school and recreational basketball for over 20 years after his playing days had ended. Nate is a pretty avid golfer and hopes to resume bowling with our branch bowling league.

Nate has two sons and a daughter and one granddaughter. In addition to sports, he enjoys family activities and travel.

Birthday: October 21, 1961
 Anniversary: to Laverne, August 9, 2012

SIR Scott Mackey

1901 8th Ave
 Sacramento, CA 95818
 (916) 213-4036
 rsmackey77@gmail.com
 Sponsor: Branch Website



Scott Mackey retired from SMUD in 2009 to start a second career in higher education. He fully retired in 2017. He is the author of eight published books and is currently at work on his ninth. Scott is married with two grown children. In his spare time he likes to play golf, read, travel, and agonize over the fates of the San Francisco Giants and 49ers. A native of Northern California, he has a bachelor's degree from U.C. Davis and a Master's degree from Sacramento State.

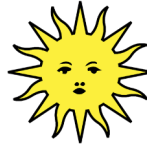
Birthday: March 30, 1955
 Anniversary: to Barbara, May 6, 1989



Our new members, Scott Mackey (left) and Nate Gauff (center), are welcomed to Branch 69 by Big SIR Connor Chin (right).



LAST MONTH'S SPEAKER



SUNSHINE

Please keep the following folks in your prayers:

Thomas (Train) Walton (Recovering from Cancer) - Thomas is currently navigating through the complications of diabetes.

Jewell Senegal (Hospitalized - Internal Bleeding) - No further updates at this time.

Tim Salada (Complete Knee Replacement) - Tim is at home, resting and recovering from the surgery. He said he is thankful for the love of a good woman that is getting him through this.

PBS Pat Quinn (Neck Surgery) - Pat has been healing up nicely and is hoping to return for the June luncheon.

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 Connor Chin.



LS Lieutenant Coopwood presents May's speaker, Richard Dilberg, with a Certificate of Appreciation. Richard spoke about Charles Taylor who was an American inventor, mechanic and machinist. He built the first aircraft engine used by the Wright brothers in the Wright Flyer, and was a vital contributor of mechanical skills in the building and maintaining of early Wright engines and airplanes.

**James Aylett, Sunshine
Chairman**

penholder19@gmail.com



RECRUITING AND PUBLICITY

Once again we gained two new members in May—welcome Nate Gauff and Scott Mackey. Scott reached us through our branch website. We are blessed with a strong, healthy SIR Branch 69, thanks to the continued efforts of our members to volunteer their time and skill for the various leadership positions. Share our success with potential new members. Also, be sure to read the bios for our new members; they both have lead interesting lives and continue to do so now.

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 June luncheon.

**Tom Page, Recruiting & Publicity
Director**



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:





GOLF NEWS



Rick Hom—Regular Course



Terry Block—Progressive Golf Club



UPCOMING TOURNAMENTS

June 6 - Wildhawk - \$39 - 1st Rnd Club Championship

June 20 - Mather - \$55

June 27 - River Oaks - \$56

July 18 - Empire Ranch - \$56

July 25 - Cherry Island - \$55

MAY RESULTS

Wildhawk (5/2) - Stroke Play

Great turnout, fun time, great day for golf. Congrats to all!

1st Low Net, 2nd Low Net, 3rd Low Net(s)

1st Flight: Bob Baker, Tom Page, Jim Oblizado and Rick Hom

2nd Flight: John Valdes, Mike Evans, Jack Osborne and Fred Smith

3rd Flight: Rich Stratton, Ron Hutcheson, Dan Nelson

CTPs: Jack Osborne, Rich Stratton, Joe Riley, Mike Evans, and Dan Nelson

Turkey Creek (5/16) - 2-Man Best Ball

This was a 2-man best ball format and as can be seen, there were some very good scores. Congratulations to our winners!

1st Place Team: Sandy Davis & Dan Nelson

2nd Place Team: Tom Page & Paul Woods

3rd Place Team: Jerry Schroeder & Mark Steffens

4th Place Team: Bob Baker & Tom Costello

CTPs: Nate Gauff, Mike Evans, Tom Costello, Jerry Buhlert, and Paul Woods

Ancil Hoffman (5/23) - Stroke Play "Three Blind Mice"

A fun format on a course that was in excellent condition.

UPCOMING TOURNAMENTS

June 17 - Antelope Greens - \$32 - 5 Clubs Stroke Play

June 24 - Bartley Cavanaugh - \$38 - 1st Rnd Club Championship - Stroke Play

July 22 - Mather - \$58 - 2nd Rnd Club Championship

July 29 - Bing Maloney - \$38 - Stroke Play

MAY RESULTS

Alister Mackenzie (5/13)

Cancelled

Micke Grove (5/20) - 4-Person Scramble

The Monday Group played Micke Grove on 5/20; 6 teams of 4 (split into 2 flights) played a scramble format.

Machado's team of Block, Espinoza and Miller won Flight 1 with a net of 55.5 and won \$17 ea. Also in Flight 1 was Jone's team with Nelson, Garror and Mullen came in 2nd with a net 56 and Baker's Team with Lukins, G, Osborne and Haakenson was 3rd with 61.5.

Flight 2 was won by Buhlert's team of Katsifolis, Schroeder and Lukins, R with a net 53 and won \$17 ea; they were followed by Svobodny's team, of Canada and Page with net 63 and Hom's team of Steffans, Cookman and Sprifke with Net 64.

→ 1st Low Net, 2nd Low Net, 3rd Low Net, 4th Low Net

1st Flight: Jim Oblizalo, Bob Baker, Nate Gauff, Rick Hom

2nd Flight: Conrad Cookman, Gary Lukins, Terry Block, John Valdes

3rd Flight: Rich Stratton, Rod Lukins, Paul Woods, Pat Barrett

CPTs: Mark Steffens, Jack Osborne, Paul Woods, Tom Page, Russ Prophet, and Ernie Flores

BOWLING NEWS

It's pretty quiet for bowling action right now. Our regular season is over, so most of the bowling action is centered on summer leagues at Country Club Lanes and State SIR tournaments. One of the tournaments was held in late May at the AMF lanes in Rocklin. Another tournament is scheduled for Reno in June—see the State SIR website for entry forms and details.

Changes are coming to our bowling program. Ever since we moved to Country Club Lanes, perhaps 10 years ago, we have bowled at 11am on Wednesdays. That time slot let our bowlers from distant locations miss the morning traffic early on and get home before the afternoon commute buildup got too heavy. With the recent closing of Land Park Bowl, Country Club Lanes added more leagues and recreation usage. As a result of this increased pressure for bowling times, Country Club has announced that, starting next year, leagues will have to start at either 9:30am or 12:30pm. Our league has chosen the 12:30 time slot, although it's possible that we can actually start at 12 noon. Also, the weekly bowling fee will rise to \$11, an increase of \$1. Still, bowling remains one of the all-time bargains for recreational sports activities.

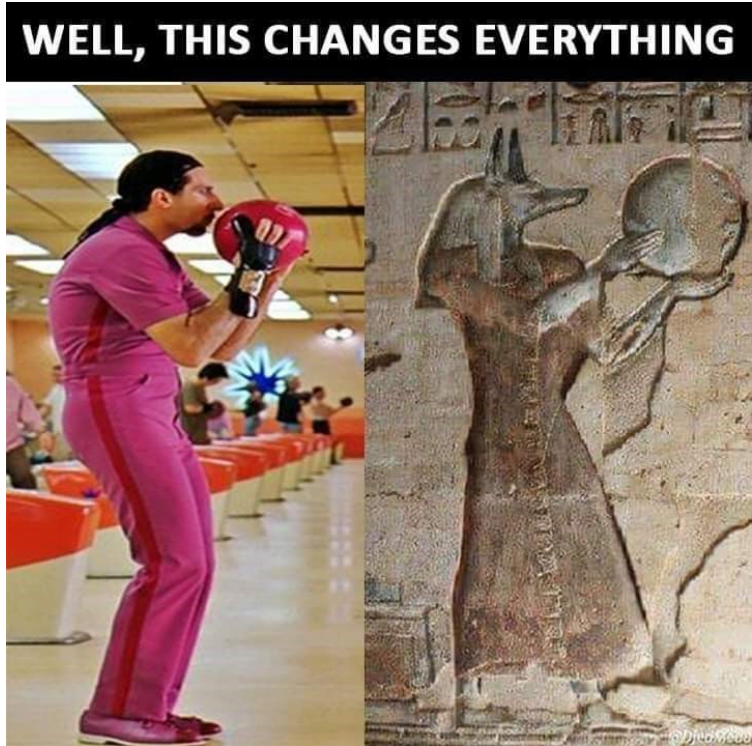
In mid-June, I will start contacting our current bowlers and other members who have expressed an interest in bowling so that we can prepare for the 2024-2025 bowling season. I should point out that a couple of our bowlers are in their nineties, quite a large number are in their eighties (including two members of the first and second place teams this year), all of which shows that bowling is a sport that participants can enjoy well into their later years. I hope many of you will join us late this summer for the fun and camaraderie of our bowling league.

Other bowling information:

If you want to practice bowling, identify yourself as a SIR league bowler at the front desk at Country Club Lanes and you can bowl for \$.25/game. I had thought that evenings and weekends were excluded, but several guys have told me that they practiced then at the same low rate. 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



BRANCH 69 MEETING ATTENDANCE IN 2024

<u>Month</u>	<u>Members</u>	<u>Attendees</u>	<u>Percent</u>
January	133	99	74%
February	134	96	72%
March	134	78	58%
April	135	90	67%
May	137	75	55%

State SIR sets the goal at 70% attendance.

To maintain membership, a member is required to attend one-half of the regular Branch monthly luncheon meetings within the previous twelve consecutive month period, unless the Branch BEC has approved different attendance requirements (State SIR Policy 25; Bylaw 18).

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>

BRANCH ACTIVITIES

ACTIVITIES CHAIRMAN

DINE-OUT

On May 21st, the Dine Out event at Vince's Restaurant in West Sacramento was a delightful experience! It's always great to have opportunities to enjoy good food and company.



ACTIVITIES CHAIRMAN

NEXT DINE-OUT:

Join us for a delightful dinner experience at Cantina Azteca!

You are cordially invited to a mouth-watering dinner experience at Cantina Azteca on June 18th at 6:00 PM. This is an excellent opportunity to spend quality time with your SIR friends, bring a guest, and make new connections.

Cantina Azteca is located at 6400 Fair Oaks Blvd, Carmichael

They are Carmichael's Hotspot for Mexican food and fun. They have 14 years of experience and have gone on to win the best Mexican food. 2014 and 2016 in Sacramento KCRA list. Best restaurant 2018. They offer wonderful breakfast and dinner dishes such as Huevos Ranchero, Menudo, Ceviche, Chicken Mole, and other Mexican cuisine.



[This Photo](#) by Unknown Author is

Don't miss out on this chance to relish delicious food and great company.

[This Photo](#) by Unknown Au-

Please RSVP to PBS Mark Steffens by calling or texting.

916-214-8650 or emailing steffens.mark@gmail.com

We look forward to seeing you there!

Mark Steffens, Activities Chairman



SIR DAY IN THE PARK/ PICNIC



Wednesday, June 19th

REMEMBER: The annual SIR Day in the Park/Picnic is almost here! See the attached flyer for details!

Jerry Schroeder, Picnic Chairman
(916) 801-2530



BRANCH ACTIVITIES

(Continued)



CARD CLUBS

CRIBBAGE



The Cribbage Group will meet June 5th and 19th this month at the Country Club Bowling alley in the back room. Remember it starts at 2:00 pm. 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



Robert (Bob) Schrupf is launching a new activity for our branch, Texas Hold'em poker. This will be a co-ed event so feel free to bring your Significant Other if she wants to play too. There is a \$10 cost for a pile of chips, with the top three winners receiving the proceeds. Our first gathering will be at Bob and Kathy's home at 5418 Lequel Way, Carmichael; on Monday, June 10 at 6:30pm.

So grab a quick dinner somewhere. and then show up for some poker fun. Bob has the cards, chips, poker guides (for ranking the poker hands - if needed), and 2 poker table tops; but there will be a limit of 16 players. So contact Bob ASAP to be one of the first 16 poker players. His phone is (916)897-7114 and email is rschrumpf@hotmail.com.

Robert (BOB) Schrupf



BASEBALL DAY

Sacramento Rivercats Outing
 Sunday May 19,2024

On a pleasant Sunday last month, the 19th to be exact, a handful of SIRS Branch 69 members along with a few spouses gathered at Sutter Health Ballpark in West Sacramento for an afternoon of camaraderie and Minor League Baseball. We are also joined by members of my extended nuclear family.



The San Francisco Giants Triple A Minor League team, the Rivercats, were playing the Los Angeles Dodgers Triple A minor league team, the Oklahoma City Dodgers. The Rivercats got out to an early lead, but would eventually be outscored in the later innings. A good time was had by all and perhaps another outing can be arranged later in the season. A big thanks to all who participated.

Dennis Kramer
River Cats Chairman



INVESTMENT GROUP



The investment group meets (via ZOOM) on the 4th Wednesday of the month. The next meeting will be on June 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





BRANCH 69 CALANDER OF EVENTS AND ACTIVIES FOR MAY

- June 5 - Cards - Cribbage
- June 6 - Golf - Wildhawk
- June 10 - Cards - Texas Hold'em Poker
- June 13 - Branch Executive Committee (BEC) Meeting (10:00 am)
- June 13 - General Branch Meeting and Luncheon (12:00 noon)
- June 17 - Golf - Antelope Greens
- June 18 - Dine-out - Cantina Azteca
- June 19 - Day in the Park/Picnic
- June 19 - Cards - Cribbage
- June 20 - Golf - Mather
- June 24 - Golf - Bartley Cavanaugh
- June 26 - Investment Group Zoom Meeting
- June 27 - Golf - River Oaks

2024 Officers

BIG SIR	CONNOR CHIN	(916) 601-1854
LITTLE SIR	LIEUTENANT COOPWOOD	(916) 206-2732
SECRETARY	BERNIE MORENO	(209) 245-6313
ASST SECRETARY	ROBERT SCHRUMPF	(916) 897-7114
TREASURER	HAL COPPERBERG	(916) 722-2606
ASST TREASURER	JIM SPRIFKE	(209) 200-2107

Directors

PBS ALAN WEINEL	(209) 843-1804	JOHN POPADAK	(916) 662-0695
BLAKE THOMSON	(916) 922-5227	RON PETERS	(916) 847-7196
PBS TED PATTERSON	(916) 607-3050	PBS PAUL SICKERT	(916) 396-6230

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

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

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>

2024 ROSTER CORRECTIONS

Scott Mackey's correct telephone number is: (916) 213-4036.

Please send Roster Corrections to my personal Email account Alan_Weinell@ATT.Net with subject "Roster Correction"

Be sure to add the new members to your copy of the roster.

PBS Alan Weinell, Roster Chairman
(209) 843-1804
Alan_weinell@att.net



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).

SIR BRANCH 69 PICNIC

WHEN: WEDNESDAY JUNE 19, 2024

WHERE: CARMICHAEL PARK—COVERED PICNIC AREA

COST OF ADMISSION: \$10 adults, \$5 for children 12 and under

Pay Hal Copperberg at the June Luncheon



FOOD

BBQ Tri-tip and Chicken
Hot Dogs
Baked Beans
Salads
Watermelon
Pies



GAMES

Pitching Contest
Horseshoes
Bocce Ball
Cards
Trivia

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, Lieutenant Coopwood, at the May and June lunch.