



# THE MAIL POUCH



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

Facebook: Pony Express SIR Branch 69

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

John Popadak, Editor

## COOP'S CORNER

Mom tells little Johnny, "You say grace tonight". Little Johnny say's okay, and screams, "GRACE, MOM WANTS YOU!!!"



Of course he got it all wrong, but he knew what his mother really wanted. So why should honoring someone you can't see be an incentive to do good, get money, become successful, or just getting through the day? Because in handling life's challenges GRACE just might be the tipping point to turn things around. And also, if for no other reason, it will keep us from getting spanked by mom. We find ourselves believing in good luck charms, four leaf clovers, and rabbit's feet (well, it must not have worked for the rabbit, so just how lucky can it be, and the rabbit had four of them).

And as a kid I remember finding the end of the rainbow only to discover no gold, no elf, and a long way to walk back home. That little Lucky Charm Liar!!

So back to sister Grace. Sitting at her feet I have learned the following: Treat others with respect and kindness, and be willing to forgive others who have wronged us, treated us spitefully, or insulting us. This enables us to return good for all that mud their slinging. They're just angry at themselves and the world around them and want you to join them on their journey to un-grace-land. (HaHa see what I did there?) You just need to get out of the way. Because, Grace will allow you to pass them by so that God won't pass you by.

**Lieutenant Coopwood, Big SIR**

## MY LITTLE CORNER

I was very happy with our February speaker, Todd Nobbe, from the Sacramento DA's office. I saw a couple of our members come up to him and talk about his presentation on fraud, and others thanked me for lining him up as a speaker.



Todd Nobbe told me that he is in charge of his own schedule, and would love to come back next year to speak to us about other topics. I told him we would keep him on our list.

If you are interested in seeing who else is scheduled to speak to us in the upcoming months, they are listed on Page 3.

Also, last month I wrote about ordering items from our SIR store website. Well, the items arrived in a timely manner and the polo shirt and the sweatshirt were both very comfortable to wear. In fact, I wore them to our February meeting and received a few compliments on how they looked. And, if you order \$50 worth of merchandise, the shipping is free; a win-win.

Another month done and another new winner at my Texas Hold'em poker game. This time, fellow SIR-69 member, Brian Thurston, a newbie to my Texas Hold'em game, was the top, overall winner. Congratulations to Brian!

And, what happened to the previous month's winner, Stu Nussbaum? Well, he was the first player eliminated this time. That's the way the cards go sometimes.

I will also mention that at the February BEC, I brought up some items that need to be updated on our website. I've notified Ross Martin, our website administrator, about many of the items that need to be corrected, updated, or even eliminated. So the process of getting our SIR-69 web page updated is now underway.

**Robert Schrupf, Little SIR**



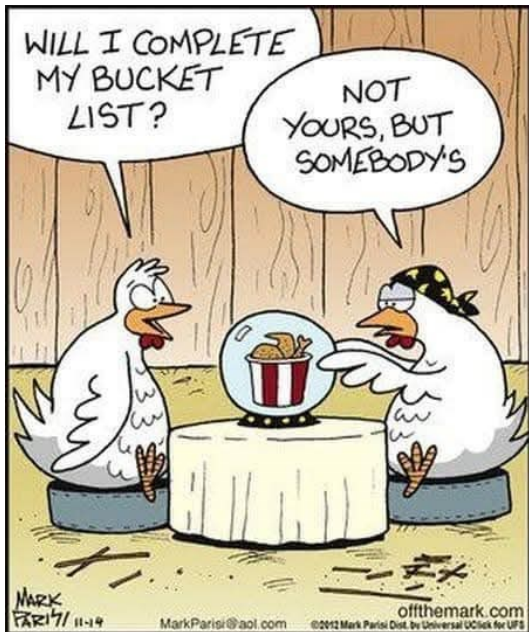
## March Birthdays

Bill Mullen	3/3	
<b>Jose Fernandez</b>	<b>3/4</b>	<b>90 years old</b>
Pat Barrett	3/5	
Joseph Cain	3/5	
<b>Ed Iaconis</b>	<b>3/9</b>	<b>87 years old</b>
Jimmy Buckley	3/14	
<b>Fred Smith</b>	<b>3/25</b>	<b>83 years old</b>
Michael Jones	3/29	
Brian Thurston	3/30	



# CONGRATULATIONS!

Special CONGRATULATIONS go out to Jose Fernandez on this **90th** birthday!



## March Anniversaries

<b>Jose and Carol Fernandez</b>	<b>3/11</b>	<b>69 years</b>
Allen and Rhonda Riker	3/23	
<b>Vernon and Shyrlee Freeman</b>	<b>3/31</b>	<b>69 years</b>



### NEXT GENERAL MEETING



Thursday **March 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: Jan Whitney from the Parkinsons Association of Northern California

**YOU'RE ALL INVITED!**

### MENU

For March 13th

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- Brussels Sprouts Salad
- Braised Corned Beef & Cabbage with Roasted Carrots
- Boiled Yukon Potatoes
- Dinner Rolls & Sweet Butter
- Chef's Choice Dessert

# WELCOME NEW MEMBER!!

## SIR John O'Neal

2014 University Park Drive  
Sacramento, CA 95825  
916-531-5378  
jhoneal@sbcglobal.net  
Sponsor: Jerry Schroeder



John was born in Portland, Oregon, and grew up there and in Spokane and Seattle, Washington. After high school, John attended the University of Washington and earned a BS degree in physics. He next entered medical school at the same school, and, after graduation in 1974, began his residency at Chope Hospital with the San Mateo County Mental Health. After John completed his training in 1977, he went into private practice and was on the staff of Peninsula Hospital in Burlingame. He moved to Sacramento in 1985, again in private practice and was on the staff of Sutter Community Hospitals, including a stint as chief of psychiatry with Sutter.

John retired from his practice in 2022 but spent one year as a staff physician with the California Department of Social Services reviewing Social Security disability claims.

John is active in several activities, including bicycling, skiing, tennis, and auto racing. He has two sons of his own and his wife, Maureen, has seven grandchildren and one great-grandchild, so his extended family is large.

Birthday: September 5, 1948  
Anniversary: Maureen, May 11, 2023

### 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:



## FUTURE SPEAKERS FOR THIS YEAR

By Robert Schrupf

April will be Mark Hoffman, founder of Sports Leisure Vacations and co-presenter of The Travel Guys Radio Show.

May is Joe Cain, our own SIR-69 member and founder of the SIR-69 Investment Group.

June will be Ted Nishio, another SIR-69 member, who will be talking about being a Red Cross Volunteer.

July will be Dan Bunz, former San Francisco 49 football player.

August will be Mike Woods, golf pro from Haggin Oaks Golf Course.

September will be Gabe Kerchner again, from Wild Things.

October will be Scott Ford, Deputy Director of The Downtown Sacramento Partnership.

November will be Davis Acuna from CalFire.

And, of course, December is our annual Christmas party.

And, I already have two more speakers who said they would be willing to speak with us in 2026, or to fill-in if a 2025 speaker cancels.

## RECRUITING AND PUBLICITY

Once again, I am happy to see that we added another new member to our branch in February. 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.

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 March luncheon.

**Tom Page, Recruiting & Publicity Director**





# GOLF NEWS



**Rick Hom—Regular Course**



**Terry Block—Progressive Golf Club**



## UPCOMING TOURNAMENTS

March 20 - Ancil Hoffman - \$62

March 27 - Arcade Creek - \$58

April 11 - Davis GC - \$25

April 17 - Elkhorn - 51

## JANUARY/FEBRUARY RESULTS

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

*Despite a frost-delayed start, it turned out to be a beautiful day for golf. It was great to see all of you for the first golf event of the year.*

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

White Tees: Terry Block & Mark Machado, Mike Evans & Jim Svobodny, Ernie Flores & Mark Steffens

Red Tees: Connor Chin & Scott Edwards, Dan Calcagno & Conrad Cookman, Fred Smith & Rick Hom

CTPs: Bill Katsifolis, Mark Machado, Jerry Buhlert, and Dan Nelson

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

*Results of the this tournament will be posted in the April Newsletter.*

### THE OUTDOOR ENTHUSIAST

A man visited his doctor, and the doctor checked him over before commenting, "You look like you get a fair amount of exercise."

The man replied, "I walked five miles over rugged terrain. Then I waded along the edge of a lake, pushing my way through thistles and sliding down sandy slopes."

The doctor was impressed. "Well, you are certainly a dedicated outdoor enthusiast."

The man replied, "Not really, doctor. I'm just a really bad golfer."

## UPCOMING TOURNAMENTS

March 3 - Allister Mackenzie - \$43

April 28 - Teal Bend - \$58

## FEBRUARY RESULTS

### Bartley Cavanaugh (02/10) - Stroke Play

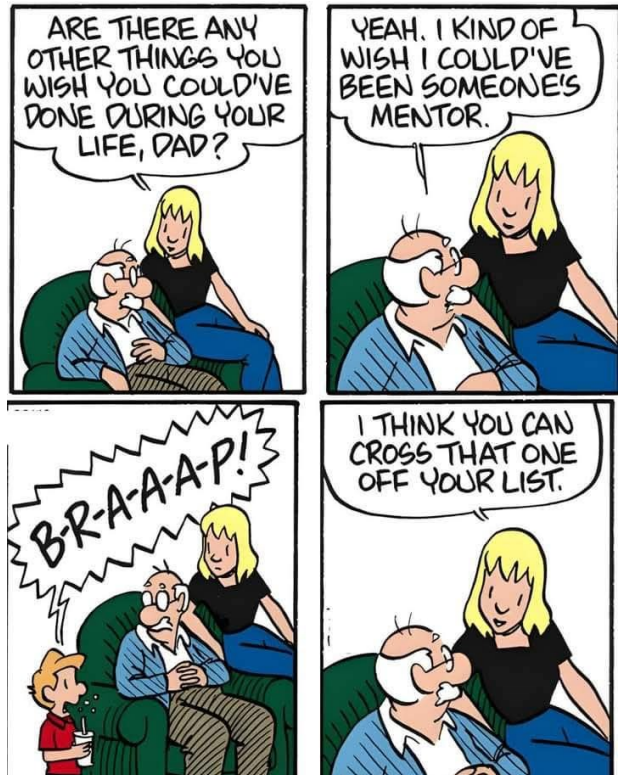
*1st Low Net, 2nd Low Net, 3rd Low Net, 4th Low Net*

Flight 1: Bill Katsifolis, Mark Machado, Jim Svobodny, Rick Hom

Flight 2: William Berndt, Terry Block, Tom Page, Conrad Cookman

Flight 3: Carl Hefner, Marty Miller, Ken Sawitzky, Fred Smith

CTPs: Jerry Buhlert, Gary Lukins, Mark Machado, and Terry Block





# BOWLING NEWS

Our bowling season is getting closer to the final roll-off: only eight more weeks until we crown the 2024-2025 champion team. The battle is still very close, with six of the ten teams within striking distance of the top.

Almost every week results in good scores by our bowlers. Recently, Jim Smalling rolled a 702 scratch series—the best for the entire year. Les Kurtz had a 654 scratch series, while James Aylett rolled a 729 handicap 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 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**



A little boy goes to his father and asks, "Daddy, how was I born?" The father answers, "Well, son, I guess one day you will need to find out anyway! Your Mom and I first got together in an online chatroom. Then I set up a date via E-mail with your mom, and we met at a Cyber Cafe. We sneaked into a secluded room and googled each other. There your mother agreed to a download from my hard drive. As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said, "You've got male!"

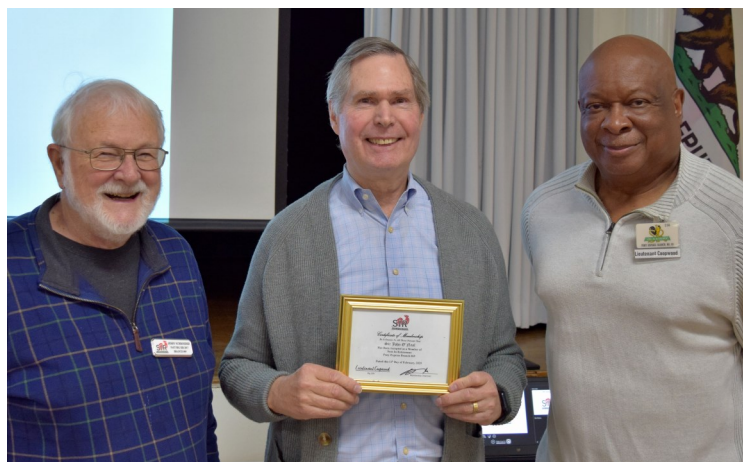
## BOWLING TOURNAMENT

### SIR BRANCH 69 BOWLING TOURNAMENT

On February 20 and 21, 2025 Branch 69 held its 4th annual SIR bowling tournament at Country Club Lanes. There were over 94 participants from 18 Northern California SIR branches. Seventeen (17) bowlers from Branch 69 participated and we had 10 who scored well enough to share some of the prize fund of \$2,810.00. Congratulations to Erle Hansen, the branch's biggest winner who took home \$154.00. Other winners were Bernie Moreno, Dwight Zook, George Langford, Hal Copperberg, Neal McCoy, Tod Davis, Greg Powell, Robert Schruppf, and Les Kurtz.

Thanks to Jim Smalling and Hal Copperberg for assisting with the tournament operations; from application signups to distribution of prize money after the event. We look forward to a bigger turnout for the 5th SIR Branch 69 bowling tournament next February.

**Tod Davis**  
**Tournament Manager**

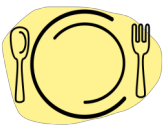


Big SIR, Lieutenant Coopwood (Right), welcomes new member, John O'Neal (Center), into Branch 69 with John's sponsor, Jerry Schroeder (Left).

# BRANCH ACTIVITIES

## ACTIVITIES CHAIRMAN DINE-OUT

Last night (February 24), we had a wonderful dine out at Bennett's American food! I am so happy to say that we had 29 diners and everyone seem to enjoy their meal. I want to thank Laverne Gauff for picking Bennett's and for next month's dining destination, Buckhorn BBQ and Grill.



**The NEXT DINE-OUT will be at:**  
Buckhorn BBQ and Grill on 24 March at 6 o'clock at 400 Howe Avenue.

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

**Mark Steffens, Activities Chairman**



## WINE TASTING

Some of the events previously planned went together very easily, with one exception, getting a winery pinned down for a mutually agreeable date.

One of the wineries I'm working with will take us from the vinyard to the winery (i.e. the harvest and processing of the "fruit"). Another form the "vine to the glass" (the entire process). The interesting part of this is to learn the variation in techniques used by each of the respective vintners.

In the meantime, I would like to put together a gathering wherein you bring your favorite wine paired with a favorite food. This can be done as a several course dinner, broken down by courses with each couple or single being responsible for a course with a pairing. In order to do this, we would need to limit to 4-5 couples/singles, and need a house big enough to accommodate up to 10 people without being too crowded. My dining table will hold the aforementioned 8 persons, but I cannot commit until early in the summer. If anyone else has a home and/or venue that can be made available at an earlier date, please contact me ASAP so that plans can be undertaken.

**Dennis Kramer**  
(530)-312-3896  
[Wischixen1@aol.com](mailto:Wischixen1@aol.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)

## BOCCE BALL



I've had a few people ask me about bocce ball. Another SIRs club plays at Carmichael park every other Tuesday during the warm weather months. There is the popular East Portal Bocce Club (at 1120 Rodeo Way, Sacramento) that is not too far away and several potential players already know about. And there is even bocce ball here at the Dante Event Center.

Please drop me a line if you would like me to investigate into playing at any of these facilities. With enough interest, we can make it happen.

**Bob Schrupf, Bocce Ball Chairman**  
*Brschhrumpf@hotmail.com*  
 (916) 897-7114



## CARD CLUBS



### CRIBBAGE

The Cribbage Group will meet March 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.

See you there and bring your friends.

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



## BASEBALL

As was reported at last month's luncheon, the entire Major League season has been sold out here in Sacramento. Some luxury suites are still available for the A's games, but I was cautioned that the price is rather steep.



With this in mind the Rivercats have lowered the minimum number of tickets necessary to reach "group sales" status has been lowered from 20 tickets to a mere 10 tickets to reach "discounted" status. A year ago, I planned a game, reached out to other branches, and still only got 5 other club members to attend. This would leave me short of the new number of 10 required to achieve "group status". I would need at least 6 other folks from the Branch to make another outing feasible. (I can always get a few of my friends to round out the group). If you are interested, please contact me, and if there are enough of us, I will reach out with some proposed dates.

**Dennis Kramer**  
 (530)-312-3896  
*Wischixen1@aol.com*



## TEXAS HOLD'EM POKER



We had 12 players at our last Texas Hold'em game, let's have the next one at my house on Saturday, March 15 at 1:30. The cost is only \$10.00.

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



## INVESTMENT GROUP



The Investment club will meet on March 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*



# LAST MONTH'S SPEAKER



## APPAREL

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

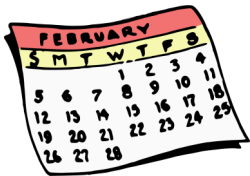
Shirts, hats, jackets, all with the official SIR logo at reasonable prices!

Lots of colors to choose from.

Click on the hat to order:



Last month's speaker was Todd Nobbe, an investigator from the Sacramento DA's office. He spoke about the many telephone and internet scams directed at senior citizens. He is seen here receiving a Certificate of Appreciation from Little SIR, Robert Schrupf.



## BRANCH 69 CALANDER OF EVENTS AND ACTIVIES FOR FEBRUARY

March 3 - Golf - Allister Mackenzie

March 5 - Cards - Cribbage

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

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

March 15 - Cards - Poker

March 19 - Cards - Cribbage

March 20 - Golf - Ancil Hoffman

March 24 - Dine-Out - Buckhorn BBQ and Grill

March 26 - Investment Group ZOOM Meeting

March 27 - Golf - Arcade Creek



## 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.

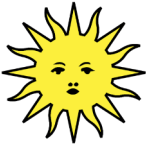
SO – I need someone to step up and take care of the books. Not a BIG job, just take them home and bring them back. PLUS, you get to weed them out as they grow in numbers. Excess books I donate, from time to time, to a bookstore or the library.



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

**Alan Weinel 209-843-1804 (voice or text)  
or [alan\\_weinel@att.net](mailto:alan_weinel@att.net)**





# SUNSHINE



Former member (2021) **Robert Houghton** - Admitted to the hospital on Jan 19, 2025 for a heart attack. On Jan 25, 2025 he passed away. He will be laid to rest at East Lawn (5757 Greenback Lane, Sacramento, Ca 95841). Services will be held on March 7, 2025 at 1:00 pm. Robert was a member of SIRs Branch 69 who left due to health reasons. Please keep his family in your prayers.

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

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

**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.)

And finally a bit of good news. **Robert Clanton** has only two (2) more Chemo sessions before he is done with his cancer treatments.

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**



<b>2024 Officers</b>	
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
<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>	
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>Honored Members</b>	
<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	
<u>SPECIFIC ACTIVITIES CHAIRMEN</u>	
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 Schrumpf (916) 897-7114
Poker Night	Robert Schrumpf (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).