



# THE MAIL POUCH



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

**The Pony Express Branch #69**  
**October - 2024 Edition**

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

John Popadak, Editor



## CONNOR'S LUCK OF THE IRISH

In the month of October, there are several exciting events taking place – MLB Playoff and World Series, Rosh Hashanah, Yom Kippur, Columbus Day, and Halloween.

We need to get a better member response and attendance status to the Ten Dedicated Volunteer Phone Callers. For several months, we have had a number of members that have said “Yes”, but they did not show up at the luncheons. Their missing appearances has caused an added expenses to the monthly Dante Cub Luncheon Payment. At the July BEC Meeting, a policy of back charging these non-attending members has been approved for reimbursement of these non-attended meals.

Note that effective August 1st with the new 2024 annual contract with the Dante Club, the cost of the membership luncheon has gone up by \$2.00 to \$27.00. The previous contract price for 2022 and 2023 was \$25.00. Blame it on the cost of inflation and the higher wage cost of the staff.

The SIR 69 Holiday Christmas Party will be held on December 12th. The Christmas Party is a great social time and fun loving for the membership. Induction of the 2025 BEC Nominations will be done at the Christmas Party. Tickets may be purchased at the October and November Membership Luncheons. You may also mail your check and reservations to our Treasurer, Hal Copperberg, 8015 Garry Oak Drive Citrus Heights, Ca 95610. Reservations must be received by Thursday, November 21st. (See attached flyer)

Hopefully, everything has been healthy and enjoyable for your family. Looking forward to see everyone at the SIR Branch 69 Luncheon at the October 10th Luncheon.

**Connor “Lucky Irish” Chin, Big SIR**  
**Cell Phone: 1 (916) 601-1854**  
**Email: [cljschin@gmail.com](mailto:cljschin@gmail.com)**



# NEXT MEETING

## NEXT GENERAL MEETING

Thursday **October 10, 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

**REMEMBER: The Lunch Cost is now \$27**

**Scheduled Speaker:** Mike Woods of Haggin Oaks/MacKenzie



**YOU'RE ALL INVITED!**

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

## RALPH WALDO EMERSON

To laugh often and much;  
To win the respect of intelligent people and the affection of children;  
To earn the appreciation of honest critics and endure the betrayal of false friends;  
To appreciate beauty, to find the best in others;  
To leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition;  
To know even one life has breathed easier because you have lived.  
This is to have succeeded.



## October Birthdays

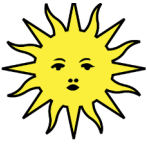
<b>Otis Benning</b>	<b>10/01</b>	<b>85 Years</b>
<b>Bill Cozine</b>	<b>10/05</b>	<b>88 Years</b>
Tom Mezzanares	10/05	
<b>Jim Oliver</b>	<b>10/05</b>	<b>82 Years</b>
John Valdes	10/09	
Rick Hom	10/13	
David Bozeman	10/14	
Sandy Davis	10/15	
<b>Marty Miller</b>	<b>10/15</b>	<b>83 Years</b>
Doug Bailey	10/19	
Paul Woods	10/20	
Bob Clanton	10/21	
Nate Gauff	10/21	
Ted Nishio	10/26	
Greg Hess	10/31	



## October Anniversaries

Bill and Cheryl Pritchett	10/05	
<b>Hal and Dolly Copperberg</b>	<b>10/06</b>	<b>51 Years</b>
Michael and Joy Jones	10/15	
Pat and Sandy Quinn	10/16	
Mark and Nancy Machado	10/21	





## SUNSHINE



September has been a rough month. Take a minute to give your loved ones a hug and tell them how you feel.

Please keep the following folks in your prayers:

1.) **Bob Dant** - had been recovering from a stroke he suffered in August. Sadly, he passed away on Monday night September 16th. May he rest in peace.

2.) **Lloyd Plank** - Former member of SIRs Branch 69 passed away on Sept 14th at the age of 98 with his wife (Joyce) of 60 years at his side. May he rest in peace.

Cards can be sent to:  
Plank Family  
2233 255th Street  
Lomita, CA 90717

3.) **Amnon Igra** - Suffered a heart attack on Sept 10th and was shifted from Intensive Care and finally to Hospice Care. Unfortunately, he never regained consciousness and on Sept 20 he passed away. May he rest in peace.

4.) **Jim Happs** - Having Knee surgery on Nov 19th 2024.

5.) **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. He was last reported resting up and recovering at home.

6.) **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 Connor Chin.

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



## LAST MONTH'S SPEAKER



Last month's speaker was Jennifer Peretti from the Alzheimer's Association, seen here receiving a bottle of wine and a Certificate of Appreciation from Little SIR Lieutenant Coopwood (L) and Big SIR Connor Chin (R). She discussed the many types of Dementia, including Alzheimer's. They are:

Alzheimer's  
Vascular  
Lewy Body  
Frontotemporal  
Other, including Huntington's  
Mixed Dementia (dementia from more than one cause)

She then talked about the warning signs of dementia:

1. Memory loss that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks
4. Confusion with time and place
5. Trouble understanding visual images and spatial relations
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgement
9. Withdrawal from work or social activities
10. Changes in personality





# GOLF NEWS



**Rick Hom—Regular Course**



**Terry Block—Progressive Golf Club**



## UPCOMING TOURNAMENTS

October 15 - Lincoln Hills-Orchard - \$65 - 4-Man Scramble

October 17 - Mather GC - \$55 - Stroke Play

November 7 - Bing Maloney - Turkey Shoot - \$41

## SEPTEMBER RESULTS

### Dimond Oaks (09/05) - Stroke Play

*Looking at the scorecards, it appears that the heat might have had an effect on some of us. I want to thank everyone who showed up and played in these conditions. Hopefully the weather forecasters will have a better outlook in our upcoming tournaments.*

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

1st Flight: Mark Machado, Dave Busch, Jerry Buhlert

2nd Flight: Alex Canada, Dan Nelson, Tom Page

3rd Flight: Bob Clanton, Fred Smith, Rod Lukins

CTPs: Dave Busch, Conrad Cookman, and Ritchie Carlson

### Wildhawk (09/19) - Modified Stableford Stroke Play

1st Place, 2nd Place, 3rd Place

1st Flight: Nate Gauff, Pat Quinn, Mark Machado

2nd Flight: Tom Page, Dan Nelson, Fred Smith

3rd Flight: Paul Woods, Richie Carlson, Bob Clanton

CTPs: Nate Gauff, Jack Osborne, Russ Prophet, Mark Machado, Dan Nelson, and Fred Smith

### Bartley Cavanaugh (09/26) - 4-Man Scramble

*A big Thank You to all that participated, it sure sounded like all of us had a good time. Congratulations to our Winners!*

1st Place Team: Conrad Cookman, Carl Hefner, John Mestek and Tom Page

## UPCOMING TOURNAMENTS

October 7 - Ancil Hoffman - \$62 - 4-Man Scramble

October 21 - Wildhorse - \$57 - Stroke Play

October 28 - Teal Bend - \$57 - Cha-Cha-Cha

November 4 - Alister Mackenzie - \$42

November 11 - Bartley Cavanaugh - \$41

## SEPTEMBER RESULTS

### Antelope Greens (09/23) - 2-Person Net

*We had a small group of 8 teams playing best net ball; these 8 teams were split into 2 flights. Flight 1 had a team handicap of 0 - 33 and Flight 2 had a team handicap of 32 - 59.*

1st Flight:

1st Place Team: Jim Oblizalo and Bill Mullen

2nd Place Team: Nate Gauff and Terry Block

2nd Flight:

1st Place Team: Tom Costello and Alex Canada

2nd Place Team: Tom Page and Pat Quinn

2nd Place Team: Bob Baker, Tom Costello, Mark Machado and John Popadak

3rd Place Team: Joe Riley, Jerry Schroeder, Jim Sprifke and John Valdes

4th Place Team: Jerry Buhlert, Bob Clanton, Katsifolis and Jim Svobodny



# BOWLING NEWS

The SIR Branch 69 & Friends bowling league is off to a great start—lots of close competition and lots of fun, too. Along with the good battles, the league bowlers have had some outstanding scores. Jim Smalling rolled a 259 scratch game, followed closely by Neal McCoy's 255 game. Neal has the top scratch series at 655 to lead Jim Smalling at 636. Patrick Fintel and Tom Page have 300 handicap games, while Tom Knoble nailed a great handicap series at 758.

Every week, we have openings for substitute bowlers, some weeks just a couple, some 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.

**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. 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**

## RECRUITING AND PUBLICITY

It's been a little slow lately for new members—nearly three months without a new inductee. If you've got a prospect in mind for joining our branch, try to get him to attend the October luncheon and perhaps join at that time or at the November BEC. I have three contacts who I hope will come to the October luncheon, so let's try to make it a big day for guests and include yours.

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 October 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:



# BRANCH ACTIVITIES

## ACTIVITIES CHAIRMAN NEXT DINE-OUT:

Join us for a delightful dinner experience at **Vince's Ristorante!**

You are cordially invited to a mouth-watering dinner experience at Vince's Ristorante on **October 24th at 6:00 PM**. This is an excellent opportunity to spend quality time with your SIR friends, bring a guest, and make new connections.



Vince's Ristorante is located at 840 Harbor Boulevard in West Sacramento and is known for its old-world Italian entrees, pizza, chicken, seafood, and steaks. Their daily and nightly specials are also worth

trying. You will be amazed at the variety of bottled and draft beers and their extensive wine list.

Don't miss out on this chance to relish some delicious food in great company. Please RSVP to PBS Mark Steffens by calling or texting 916-214-8650 or emailing [steffens.mark@gmail.com](mailto:steffens.mark@gmail.com)



We look forward to seeing you there!

**Mark Steffens, Activities Chairman**



## INVESTMENT GROUP



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



## CARD CLUBS

### CRIBBAGE

The Cribbage Group will meet October 2nd and 16th this month at the Country Club Bowling alley in the back room. Remember it starts at **3:00 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](mailto:Dan.8733@yahoo.com)



## TEXAS HOLD'EM POKER

For the Sept 29 Texas Hold'em poker game there were 4 men from SIR-69 playing, out of a total of 13 men and women players.



Steve Eason ended up being the big winner of the day.

Our next Texas Hold'em game will be on Sunday, Oct 20 at 1:30 at Bob & Kathy Schrupf's house at 5418 Lequel Way, in Carmichael.

Let Bob Schrupf know if you can make it to the next game. Please RSVP me at [rschrumpf@hotmail.com](mailto:rschrumpf@hotmail.com), or (916) 897-7114.

**Robert (Bob) Schrupf**  
Poker Night Chairman



## 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.

**Robert Schrupf, Ping-Pong Chairman**





## BRANCH 69 CALANDER OF EVENTS AND ACTIVIES FOR OCTOBER

- October 2 - Cards - Cribbage
- October 7 - Golf - Ancil Hoffman
- October 10 - Branch Executive Committee (BEC) Meeting (10:00 am)
- October 10 - General Branch Meeting and Luncheon (12:00 noon)
- October 15 - Golf - Lincoln Hills-Orchard
- October 16 - Cards - Cribbage
- October 17 - Golf - Mather
- October 20 - Cards - Texas Hold'em Poker
- October 21 - Golf - Wildhorse
- October 23 - Investment Group Zoom Meeting
- October 24 - Dine-out - Vince's
- October 28 - Golf - Teal Bend



## 2025 ROSTER CORRECTIONS

I am currently working on the 2025 Rosters.

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

Be sure to add the new members to your copy of the 2024 roster.

**PBS Alan Weinel, Roster Chairman**  
(209) 843-1804  
Alan\_weinel@att.net



<b>2024 Officers</b>		
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
<b>Directors</b>		
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
<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 Weinel	(209) 843-1804
Audit	George Langford	(650) 823-5493
Nominating	PBS Alan Weinel	(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	PBS Alan Weinel	(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 <a href="https://sirinc.org/apparel-and-signage">https://sirinc.org/apparel-and-signage</a>		

### 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).

# Annual Holiday Luncheon



Thursday, December 12, 2024  
The Dante Club, 2330 Fair Oaks Blvd.  
Sacramento, Ca.

11:00 Drinks and Conversation  
12:00 Lunch

## Soft music during lunch

- Seating: If you would like to be seated as a group, write on the back of this reservation sheet, otherwise open seating.
- Holiday Luncheon 2024 is open to all members of Branch 69. Wives and guests are encouraged, but not required. Guests such as Widows, Daughters or Friends are always welcome. *Single members are encouraged to attend.* **Dress: Dressy Casual.**
- Program will include members being recognized for significant accomplishments and events, such as a hole-in-one or significant bowling score. Branch activities recognition will also be featured.  
Special gifts will be provided to the ladies with door prizes to be given out.
- Come be recognized and celebrate!

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## Reservations:

- SIR Name \_\_\_\_\_
- Spouse/Guest(s) \_\_\_\_\_

## Lunch Menu:

### Quantity

- |   |       |   |                |
|---|-------|---|----------------|
| • Slow Roasted Tri-Tip<br>Served with Red Wine Demi Glaze | _____ | X | \$35 = \$_____ |
| • Pan Seared Salmon<br>Served with Brown Butter Sauce     | _____ | X | \$35 = \$_____ |
| • Butternut Squash Ravioli<br>Served with Beurre Blanc    | _____ | X | \$35 = \$_____ |
|   | TOTAL | = | \$_____        |

\*Each meal is served with a Mixed Green Salad, rolls and Pecan Pie.

Coffee, Ice Tea, and water will be served at table. White and red wine carafes at each table.

Prepay at the October 10<sup>th</sup> and November 14<sup>th</sup> Luncheons & make checks payable to **SIRS Branch 69**, or mail or give check to Treasurer, Hal Copperberg, 8015 Garry Oak Drive, Citrus Heights, CA 95610 – ***BY November 21.*** (We **must** give the Dante Club a final count by 11/29)