



SIR Branch 116 Newsletter April 2021

Enhancing the lives of our members through fun activities, luncheons and events while making Friends for Life

Message from Sam



I hope all of our members and their families are doing well. Spring is here. Trees are starting to sprout leaves, with multiple shades of green. Mustard Seed is casting a sea of yellow color. This is also the perfect time for the annual SIR 116 "Spring Fling". Unfortunately due to Covid restrictions, we will not have it this year.

Otherwise we are starting April with good news in several fronts.

Contra Costa County now moved to Red Tier for Covid restrictions. According to State SIR Covid survey conducted during early March, majority of our members have already been immunized. Roger Craig called all our branch members who did not respond to Covid survey whether they need help to get vaccine appointments, Dennis Snarr will help those who need help with the vaccine information.

All of our outdoor activities are now starting subject to State, Local Government Health Directives as well as venue and SIR Activity Covid Protocols. Now, you can participate in golf, fishing, bocce, pickle ball, walking tours and Amiable Amblers. Our on-line activities such as book clubs, on-line bridge, Computer-Tech are also continuing. You can also invite your spouse, friends and guests to some of these activities.

By the way, we have new Activity Chairmen for Bocce and Golf Clinics. Paul Russell will coordinate Bocce and Jeff Johnson will manage Golf Clinics. Our Publicity Team chaired by Al Farbman has prepared a great advertising brochure promoting our golf activities. Al also has been active in social media advertising our monthly meetings.

We had a good turnout at our March 15 monthly meeting. Our speaker Jenny Gowan made an excellent presentation on Travelling during the Pandemic. Jenny Gowan, Africa Operations Manager for Wilderness Travel, an award-winning international travel company, addressed many questions like: When can we get back to traveling? Where can we go? What safety precautions are being put in place? How far in advance should we be booking? Please refer to Trampas Topics for our April Meeting Speaker.

Stay safe, stay in touch and start participating in our outdoor activities.

Sam Beret, Big SIR

**Next Meeting
via Zoom on
Apr. 19 at 11:30 AM**

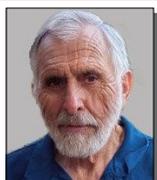
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*Please email or call
any BEC member if
you have any ques-
tions/news regarding
branch activities or
members*

Trampas Topics

2021 SIR Branch 116 Officers



Big SIR
Sam
Beret



Little SIR
Fred
Wachowicz



Treasurer
Alan
Fitzgerald



Asst.Treas.
Al
Satake



Secretary
Paul
Ramacciotti



Asst. Sec.
Alan
Pope



Member.Sec.
Phil
Goff

2021 SIR Branch 116 Directors



Michael
Barrington



Gary
Boswell



Roger
Craig



Kevin
Donahue



Al
Farberman



Darrell
McLaughry

2021 Support Chairmen

RAMP Department Heads:

- Recruitment Don Schroeder
- Activities Mike Ward
- Member Relations Tom O'Brien/Roger Craig
- Publicity Allan Farberman

Branch Support Chairmen:

- Audit Committee Ron Armijo
- Nominating Committee Michael Barrington
- Sunshine Committee Matt Arena
- Computer Support Neil Schmidt/Phil Goff
- Webmaster Neil Schmidt/Phil Goff
- Newsletter Editor Neil Schmidt
- New Member Orientation Dave Williams
- Membership Roster Prep George Pryhuber

Diversity Support Team

- Team Leader Fred Wachowicz
- Team Member Sam Beret
- Team Member Terry Sherman
- Team Member Al Satake
- Team Member Jerry Hicks
- Team Member Jim McCormick
- Team Advisor Lee Moy

Luncheon Support Team:

- Attendance Mike Scheneider
- Audio Visual Neil Schmidt
- Chaplain Committee Terry Sherman
- Greeters Committee Terry Grummitt
- Raffle Committee Ben Bryce
- Storytellers Committee Mac McLoughlin/F. Schafer

Speakers Committee

- Team Member Fred Wachowicz
- Team Member Jeff Johnson
- Team Member Allan Farberman
- Team Member Paul Freitas
- Team Member Roger Craig

2021 Activity Chairmen

<u>Activity</u>	<u>Chairman</u>	<u>Asst. Chairman</u>
• Amiable Amblers	John Riordan	Joel White
• Bocce	Paul Russell	Harry Sherinian
• Book Group 1	Rich Black	Steve Bort
• Book Group 2	Alan Pope	Scott Clark
• Book Exchange	John Fraser	Dick Kauffma
• Bridge	Jon Dickson	Bob Wolf
• Computer & Tech.	Neil Schmidt	Phil Goff
• Dine-O-SIR	Alex Lutkus	Marty Katz
• Duplicate Bridge	Conrad Robertson	Tom Henry
• Fishing	Harry Sherinian	Terry Miller
• Golf—18 Hole	Bernie Wroblewski	Jim Johnson
• Golf—9 Hole	Dick Chaffee	D. McLaughry
• Golf—Treasurer	Alan Pope	
• Golf—Carmel	Jim Barstow	JJ, Harris, Eller
• Golf—Carson City	David Harris	Harry Oberle
• Golf—Clinic	Jeff Johnson	
• Mexican Train	Richard Madden	Alex Lutkus
• Parties	Marty Katz	
• Pickleball	Ed Solomon	Gary Bonfiglio
• Poker	Lou Sandor	
• Saturday Tours	Greg Hughes	
• \$ums in Retirement	Ben Smith	
• Travel	TBD	
• Wine-O-SIR	Lou Meylan	

**A Thank You to all Br. 116 SIR Who
Volunteer to be Leaders**

Some Other SIR Area 16 Activities

Apple User Group	Dick Macy (Br.171)	376-1180
Astronomy	Bill Hunter (Br.8)	947-6947
Bowling	Dan Weller (Br. 8)	935-5510
Digital Photo.	Bill Phelon (Br.8)	254-8338
Pocket Pool	Jerry White (Br.8)	944-9068
Tennis	Ralph Thornicraft (174)	376-8140

Monthly Activities Calendar

April 2021

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1	2	3
4	5 18-Hole Golf (9:45@ Boundary Oak GC)	6	7 9-Hole Golf (10:00@ Buchanan Fields GC)	8	9 Hiking & Walking (8:15@ West Parking Lot, Lafayette Reservoir)	10
11	12	13	14 9-Hole Golf (10:00@ Diablo Hills GC)	15 Tax Day (well sort of...) Book Group 2 (11:00 via Zoom)	16	17
18	19 SIR Br. 116 Mtg. (11:30 @ Boundary Oak)	20 18-Hole Golf (9:00@ Hiddendbrook GC)	21 9-Hole Golf (10:00@ Buchanan Fields)	22 Fishing Group (8:30 via Zoom)	23 Hiking & Walking (8:15@ Inspiration Pt, Tilden)	24
25	26 Book Group 1 (10:15 @ Civic Park, Walnut Creek) 18-Hole Golf (10:00@ Las Positas GC)	27	28 9-Hole Golf (10:00@ TBD) \$ums Investment (1:30 via Zoom)	29	30	



Branch Administration



Treasury Report

Alan Fitzgerald, Treasurer

February 25, 2021		
	Feb. 2021	2021 YTD
Contributions	\$	\$ 647.00
Disbursements	\$ 0.00	\$ (1,329.31)
Net (gain/(loss))	\$ 0.00	\$ (682.31)
February Cash Balance		\$ 10,593.83
Outstanding Checks		\$ 0.00
Bank Acct Balance		\$ 10,593.83



Sunshine

Matt Arena, Sunshine Chairman

SIR **Jim Seven** passed on March 20th following a fall at his home. Jim had been very active in the Branch though he joined in February 2019. He was working on the Bocce program and participated in Bridge and the walking group. His wife Shanon told me that he wished that he had joined SIR much sooner. Services are to be announced later. He will be missed by his many friends.

SIR **Lou Sandor** continues to recover from the broken ankle. He is using a walker and is fitted with a boot which may come off when he sees his doctor this coming week. Lou and Zora have been in Folsom at their daughter's home while recuperating. He reports that Folsom has grown into a nice city with all the conveniences and where you could buy a home for a reasonable price .

SIR **Ben Smith** is doing much better and that was good news. He is in good hands with a top cardiologist. His spirits couldn't be better. Ben always finds ways to give a generous heart to the Branch.

YOU CAN NOT DO A KINDNESS TOO SOON BECAUSE YOU NEVER KNOW HOW SOON IT WILL BE TOO LATE.

Ralph Waldo Emerson



Branch Membership

Phil Goff, Membership Chairman

Total Current Membership is 203

Jim Seven passed away

April Birthdays

When you see these members, wish them a Happy Birthday!

- | | |
|-----------------------|-------------------|
| 1. Dick Chaffee | 8. Mac McLoughlin |
| 2. Jim Clizbe | 9. Alan Pope |
| 3. Whitey Davis | 10. Bob Shader |
| 4. Denny Giambastiani | 11. Ben Smith |
| 5. Bill Hemmelsbach | 12. Duane Spencer |
| 6. Ron Henrickson | 13. Marsh Stashyn |
| 7. Richard Madden | |

In Memoriam

James M. Seven

June 29, 1943 - March 20, 2021

March Brain Teasers

(Compliments of Alan Fitzgerald)

- Find a commonly used word that ends in T, contains the letters VEN, and starts with IN.
- If you can speak properly, you will be able to answer the following question. Which is correct, "The yolk of an egg is white" or "The yolk of an egg are white"?
- What is the opposite of "I AM NOT LEAVING"?
- What 11-letter word is pronounced incorrectly by more than 99% of Ivy League graduates?
- What 7-letter word becomes longer when the third letter is removed?

See answers on Page 11

Luncheon Speaker

April Meeting

April 19, 2021

“ARF”

ARF!! SIR Branch 116 Will Host a Speaker from ARF on April 19 at Noon

Join SIR Branch 116 on Monday, April 19 at 11:30 AM via Zoom to hear a representative from Tony La Russa’s Animal Rescue Foundation (ARF), tell us how their “Pets and Vets” program is Saving Both Ends of the Leash® and makes a positive difference to veterans in need.



Branch Administration



Little SIR Report

Fred Wachowicz

Well fellow SIRs, we have survived the Ides of March and Spring is officially underway. The tax man is even celebrating Spring with a 1 month tax reprieve to May 15th.

Our Speakers Team has scheduled **Tony La Russa's Animal Rescue Foundation (ARF)**, to talk to us about their Pets and Vets program and animal rescue dogs and the contributions they make in Veteran Community. **DOGS ARE GREAT!**

Check out **Mike Ward's Activity Column** this month as we have been able to open up several outdoor activities this month with the various reductions in County and State covid restrictions. Saddle up! We are moving forward! Most of our members have received their covid vaccinations and are ready to roll!

The travel world is beginning to open up as well, so if you are interested in travel be it full day events, weekend trip events, or 1-3 week National/International travel call Mike Ward and let him know what your interests as we move forward with

Travel Planning.

On Wednesday, the 24th of March, Bart Barthelemy of SIR Branch 149 in Napa County gave SIR attendees from several SIR Branches an extremely interesting review of Branch Wine Tasting Operations. Bart has been the owner and operator of St Barthelemy Cellars and is well known as one of the premier Port Winemakers in Napa County. Would you be interested in Weekend Wine Tasting trips to various California wine making areas? Bart's team has broken the code and how to set up these trips.

Check out Al Farbman's Publicity Layouts which are telling our SIR Branch 116 story in several Contra Costa County publications and online sites. Al's efforts are going to make an extremely positive impact on Branch Recruiting. Give Al, a call if you would like to help with the Publicity effort.

Our Annual Branch Online Activity and General Issue Survey will be released shortly so be sure to take a look and let us know more about your interests, concerns, and ideas for Branch improvements.

Diversity Committee

As we move closer to reopening all SIR activities after a year of pandemic shutdown, it's a good time to think about reaching out to others in our community to apprise them of the benefits of being a member of Sons in Retirement. The vision recently offered by our Diversity Support Team and approved by the Branch Executive Committee is "*to have members from all walks of life and backgrounds and retain them through fun activities – while making friends for life. Then our membership would reflect the rich diversity of our broader community - East Bay. This requires our organization to have a culture of inclusion of all individuals, regardless of*

race, ethnicity, national origin, religion, disability or age. All members will have opportunities to enjoy and enrich their lives through participation in a wide variety of our branch activities."

To achieve this vision, "*Our mission is to recruit men from all races, ethnicities, and national origins aggressively to attain our vision."*

Interacting and socializing with men from different cultural life experiences and backgrounds can enrich our lives as we hear and learn from them.

Terry Sherman, Team Member

Branch Activities



Activities Report Mike Ward, Activities Head

ANNUAL SURVEY

The 2021 Annual Activity Survey has been reviewed and completed. Due to other higher priorities the issuance of this Survey has been delayed.

This Survey is now scheduled to be sent out, via Email the week of April 4,2021.

Please take the time and effort to complete this Survey online and on time. We need your response to help us create new activities for our members use.

MORE ACTIVITIES ARE OPEN

In the BEC meeting held on March 15,2021, the BEC members decided to standardize the Covid 19 related language for each of the Five unapproved Protocols.

The final approval of the reorganized Protocols and the related resolutions were obtained by a unanimous Email vote.

You may resume your Outdoor Activities subject to the Covid-19 regulations/protocols for the following outdoor activities:

- Fishing Activity and Calendar (March-December)
- Amiable Amblers (Walking Group)
- Bocce Ball

- Saturday Walking Tours
- Pickle Ball

Please contact the Activity Leader for each of the above Activities for the status and schedule.

ACTIVITY PERSONNEL CHANGES

- Bocce Ball-Paul Russell has taken over the Chairman of this activity.
- Golf Clinic- Jeff Johnson is the new Chairman of this activity. He is assisted by Jerry Zampino and Fred McBreen.
- Saturday Walking Tours- Michael Schneider has joined up as a Assistant to Greg Hughes.

TRAVEL

Travel interest is still on hold due to the Covid-19 situation.

In the meantime, Armchair travel videos are still available from Alamo Travel.

Please give me a call at 510 734-9863 or Email me at Michael.Ward64@comcast.net , if you have an interest in receiving Travel Video's by Email.

When Covid-19 breaks up, I will be looking for Travel Chairman. Contact me if you have an interest.



Branch Activities



Book Group 1

Rich Black

Book Group #1 will next meet at **10:15 on April 26** to discuss "The Worldly Philosophers" by Robert Heilbroner in Civic Park near the Gazebo. The Convener will notify members ahead of time if an in-person meeting consistent with all relevant guidelines can be conducted. Members should bring a chair. In the event of inclement weather, the convener will schedule a zoom session. Prospective new members should contact Richard Black at Blackrw41@comcast.net

Book Group #1 met on March 22 to discuss "Into Thin Air" by Jon Krakauer. John Riordan recom-

mended the book and Richard Black led the discussion with Jerry Christopherson, Garrett Girvan, Richard Rossland, Mac McLoughlin, Pail Freitas, Mike Schneider, Art Donaldson, Jim Flessner, Dick Kauffman, Joel White, Richard White, Mike Barrington, John Kopchik and Steve Bort. Krakauer chronicles a cascade of bad luck, extreme environment and poor decisions that led to the death of five of their climbing party and ultimately 12 of those on Everest in the 1996 climbing season. The book earned a 4.3 star rating.



Book Group 2

Allan Pope

Book Group 2 met by teleconference on Thursday, March 18, to discuss "The Paris Architect" by Charles Belfoure. The author, who is also an architect, was inspired by a true story about a Jesuit lay brother who devoted his life to constructing hiding places for persecuted priests during the reign of Queen Elizabeth 1 of England.

In this novel, the principal character, Lucien Bernard, is an under-appreciated but gifted architect in Paris during the German occupation in 1942. He is not a sympathetic character; he no longer loves his wife, he has a mistress, and he does not care about the Jews being plagued by the Nazis in occupied France. He only cares about survival, making as much money as possible, and growing his reputation as an architect. Toward those ends, the story takes an intriguing turn when Lucien begins to lead a double life: accepting commissions from a wealthy Christian to design hiding places for Jews and designing factories for the Nazis.

This novel received mixed reviews from Book Club 2 members. Some members appreciated the development of the principal character, Lucien. On the other hand, there seemed to be much gratuitous

cruelty and violence toward the Jews. The novel also described, without much background, the different treatment of the Jews by the French during this time period and how the French treated each other depending on an individual's involuntary cooperation with the Nazi occupiers. Book club members gave the novel a score of 3 out of 5.

On a sad note, Jim Seven recently passed away. He was a valued, participating member of Book Club 2. Our condolences go out to his family. We will miss him.

The next Book Club 2 meeting will be on **Thursday, April 15, at 11 am** by videoconference using the Zoom app. The group will discuss, "Let the Peacock Sing" by Michael Barrington. For May, Book Club 2 members will read "Night Over Water" by Ken Follett. In the months ahead, Book Club 2 has discussed reading "The Night Witches" by Gian Piero Milanetti, "Caste" by Isabel Wilkerson, and "The Ministry for the Future" by Kim Stanley Robinson.

Whether you have read any of these books or not, we welcome anyone interested to join us.

Branch Activities



Fishing

Harry Sherinian

All SIR members and guests are welcome, and indeed encouraged, to participate in fishing trips as well as attend the monthly meetings. Contacts are Big Fish, Ron Lew 925-550-4166 and Branch 116 Fishing Coordinator, Harry Sherinian 925-846-7067. Next meeting will be through ZOOM on **Thursday, April 22nd, at 8:30am.**

Spring is sprung, the trout are biting, the halibut in the bay are beginning to feed. Stan Wong, Phil Scimonelli, Brion Beetz, Carl Moyer, and Bob Lively in his kayak are all getting trout at San Pablo Reservoir. Phil is in the lead with a 6+ pounder. Bob

Hilacker and Chuck Vanoncini went to the upper sac. Chuck got trout, Bob blanked on steelhead. Tom Kostik upon the delta caught stripers, flounders, catfish and small sturgeon. No one has yet fished for the halibut in the bay, but the party boats are just starting, and we have flat fish hopes.

Because our activity happens outdoors, we have been able to pursue our passion, observing all the COVID limitations. We now have SIR sponsored in person events. We do have meetings and discussions via computer.



Golf Clinic

Jeff Johnson

We hit a temporary set-back in rolling out the golf clinic sessions. Boundary Oaks Golf Club is instituting a Golf Academy and eliminating its current independent contractor golf instructors. We are in touch with the fellow responsible for the academy and he needs a couple of weeks more before he is in a position to meet with us.

In the meantime, our covid protocol is BEC

approved and activity procedures are drafted. We intend to start with a clinic once per month, on a Thursday. Instruction will rotate monthly between skills – tee shots, fairway, approach, bunker and putting. The 18-hole and 9-hole golf leadership is on-board and will notify their memberships when we are ready to roll-out the golf clinic activity.

SIR Branch 116 and Social Media

Our Branch now has a presence on several different social media sites:

- Patch
- Nextdoor
- Facebook ([SIR Branch 116 Walnut Creek Ca - Home | Facebook](#))
- Twitter ([@branch116golf](#))

Check them out...

Trampas Topics Submissions



We need your contributions and suggestions for Trampas Topics. Please send photos, news items, SIR activities, and Letters to the Editor:

Neil Schmidt, Trampas Topics Editor

trampastopics@gmail.com

Branch Activities



Amiable Amblers

John Riorday

Fifteen Amblers participated in our long-awaited reopening event. We gathered for a group photo at the Walnut Creek Civic Park and then dispersed into small groups for a walk north along the Iron Horse Trail.

The April walks are planned for more natural settings in hopes that spring lasts a bit longer. On **April 9** we will meet at 8:15 at the west end of the parking lot of the Lafayette Reservoir. We will walk counter-clockwise on the Lakeside Nature Trail. On **April 23** we will meet at 8:15 at Inspiration Point in

Tilden Park. We will walk north on the Nimitz Trail. RSVP to jriordan730@gmail.com . Call my cell phone 925-391-5749 if you are running late.

These walks are for individuals or couples, as spouses and significant others are encouraged to participate. The significant other/spouse is also invited to participate even when the member is unable to. SIR members, including those from other branches, wishing to join this mellow group or to be added to the email contact list should contact me at jriordan730@gmail.com or 925-284-3394.



Smiling Amblers at the Civic Park

\$ums Investment

Tom Henry (Br. 174)

We will again join Branch 128 (San Ramon) for their April 28 Zoom meeting at 1:30 PM.

The discussion will be announced.

Contact Dave Sutton if you wish to be added to the email list. Chair - Tom Henry - Branch 174: tomhenry925@gmail.com and Co-chair Dave Sutton - Branch 8: davesutn@comcast.net

Branch Activities



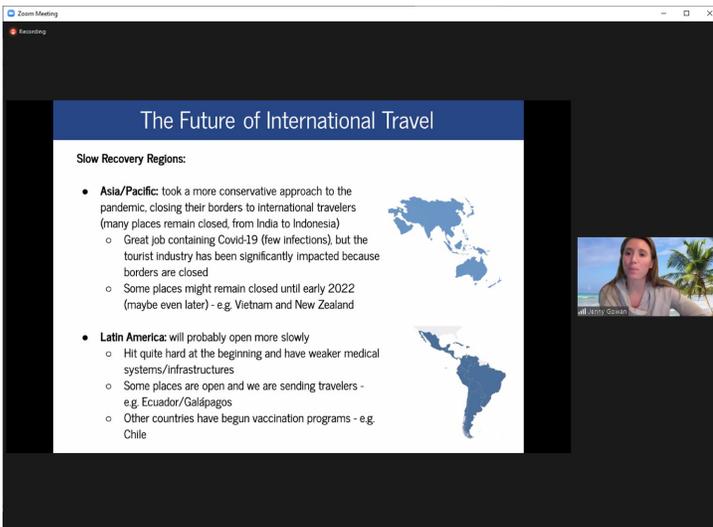
Bocce
Paul Russell

We have received approval from the BEC to open up our Bocce Ball activity.

We would like to begin the spring Bocce season on ~ April 15th based on the responses received from our interested Bocce Ball players (most of them prefer Thursday mornings). These co-ed teams are largely made up of approximately 8-10 SIRs and their spouses/significant others. The spring is looking

rather doubtful for courts, but we could possibly make up for it in the fall.

Based on the responses we have received the majority of our players would like to rent courts and play bi-weekly. I'm still trying to procure some courts and if anyone has any interest in Bocce Ball and/or has connections to rent some courts, Contact me at (peruz@att.net).



March 15th Speaker Meeting Topic:
"Answering Your Travel Questions"

SIR Web Addresses

SIR 116 Web Site
branch116.org

Branch 116 Golf
branch116golf.org

Branch 116 Shopping Cart
sons-in-retirement-las-trampas-br-116.square.site

Area 16 Computer and Technology
sirinc2.org/a16cat/

SIR Happenings State Newsletter
sirinc.org/newsletters/

SIR HAPPENINGS

Checkout the new and improved State SIR Happenings Newsletter. With a new editor the newsletter February 2021 has been radically expanded with lots of information about fun things that are going on in our branches.

You can find it at: <https://sirinc.org/newsletters>

BRAIN TEASER ANSWERS

1. INVENT
2. Neither. The yolk of an egg is yellow.
3. It is not "I am going in" or I am not going in."
The opposite is "I am leaving."
4. The word "incorrectly."
5. Lounger.

How did you do?

SIR Golf



SIR Golf
Bernie Wroblewski, Golf Chairman

SIR Golf is Back!

The state SIR organization has lifted the temporary restriction on outdoor activities, including golf. And our BEC has approved the reopening of our 18-hole and 9-hole golfing events. This reopening however must comply with the state SIR COVID-19 Guidelines, as well as our Branch COVID-19 requirements. All compliance requirements are listed on our Branch golf web page. (Also directly jump to Guidelines at: [Guidelines](#))

This lifting of the temporary restrictions means our Branch golf events, both at Boundary Oak and at the “away” courses for March and April have resumed. Signups are now available on our Branch golf web page.

**SIR Br. 116 Golf is Now
on Twitter at: [@branch116golf](#)**

Checkout the latest “Tweets” on the Golf’s Home page: [branch116golf.org](#)

Latest SIR 116 Golf Info Available on Our Golf Web Site

The Golf Website is: [branch116golf.org](#)

Please bookmark it in your “Favorites” list of websites to access information on the following:

- 2018 Golf Schedule: Dates, times, and courses as well as detailed information on costs, pay-

ment information, deadlines, and special event facts.

18-Hole Pairings: Shows captains, teams, starting times & handicaps for next event.

- 18-Hole Leaders and Results: Shows results from recent events and leaders in each group.

April 9-Hole Schedule

Date	Time	Location	Organizer
Wed. 07	10:00	Buchanan Fields	Dick Chaffee
Wed. 14	10:00	Diablo Hills	D.McClaughry
Wed. 21	10:00	Buchanan Fields	Dick Chaffee
Wed. 28	10:00	TBD	

April 18-Hole Schedule

Date	Time	Location	Organizer
Mon. 05	9:45	Boundary Oak	Gary Boswell
Tue. 20	9:00	Hiddenbrook	Gary Boswell
Mon. 26	10:00	Las Positas	Gary Boswell

18-Hole Pay In Advance Deadlines

<u>Event Date</u>	<u>Location</u>	<u>Deadline</u>	<u>Amount</u>
April 20	Hiddenbrooke	Apr. 13	\$48
April 26	Las Positas	Apr. 20	\$46
May 24	Canyon Lakes	May 18	\$40

Sign-up via Branch 116 Shopping Cart System at: [sons-in-retirement-las-trampas-br-116.square.site](#)



FIRST CLASS MAIL

RETURN TO: Neil Schmidt
2231 San Miguel Dr.
Walnut Creek, CA 94596-5805

Sons In Retirement: A non profit Organization for Men Enjoying Active Retirement

Rules of Attendance & Membership for SIR Branch 116

RULE 100. A member shall be notified in writing and/or telephone by his Branch of the pending termination of his membership should he be responsible for any of the following:

- Miss three (3) consecutive regular luncheon meetings without having been excused by contacting the designated Branch Attendance person prior to the meeting date.
- Did not attend one-half of the regular luncheon meetings within the previous twelve consecutive month period. NOTE: Excused meetings cannot be included to achieve the minimum attendance.
- All legitimate alternatives to termination shall be explored. The member's response may suggest an alternative to termination such as inactive status.

RULE 101. Certification of attendance by a member at another Branch meeting will be considered as a credit to his attendance record. Individual Branches may limit the number of make-ups during a 12-month period.

Non Responsibility Declaration

RULE 345: All activities arranged for or by, Sons In Retirement, Incorporated, and its Branches, are for the convenience and pleasure of the members and their guests who desire to participate. Sons In Retirement, Incorporated, and its Branches do not assume any responsibility for the well being or safety of the participants or their property, in any matters pertaining to said activities.

Checks for Trips

Trips of 2 days and 1 night or less may be made payable to the Branch conducting the trip. Trips in excess of 1 night must be made payable to the travel agency involved.