**SIR Leadership Training Meeting Tuesday, August 20, 2019**

**Reports:**

* Assessment to be increased by $1.00/year;
* Running unopposed slate of State officers for 2020, voted in by Acclimation;
* Two members of the existed State officers withdrew from service and replacements have been chosen and seated by the Board;
* The Board urges that each chapter not just place any members in leadership positions, but instead seek to find officers who have the talent and commitment to handle the jobs;
* Due to Liability Insurance issues, Chapters were cautioned to notify the State Offices when planning to have any home grown outings for which the food and other arrangements are to be handled in house, and not by a licensed and bonded vendor;
* The Board also stresses the importance of enlisting the participation of program speakers who are at the same time, interesting, entertaining and skilled at presentation;
* The information technology section of the State Board is available to assist chapters with the construction and hosting of websites, in the solution of internet access issues, data base management and other digital media related issues.
* The State Golf Chairman provided an overview of what has been and will be scheduled in terms of golf outings, services provided by the NCGA which includes the establishment and maintenance of golf handicaps.

**Presentations:**

* SIR has entered into an agreement with UC San Francisco to study the effects of aging on the mental and physical health of men in their senior years:
  + As people grow older they become more vulnerable to disability and death by medical and/or accidental impairment (duh?);
  + As aging progresses, people tend to become burdened by memory loss, physical discomfort and often the need to become caregivers for loved ones;
  + Survey questionnaire was distributed to a sampling of SIR members with a less than hoped for degree of response;
  + Additional surveys are planned to improve the original sample size as well as to validate some of the early findings;
  + An array of UCSF resources are being made available to SIR chapters and individual members, including to provision of program speakers for chapter meetings;
* Napa Community College is working with local SIR chapters to offer programs that specifically benefit senior citizens. There is an increasing number of older and retired people who have elected to return to college to complete their degrees. Also, there are courses being offered that address “life-long learning”, i.e ones that are often non-credit classes taken for the entertainment or social enrichment (art, travel, exercise, health care, etc). The college believes that intergenerational courses, i.e. bringing youth and older people together in the classroom is particularly beneficial for both age groups;
* A member from one of the northern California chapters shared with us that his chapter offered Bocci Ball as an activity and offered to assist any other chapters who might like to the same.