



General Meeting Minutes November 2, 2019 at Calafia Titanic Room

The meeting was called to order at 10:20 a.m. by Anita Olson, First Vice President.

President Wayne Denniston asked for a moment of silence for the victims of the recent fires and the fantastic firefighters.

Wayne Denniston introduced the USBC board members who were present at this meeting. There were 49 people (including our two speakers and four guests) in attendance.

Signup sheets were distributed for the Thanksgiving potluck, 2020's potlucks, the restaurant tour and the whale watching tour.

The October 5, 2019, general meeting minutes was unanimously approved with DeeDee making the motion to approve and Sandy providing the second.

Financial report by Milo: See treasurer's report. Motion by Judy and second by Mona to accept the financial report, which was approved by unanimous vote.

Judy distributed her delicious Chardonnay French Vanilla cupcakes with cream cheese dressing and chocolate topping for birthdays for November. The following celebrants received cupcakes: Milo November 5th; Diane November 15th; Dean November 28th. Our new members were also awarded cupcakes: Larry and Randy Perigo, Diana Galindo and Elizabeth Bally.

Miss Morgan spoke about the upcoming whale watching tour on March 9-13. We will have a bus for fifty people and will establish a standby list. Priority will be given to USBC members. Non-refundable deposits will be accepted. A questionnaire will be provided. Participants must have documentation for visiting or residing in Mexico. Wayne distributed whale encounter information packets.

Our speaker, Sunny Suit, representing "Prime My Body", gave an excellent power point presentation about cannabis and hemp. Sunny was a former high school teacher. Hemp is distilled into cannabinoids (CBD) without the psychoactive THC. There are one hundred thirteen different types of cannabinoids. The delivery systems are very important and include edibles, capsules, tinctures and topicals. Among other things, CBD reduces inflammation, detoxifies and protects the body from free radicals. Hemp oil is used for pain and anxiety relief, depression, cognitive function, balances cholesterol, seizure reduction, healthier blood pressure and delivers healthy fats. Some adverse effects include tiredness and stomach upset. She explained the different terminology and how and why cannabis works. Mexico is in the process of legalizing cannabis. It can currently be ordered by mail. It is classified as dietary supplements. Sunny stressed that you check a third party lab report to ensure you are receiving the broad spectrum of the whole organic plant without THC, ethanol, sweeteners, preservatives or other additives. It is generally safe when taking with medications except blood thinners.

Committee reports:

Sunshine committee chair, Amy Valenzuela, reported that get well cards were sent to Paul Flowers and Susan Smith.

Membership committee chair, Milo, reported we have 193 active members at the end of October. Ballots for next year's board were distributed to all members attending this meeting.

Maggi spoke about the Thanksgiving potluck. She read the list of volunteers and their committee assignments and passed around the last signup sheet for this event.

DeeDee, our potluck chair, stated that the signup sheet for 2020 potluck hosts is available.

Sandy, our restaurant tour chairperson, announced our restaurant tour for November 7th at El Gaucho Argentino.

Non-profit reports:

Sister Cities thanked USBC for their participation and help.

Cruz Roja was represented by Elma Sotomayor.

Karen McDaniel reported for Flying Samaritans.

Amy Chankin represented Rosarito Theater Guild and Friends of the Library.

Baja O'Brien spoke about Club de Ninos Y Ninas. She thanked everyone for their support of her MS Walk.

Gabriela Sotelo represented FRAO.

Penny Cannon represented Tragic to Magic and Seniors Supporting Seniors.

Old business:

We are continuing our search for a speaker chairperson and an auditor.

New business:

A casino trip is planned for February 4th. Tickets are now available for \$10 per person.

Sandy Eddahbi reported that as editor of the Tuesday non-profit edition of the Town Crier, she will accept submission from non-profit groups of their events in JPEG format. Craig Klein is editor of the weekend edition of the Town Crier.

The 50/50 raffle was conducted by Laura. Isabel Gonzales won 400 pesos and \$32.

The meeting was adjourned at 11:56.

Respectfully submitted,

Linda Gaetan, Secretary