

FRIENDS OF BELMONT SHORE

March 5, 2020 meeting, Bay Shore Community Church Fellowship Hall, 6:30 pm

Welcome - President Dick Gaylord

Introduction of the Board

Treasurer's Report — Mike Crosby

On January statement, cash available: \$5,389.30

Deposited: \$483.90

Withdrawals: \$479.58

As of February statement, remaining balance: \$5,393.62

Elections Coming up at June 7th meeting — 6 vacancies; applications on the tables

Introduction of Business Owners in attendance, and...

- Loren Kalin - Belmont Chalet
- Tula Trigones - Salon Soma
- Kurt Schneiter - Iconix Fitness; upcoming annex on Second Street in Heavenly Couture

Visions for Second Street— Kurt Schneiter

- Create gathering spots on Second Street in three areas to cause a lingering effect to the area.

Example: in addition to exterior renovations to our library on Second, add a rooftop deck with coffee shop, and spaces for art classes, readings, and other social gatherings.

- add two "parklets," one in front of Chase Bank and the other at the Wells Fargo corner.

"Healthy not High" — Mike Crosby, Moderator

Shelly McCay, Co Founder and Health & Wellness Director, Kannabis Works, Santa Ana

- CBD oil comes from a Cannabinoid plant (hemp stalk); helps with anxiety, depression, pain, seizures, spasms, nausea and more.
- Benefits of CBD for seniors: better sleep, better heart health, alleviate mood related disorders.
- Ways to ingest: Tinctures - under the tongue, slower effect, longer lasting; Vapor Pen - instant effect. Topical, Edibles. Visit Tikun website for latest research.

Dr. Tom Gallagher, Sports Chiropractor, Second Street

- uses topical CBD lotion with his patients, works for chronic low back pain, degenerative knees, neck pain. No psychogenic effect. Best CBD cream to alleviate pain has THC in it.

Bree Mares, Connected Chief Purchasing Office, Belmont Shore

- stigma to coming into dispensary gone, people taking less Advil, Ibuprofen, etc, sleeping better

Frank Arbito, Connected General Manager, Belmont Shore

- no psychoactive effects with CBD oil, health benefits, options: gummies, vaping, flowers.

Dick asked the members for Ideas for future speaker topics: 1) Tom Modica, City Manager's Office, 2) Protection from the Corona virus - Kelly Colopy Director of Health/Human Services, 3) updates on the swimming pool, 4) how LB will be involved with the 2028 Olympics, 5) update from the port, 6) the new executive director of the BSBA, 7) "Everyone in L.A." speaker: different way to contact resources for homeless in our neighborhoods, 8) Craig Beck, Public Works: discuss Belmont Shore's portion of the flood grant money, 9) alternatives to using plastic in our daily lives from Captain Moore.

Next meeting: April 2nd — "The Future of Second Street — Where Do We Go from Here?"

Minutes submitted by BJ Newell

