

CBCA General Meeting Minutes

Approved

June 24, 2021 - via Zoom

Attendees:

Brenda Safreed	Matt Tillman
Carol Herington	Pam Biggs
CW Wolfe	Peter Cloven
Dee Vieira	Rich Enea
Denise Erdem	Richard Enea
Eric Gillen	Rob Heckman
Holly Tillman	Rocky Gernhardt
Howard Geller	Scott Denslow
Jan Rubiales	Steve Biggs
Jane Mele	Steve Pierce
John Rubiales, Jr.	Sue White
Julie Pierce	Tamara Steiner
Kaitlin and Paige	Terri Denslow
Keith Haydon	

1. Call to Order: President John Rubiales, Jr. called the meeting to order at 6:36pm

2. President's Message: John Rubiales

- A. CBCA is looking for volunteers to help on July 10 @ 9AM to look at the pop up's in the shed to see what can be salvaged and what is broken. Steve Pierce looked at 4 of them and has fixed 3 of the pop up's by pulling parts from the fourth one. CBCA is also looking for ideas for raising money through some events. Maybe a Halloween event. Please contact John with ideas. Also CBCA will need volunteers for any possible upcoming events through the end of this year.
- B. Members may be wondering what is going on with the Board as a result of the last membership meeting and the article in the Pioneer. John stated that the Board had accepted Frank Gavidia's resignation from CBCA. In addition, the Board is taking steps as outlined in the CBCA By-laws to address the other issues in question.

3. Membership Report: Denise Erdem

- A. There are 138 members with 5 new members added since the last meeting. Bill Martin and Jim Gamble were not in attendance. The other three new members are:
- B. Dee Viera is an 11-year Clayton resident. She is retired with 3 grown children. Dee is looking forward to participating in community activities.
- C. Rocky Gernhardt is a long-time member of the Clayton community. He grew up here and his parents were CBCA members. Rocky and his wife recently moved back to Clayton in August of last year. They have 2 little girls. Rocky wants to be more involved in the community. He is in sales with ADT Security and is also a Rotarian. His wife is interested in becoming a member too.
- D. Eric Gillen moved here 2 years ago. Eric is interested in being active with community events.

4. Financial Report: Terri Denslow

- A. Terri gave the May Financial snapshot. Aggregate bank accounts total is \$95,679. May revenue is \$721 of which \$600 is Bocce Court rentals and \$116 member dues. Expenses total \$16,028 with \$8,145 due to depreciation accrual which does not impact cash flow.
- B. The CPA is working with CBCA accounting to help to correct depreciation entries. A \$6,000 expense entry in expenses is a correction for 2020. Monthly expenses are down in the \$1,500 to \$2,000 range as a result of working on expense reductions. Expense breakout: \$553 for storage, \$500 for Bocce Grooming, \$228 for Bocce security and \$198 for online subscriptions. CBCA is getting good cash flow from Bocce with another \$30,000 from Summer League registration.
- C. An extension for the tax filing deadline was filed. CBCA's CPA lives part time in Mexico and will come back to assist with financials and filings. Currently Terri is working to clarify what is needed to document and correctly account for the financial relationship that CBCA has within the charter sponsorship of the scout troops 262 and 484. Any tax impact will be reflected in the 2021 filing.

5. City Council: CW Wolfe

- A. The council approved the financial demands and obligations of the City. Certificates of recognition were given to students for the "Do the Right Thing" program in schools recognizing the students for the character trait of "Responsibility". Proclamations were issued: June is LGBTQI+ month and therefore the pride flag will be flown at City Hall and other City owned and maintained flagpoles, June is declared as Portuguese National Heritage Month, and June 19 is Juneteenth for the City of Clayton.
- B. Three candidates were interviewed for the Planning Commission openings. Ed Miller and Justin Cesarin were appointed to the Planning Commission for the 7/1/2021 to 6/30/2023 term.
- C. Damage to the downtown Gazebo is due to vandalism. There is a fence up to protect it which will come down for the first Concert in the Park
- D. SB9 is going to the assembly floor. CW had a conversation with Assemblyman Tim Grayson regarding the impact on small cities like Clayton. Conversation was to explore a carve out of SB9 for cities of our size.

6. Police Report: Rich Enea

- A. The month of June was pretty quiet except this morning a parked car at the Black Diamond Trail head was burglarized. A residential burglary occurred. A woman was arrested for stalking one of the Clayton residents.
- B. Juveniles with fireworks are a problem. All fireworks are illegal. The Clayton PD is also keeping an eye on the downtown gazebo.

7. Programs: Jane Mele

- A. July is a perfect opportunity to get out and get together. Wendy Moore is working on hosting a mixer for the July 29 meeting.

Tonight's presenter is Professor Pete:

Pete Alexander recently moved to the Seattle area after living in the Bay Area. He is author of the book "Lighten Your Day" and a Humanitarian Award recipient. Stress almost killed him, he was diagnosed with stress induced diabetic ketoacidosis and hours away from being

comatose. Professor Pete's best friend ended up with intestinal cancer and was convinced that stress was the cause.

Why should we care about stress? It is the number one health epidemic of the 21st century. How do you know if you are manifesting stress? You may be experiencing some symptoms such as lack of concentration, mood swings or panic attacks. Stress manifests in physical ailments such as having frequent colds, digestive disorders, headaches, back and shoulder stiffness and rapid weight fluctuations.

Stress is self-induced by our imagination. Fear is a big factor, FEAR = **F**ictional **E**vidence **A**ppearing **R**eal. Instead try an exercise to think of what you would do if you knew you couldn't fail.

There are 7 areas that need to be nurtured and in alignment for stress relief:

- Livelihood – Your career, make sure it aligns with what your values are
- Imagination – a useful tool in overcoming stress
- Genius (unconscious mind) – these are our memories where real change happens
- Health – without your health you can't do well. Don't take physical health for granted
- Time – once it is gone you can't get it back, don't procrastinate
- Environment – make sure it is supportive
- Network (relationships) Don't take those for granted, they play a role in stress reduction

Professor Pete took the group through several stress relief activities. One of them was Hakalau meditation which is concentrating on a spot and then noticing your vision as it spreads out. Then paying attention to the peripheral and notice how you are feeling.

Professor Pete has helpful information on his website as follows:

- Visualization Technique:
<https://petealexander.com/stress-relief-tool-visualization-imagination/>
- Reframe Your Fear: <https://petealexander.com/stress-relief-tool-reframe-your-fear/>
- Personal Values Technique: <https://petealexander.com/stress-relief-tool-personal-values/>
- Random Acts of Kindness:
<https://petealexander.com/stress-relief-tool-random-acts-of-kindness/>
- Hakalau: <https://petealexander.com/stress-relief-tool-hakalau/>
- Free Stress Relief Techniques (sign up via email for new ones):
<https://petealexander.com/blog-stress-relief-activities-for-adults/>
- Stress Relief Book: <https://petealexander.com/book/>

8. President John Rubiales adjourned the meeting at 7:49pm

9. Next Meeting July 29 6:30pm

Meeting minutes respectfully submitted by Meg Hanna