

# CARROLLTON-FARMERS BRANCH RETIRED SCHOOL PERSONNEL ASSOCIATION

## Meeting of December 11, 2019

- Della Swaim, President, called the meeting held at Webb Chapel Church of Christ to order at 11:39 AM.
- Della and Lori Smith introduced new members and guests.
- Lori Smith encourage members to “Take a Picture with Your Friends Corner,” which she created for members.
- Lori Smith led everyone in the U.S. and Texas Pledges.
- Estelle Lara reported on the collections for Metrocrest and added that members could still donate.
- Carol Sprawls introduced the “Walk Across Texas” an activity to encourage healthy living sponsored by Texas A&M Agricultural Extension. Teams of 8 will be formed for the February 2–March 28 walk of 832 miles Members can sign up today.
- Bill Nitcholas gave the invocation, followed by a meal served by Lori Smith and the Lunch Bunch.
  
- After lunch, Lori Smith, Barbara Gilbert, and Lee Nitcholas presented several door prizes to those whose names were randomly drawn.

## **Speaker/Presentation:**

- Pat Enslow introduced “CBD 101 All You Wanted to know about Hemp and CBD Oil” by Carol Merlo M. ED. She presented basic information about the physiology of CBD, different from THC, Texas laws concerning the making and distributing of the products in Texas. She had her books available for purchase: *CBD, the Hemp Miracle* and *No Achy Joints*.
- Carol Sprawls led the members in a stretch break.

## **Announcements:**

- Kay Edmondson reminded members that volunteer hours are due to her by January 31, 2020 for 2019.
- The treasurer’s report and minutes of the October meeting are posted online.
- Beth Sargent and Della Swain shared the next field trip which is January 10 from 10-2: Game Day at the church. Participants should bring a game to share and potato soup will be provided with a 1-2 dollar cost.
- Mary Eisenmann reported on the early Retirement Seminar, which will be held at Richardson on February 1, 2020 from 8-2.
- Nitchie Hoskins and Pat Enlow provided a legislative report including updates on the WEP legislation and the democrats who are running for Texas legislative positions. They will be working on a candidate forum for February.
- Kathy McWhorter shared the funeral arrangements for Nancy Watten will be January 17, 2020, at the Church of Christ. She encouraged members to let her know of any retired personnel who could use a card of encouragement from our group.
- Vera Hayes shared an opportunity for members to volunteer at Destination Imagination Tourney on February 29, 2020. C-FB has 20 teams participating.
- Della Swaim led the group in singing “We Wish You a Merry Christmas.”

**Della Swaim adjourned the meeting at 1:29 p.m.**

---

Darcy Perreault, Secretary

Della Swaim, President

Date approved