

## VBA OC Chapter Meeting Notes 21 Nov 19

- Meeting was called to order by Vice President Ernest Alonzo at 2:20pm
- Pledge of Allegiance
- Quick Recap of TCCIC held day prior in Long Beach: Turning Construction Contacts into Contracts from attendees Tom Breen and National President Dan Connor
  - Matchmaker opportunity to link disabled veterans with services and state contracts available
  - Created a forum for small business owners to connect; 160+ attendees, 145+ vendors and panel discussions
  - Professionalized fundraising methods and beyond, codified structure and process issues
  - Overall great success; will be rebranding and renaming organization to broaden scope; best event for VBA! Boot camp was excellent prep for this event-well done!
- Around the Room Introductions and discussion about our entrepreneurial roles and connections

### Attendees were noted as follows:

Ernest Alonzo, Commercial Realtor, (949) 929-8139; [ernestalonzo@live.com](mailto:ernestalonzo@live.com)

Sandy Chasteen, Holistic Health Coach/dōTERRA, (949) 439-7759, [sandy.chasteen@yahoo.com](mailto:sandy.chasteen@yahoo.com)

April Braswell, Hypnotherapist/Holistic Chamber President, (650) 389-3200, [April@aprilbraswell.com](mailto:April@aprilbraswell.com)

Mike Bullock, So Cal VA Homes/Real Estate Broker, (949) 295-4300, [SocialVAmike@gmail.com](mailto:SocialVAmike@gmail.com)

Sam Hashizu, Accountant/Plant A Seed Institute, (714) 925-9798, [www.plantaseedinstitute.org](http://www.plantaseedinstitute.org)

Katia Morales, Bookkeeping/Virtual Assistant, (949) 436-1307, [kmorasun11@hotmail.com](mailto:kmorasun11@hotmail.com)

Dave Ortolf, Insurance Broker, (714) 552-5533, [David@AdamsAvelIns.com](mailto:David@AdamsAvelIns.com)

Charisse Coffee, Wealth Builders Business Owner, (714) 767-4300, [charisse.coffee@gmail.com](mailto:charisse.coffee@gmail.com)

Tom Breen, Penmar Energy, (949) 302-4206, [Tom@PenmarEnergy.com](mailto:Tom@PenmarEnergy.com)

Daniel Connor, National President VBA/Ramshead Aircraft, (619) 804-5645, [daniel@gousvba.org](mailto:daniel@gousvba.org)

Lorna Steeman, Quick Change Wraps, (949) 630-7089, [lornamateo@yahoo.com](mailto:lornamateo@yahoo.com)

Jahleel Wilson, Business Consultant Kaizen Partners, (310) 963-6582, [jahleel.kp@gmail.com](mailto:jahleel.kp@gmail.com)

Gay-Lynn Barnes, Commercial Realtor, (562) 858-7065, [gbarnes@barnescre.com](mailto:gbarnes@barnescre.com)

- April Braswell volunteered to assist in creating Eventbrite master database and timekeeping
- Guest Speaker: Dr. Roger Alonzo, “Dr. Zo,” Sports Medicine/Chiropractor

Introduced InBody Pro 570: device measures internal processes such as cellular water, visceral fat & tracks 8 different types of tests. Helps identify key issues that would contribute towards dis-ease to determine lifestyle choices to implement.

For more information: (949) 432-1449 [dr.zo.dc@gmail.com](mailto:dr.zo.dc@gmail.com)

- Additional Notes:
  - Now have sandwich & coffee donors for future meetings. Hurray!
  - There will not be a meeting for December; next meeting will be on Thurs, 16 January.

Meeting adjourned at 4:04pm