

SedonaKind - September 21, 2018

Attendees:

Donna Forsythe, Ellen Taylor, Marlene Macek, Marci Robledo, Donna Bernard, Rita Maya, Laurie Dawe, Sandy Brandvold, Cheri Baldwin, Katie Hamilton, Janet Marshall, Linda Brescher, Heather Molans, Ruti Lovett, Carol Wallen, Pam Hollenbach, Pat Priore, Gloria Woody, Lucy Paradise, Kari Lee Hertzburg, Mary Feeney, Linda Berthelsen, Joy Sinnott, Lenore Hemingway, Kathy Huffstetter, Dottie Webster

Sandy introduced new members and asked for kindness stories. Laurie told about Micki Baumann/Diva Designs donating jewelry pieces and Heather creating a special Charm to send her. Lucy talked about Samantha's Closet in Bagdad (AZ) where a freshman in high school donates formal dresses to those who can't afford them. Joy talked about her dad getting a haircut - and free eyebrow and whisker trim. Sandy talked about how Janet has been a great ambassador for Sedonakind with her outreach.

Marci Robledo – is a new member that put bins in 2 Thrift Shops for broken jewelry which she will donate to us. She heard of us via our Container Garden delivery in the spring.

Donna Bernard introduced her 90-year old mother, Rita Maya, who crochets afghans – one a week – which she is donating to us. Rita is an amazing woman with a great sense of humor! Of the dozen beautiful afghans donated today – one will go to the WSS Carnival auction and the others will be donated to Meals on Wheels recipients.

Sandy thanked Heather and Teresa for finishing up our remaining *Boxes of Love* and announced that we now have approximately 60 ready to sell or give to a cause. She also gave accolades to Janet who made 60 hats over the summer. Katie has also been knitting up a storm...but, still has yarn to pass along to anyone that would like to knit more hats. The knitted works of art will be going to Veterans and WSS children.

COMMITTEE REPORTS

Lucy and Joy gave an update on our Kindness Benches: 16 benches were sold! Lenore's is already in place; they had a meeting with the City and found them to be very receptive. NAHC is considering both a bench and possibly a wall that could say "Kindness Heals". November 5th is set for buildout of benches. Donations would be appreciated to offset costs.

Gloria, Joy and Ruti told of their meeting with a local PEO regarding our Kindness in Schools program; and the effect kindness has on our body/psychology. The group responded wholeheartedly with donations of school supplies and cash.

Katie and Heather were happy to report that we were closing in on having all the components for our Blessing Bags given each year to the 50+/- homeless vets in the Verde Valley. The Wish List

brought many contributions. After hearing what was still needed: Pam said she would take care of the baggies with small items such as aspirin, safety pins, etc. Dottie volunteered the 30 needed tubes of toothpaste. Gail is donating the gloves and Laurie will supply the 40 pair of socks. Just like that – we completed the list. Assembly of the bags will be at our next meeting!

Katie shared that the City will bless our Proclamation again this year making November 13th Sedona Kindness Day. They will also mention our bench program at the City Council Meeting!

Pam gave a report on the progress of the Kindness in Schools committee. The library now has 2 copies of 8 Kindness books to be used in K-3rd grade classrooms. They will start their presentations on October 12. The school supply drive was big success due to the Wish List (managed by Heather) and The Sedona Women (organized by Ellen Ferrera). On October 13th from 11- 4 there will be a fundraising event at West Sedona School. Everyone is invited to attend, and enjoy the fabulous Mexican food prepared by the parents. Any donations for the auction need to be given to Pam Hollenbach by next Friday/28th.

NEW BUSINESS

We will be hosting the February program for TSW – our thoughts are to give an update of our projects; speak to the science and philosophy of Kindness; and possibly break into small groups to discuss ways to spread Kindness. The program is open to evolving. Anyone wanting to help with the meeting should contact Jawn McKinley at 928-282-2690 or Jawn@jusedona.net.

Kindness week – Joy told of Liyana, the movie we will be sponsoring at The Mary Fisher Theater on November 13th (2 showings at 4 & 7 pm). The Community Conversation of Kindness at the library is on November 17th from 1:30 - 3:30, facilitated by Paul Friedman.

Cheri Baldwin will take over the Gratitude Trees project (another thanks to Carol Wallen for originating the program almost 3 years ago). Pat Priore will donate her truck this year (in the absence of Fran's Chic Mobile that sadly got too bruised to keep). Anyone wanting to join the fun should contact Cheri at 810-931-2115 or cherriann@aol.com.

Ending quote from Sandy “Whatsoever a man soweth, that shall he also reap.” This was accompanied by a story of a wonderful Ace hardware employee in SunRiver that is a friend to everyone...and he actually cried when given a charm.

Also here is the quote from Ruti.

Patty O'Grady, PhD, an expert in neuroscience, emotional learning, and positive psychology, had the following to say in an article in Edutopia entitled “Why Teaching Kindness in Schools is Essential to Reduce Bullying”.

“The brain is changed by the EXPERIENCE of kindness. Kindness is best learned by children and adolescents by FEELING it so that they can reproduce it. The good feelings that we experience when being kind are produced by endorphins. They activate areas of the brain that are associated with pleasure, social connection and trust. These feelings of joyfulness are proven to be contagious, encouraging more kind behavior by the giver and recipient. Promoting its psychological opposite, kindness, is key in reducing bullying.”