

SEDONA KIND MINUTES
NOVEMBER 16,2018

Attendees:

Laurie Dawe
Sandy Brandvold
Cheri Baldwin
Jawn McKinley
Janet Marshall
Gail Mann
Pam Hollenbach
Lucy Paradise
Ruti Lovitt
Lori Reinhold
Mary Feeney
Joy Sinnott
Katie Hamilton
Gloria Woody
Mary Ellen Hadley
Linda Becher
Donna Forsythe
Pat Priore
Karen Scott
Carol Wallen
Mary Feeney
Judy Neiman
Judith Fogarty
Teresa Ray
Kim Girard
Kathy Huffstetler
Wendy Bialek-kling

Katie Hamilton called the meeting to order and welcomed everyone. She asked all who had never been to a SedonaKind meeting to stand up, and there were none.

Jawn McKinley sang a great song that she wrote, Kindness is popping out all over!...

Katie asked for kindness stories.

Sandy Brandvold received an urgent request on the website: "Please help! I want to do something at the clinic. I found a charm at the Medical Center. I am new to town."
Sandy invited her over to her home and they made enough charms for her to take,

along with bracelets, to the staff and patients. She challenged the staff to commit acts of kindness.

Jawn and Pam Hollenbach went to the Veterans Day Celebration at the Heritage Museum Apple Barn, and handed out charms. A lady won a red, white and blue quilt and gave it to SedonaKind. It ended up being given to Ed, an elderly WW2 veteran. FYI: Sedona had the largest percentage of soldiers per population for any community in the US to fight in WW2.

Mary Feeney had a story about a lack of kindness. A heavy lady asked the man in the aisle seat on an airplane to let her out to go to the restroom. He stood in the aisle, but she couldn't stand on her own. He ignored that, so Mary offered to help her but couldn't pull her up on her own. The man continued to just stand there. Another man helped Mary help the lady up.

Judith Fogarty said how much the TSW Verde Valley Care Givers program inspired her. Her Dad is a WW2 vet who needs rides. The OLLI exercise teacher took him everywhere for 1.5 years, and then she fell and can't drive. So Judith will return the favor by helping her to get to medical appointments, movies, etc.

Wendy said that her son and others at Mingus High School Interact (Rotary for younger people) go to Senior homes to write and read letters for them.

Joy Sinnott likes to let people in in traffic. Once after a guy let her in, she hesitated to let another in because she didn't want to hold up the person who let her in. Then he let in the next person as well.

Katie gave a big thank you to Theresa for hats and scarves that she knit for teachers. She got the call last minute and almost made them overnight. She also made cozies for KIS.

Katie said we would sort hats for the classrooms at the end of the meeting.

The showing of Liyana at Mary Fisher brought more than \$5000 in proceeds! The 4:00 show sold out, and the 7:00 show only had a few seats left. There were many helpers and all were much appreciated! The table of SedonaKind charms, cards, etc. looked beautiful. SedonaKind is "grandfathered in" among a few groups who can use the theatre at no charge to raise funds.

Congratulations and extraordinary gratitude to Lucy Paradise and Lenore Hemingway for coordinating and accomplishing the making of 16 Kindness Benches! The time and expertise they donated is mind boggling!

The City Council asked for a presentation about the benches since they are all over town. They are supportive. It took 5 days to place the benches. Dottie Webster

arranged for Go Orange to deliver two benches to the Sedona International Film Festival office courtyard. The City of Sedona Public Works Dept. transported benches on Tuesday and Friday. The crew then posed in front of the last bench placed. Sir Moves A Lot donated moving benches on Wednesday and then moved more that were unanticipated for which they were paid. Northern Arizona Healthcare moved their bench to the circle near the Cancer Center and asked if they could do more. Ed Paradise and Steve Fiedler helped with taking the legs off and then putting them back on and moving the benches, all parts which are enormously heavy.

Laurie Dawe said there was a panic on Wednesday when Sir Moves A Lot was due at the Library at 10:00 with the bench. They came early and Laurie and the Library personnel pulled it off and they love it. They plan to put SedonaKind in the Library Newsletter.

Lucy expressed a huge thank you to the City for their movers, arranged by Nancy Lattanzi, the Coordinator of Arts and Culture. She promoted us like crazy.

Lucy said this was a fun project. Does she remember how exhausted she was? :) The donors who wanted to make their own bench did not know what they were doing. Five mosaic artists volunteered to help including Lucy Paradise, Lenore Hemingway, Sue Haan, Ruth Cornell, Donna Werner and Janice Gary. She said that every bench maker had such joy and that made her happy. She noticed that the makers stroked and put kindness into every bench.

As Lucy said, "Where else but Sedona can you ask people to buy something and give it away?" She added that they relaxed with a glass of wine at the end of every day. Joy presented gifts to Lucy and to Lenore in absentia.

Sandy reported that 50 blessing bags went to struggling or homeless vets. They contained socks, hats, toiletries and a gift card for food. One vet was almost in tears. At the vets party at the VFW Hall a Captain from Phoenix was impressed with the blessing bags and will try to make that happen in Phoenix. She thanked all who helped.

Pam's 90-year-old father helped with the blessing bags and he wants to be busy, so email any requests you have for him to fill.

Sheri reported about the Gratitude Trees. She didn't know what she was getting into, but she is now motivated to expand the program. The trees are located at Sedona Winds Individual Living Area and Assisted Living Area, Oak Creek Country Club Lounge, Yavapai Community College near the culinary area, Sedona Community Center, West Sedona School (finally), and the Children's Library. She would like to have 4 more trees next year and has sourced Manzanita trees to meet that goal. She was presented with a gift of thanks. She repainted all of the hearts on her own, and she was reminded to get help from others. So if you want to help, call Sheri.

Pam gave an update on the Kindness in Schools Committee. After the hassle of fingerprinting with several rejections the first time around and two the second time around, finally enough people were cleared to go into the classrooms last week. Pam thanked the committee and Peg, a new member and head of the Verde Valley 1st Books Program, who came to the rescue last week. KIS received great feedback from the teachers and students. Sandy questioned where the District found funds for fingerprinting.

The West Sedona School PTA Carnival Silent Auction brought in \$6200, and about 1/2 of the items donated were from SedonaKind and KIS. Items that did not sell were donated to the Rotary Auction.

The principal has facilitated time for KIS to give holiday gifts to the teachers and staff, along with hats for the students. For teachers, we will put \$50 cash in a gift bag with hand lotion, a Kind Bar and chocolate pieces. Pam showed a sample of the hats and scarves Theresa knit for teachers in grades K-3. The students will assist with giving these gifts.

KIS is beginning to be part of the whole program at WSS. They have asked our help for the Book Fair. Yvonne Sheer tutors weekly. WSS is changing its name to Thunder Mountain Elementary School and the mascot will be a bear.

Gifts were given to Pam and Gail Mann in gratitude for their work as Co-Chairs of the KIS Committee. Pam was also thanked for her work on Kindness Blooms.

Pam had a cool little balloon “character” which was made by Judith’s husband. He will be a part of year-end activities at the school.

Heather Molans was thanked with a gift for her work on the Wish List and Club News.

Sandy announced a December 7th meeting of the Kindness Benches Walking Tour Committee to discuss how to let the community know about the benches. Joy is working on putting them on geo-cache. We hope to have something ready by January or February. One suggestion was to arrange for the Trolley to take people around to see the benches — “Passport to Kindness”. Wendy suggested the stories of the benches be known, and they could be put on the “Passports” and geo-cache instructions.

Joy gave the locations of the benches that have been placed — Northern Arizona Healthcare campus in the circle by the Cancer Center, Sedona Public Library, City Hall (2), Mary Fisher Theatre/Sedona International Film Festival, VOC Gallery, Stupa, Pinon Point (3), and Uptown (5—Cowboy Corral, Chimes, Wayside Chapel, etc.). In all of the moving, only one bench was damaged and Lucy will repair it.

Laurie suggested that we hang charms nearby the benches if there is a shrub or place to hang them.

Lori, our gracious hostess at Alma de Sedona Inn for Charming, was given a gift to thank her. She also puts charms in the yard for guests to find.

Jawn announced the “Kindness in Plain Sight” Conversation with Paul Friedman to be held on Saturday from 2-4 at the Sedona Public Library, sponsored by the Library, SedonaKind and the Rotary Club of Sedona.

We will have no meeting in December. In January we will start thinking about what we want to do next year. Gloria astutely noted, “Is there something we can’t do?”

Sandy noted the most generous knitters who made over 100 hats for students with donated yarn: Karen Dansby, Janet Marshall, Katie Hamilton, Linda Ferry, Gerri Crelot, Teresa Ray, Kim Girard, Milton Cruse and Donna Barrett. Karen Dansby gives classes in knitting on the loom, which Kim noted is easier than by hand.

Jawn read the following kindness quote:

“You might think that you don’t matter in this world, but because of you, someone has a favorite mug to drink their tea out of that you bought them. Someone hears a song on the radio and it reminds them of you. Someone has read a book you recommended to them and gotten lost in its pages. Someone’s remembered a joke you told them and smiled to themselves on the bus. Never think you don’t have an impact. Your fingerprints can’t be wiped away from the little marks of kindness that you’ve left behind.”

Meeting adjourned. Many stayed after to sort hats to be distributed to the students at WSS.