

SedonaKind General Meeting Minutes
March 15, 2024 - 10:00 am @ West Sedona Library

Meeting, Chaired by Christine Schneider, called to order at 10:05am, 17 SK members present plus our speaker, Shaeri Richards

Welcome - Christine welcomed everyone and our new member/guest, Helen Jarnis introduced herself.

Kindness Stories were shared by Jawn and Sandy

VV Sanctuary – A picture of the donations was displayed and Christine thanked all members that donated items for the VV Sanctuary. SK received a very appreciative thank you note from them. If anyone has additional items to donate, please take them to Twice Nice and be sure to let them know they are for the Sanctuary, and NOT for sale.

SedonaKind Project Work Day - A big thank you was expressed for the 18 members that participated. We accomplished all that we had hoped to and had a lot of fun doing it!

Community Kindness Quilt – Several slides were shown with pictures of the Quilt and Christine several of the wonderful comments that were written on the quilt squares. The complete list is available for anyone that is interested.

100+ Women Announcement – Karen shared details of the 100+ Women's Giving Circle meeting, the money being awarded to SK and the article in the Red Rock News. Karen also spoke about the meeting she had with the Sedona/Oak Creek School District's superintendent and the principal of WSS, advising them that all of the money received from 100+ Women will be given to them, put in a designated fund for the purchasing of consumable school supplies for all the children at WSS. There will not be any need for parents or teachers to purchase school supplies for the 2024 – 2025 school year.

Wish List – Heather Molans, who has been our liaison with the Wish List coordinator, will be moving and Meri Thomason has graciously offered to step into that position for us. Any future needs by Chairperson's of SK Committees can contact Meri when they need to place a notice in the wish list.

Veterans Breakfast – Linda & Carol shared specifics for the upcoming Veterans' Breakfast which will be held at the library on May 10th. Set-up will begin at 9am. Sign-up sheets were in the back for volunteers to sign up to bring food.

Dancing With Your Dragon Presentation – Shaeri Richards led a wonderful program of improv exercises which included the sharing of her “Golden Rules of Improv and of Life” which included Giving & Receiving, Listen, Support Your Partner, Trust, Build Relationships, Yes, and..., and Don’t Compare Yourself with Others. The program was well received and enjoyed by all. For more information on Shaeri you can visit www.dancingwithyourdragon.com

Kindness Quote – “Treat a stronger with kindness today. You may be their only hope of having a good day.’

Adjourned at 11:50 am