



Thank you for your kindness.

Acknowledging Acts of Kindness Club Newsletter

June 2024

“A warm smile is the universal language of kindness.”

So sorry for such a late newsletter. My computer is now up and running, so here goes the last newsletter before our summer hiatus.

Our June meeting is on Thursday, June 13th, 12:30 at the Bacall Recreation Center. This meeting will be a fun, social meeting with a very innovative, healthy food addition (see the attached). We will also spend some time in a creative exercise aimed at honoring nurses for their kindness. And to top it off, we will have a discussion of what I will call, "A Kindness Salad" in honor of the salads we will all be creating for ourselves. If you are wondering what this might be you will need to come to find out. If you are not able to bring a salad bar item don't worry - we'll have plenty.

But wait, there's more! Everyone will receive a free raffle ticket for a valuable prize!



Many of our members have gone north and we wish you all a pleasant, safe trip. We will be taking July and August off for the summer.

May Events

Our member, Barbara Bickley, was able to take place in the "100 Random Acts of Kindness Bus Tour" sponsored by the Brain Health Group. She shared some thoughts about this in our May meeting.

We also had the distinct pleasure of honoring our member, Kathy Belisle, for her exceptional kindness during our meeting. Kathy heads up VHA Helping Hands and shared their story with us. She also is very active in Honor Flight, Flags for Fallen Vets (along with

Marguerite Desbrow), and more and has helped orchestrate several AAOK's for us. Thank you, Kathy, for all you do!



And we also participated in our fourth [Flags for Fallen vets](#). Although participation by our club was disappointing, they were able to fill 4 buses for the event (over 200 folks), which is arguably one of the most heartwarming of our yearly events. Our thanks to Marguerite Desbrow and Kathy Belisle for the wonderful job in organizing this event. We also welcomed Hope the dog who served 2 terms in Afghanistan and is now a retired Villager lap dog.



Fundraisers, etc

In the past couple of years, we have organized two yearly fundraisers to raise enough funds to carry out our acknowledgment activities and donate to several organizations that help create a culture of kindness in our community. We have done very well and are in a good position to sustain our goals. So, our current plans call for just one fundraiser each year in February. We are looking for someone who could help us in this activity which is not very time-consuming and likely lots of fun.

We also could use help in some other areas.

- Social Director – Help organize events involving food and social activities.
- Website Manager – Update our website (AAOKClub.org) from time to time. Minimal experience needed – we will train.
- Newsletter Editor – I've been doing this for 5 years. Time for someone else to take over.
- Educational Focus Group – your chance to help promote kindness in our local students. We would like to get some activities started for the next school year.

Let me know if you are interested or would like to know more about a position.

If any of these possibilities sound good to you contact me at aaokclub@gmail.com. We guarantee it will be a positive, fun experience for you.

Acknowledging Acts of Kindness Events (AAOK's)

Our goal is to have one AAOK each month. Do you know of someone who deserves to be acknowledged for their exceptional kindness? Perhaps a friend or neighbor or even someone you have read about

who has done something extraordinarily kind. If so let us know. We have a couple of people we plan on honoring but are always looking for more.

If you know of someone who we should honor just contact me or any of our Board members and we will make sure it happens.

Club Sites to Visit

- **Our club's website**
- **Our Facebook page**
- **Our Facebook group**
- **Custom Apparel** (go to businesses/groups A-L for our catalogue)

See you on June 13th

Stay Healthy, Happy and Kind!

Lindsay Collier, President, lindsaycollier@comcast.net

“No act of kindness is ever wasted.”

Aesop