

COMPASSIONATE COMMUNITIES
 WORK PLAN FOR 2017
 As of 1/10/17

WHAT	WHEN?	HOW?
<p>Create Community Wide Charter Committing to Compassion</p> <p><u>PURPOSE:</u> to increase # people aware of compassion efforts, get them to participate in future activities and make a commitment to compassion on Lopez</p>	<p>January-March 2017</p>	<ol style="list-style-type: none"> 1. Compassion Charter and Flyer were created. 2. Barbara G. (and any other interested committee members) will meet with school first to see if we can incorporate April Lopez Compassion activities into school day. 3. Committee members and other interested volunteers take the charter and flyer to other organizations on Lopez to discuss “Compassion Lopez – Cultivating Kindness” and get them involved in the effort. Suggestions include: faith organizations, Lions Club, Conservation Corps, BLM and Parks Departments, Grange, Garden Club, Senior Groups, Transitions Lopez, The Cloud, Sunnyfield Markets, other non-profits, etc. 4. Possibly have some volunteers sit at the library, groceries stores, etc. on starting in mid-March to talk to people about this. 5. Be sure to reach out and welcome diverse members of our community including multiple languages and reaching out to individuals that are isolated. 6. Create signs and poster and put up around the island at library, businesses, etc. 7. Put article(s) in the newspaper, post on Facebook, websites, Lopez Rocks, KLOI announcements, Chamber of Commerce, etc. 8. Create 4 x 8 chalkboard and installed for project ideas to be posted, then take pictures and put on social media and a list compiled. People with ideas list the project and their contact information for other people who want to connect with them. 9. Collect people’s names and email addresses for future announcements.

COMPASSIONATE COMMUNITIES
 WORK PLAN FOR 2017
 As of 1/10/17

WHAT	WHEN?	HOW?
<p>Compassion Lopez Events</p> <p><u>PURPOSE:</u> Create opportunities for the community to interact with each other</p>	<p>April 22-28, 2017</p>	<ol style="list-style-type: none"> 1. First set of events will be April 22-28. Finishing before Tour de Lopez. Will plan more events for other times of the year later. 2. “COMPASSION LOPEZ – CULTIVATING KINDESS” is the name decided upon. Using the theme “LOVE THIS PLACE”. Find an image for this – one suggestion – a bobble hand waving to honor the Lopez wave. 3. Have businesses and organizations create a “COMPASSION HOTSPOT – Kindness Shared Here” spot at their location. Create stickers or signs for them to use. 4. Create stickers for everyone who participates during the week to wear. 5. Invite individuals, families, teams, businesses and organizations to get involved, host projects and participate each day. 6. Plan a kick-off event. Kim P working to find a Lummi tribal leader to talk about sacred spaces and protecting our world. Brenda A. checking to see if Toby Christensen a storyteller and drummer who has studied with indigenous people could do something that week. Kimberly Taylor will invite Alan Side – Compassionate Communication speaker to come. Mo Pomietto searching for a Resilience speaker. 7. Next Meeting -- Create a daily theme for each day – some with an environmental theme and some with compassion towards people. Then have community members come up with project ideas for each day that people can participate in – or create their own projects. Goal is t to create activities that build compassion/kindness by getting people who don’t know each other to interact and get to know each other more. Some possible projects are: <ul style="list-style-type: none"> ▪ Participants can follow the theme – create their own activity or follow a suggested activity – Some possible activities are: <ul style="list-style-type: none"> ✓ Get some old parachutes from the navy, etc. and joint effort by community members to decorate them ✓ Create recycled art to hang on trees in the Village. ✓ Planting butterfly flower seeds. ✓ Have large canvases around the village where people can paint, draw or write about the theme each day ✓ KLOI broadcasting of programs created by community members ✓ “Speed Meeting” – gather people together and every 5 minutes switch and talk to someone you don’t know ✓ “Hat Pull” event – people put their name in and agree to do something with someone they get matched with that they don’t know ✓ El Dia del Nino (Children’s Day) event -- which is April 30th – but hold a little early to be part of this week ✓ Some quick easy things such as “give a detailed compliment to someone new today”, “write a thank you note to someone that has changed your life”, “take 5 minutes to meet and talk to someone you don’t know” ✓ Bands play songs with love and compassion themes that people can listen or dance too ✓ Read a book –or watch a movie – then gather to talk about it ✓ Have games such as twister or other board games out at different locations ✓ Share a recipe gathering ✓ Cabin or swap family member exchange 8. Have jars around – that people can share short examples of – <i>CATCHING PEOPLE BEING COMPASSIONATE</i>

COMPASSIONATE COMMUNITIES
 WORK PLAN FOR 2017
 As of 1/10/17

WHAT	WHEN?	HOW?
Compassion Lopez Events (Continued) <u>PURPOSE:</u> Create opportunities for the community to interact with each other	April 22-28, 2017	9. Find a way to do a daily wrap-up and then announce the mission for the next day. 10. Create a simple way for people to share their reflections for each day – then compile and share with the community. 11. Figure out a way to share this such as Facebook, Lopez Rocks, billboards, or other ways. Have 1 or more blackboards around the village that people can write on. 12. Plan a celebration event for the end. Suggestion: <ul style="list-style-type: none"> ▪ Community wide walk where art work, poetry, stories, thank you notes, etc. are posted around many locations in the village with a central location to share food, and give people a chance to share what the week meant for them. 13. Create advertising materials, including a short description for the Charter Activities and distribute widely in the community. 14. Decide when the next round of activities will happen!

WHAT	WHEN?	HOW?
Community Conversations <u>PURPOSE:</u> Create opportunities to have discussions about social justice issues	January-March 2017	1. Speakers underway now are: <ul style="list-style-type: none"> ▪ Mayumi Tsutukawa coming to Lopez on January 28th to talk about her families experience in the Japanese Internment Camps. ▪ The IF Project – Tentative June 3rd. ▪ GOT GREEN – March 9th. ▪ Bryan Stevenson – <u>Just Mercy</u>, author – Kim P. invited but waiting for confirmation on whether he will come or not. 2. Create opportunities for follow-up discussions.

WHAT	WHEN?	HOW?
Living Room Conversations <u>PURPOSE:</u> Create opportunities for in-depth conversations	After Compassion Lopez April Events	To be determined!

COMPASSIONATE COMMUNITIES
WORK PLAN FOR 2017
As of 1/10/17