

INITIAL ORGANIZATIONAL MEETING OF BEYOND LIGHT AND LOVE NONPROFIT
Meeting Minutes
Tuesday, January 17, 2017; 5:30-6:30pm
Fairview Park Library, Conference Room C

Agenda of Action:

In Attendance Online: Michelle Sokol, BLANDL Incorporator & Executive Director;
Jacob Wagner, Esq.;;
Justice Marks

I. Introduction from Incorporator: <transcript from meeting as follows:>

“I[Michelle Sokol] set things up in April of 2015 and to date have been the only working force behind the wheel-- the essentiality of services is to provide public educational seminars to small groups and teach them the basic organizational thought processes one must go through when solving problems. It is a basic essential thing we all do but don't think about but when we have the tools available and we can think about things more concretely, our problems do not seem so daunting or difficult to solve. I have developed a program based off of a portion of a Communications lecture I have taught for the last five years to incoming adult students at the college where I have been teaching--Students were very receptive to the program and the way I taught them the organized process and walked them through it using a simple example and then a more complex example. My background in library science enables me to serve as a reference point when further information is needed and although I am not serving as a librarian in capacity at this time, I am enabled with the same informational finding resources. I have utilized this process outside of the classroom with a variety of students through more personal basis, through tutoring sessions or within my energy working consultations and people have been receptive to it

I will email you now the series of worksheets I have developed specific to BLANDL programming for this purpose, which is inherent to the mission and reason for incorporation.

The articles of incorporation and mission statement that were filed with the state of Ohio in April of 2015 can be found online at this link: <http://www.blandl.org/about.html>

To date, all available funds have been personal donations on behalf of myself, the incorporator, and a banking account has been set up specific for this purpose. The current funds balance belonging to BLANDL within this account through First Federal of Lakewood is \$70.00. To date there have been \$0 in donations or funds received and \$0 in expenditures credited to BLANDL funding.

After advisement of accountant, 2015-2016 taxes were filed, copies of which are also enclosed within the email just sent... Tax Exempt 501(c)3 was achieved with the IRS and all filings are current. The Charitable Registration form was also filled out at some point through DeWine's office, although that filing might serve to need a current update.

The next step in working progress to be made is the financials part that involves finding applicable grants and receiving monies for programs to be offered to a varying number of other available agencies or nonprofits.

The program is very diverse and can be applied or offered to any group, from children to teenagers to adults to seniors, as it is an applicable course in thinking processes. The service population <I believe> will ultimately stem from what sorts of grant opportunities are discovered. There are a number of local resources available for funding- however that is the next step in my research and movement is finding available grants and applying for them. I will also have to make decisions and seek board approval for program pricing and final applications for opportunities.

Within the program resources you will see that the information has been laid out in several formats and I have several available worksheets that offer more or less room for in depth writing of the participant. I also have participant feedback forms which are qualitative based and offer intrinsic feedback of the program's effectiveness.

I have many new opportunities for networking and I have already worked with a variety of nonprofits throughout the county that would be interested or able to utilize such a program within their services.

There is an initiative within the county also specific to infant mortality but looking to increase problem solving education for new parents. This is a topic somewhat of interest as I have a strong background and education in such things. This may be a good avenue to explore locally that could lead to a stronghold for services.”

II. Establishment of Initial Board: <transcript of meeting as follows:>

“At this time I am not seeking a full commitment of designation of 'Board Member' but if you are interested in continuing to be on-board for future endeavors, please let me know and I will work to find flexible modes and times of communication for meetings.”

III. Appointment of Board Officers: Postponed until further meeting

IV. Appointment of Executive Director:

Resume in documentation for overview; Justice Marks official motion approval

V. Approval of Articles of Incorporation, 501(c)(3) Status and 2015-2016 Taxes filed:

Documentation for overview; Justice Marks official motion approval

VI. Approval of Mission and Goals; Overview of Programs and Services Proposed:

Documentation for overview; Justice Mark official motion approval



Beyond Light and Love NonProfit

Empowerment through Problem Solving

Public Education in Positive Problem Solving Solutions

What BLANDL seeks to accomplish

Beyond Light and Love will provide services by:

- Providing a Positive Messaging Marketing Campaign to fill Cleveland, Ohio and surrounding cities with inspirational and positive public messages through the use of billboards and public marketing,
- Providing educational materials and informational workshops for small groups affiliated with other agencies and also the public in topics of positive problem solving processes, creative thinking, and other topics as related to the mission of Beyond Light and Love
- Providing Educational Outreach programs dedicated towards working with youth and other high needs populations in positive problem solving techniques
- Maintaining an online presence that provides basic information referral services to more area-specific avenues of information and services
- Bridging communication and network building between local resources and nonprofit organizations

Beyond Light and Love is an organization unaffiliated with any religion, commercial or government entity. Beyond Light and Love is focused on creating and sustaining a calm and enlightened culture of aware and informed decision making to help and support any one in any problem solving process.

We maintain a respectful professional environment and are able to listen, educate and assist with problem solving techniques, and provide any necessary information required for you to feel comfortable with any option you choose to take. We are not judgmental, as we believe that no one is perfect and no problem is too big or too small to handle in a positive way.

We cannot solve your problems, but are happy to listen, free of judgement, and can assist you on your search for solutions. With backgrounds in library reference, public service, communication, media marketing, technology, and teaching, our staff and volunteers are dedicated to serving the public and helping them problem solve and light their path enough to clearly see the steps to be taken towards something better.

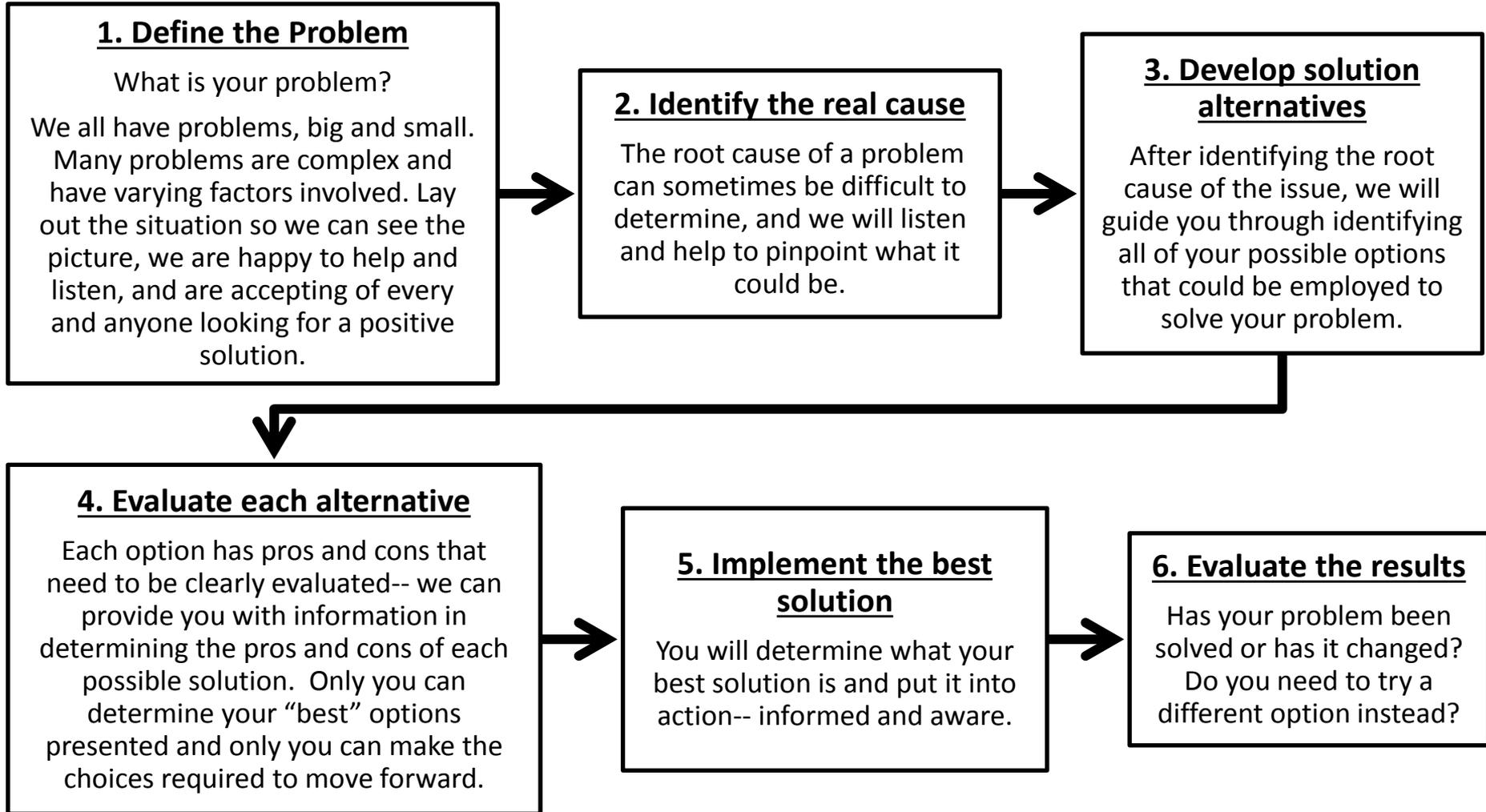
No problem is too big to be left alone, and sometimes it can be difficult to decide which way to go.

Beyond Light and Love seeks to assist anyone with any problem. We can't solve it, but we can listen and provide you with resources and point you in your "right" direction, as determined by the choice you decide to make with whatever information we can assist in providing you with, for you to make a clear, enlightened, and informed decision. The step forward lies in the initiative you take, we just help you see a clearer path ahead, in whatever direction you choose.

Services Offered

- Educational Seminar Programs for groups on Organizational Problem Solving Processes
- Program can be 30 minutes- 2 hours depending on needs of group
- Can be offered to any kind of group (Grant funding will most likely determine service differentiation)

6 Step Problem Solving Process & How BLANDL can Assist



A problem I would like to work on is:

Option A:

No action is taken

Option B:

Option C:

Option D:

Pros:

Cons:

Pros:

Cons:

Pros:

Cons:

Pros:

Cons:

What is the problem I would like to solve? Describe the situation:

Option A:

No Change

Option B:

Option C:

Option D:

Likely Possible Outcome:

Likely Possible Outcome:

Likely Possible Outcome:

Likely Possible Outcome:

Pros:

Pros:

Pros:

Pros:

Cons:

Cons:

Cons:

Cons:

More Information
Needed?

More Information
Needed?

More Information
Needed?

More Information
Needed?

Next Steps

- Finding Grant Opportunities:
- First Year Cleveland Initiative?
- <http://www.prattlibrary.org/locations/ssh/?id=3130>
- <https://ohio.grantwatch.com/>
- <https://www.clevelandfoundation.org/grants/supporting-organizations/>

MICHELLE L. SOKOL

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EDUCATION:

- **BA- Major: English, Minor: Child Development and Family Relations**
 - Baldwin-Wallace College, Berea, OH (Dec. 2009) 3.4 GPA
- **MLIS- Concentration in Public Librarianship for Children and Teens**
 - Kent State University, Kent, OH (Dec. 2010)
- **MA- Non Profit Administration**
 - John Carroll University, University Heights, OH (Anticipated 2018)

WORKING EXPERIENCE:

- **Beyond Light and Love Nonprofit- Executive Director**
(2015-2017) – Executive founding director of all operations of Beyond Light and Love, a nonprofit focused on providing public education and empowerment through positive problem solving processes www.BLANDL.org
- **Big Creek Massotherapy- Reiki Master**
(2016-2017)- Usui Reiki Master energy work practitioner and teacher www.bigcreekmassotherapy.com
- **Pilgrim UCC- Nursery Attendant**
(2016-2017)- Caring for infant to school aged children in church nursery during services.
- **Bryant & Stratton College- Adjunct Instructor & Tutor**
(2011-2016) -Managing classrooms of up to 20 students, taught **COMM115** -an information literacy course including research, citations, communication, technological history, internet searching, and database navigation; **INFT123**, **VOIM 110 & VOIM 220** which provides instruction and tutorials on Microsoft Office Software to varying advanced degrees; **ENG099**- remedial college English. Also tutor and assist college students in writing, research, APA citations, and computer technology. One of Many previous class sites: www.sites.google.com/site/comm150belasco/
- **Legal Assistant, Researcher -for John Lawson & Becky Blair, Esq., Cleveland, OH**
(2012-2015) -Conducted investigative online research in regards to cases. Organized and managed information systems and files. Provided computer maintenance and clerical billing services. Provided Paralegal and clerical duties.
- **Reiki Awakening Academy- Instructor**
(2013- 2015) -Designed educational materials and provided instruction in online courses. Worked under Constance Dohan & Alice Langholt.

PREVIOUS EMPLOY:

- **Usui Reiki Master Practitioner- (2013- 2017)**
- **Certified Thai Massage Practitioner- (2013- 2017)**
- **Cuyahoga County Public Library -Sub Clerk (2010-2014) Shelving Page(2003-2006; 2010–2012)**
- **Gamestop-Manager-Third Key (2006-2007)**

VOLUNTEER EXPERIENCE

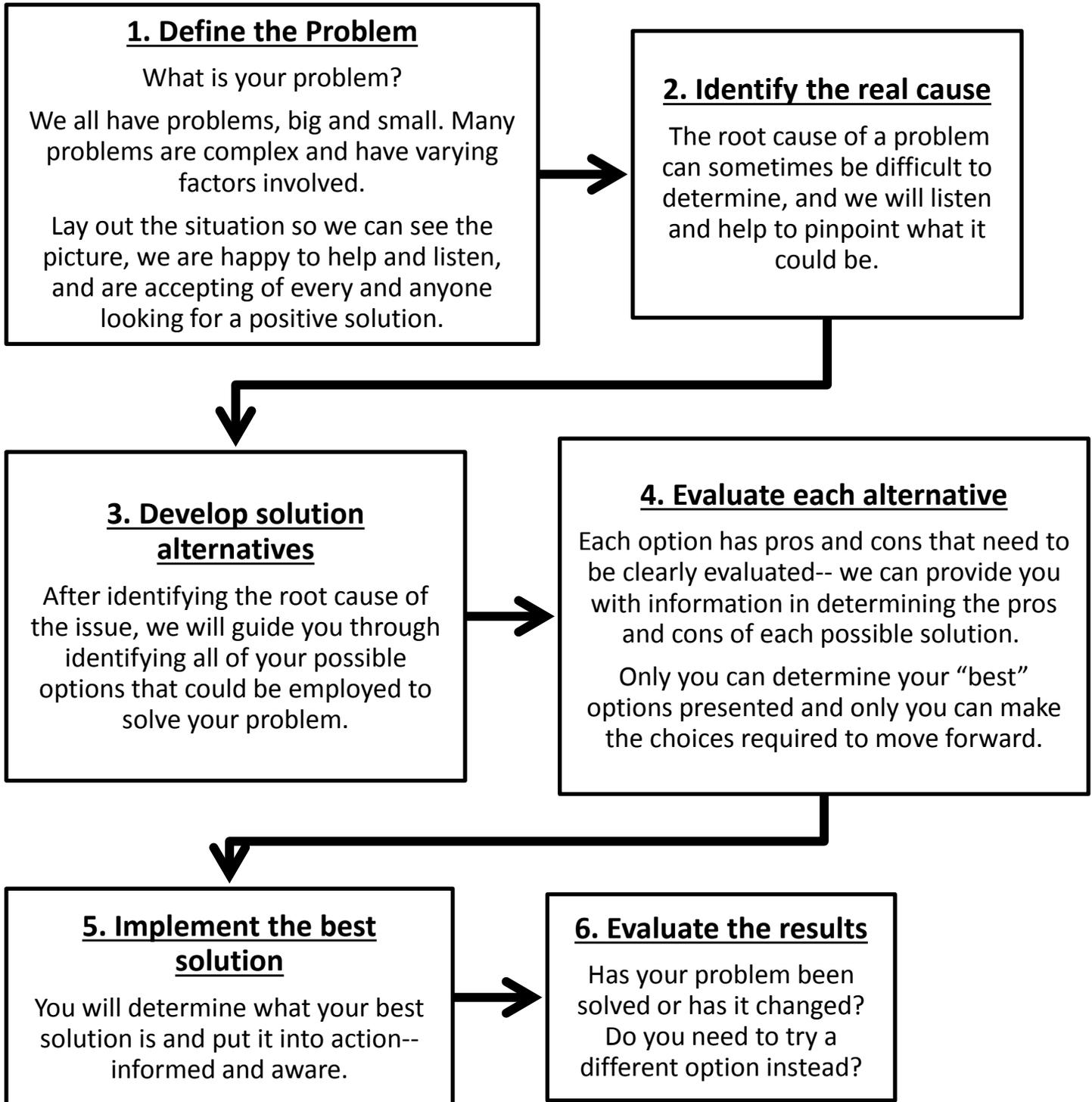
- **Douglas MacArthur Girls Leadership Academy School Parent Organization President, Vice President (2015-2017)**
- **The Gathering Place- 2014-2017- Reiki Master Practitioner working with Cancer patients**
- **Lady of the Lake Foundation- 2013-2014- Set up Incorporation Paperwork & Mission Statements**
- **IRTF of Cleveland- 2012-2013**
- **Provided Campaign Assistance in Cuyahoga County**
- **Cuyahoga County Public Library, Parma, OH (2010) - Designed the 'Songs of America' program for homeschoolers, within current library programming.**
- **Team for Teens/Baby Basics Coordinator- Help Me Grow of Cuyahoga County, OH (2009)- Designed and taught 'Baby Basics' program to teen parents through Help Me Grow services.**

ADDITIONAL SKILLS:

- * **Advanced MS Office Skills /Creative Computer Design/Website Building & Maintenance Skills**
- * **Seamstress & Business Owner- (2008-2013) Blue Bumble Buttons Boutique**
- * **Choir Member- Pilgrim UCC (2014-2016)**

6 Step Problem Solving Process & How BLANDL can Assist

It is the goal of Beyond Light and Love Nonprofit to support and encourage creative and positive solutions from the Problem Solving Process. BLANDL provides public education, assistance, encouragement and support to anyone in working through the Problem Solving Process, with any problem, big or small. The mission of BLANDL is education and public empowerment through positive problem solving solutions.



What is the problem I would like to solve? Describe the situation:

Option A:
No Change

Option B:

Option C:

Option D:

Likely Possible Outcome:

Likely Possible Outcome:

Likely Possible Outcome:

Likely Possible Outcome:

Pros:

Pros:

Pros:

Pros:

Cons:

Cons:

Cons:

Cons:

More Information Needed?

More Information Needed?

More Information Needed?

More Information Needed?

Positive Problem Solving Flowchart Worksheet

A problem I would like to solve is:

Option A:

No action is taken

Option B:

Option C:

Option D:

Pros:

-
-
-

Cons:

-
-
-

Your personal values and weight of responsibilities will individually determine the pros and cons of each decisional pathway option. Each pathway is “finished” when you have exhausted all thoughtful options of exploration or when more information is required for a thorough examination. Only you can determine your “best” options presented and only you can make the choices required to move forward. This exercise is beneficial in mapping out the problem solving process for any problem, big or small, and examines positive solutions and also looks at the consequences of inaction or leaving the problem unsolved.

Is more information needed? What information would be useful?

Option B:

Option C:

Option D:

Describe the problem you would like to solve:

Option A:

No Change

Likely Possible Outcome:

Pros:

Cons:

More Information Needed?

Option B:

Likely Possible Outcome:

Pros:

Cons:

More Information Needed?

Option C:

Likely Possible Outcome:

Pros:

Cons:

More Information Needed?

Option D:

Likely Possible Outcome:

Pros:

Cons:

More Information Needed?

BLANDL Program Participant Response Survey

Participant Age _____ Gender: _____ Zip code _____

1. Before participating in this program I felt _____ about solving my problems
(Select as many answers as apply)



- | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Agitated | <input type="checkbox"/> Enlightened | <input type="checkbox"/> Joyful |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Motivated |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Exhausted | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Clear Minded | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Organized |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Happy | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Conflicted | <input type="checkbox"/> Hopeful | <input type="checkbox"/> Peaceful |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Hopeless | <input type="checkbox"/> Relaxed |
| <input type="checkbox"/> Depressed | <input type="checkbox"/> Independent | <input type="checkbox"/> Revitalized |
| <input type="checkbox"/> Energized | <input type="checkbox"/> Incapable | <input type="checkbox"/> Worried |

2. Something(s) I learned from participating in this program:

3. After participating in this program I feel _____ about solving my problems
(Select as many answers as apply)



- | | | |
|---------------------------------------|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Agitated | <input type="checkbox"/> Enlightened | <input type="checkbox"/> Joyful |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Motivated |
| <input type="checkbox"/> Calm | <input type="checkbox"/> Exhausted | <input type="checkbox"/> Nervous |
| <input type="checkbox"/> Clear Minded | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Organized |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Happy | <input type="checkbox"/> Overwhelmed |
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| <input type="checkbox"/> Depressed | <input type="checkbox"/> Independent | <input type="checkbox"/> Revitalized |
| <input type="checkbox"/> Energized | <input type="checkbox"/> Incapable | <input type="checkbox"/> Worried |

4. Any other comments I have about this program in general or suggestions for improvement:

Thank you for your participation!