



AUGUST 17-19, 2018

# COMPASSION IS A VERB



WORKSHOPS



FILMS



SPEAKERS



MUSIC

THIRD STREET CENTER • 520 SOUTH THIRD STREET

The Compassion Film Festival and Symposium celebrates people and organizations engaged in compassionate activities and inspires others to take compassionate action through films, experiential workshops, personal stories, food, and fun for all ages.



**WORKSHOPS.....4-5**



**FILMS.....6-11**

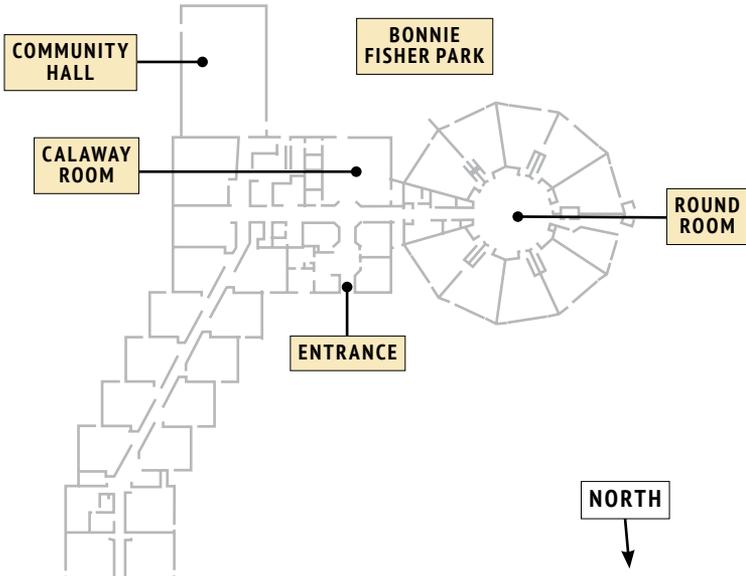


**COMPASSION IS A VERB.....12-13**



**MUSIC.....14**

**THIRD STREET CENTER  
520 SOUTH THIRD STREET**



## FRIDAY, AUGUST 17TH

-  3:00 pm Compassion For Self: Mental and Emotional Health Workshop – Vanessa Kettering and Rhonda Rodgers { TICKETED EVENT }
-  5:00 pm Live Music – Smythe & Taylor
-  6:30 pm Opening Ceremonies – Dan Richardson, Mayor of Carbondale and Lindsay Hentschel, Roaring Fork School District
-  7:00 pm Opening Film – Skid Row Marathon (85 min) { TICKETED EVENT }
  -  9:00 pm Skid Row Marathon – Q&A with Gabriele Hayes and Rafael Cabrera

## SATURDAY, AUGUST 18TH

-  9:00 am The Wisdom and Tools of Compassion – John Bruna { TICKETED EVENT }
- 10:00 am Outdoor Festival Opens
-  10:30 am Compassion Film Festival Selections – Morning Session { TICKETED EVENT }
-  10:30 am Start With Hello – Jen Close
-  12:00 pm Live Music – Frank Martin
-  1:00 pm Forgiveness and Nonviolent Communication – Karen Barbee
-  3:00 pm Compassion Film Festival Selections – Afternoon Session { TICKETED EVENT }
-  3:00 pm Compassion Rocks
-  5:00 pm Live Music – Let Them Roar
- 6:30 pm Outdoor Festival Closes
-  7:00 pm Compassion is a Verb – Main Event { TICKETED EVENT }

## SUNDAY, AUGUST 19TH

-  7:30 am Compassion with a Camera – Nannette Weinhold
-  8:00 am Yoga and Meditation – Devika Gurung
-  10:00 am Compassion in Action – An interfaith panel discussion
-  12:00 pm Local and Student Film Shorts
-  1:30 pm Closing Ceremony with People's Choice award
-  2:00 pm Closing Film – Love and Bananas (75 min) { TICKETED EVENT }
  -  3:30 pm Love and Bananas – Q&A with Ross Dinerstein

## **FRIDAY, AUGUST 17TH**

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### **COMPASSION FOR SELF: MENTAL AND EMOTIONAL SELF MANAGEMENT**

**3 PM**

Vanessa Kettering and Rhonda Rodgers

The goal of this workshop is personal empowerment through Mental and Emotional Self-Management (MESM) skills, which expand awareness of one's internal state, and impart tools to manage emotional and physiological reactivity and build resilience. We focus on understanding the nervous system and tuning in to the language of sensation to encourage nervous system balance and limbic resonance. This workshop is for anyone interested in learning how to better manage their internal world to manifest their full potential.

*Ticketed event (CEU's Available)*



## **SATURDAY, AUGUST 18TH**

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### **WISDOM AND TOOLS OF COMPASSION**

**9 AM**

John Bruna

Compassion is not simply the feeling of sadness that arises when we see suffering. It is the heartfelt desire, often triggered by sadness, to eliminate suffering. The suffering we experience offers one very positive opportunity: the opportunity to develop deep compassion for others. The wisdom of compassion is the ability to make healthy choices and engage in actions that remove or reduce suffering in yourself and others.

*Ticketed Event (CEU's Available)*



### **FORGIVENESS AND NONVIOLENT COMMUNICATION**

**1 PM**

Karen Barbee

Forgiveness allows us to be alive in each day: fresh, rather than being held in, or holding another in, a static place. Yet, what exactly is forgiveness? Is it "forgive and forget"? Is it giving someone a second chance? This workshop offers an opportunity to learn a practice of forgiveness that will untether the caustic ties we have to hurtful/harmful words and actions, allowing us to be present to each moment in a fuller, freer way.

*Free Event (CEU's Available)*



**START WITH HELLO**

**10:30 AM**

Jen Close

Social isolation is the overwhelming feeling of being left out, lonely, or treated like you are invisible. As a result, many further pull away from society, struggle with learning and social development and/or choose to hurt themselves or others. Start With Hello teaches students, grades 2–12, the skills they need to reach out to and include those who may be dealing with chronic social isolation and create a culture of inclusion and connectedness within their school or youth organization.



*Free Event (CEU's Available)*

**COMPASSION ROCKS**

**3 PM**

Compassion Rocks invites kids and kids at heart to join in a fun and meaningful activity. Painted rocks are a whimsical way to share inspiring messages through images and words. Bring your creativity and our volunteers will supply the rest!



*Free Event*

**SUNDAY, AUGUST 19TH**

**INTERFAITH PANEL DISCUSSION**

**10 AM**

John Bruna,  
Shawna Foster,  
John Masters,  
Lance Norton,  
Emily Segal



What is Compassion?  
How is Compassion related to spiritual awareness? How can we use compassion to bridge the divisions in our society?



Join local faith leaders as these and other topics are explored in this panel discussion. Learn about the perspectives of compassion in action according to Jewish, Christian, Unitarian Universalist, and Buddhist faiths.

*Free Event*

## FEATURE FILMS

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### SKID ROW MARATHON

Director Mark Hayes

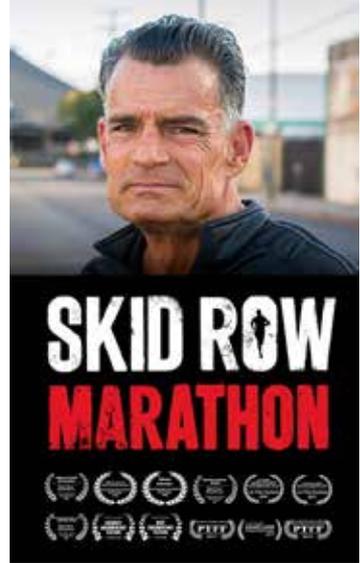
When a criminal court judge starts a running club on LA's notorious skid row and begins training a motley group of addicts and criminals to run marathons, lives begin to change.

Join producer Gabrielle Hayes and star Rafael Cabrera for a Q&A session following the film.

*Ticketed Event*

*Runtime: 1hr 24 min*

**FRIDAY, AUG 17 @ 7 PM**



### LOVE AND BANANAS

Director Ashley Bell

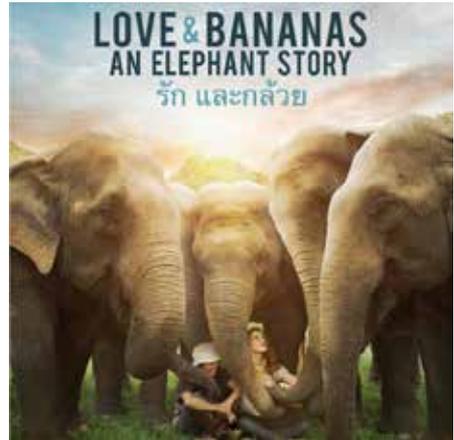
Ashley Bell and a team of elephant rescuers led by Asian elephant conservationist Lek Chailert embark on a daring 48-hour mission across Thailand to rescue a 70-year old captive Asian elephant and lead it to freedom.

Join producer Ross Dinerstein for a Q&A session following the film.

*Ticketed Event*

*Runtime: 1 hr 15 min*

**SUNDAY, AUG 19 @ 2 PM**



# COMPASSION FILM FESTIVAL SELECTIONS

## MORNING SESSION

TICKETED EVENT  
 SATURDAY, AUGUST 18TH AT 10:30 AM  
 TOTAL RUNTIME: 90 MINUTES

### 100,000 MILES A SECOND

Filmmaker Patricia Fox

A woman with multiple sclerosis has a conversation with a homeless street musician about how fast we travel through the universe, realizing her thoughts about herself are the real issue in her life.

*Runtime: 7:17*



### IKU MANIEVA

Director/Producer Isaac Ruiz Gastélum

Two children take refuge in the Sinaloa Sierra.

*Runtime: 7:30*



### CIRCLE UP

Filmmaker: Julie Mallozzi

Mothers seek true justice for their murdered sons.

*Runtime: 14:32*

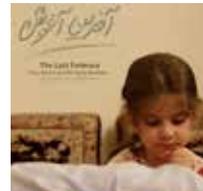


### THE LAST EMBRACE

Filmmaker: Saman Hosseinpoor

A little girl wants to show her drawing to her family, but everybody is busy with their cell phones, she goes to her grandpa.

*Runtime: 4:01*





**[THE LISTENING HEART]**

Filmmaker: Storäe

Afro-Native Futuristic film about self-love and deep listening, bringing to life an original story grounded in Mayan and Yoruba cosmologies. Our protagonist, named after the Mayan Goddess Ix Chel, is a child healer who searches for the meaning of love.

*Runtime: 25:40*



**DON'T LOSE HEART**

Filmmaker: Christine Arnold

On the day of her heart transplant, a young girls transplant cooler gets lost in transit and must make it back to her before time runs out.

*Runtime: 2:29*



**UNTIL NOW**

Filmmaker: Samantha Michele Buchanan

About finding a letter, a first time read, great timing and how a simple dance reveals a true story, of loss, love and kindness.

*Runtime: 8:05*



**WHAT IS HUMAN**

Filmmaker: Jake Bergen

A victim of a war-ravaged past, an auntie in an African orphanage considers life as she looks at a new generation of children dealing with age-old problems.

*Runtime: 5:26*



**POPCORN & CHOCOLATE**

Filmmaker: Michael Baker

Death. Life. Popcorn. Chocolate. And a cactus.

*Runtime: 14:59*



# COMPASSION FILM FESTIVAL SELECTIONS

## AFTERNOON SESSION

TICKETED EVENT  
SATURDAY, AUGUST 18TH AT 3 PM  
TOTAL RUNTIME: 98 MINUTES

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### SCHOOL ME!

Filmmaker: Michael Brims

This film shows how prison inmates earn both bachelors and masters degrees while incarcerated.

*Runtime: 8:05*



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### SAFE SPACE

Director: Ben S. Hyland

A key worker in a women's refuge must help a new client adapt to a life away from her traffickers.

*Runtime: 8:25*



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### A MOTHER'S WILL

Filmmaker: Steve Nerangis

A mother takes the stage in the rock opera "A Will To Survive," which is based on her own son's suicide. She shares her story to enlighten others about the struggles teens face today and to prove it is never too late to reach out and help.

*Runtime: 25:40*



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### CHARITY FOR THE DEAD

Filmmaker: Michelle Loke

Set in Singapore, this documentary follows a group of lay devotees who have committed themselves to an unusual form of religious charitable practice – preta-dana – offering food to ghosts.

*Runtime: 5:16*





**BRUSH - PAINTED FORWARD**

Filmmaker: Dimitri Pantchev

Filmed to help others one brushstroke at a time.

*Runtime: 20:00*



**CHANGE FOR CHIMPS**

Filmmaker: Michele Fisher

After learning shocking news about chimpanzees, a young girl makes it her mission to help them return to the jungle and meets her hero, Dr. Jane Goodall, along the way.

*Runtime: 7:45*



**MOKSHA**

Filmmakers: Francesca Weikert & Taylor Killian

A film that follows three Nepali women who have dedicated themselves to spreading the joy that mountain biking can give to women across the Himalayas.

*Runtime: 25:41*



**SAVE THE DATE**  
**COMPASSION FESTIVAL 2019**  
**AUGUST 9-11**

## LOCAL AND STUDENT FILMS

### OUT OF BALANCE

Filmmakers:  
JT Haberern,  
Cole Fenton,  
Gage Balderson

*Runtime: 4:04*



### OUR LIVES OUR RIVER

Filmmakers:  
Elan Bouchet,  
Kai Kanzer,  
Foster Lemkau,  
George Soukup

*Runtime: 3:05*



### WHAT IS COMPASSION?

Filmmakers:  
Mountain Maes,  
Brooks Chatman

*Runtime: 6:18*



### LIFE OF A BIKE

Filmmakers:  
Hannah Popish,  
Mayan Schmidt,  
Quinn Wells,  
Riley Wheelless

*Runtime: 2:44*



### GRASS SKIS

Filmmakers:  
Sebastian Aragon,  
Will Hassel,  
Owen Jolles

*Runtime: 4:25*



### ANIMAL COMPASSION

Filmmakers:  
Jayla Greengrass,  
Lanabella  
Greengrass,  
Austin Fotion

*Runtime: 4:00*



### STREAM FLOW ON THE CRYSTAL

Filmmakers:  
Mykerson Hentschel,  
Braden Stainton,  
Maddox Stainton

*Runtime: 3:25*



### GIVING CARE

Filmmakers:  
Emma Kidder,  
Andrea Nevarez-  
Salais, Suguey  
Gonzalez

*Runtime: 3:20*



### SANCTUARY

Filmmaker:  
Laurel Smith

*Runtime: 5:04*





# COMPASSION IS A VERB – MAIN EVENT

TICKETED EVENT  
SATURDAY, AUGUST 18TH AT 7 PM

## VALLEY SETTLEMENT PROJECT

Maria Dueñas

Parent Mentors is an empowerment and engagement program to increase parent participation in elementary schools and to help address large class sizes and language and cultural barriers. Parents participate in training and then assist in a classroom four days per week, while also attending weekly ongoing training that includes personal goal setting.



## HUTS FOR VETS

Lt. Col. Dick Merritt

The calming and healing powers of nature are scientifically proven. A wilderness therapy program results in lower blood pressure and stress relief. The Huts For Vets methodology is unique among veterans programs because it weaves wilderness therapy with philosophical discussions, physical challenges, and camaraderie at the 10th Mountain Huts of Aspen.



## PROJECT REASONS

Macy Rae Klein

I had been self-harming in secret since the sixth grade – I fought my battles alone. While I was good at hiding, I was bad at lying. When my friends asked me if I was clean – they knew the truth by my reaction. I was okay with hurting myself – but I realized I was not just hurting myself anymore...I had razors that I kept in a box. Inside that box, I placed a sticky note with the names of some of my remaining friends – and my little brother. I called those names my Reasons and I had six. My reasons helped me to stop cutting. My hope is that “Reasons” can help others too.



## NO MORE TEARS

Somy Ali and Liliya Anisimova

Somy Ali, Founder and President of No More Tears, witnessed many injustices and violence growing up in Pakistan and during her teenage years while working as a Bollywood actress in India.

Abuse and injustice affects everyone without regard to class or religion. After finishing her education, Somy registered No More Tears in 2006 to help survivors of abuse who were brought to the U.S. from various countries around the world. Today Somy, and a dedicated group of volunteers, medical professionals and legal advisors help men, women and children start a new life free from abuse.



## DAYS FOR GIRLS

Reba Winsinger

Days for Girls began in 2008 at a time when other organizations were not talking about menstrual health or the key role it plays in poverty elimination. Teams around the world make washable, reusable feminine hygiene kits that last 3–4 years, distributing kits with a women’s health education training. Working to break the shame and isolation surrounding menstruation, Days for Girls has now reached 1 million girls in 123 countries, on 6 continents. Days for Girls has over 1000 Teams and 60,000 volunteers in 15 countries. We are working to reach Every Girl. Everywhere. Period.



## FREE LIVE MUSIC

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### SMYTHE AND TAYLOR

Musicians: T.C. Smythe, Gary Taylor, and Kathy Taylor

Smythe and Taylor have been performing together for 18 years and have 10 CD's between them. Although they now live 1000 miles apart, clients and fans still call on them to play in house concerts and listening rooms all over the world. Smythe and Taylor have played in hundreds of venues, from Austin to Atlanta, from Colorado to San Francisco as well as England, Ireland, Holland, and Poland.

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### FRANK MARTIN

Frank Martin is a quadruple threat. He sings. He plays guitars and mandolins. He writes songs. He is an octopus with fingers flyings in all directions.

Frank's four-way skill set empowers him to be one of the best musicians in the valley.

Right here, right now, in this Roaring Fork Valley, as consumers of great music, our cup runneth over. Frank Martin has just refilled it with a new recording called *Blue on Blue on Blue*.

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### LET THEM ROAR

Musicians: Sophia Clark, Olivia Pevec, Mateo Sandate, and Ashton Taufer

Let Them Roar weaves mountain folk into a soulful tapestry of roots, rock, and raw improvisations. A group bent on bringing their hearts to the stage and sharing the meaning and purpose of their lives, each member honors their historical roots while pushing their creative boundaries.





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