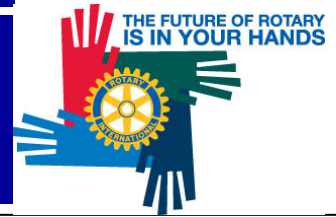


The Spirit of U'Hills

11 December 2009



PROGRAMS AND ACTIVITIES

- Dec 11 Lynda Drake Bayaud Staffer, Subject: Homeless for the Holidays**
- Dec 18.... District Governor . Mike Oldham Visit**
- Dec 25.... Christmas Day Dark at Glenmoor**
- Jan 1 New Year's Day Dark at Glenmoor**
- Jan 8 Max Wycisk..... CEO Colorado Public Radio**
- Jan 15 Andrew Romanoff—Candidate, U.S. Senate**
- Feb 5 Justice Gregory Hobbs Subject: Lincoln Bicentennial**

INSPIRATIONAL MESSAGE

Dick Rewey had our inspirational message today. It was from a passage written by Paul Tsongas, a senator from some years back, from Massachusetts.

In 1983, 42 year old Paul Tsongas learned that he had lymphoma, an incurable yet treatable form of cancer. The diagnosis triggered some serious thoughts about the meaning of his life.

First, he quit the political rat race to devote more time to his family. Then he wrote about it in his book *Heading Home*. "The

illness made me face up to the fact that I will die some day. It made me think about wanting to look back without regret whenever that happens. It made me appreciate Nicki's (his wife) strength as I had never quite done before. I am blessed with a marriage that provides meaning. I would now look at my wife and see her in a way that one does not in the rush of everyday life. It caused me to realize the preciousness of the moments of a child's development. I would have spent too much time away from my daughters had I continued my career. The adventure and the power would have been seductive had I not helped Ashley on her science project, or accompanied Katina on her Brownie weekend camping trip, or had Mollie fall asleep in my arms in the hammock. (Ashley, Katina, and Mollie were, at the time, the Senator's nine, six, and two year old daughters.)

"Life is a search for balance. We all have to bring the scales back to center. Finally, my illness has forced me to understand that I have true spiritual needs whether I am healthy or unhealthy. It's hard to write about this, but I find I must attend church ser-



Dick Rewey

vices in order to renew and refresh my sense of a higher being. These changes are a precious gift. The cancer gave them to me. I treasure them and I will curse myself if I ever begin to forget that I take my present health for granted, if I ever let a day pass when I don't feel gratitude that it has been given to me.

"I notice that the sky is blue now. I see that God has given us the flowers, and the rivers, and the sunshine. I realize that life is wondrous in its natural and human dimensions."

Senator Tsongas attributed his discoveries and realizations to his cancer. Hopefully, we can have the realizations he did, every day, so that we can embrace our lives to the very fullest.

Here's to life. Happy Holidays.

Please join me in the pledge:

I pledge allegiance to the flag, of the United States of America, and to the republic for which it stands...one nation, under God, indivisible, with liberty and justice for all.

GREETERS



Mel Capehart (L) and Gus Achey (R) welcome Barry Dawson (C)

President David thought it would be a good idea to thank the Greeters we had today, **Gus Achey** and **Mel Capehart** and for the fine job they did at the entrance to our slightly cramped quarters for our regular Friday luncheon and meeting. And, we agreed with enthusiastic applause.

VISITING ROTARIANS AND GUESTS

Our visiting Rotarian was **Mike Klingbiel** from the Denver Southeast Rotary Club. Mike explained that "We are here for two reasons. (1) Your club sponsored our club so that's a good thing, right? So, thank you very much for sponsoring our club 30+ years ago. And, (2) my daughter **Ashley** and my wife **Treva** are here with me today." There will be more in the program regarding a member of the Klingbiel family a bit later on.

Todd Laurie had a guest today: **Curtis Coles**. Said Todd: "He's a head hunter for his own group and is a member of the 20-30 Children's Foundation."

John Lawton also had a guest: **Kathy Mohrbacher**. Said John, "She's going to help us with our Power Point presentation on El Salvador later in the program."

And then, up stood **Fred Jorgensen**, introducing his guest, "**Bruce Gustafson**, fellow golfer, is a friend of mine, so I brought him to our meeting."

Jay Carpender had a guest/visiting Rotarian. "He's **George Mendenhall**, a past district governor of our district, District 5450."



Welcome George.

Dave Henninger introduced his guest, "This is **Katy Drake**. Katy was a RYLA representative sponsored by this club. And, **Helen Hempel**, our RYLA rep knows her well. Katy has applied to be a camp counselor for this year. Her mother **Lynda**, is our speaker today. Welcome, both of you."

Fred Cron had a short update regarding our efforts to increase our membership in the RI Paul Harris Foundation. "We're doing very well. Just to be sure we understand the process we're using to encourage additional membership, if an individual has made no previous Paul Harris contribution, for \$335, the club will match the contribution 2:1 so as to qualify the person for a full fellowship. If you are already a Paul Harris fellow, we'll match 1:1, i.e., the member contributes \$500 and the club will match the donation with another \$500 and qualify the person for a multiple membership.

"For the new Paul Harris Fellows, I'll remind you that Rotary International Foundation President and meeting will occur on 8 January 2010. We will invite you as our guest at the presentation and meeting."

Jerry Regan announced that **Eric Budreau** had just given him his check for the first time Paul Harris contribution package. Applause followed the announcement. That Fred...he's going to be our sales person of the year with his offers that can't be refused.

Ski Train. Anyone for the ski train again this year? **Jay Carpender** had some good news about one of the best deals in town. It went like this: "If you were here last year about this time, I announced that if we wanted to go skiing on the Ski Train this year, we'd have to go to Canada for their ski train. But, this year, another company has come forth and there will be a ski train this year, starting on 27 December 2009. So, I made a reservation for 35 people to ride on 19 March 2010. We'll ride on the new Ski Train, that has barely used vista-dome cars. We'll have breakfast then go skiing and have après-ski snacks and beverages on our way back to Denver. So, let me know if you want to go. That's for the 19 March 2010 ski train."

WEST MIDDLE SCHOOL OUTSTANDING STUDENT AWARD

President **David** called on **Tom Murphy** and **Ruth Wilson** for the award of the outstanding student at West Middle School. **Ruth** had the mike first, which was only fitting considering the report on logistics with regard to the award.



Ashley Klingbiel and
Ruth Wilson

Ruth Wilson: "I have a lovely student to introduce but first I have a story about **Tom Murphy**. The other day when we went to West Middle School to interview students, **Tom Murphy** didn't show. And, he's *always* there. And, guess what? No one else did either. I was the only one there. But, then there was Ashley and I got to interview her all by myself which was a great treat because my hearing's so bad except one on one. Even though Tom had not interviewed her, we

decided it was all right when I chose her as the most outstanding of the four because he did show up after Ashley was there.

"So, here's our wonderful student from the West Middle School, **Ashley Klingbiel**. **Ashley** gave us a quick summary of what was included in the interview and how she responded.

Tom explained that he arrived to participate in the interviews of the second, third, and fourth student. "I ask all of them if they know anything about Rotary. Then, I found out that Ashley's dad is in the Denver Southeast Rotary so they didn't need me at all for Ashley's interview." He then gave her the Certificate and told her where the plaque is...at the store that engraves the name plate. "Actually, I forgot to pick it up" confessed Tom. Ashley's dad, Mike, advised that "The first thing that goes is the memory and then the eyesight." There was also a gift certificate from Barnes and Noble book store and the revelation by **David Wood** that it's a tradition for the parents to take out the award winner for dinner at their favorite family restaurant.

William Collier then told us about the wish list on our tables for Senior Support and Sacred Heart House. "Next week, I'll bring my truck and you can bring some men's clothing and supplies for Sacred Heart House. If you don't have time, give me cash and I'll go to King Soopers or Safeway, get some supplies that we know that they need. Last year was a smashing success and I hope this year we will do the same. We appreciate all the great help."

MICROCREDIT PROJECT FOR EL SALVADOR

John Lawton had an announcement for us today: "Our \$20,000 microcredit project in El Salvador has finally been approved and the money sent to El Salvador by the Rotary Foundation. So, they should be hard at work down there now with the project.

"Now, we can think about how our club can participate in the project. Last year we sponsored a wheel chair project in Costa Rica. A group of about 30 Rotarians, wives, and guests traveled to Costa Rica to present the wheel chairs to various beneficiaries. They also participated in a tour of the country. So, we should probably make a similar trip to El Salvador to see this new project and also do a tour and have some fun."

John had some pictures of members of the local Rotary club when he was down there about two years ago. John's comment was that the age of the pictures illustrates how long it's taken to put this project together. "It was a very nice club and they served an elegant dinner and we would be guest for dinner down there.

"The \$20,000 is to be loaned to qualifying individuals to start a small business. Initially, \$150 loans will be made to 133 borrowers. So, if they pay the principal and interest and fees in four months, then the borrower can apply for a new \$200 loan. So, this goes on...there's no end to this or to how many loans can be financed in the program.

"The project has been financed by five clubs, District 5450, and the Rotary Foundation. Our club contributed \$3,700, the four other clubs put in various amounts including the host club down in El Salvador that put in \$100. District 5450 put in \$5,700, and the Rotary Foundation put in \$8,600.



John included some information about El Salvador in his presentation. "El Salvador is a tiny country, just 8,000 square miles. Colorado, by comparison, is about 104,000 square miles. It's bordered by Guatemala on the northwest, Honduras on the northeast. Nicaragua and Costa Rica are farther south. There are about 20 extinct volcanoes in El Salvador, one was active till a few years ago. Earthquakes are common. It gets up to 80 inches of rain per year. The principal export is coffee and then they harvest a lot of shrimp and lobster along the coast. The population is about five million. That means there are 625 people per square mile whereas Colorado has 45 people per square mile. So, it's a very densely populated country.

"The country suffered an insurrection in the early '80s when thousands were killed and about 20% of the population left the country, most to the U.S. These difficulties have resulted in a great deal of poverty. More than 25% of the population is illiterate.

John showed us pictures of a brick factory. "He went broke but he now has an active brick factory because the Canadians loaned him \$100. So, after two more loans, he now has seven employees and makes \$400 per month profit. So the microcredit worked well for him."

He also showed us pictures of a furniture factory now on their third cycle of loans. They employed four additional men for a total of seven, and they're now making \$300 per month for each of the amigos. It's a nice turnaround for them through microcredit loans.

The next subject pertained to a man who fought in the insurrection. "He required seven surgeries for his wounds. He couldn't get a job, his wife died three years later, leaving him with two young boys to raise. He found an old oven on the street, fixed it, bakes bread, but only makes about two bucks a day, poverty level. He was loaned \$150 to buy ingredients. Then, with another \$200 he was able to buy an industrial oven and now makes \$10 per day. And, John had a picture of his two sons, standing by a TV set and a stereo that he was able to afford. Now, get this. The boys work at the factory from 4:00 am until 6:30 am, selling and delivering bread. Then they go to school at 7:00 am."

The next borrower had a stall in a large open air market. "With a \$150 loan, she bought all of the vegetables in the picture. She has two children and is making about \$180 per month net profit...six dollars per day...after receiving the loan. So, she's well out of poverty now."

"So, if you go on a trip down there, you'll be seeing vendors doing similar things. But they'll be using our matching grant money to finance their businesses."

The proposed itinerary for the trip: "The first day we travel to San Salvador, arriving about 11 pm. Next day, following breakfast with the CEO of EMI (Engineering Ministries International) in San Salvador and president of the host club. We'll spend several hours with EMI and his people who administer the project. There will be a host club's dinner meeting that should be a very nice affair.

"Day Three will be out in the field with the EMI people, visiting some of their projects. Days four, five, and six we'll be acting like tourists by visiting a few spots of interest in El Salvador. And then, we return to Denver. Now, Rich is going to take over and show you some pictures of the tourist spots."

Rich had some pictures of volcanoes, one with a lake in the crater, a resort, and an El Salvador traffic jam. "John wants to do this on fairly short notice. We're talking about Wednesday, 3 March 2010, to 10 March. The San Salvador club meets on Thursday night, so we get there on Wednesday, tour a little on Thursday, then the dinner meeting that night. Friday and Saturday we visit

the EMI sites. Then, Monday through Wednesday we tour. So, that's the idea.

"In the planning, since the money has only been recently released, we thought we'd have a chance of successful stories if the people had the money as opposed to people who did not have the money. So this has been on hold but John assures me we'll have some success stories by March. Whether bricks or bread, there will be some successful stories. El Salvador hasn't been the most stable government in the '80s and '90s. But, it's coming around and will be the new hot spot in Central America to visit. When you get out of the cities, there is a nice countryside. We'll come out with an exact itinerary and price. My guess would be that it will be \$1,999 or less. Think about it over the holidays and if you don't have any plans for early March, we'd like to see a microcredit in action and also visit a very beautiful country."

NOTICE

If you are interested in making the Microcredit El Salvador trip, please contact John Lawton or Rich Sattizahn

PHIL BEAVER'S HEALTH TIPS

Phil Beaver was point man to the lectern, took the mike, told us he had a real deal for us today...three health tips for one day. Ready?

1. The first one. If you want to add 3.3 years to your life (pause for effect) be a woman. OK. After the laughter died down to < 85 db, what's two?
2. Be Japanese.
3. This last one is counter intuitive. It's 'Be born later.' Even though those born later will have a longer life, everyone that I know who is really old, was born a really long time ago. I don't get it, I'm just reporting the facts. You decide."

Question (Whizzy): "From your guidance, then, if you're female, Japanese, and born yesterday it gives you about 20 years?"

Answer: "It gives you 15.7 years. Yes. So think about that."

Thank you, Phil. We feel better already...because as you said a few weeks ago, laugh 15 minutes per day to live longer. We've laughed about 37 seconds already today, and it's not even 1300 hours. (Let's see now, 13-12=1) That's 1:00 pm for the rest of the membership and guests.

SERGEANT AT ARMS

Please note: Your editor has pictures (two of them) of our Sergeant at Arms, Jeff Duer, but they're even worse than the one of Ashley and Ruth. All things considered, let's go without the SAA picture.

Since we have to start somewhere, we'll start with Jeff's opening riddle. "Everyone knows what a paradox is. Does anyone know the Boy Scout version of a paradox? No? It's two



pairs.”

“How about this? What is the pig capital of the world?” One or two guesses. “No, the pig capital of the world is ‘New Pork City’.” (Groans throughout the room)

“My last one is my favorite one for today. Why did the orange roll only half way down the hill? No? Because it ran out of juice.”

“OK. We have a big group, it’s going to be hard to meander around the crowd but would anyone like to share some good news?”

Marvin Hersh: “We want to thank you, all of you, all 110 people who came, last Sunday, to Fred and my birthday party. (Thunderous applause and laughter) Now you know the rest of the story: birthdays of 11 Dec for me, 12 Dec for Fred. Glad you could make it.”

Mike Klingbiel: “Thank you very much for honoring my daughter’s work. I’m very proud of her. She doesn’t need my guidance. She’s just a good person.”

Eric Budreau: “My wife, Heidi and I just had a baby girl...named her Elli Almolin (sp?). Other than the lack of sleep, we’re pretty excited.”

Jerry Regan: “Jeff and everyone, as a result of that incredible party last Sunday, I want to give special thanks to **Phil Beaver** for playing piano, and bailing **Barry Dawson** out, and to **Helen Hempel** for bringing her most wonderful friend Marian.”

David Wood: “My daughter, three months old, had corrective surgery Tuesday. It all went wonderfully.” (Sustained applause and cheers)

Helen Hempel: “I can tell you that I had a birthday this past week—we won’t discuss which one it was. But it’s the same date as **Steve Whisenhunt’s** birthday, 8 December.”

Gus Achey: “Today is my Dad’s 90th birthday. And, on the other end of the age spectrum, my daughter, in about two months, will give birth to our first grandson.”

Jeff Duer: “OK. Anybody else? One last thing before I go...we had a guest who came a little bit late, didn’t get here in time to get introduced. Sitting in the back corner is **John Russell**. John, go ahead and stand up and tell us a little bit about yourself and why you’re here.” John replied, “Oh, sure. My name is John Russell. I have something called ?? *Preservation Strategies* over here at Belleview and I-25. I’ve done some research into Rotary Clubs and would love to come and join you guys. We’re interested in the things that you’re doing and I would like to make a contribution.” Jeff: “Excellent. Give your \$5.00 to Jerry.”

William Collier: “I want to make a contribution for **John** (as in John Lawton). John has something like \$110,000 in microcredits, isn’t it something like that, John.” John responded with, “No, we’re only \$95,000” (Well, now, let’s not over exaggerate, William (-)=) followed by some ‘Let’s not quibble about a one and a five and three zeros’ applause.) And you’ve been doing this for years and for a lot of people you don’t even know. So, let’s hear it for John.” (And we complied...while standing, it can be recorded, otherwise known as a standing ovation.)

And, then, **Red Holland** rose, \$5.00 bill held aloft and said, “I just wanted to call attention to an article in the Denver Post this past week. One of our members was recognized. **Dixie Davis** has done a terrific job with the Adoption Exchange. I just wanted to give her some credit for all the good work that she’s been doing.” (Another show stopping round of applause)

David Henninger came up on the agenda and this is what he had to say: “I had the pleasure of introducing **Katy Drake** when she came here to talk to us about her experience with RYLA. And, her mother **Lynda** came also. After the meeting, **Carl Gardner** said, ‘We should have Lynda as a speaker. And, it’s really appropriate at this time of the year to focus not just on our families and ourselves but also on an issue that our organization, Bayaud Enterprises, has been involved with for quite awhile. And, that is the issue of homelessness.

“There are a lot of stereotypes, a lot of myths, a lot of misunderstanding about the subject. When I think about it, I think that if you’ve never seen a 120 pound heart, you’re about to meet that heart. Because, that’s Lynda. She goes to extraordinary lengths to serve people who are homeless, above and beyond anything you can imagine.

“So, I’d like to have her talk about that. Bayaud is part of the *Road Home* project that the Denver mayor started to end the chronic homelessness in 10 years. We’re entering year four. Lynda was a stock broker for 19 years, decided not to be a stock broker any more, woke up and had an epiphany and decided that she wanted to help people who were down and out. We’ve been privileged to have Lynda as an employee at Bayaud ever since the *Road Home* program started. She is the mother of three children, Katy being one, and she has a bachelor’s degree from the University of Nebraska, Omaha. We welcome Lynda to talk to us about the issue of homelessness.”



Lynda Drake
The 120 Pound Heart

Lynda began with, “Thank you David. Can everyone hear me OK? I’m glad to be here. I love this opportunity. I have helped people for about the last eight years. People who have disabilities and people who have been challenged with homelessness...I’ve helped them find work. One of the things that I have discovered in that process is we are all a part of this incredible tapestry. A tapestry of humanity or of community.

And, each one of us is a small strand, a unique strand, that together make up this tapestry. So, I ask you today, what are the gifts and abilities that are a part of your strand?

“I want to share with you the story of three individuals I work with and the gifts and the richness that they bring to their strand. The first person is one by the name of Linda. They’ve all, by the way, given me permission to speak of their stories. Linda grew up with very loving parents but she had an older brother who sexually abused her when she was a teenager on the ski team. Her parents didn’t see it. They couldn’t see it. When she was in her early 20’s, she was the victim of the most heinous crime you can imagine. She told me the details of that crime. The person had left her for dead but she had struggled in that moment to get to work. She had tried to crawl to work. That’s the kind of work ethic this woman had.

“She had also gone through abusive relationships. When we met Linda, she was living in a shelter. We helped her find work at Christian Living Communities that is one of our employer partners out in the community. We helped her find an apartment. She’s been there about a year now. Two months



ago, her brother, the one who had abused her, called her and he said, 'Linda, I've found myself homeless. Can you help me?' Can you imagine the level of compassion and forgiveness it would take to answer, 'Yes' to that question? But, she did. She opened up her home to the person who had hurt her. Thank God, he only stayed there about a month. And, now he's working to get his life together.

"But, Linda brings to her strand in the tapestry, the incredible gift of compassion and forgiveness. She's probably the most generous person I've ever met. She helps everyone around her. She has such a positive attitude. She always has a smile on her face. What a gift she brings to our tapestry.

"The next person is a young man by the name of Andrew. Andrew also, always, has a smile on his face. He brings to our tapestry the gift of a positive attitude and a sense of gratitude. When Andrew came to me, he was living in his beat up red Datsun. The whole car to live in. He had scientifically put everything he needed for life in that car. Everything had its place. When he sat down with me he was so grateful that I had responded to his email. He had emailed a number of different agencies in town but I was the only one who responded. I'm sooooo glad that I did. Andrew had found himself homeless because he had been selling cars, the economy turned, he lost his job and was evicted from his apartment, so he was there with me.

"Andrew grew up with an abusive and alcoholic father. He left home when he was 14 to live on his own. When he was 17, he came back home because he loved his mother dearly and she was dying of cancer. Andrew came into my office and sat down. I asked Andrew, as I do with almost everyone who comes into my office, 'Andrew, what is your dream job?' And, people in this economy say, 'Lynda, what difference does my dream job have to do with me. I am desperate for work. I just need to work.

"Let me tell you why I ask that question. I have three reasons.

1. Life is too short to not have your eye on some preparation for the future. Some goal. Work is 30% of what we do in our lives. It should be something that we feel good about going to. We're anxious to get up in the morning and give back to community where we work.
2. People say, 'Lynda, I will do anything.' I think in my head, 'Really? Anything?' I worked with a young man who, for a living used a front end loader to shovel dead baby pigs and pig feces for \$8.00 an hour. Would you do that? Would you work on the outside of a building washing windows on the 38th floor on one of those little scaffolds? There's not enough money on the planet for me to do that job. Would you do telemarketing and call people at dinner? So, just like we all should have a dream job, we also have a nightmare job that we wouldn't do.
3. If you are the hiring manager, and you had 300 or more applications for your one job, which is what's happening today, would you hire the person who comes in and says, 'I am so desperate for work!' or would you hire the person who says, 'This is a step to my dream job. This is where I fit on the tapestry and where I will do my best.'

"So, I asked him the dream job question. Andrew's answer to that question was, he wanted to be an accountant (A couple of

CPAs murmured, 'Good choice.' The rest enjoyed the CPA's answer, especially the lawyers.) "But, why do you laugh? Miracles happen in my office alllll the tiiiiime."

"To illustrate: Earlier that day, my boss had come to me and said, 'Lynda, we're going to start a new training program. We're going to teach someone how to be a payroll clerk. They'll work for us for awhile then we'll help them get a job out in the community.' We do that a lot. And then, they either stay working here or we help them get a job somewhere else.

"I thought, 'What a perfect job for someone who wants to be an accountant!?' Do you agree Mr. Accountants over there? Immediate response: 'Absolutely/certainly.' Andrew thought it was perfect too. Within two weeks he was working at Bayaud. That was a little over a year ago.

"So now, a year later, Andrew is going to school to get his bachelor's degree in accounting. He's living in a house that we helped him get with a couple of other people. They share it together. And, he's interning at school. It's wonderful. But, he did it all with his incredible sense of gratitude and a positive attitude. Always with a smile on his face.

"The last person I'm going to tell you about is a man named Dorin. Dorin is rather rare. He has a good education, is an industrial engineer. He found himself addicted. He got in with the wrong crowd, made some bad choices, and became

Andrew grew up with an abusive father. He left home when he was 14 to live on his own. When he was 17, he came back home because he loved his mother dearly and she was dying of cancer. Andrew came in and sat down. I asked Andrew, as I do with almost everyone, "Andrew, what is your dream job?"

addicted to drugs. In order to fund his addiction, he had to sell drugs. When, he sold drugs, he got busted and was in jail. He got out of jail but hadn't changed his mindset so he went right back to doing the same thing and went right back to jail.

"He told me the other day that he was like being in a cocoon where you are so into your addiction and so full of anger and frustration that you think everyone is doing things to you and you can't see the good things around you. But, Dorin had an epiphany. He was

walking down the street, and although he hadn't grown up with any religion, he said to whomever, 'I don't want to do drugs anymore. I've got to do something different.' That was about six months ago and he's been clean ever since. Dorin brings to us the incredible gift of faith and humility...something he didn't have before he went through the process he went through.

"Each of these stories are individuals that represent a unique strand and wonderful gift that they bring. And, they also show a lot of the reasons for homelessness. About 30% of people are homeless because they lost a job or their families have broken up. Many, many times, like what happened with Linda, it happened at the same time. Addiction is about 60% of the people out there. I've worked with people with masters degrees where addiction has led them down that spiral. We have about 50% of people with mental health issues...post traumatic stress, bipolar, schizophrenic. So, there all kinds of reasons for homelessness.

"So, how did Bayaud help? What do we do to help these individuals. I believe we help them to make their strands more rich and vibrant. We do that in a number of different ways. We have groups that meet together. They're called *Job Clubs* or *Beyond Bayaud* groups. And, at *Job Clubs*, they get hands-on training on how to use a computer. We video tape their practice interviews so they can see how they really come across.

"We also have a licensed counselor who meets with people



and helps give them the tools they need to deal with life, with stress, with anger, with addiction, with all kinds of things.

"I don't have scientific proof of this, but in my experience the most common denominator of people who are homeless, is that they were abused as children, or adults, or both. Abuse takes away so many of those tools, and a person's self confidence, and their knowing that they are worthy enough to have good things happen.

"So, with the counselor and our other programs, we really work on helping them change their mindset, how they think about themselves and the life around them. At our Job Clubs on Thursday evenings, we go over the skills that every job requires and also helps improve the quality of life. Skills like customer service, budgeting, self image, how to make decisions...all kinds of things. It helps them in all areas of their lives. So, when they get a job, they have a better chance of keeping it. And, that's how Bayaud helps the community.

"And how does the community help Bayaud? The community has blessed Bayaud with three different grants.

1. We have the grant from Mile High United Way that David mentioned. That funds Mary and myself.
2. We also have what's called the Projects With Industry, or PWI grant. That specifically helps people with disabilities find work in the hospitality field. They do that through Job Shadowing, a great customer service class that the human resource people from the hotels do. It's wonderful.
3. Then, the last one we have, through Obama, he's given us money through the stimulus package where we can actually pay from someone's wages for two to four months. So, it's a great incentive for the people with whom we work to get hired and it's great for the employer because they get a free employee for a couple of months. It's a real win-win situation.

"At least 70-80% of the people we work with have felonies in their background. That is making it very tough these days to find work. So, that stimulus money is a great incentive to hire someone with that kind of a challenge in their background. The other things that the grants do is it allows us to give bus passes and tokens that are so critical. If you're not making any money, you can't get to the place to apply for the job or go for an interview. Or, if you're working, you don't get paid for three weeks. But, you still have to pay \$2.00 each way on the bus to get there. Without that one piece of our program, at least 60% of the people we work with would have lost their job. What a crazy reason to lose your job in this economy.

"So, this season, when you're thinking about the gifts that you're giving to the loved ones around you, also think about the gift that you bring to this tapestry, how your own gifts and abilities help it shine, and also how you can encourage those around you so that we have a tapestry in which all individuals are valued, all individuals are encouraged, and to allow them to dream and to achieve their dream. And that is the most beautiful tapestry of all. Thank you. Do you have any questions?"

Question (Ruth Wilson): "I've heard that there are people on the street who choose to be there."

Answer: "The answer to that is yes. There are people with mental illness, addictions that they don't want to deal with because if you're in a shelter and come in drunk or on a high, they will kick you out. And, some shelters do have crazy rules. I had a lady who was kicked out because she had a jar of Tobasco

sauce in her purse. But, she's from Louisiana! Whaddaya expect? Y'know? So, yes. But the percentage is very small. I would say maybe 5% of the people are truly in that category. And, if they got help, would they still be there? It's hard to know."

Question (Benson): "What's the percentage of mental illness?"

Answer: "It's about 50%, at least. We see a lot of people that we know have brain injuries but have never been diagnosed. We just know the symptoms. So, those with diagnoses are about 50% and definitely more than that who are undiagnosed."

Question (Laber): "I read here lately in the paper that Ft. Logan's funding is being cut so they have discontinued their adolescent and young adult program. What will that do to organizations like Bayaud? Someone is going to have to pick up the slack."

Answer: "If you want to answer that, go ahead. (Bud deferred to Lynda) But, anytime there is a cutback in mental health services, it definitely impacts us. They come to us when they try to find work and if people aren't getting the support they need through medication, it makes it very difficult to get and keep work."

Dave Henninger added: "The communications network amongst people who are homeless would put us, and the internet, to shame in terms of the way they communicate. They have an incredible network. And they will say, 'Here are the hotspots to go to. Here are places that will treat you with respect and dignity and here are the places to avoid because they don't.' That network eventually leads many people to us because they can work with people like Lynda. There are people who walk in the door that many people, including myself, would get a little leery of for a variety of reasons. Back to Lynda's office they go and they come out with smiles on their faces. It's absolutely astonishing the transformational relationship that Lynda and Mary, who works for Lynda, are able to engage with people who, typically, don't engage with *anybody*. Also, the Toastmaster's group should be mentioned.

Lynda on Toastmasters: "Yes. In my 3 1/2 years at Bayaud, one individual who came across as very sullen and I told him he wasn't going to find work. He scared me. He was a very, very large man who sat down and said he had Post Traumatic Stress Syndrome and was schizophrenic and on and on and on. I was a little afraid of him. And he had been incarcerated also. So, we also offer people Toastmasters on the second and fourth Saturday of the month. It helps with public speaking skills and leadership. It's awesome. If anyone wants to visit, that's the time to do it."

Question (Regan): "Lynda, thank you so much for the presentation, but my question to you is, 'Where did this come from? You sure didn't learn it buying and selling stocks and bonds.'"

Answer: "You mean where did 'me' come from? Well, you know what helps me a great deal is that Katy has a twin brother with Downs Syndrome. And, when you have been a very successful, not a very nice person at work like I was and just working, working, working, as you read in your inspirational message this morning, I was on that path that everything was work. And then I have a child with Downs Syndrome. That's when you learn that, if you ever have twins, you can no longer do everything yourself. Then you must ask for help.

"When you work with people, as I have, with people who have disabilities and who are homeless, you really do learn a



whole new perspective on life and what's really important. (And, that's where 'me' came from.)

Question (Osorno): "I'd like to hear about any of the limitations you have as they relate to clients and the services you provide. Secondly, I'd like to hear from you your ideas regarding the ways that Rotary can be of assistance to you."

Answer: "OK. The first limitation is probably, and actually, bus tokens. Because, we have these great things but if people don't have bus tokens they can't get there. So, getting to these programs is wonderful. And even last night, when it was freezing cold, we had seven people at Job Club. So, giving people the help to get there is great.

"And, honestly, the most important thing we can do for each other is believing in each other. Believing we can do it, and helping all of us to dream again. So, if any of you want to come and speak to us at Beyond Bayaud on Thursday evening. If you want to share your story, or listen to theirs...that would be great.

"If you wanted help with tokens, that would be great also."

Question (French?): "How many people do you serve at one time?"

Answer: "We have 10 to 14 people coming every single week to our orientation. And, we serve, roughly, 100 people per

month. New people about 45 to 50 per month and we have placed 30 people since 1 October, at least. Some people don't let us know. Thank you very much."

President David thanked Lynda for all of us and gave her our certificate that we have donated to one of Rotary's clean water projects throughout the world, in her name. And, secondly, "Sam is going to tell us how we can help Bayaud as well."

Sam Hill thanked Lynda for an excellent presentation, said, "On behalf of the University Hills Rotary Club, we want to present you with this check for \$3,000. We hope it will be useful to you in your food bank serving severely disabled individuals and homeless families."

Lynda: "Wonderful. Thank you very much, everybody."

DAVID'S THOUGHT FOR THE DAY

President David's Thought for the Day comes from former U.S. President Jimmy Carter:

The measure of a society is found in how they treat their underprivileged citizens. — Jimmy Carter.