

# UNDER OUR ROOF

Newsletter of the Boulder Shelter for the Homeless • October 2010

4869 North Broadway, Boulder, CO 80304 • 303-442-4646 • www.bouldershelter.org



It takes more than food. It takes a community.

## NOURISHING HOPE

The Boulder Shelter's kitchen could be considered a feel-good story about a community of local residents banding together to take care of its own.


You could even say the kitchen is a link between those who want to help and those who need help. A conduit. Yes, the Shelter kitchen provides food, but it also creates a kinship of people, regular people—individuals and groups of all kinds, including businesses, religious, civic and educational groups—who work together to serve our community.

Welcome to the Shelter kitchen—truly a shared, community kitchen. A place where—you ask them—volunteers get as much as they give. Where pounds and pounds of food are recycled each day, and converted into thousands and thousands of meals each year. Where the conditions of the place shows respect for all who use it. Where creativity and improvisation are practiced daily, as staff and volunteers together come up with imaginative ways to use the food on hand.

When ingredients are limited, they make due, and then they laugh. On a given day, there might be eggplant, zucchini, canned tomatoes and orzo. Ratatouille! Another time, there might be frozen chicken breasts, peas, carrots, rice, and voila! Chicken fried rice!

What is never limited at the Shelter are the generous, compassionate hearts of our volunteers. You can recognize it in this comment from one of our regular dinner volunteers, who said, "Helping with dinner service at the Shelter reminds me to value every creature, every moment, and every meal."

Here's just a glimpse of some of the people, places, and things that animate our community kitchen:

 Individual citizens donate cans and cans of spaghetti sauce, peanut butter, vegetables, soup, and tuna—in short, the bounty from their pantries. Some bring overflow from their gardens, and others show up with homemade zucchini bread or pies.

*Shelter Kitchen continues on page 3*



Thank you  
*thank you!*  
Thank you

**The Boulder Philharmonic** paid tribute in its opening night concert to Boulder's citizens who are engaged in helping others in our community, including the Boulder Shelter.

The Shelter participated in the **CU Staff Council Ice Cream Social Employee Fair** in September.

**North Boulder Dental** donated several boxes of toothbrushes for our residents.

**Amgen employees** donated much needed toiletries and other supplies.

**Employees from Northrop Grumman** have served dinner to our residents several times this summer.

**Art students at New Vista High School** are doing a project on how to use art to begin dialogue and raise awareness on various social issues facing communities, including homelessness. In the coming weeks, the classes will draw three of our residents and create a project which will be displayed in the public library. It is their hope to raise funds for the Shelter in addition to raising awareness.

**The Hotel Boulderado** sent buckets of single sized toiletries, toothbrushes, razors, bath towels and linens.

*Snapshots continues page 3*



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## Director's Dialogue



*Food, glorious food! Hot sausage and mustard! While we're in the mood—Cold jelly and custard! Pease pudding and saveloy!*

*What next is the question? Rich gentlemen have it,*

*boys—In-di-gestion!*

*Food, glorious food! We're anxious to try it. Three banquets a day—Our favorite diet!*

*Just picture a great big steak—Fried, roasted or stewed. Oh, food, Wonderful food, Marvelous food, Glorious food.*

These lyrics come from the song "Food, Glorious Food" from the musical *Oliver!* which is based on *Oliver Twist*, the classic novel by Charles Dickens. Oliver is a poor orphan struggling for survival in 19th-century London. For much of the story, Oliver is homeless and he is always hungry. Unfortunately, some things have not changed.

The majority of us have never been homeless (although one Shelter board member lost her

house in the Four Mile fire and, in a single day, joined the ranks of those without a home), but most of us know what it is like to be hungry; at least temporarily. Who hasn't missed lunch or been late to dinner and felt the pangs of an empty stomach?

This issue of *Under Our Roof* is all about the food programs at the Shelter. Food and shelter are two of the basic necessities of life and it is the Shelter's mission to help provide these necessities to those who, like Oliver, have few other options for survival. The Shelter serves over 80,000 meals a year to those in need. It would not be possible to purchase, prepare and serve all of this food without hundreds of dedicated Shelter volunteers, numerous restaurants who donate food, and our local food bank, Community Food Share. Because of all of this support, the Shelter can serve a hot, hardy meal for about 10¢. The meals may be simple but

they are usually balanced and nutritious. One thing that has changed since Oliver's time is that we don't serve gruel.

The Shelter's food programs are just one way we serve those in need in our community. We also run a number of other programs, all with the goal of helping the poorest of the poor climb back into stability. Because of this mission, the Shelter's board of directors has decided to support local ballot initiative 1A and oppose State issues Proposition 60 and 61 and Amendment 101. Supporting 1A will help replace lost State funding for human services in Boulder County, and opposing 60, 61 and 101 will avoid dramatic cuts in funding for the Shelter. Please consider Supporting 1A and opposing 60, 61 and 101.

Greg Harms, Executive Director

**Vote**  
November 2, 2010!

**YES on 1A**  
**Neighbors Helping Neighbors**

The Boulder Shelter Board of Directors supports the passage of County Ballot Issue 1A. The proposal will help ensure that local nonprofit agencies have the capacity to sustain service levels for individuals and families in need.

The Boulder Shelter Board of Directors opposes the three Colorado ballot measures known as Amendment 60 and 61 and Proposition 101 and urges the defeat of these measures in the November General Election.

*27 years of service in our community.*

The mission of the Boulder Shelter for the Homeless is to provide safe shelter, food, support services, and an avenue to self-sufficiency for homeless adults in our community.

☞ Morning and night year-round, volunteer groups bring in entire meals, or cook meals onsite, then serve them to our residents.

☞ Unsung individual volunteers (too many to name) do special things that only a few may know about, like ...

- One of our favorite volunteers has been delivering eggs to the Shelter from family-owned Morning Fresh Farms twice a month for years.
- Every Tuesday, the “milk guy” drops off his leftovers from his milk delivery service.
- A Shelter board member (also a volunteer!) makes monthly rounds to generous restaurants and hotels, and brings back loads of food and other necessary supplies.

☞ Community Food Share, Boulder and Broomfield Counties’ food bank, helps us stretch our dollars by providing a large percentage of the Shelter’s food with everything from meats to canned vegetables and fruits.

☞ Our kitchen manager picks up surplus produce from the Boulder County Farmers’ Market, courtesy of Growing Gardens.

☞ CU students schlep bags of food from Kittredge dining hall on the Skip down Broadway.

☞ Local grocery stores give us meat whose expiration date is near, and local restaurants and food-makers also step up, with firms such as Noodles and Company, Pasta Jay’s, the St. Julien Hotel & Spa, Chipotle, Starbucks, Breggos, Third St. Chai, Evol Burritos, Whole Foods Market, and Olive Garden providing everything from lasagna to pastries to bowls, cups and plates.

☞ People doing community service cut veggies and clean the kitchen.

☞ Shelter residents wash the dishes and clean up the kitchen after every meal.

From the food sources, to the people who get the food to the Shelter and on the shelves, to the people who prepare and serve the meals, one thing is for sure, the Shelter depends on the generosity of the community to make a difference in the lives of the homeless who come to us for a meal.

And so, tonight, about 5 p.m., a volunteer will arrive, perhaps turn on the steam tables and check out the setup. Soon after, other volunteers will arrive and begin setting out bread, pouring water and milk into cups, cutting desserts. And, at about 6 p.m., the residents will line up for their substantial plates of food. Most of them will accept the meal with a nod, a smile or a thank you, and then sit down in the warm dining room to eat.

## All because, as you can see, a community cares.

Read profiles of two of our kitchen volunteer groups on page 4.

## Because *you* gave last year...

And with the help of **1,300** volunteers

who donated more than **9,600** hours of their time,

the Boulder Shelter was able to provide

**83,047** hot meals (breakfast and dinner)

with a food budget of

less than **\$5,500.**

*Thank you.*

SOME HAVE REMARKED THAT IT’S AN AMAZING THING to feel what it’s like to feed somebody else, to provide for somebody in need. To serve someone who needs a hot, tasty meal in a way most of us will never experience can be humbling.

One volunteer said, “Sometimes I’ll look at a man passing through the food line and realize that the efforts he made today are already heroic, that making it through to tomorrow for him is a venture of faith and a sign of fortitude that many of us may know very little about. And then I realize, whether we know it or not, we are all just one moment, one decision, one ill-fated circumstance from needing the help of someone else. We all need each other to make it through.”

## WishList

Donations of food and supplies are always needed at the Shelter.

We are currently in particular need of twin-size cotton blankets for inside use.

For an up-to-date list of other current needs, please visit [www.bouldershelter.org/donate.inkind.html](http://www.bouldershelter.org/donate.inkind.html)

**Thank you** for remembering the Boulder Shelter in your will.

### Snapshots from cover



The Shelter participated in the **First Presbyterian Local Ministry Fair** on Sunday, September 19th.

**The St. Julien Hotel** has donated lots and lots of towels, winter clothing, and kitchen supplies.

**Staff from Rock Bottom Foundation**, the charitable arm of Rock Bottom Restaurants, Inc., brought and baked Walnut Brewery’s mac and cheese (among other goodies) for residents one evening in June.

**First Congregational United Church of Christ in Longmont** donated items to furnish an entire apartment for a Housing First client.

**Girl Scout Troop #2894** donated 54 boxes of Girl Scout Cookies to the Shelter.

Ten-year-old **Jordan Krenz** donated money that he had saved in his donation box.

**The Independent Order of Odd Fellows** held a Pancake Breakfast Fundraiser for the Shelter.

**The fifth grade class at Whittier International Elementary School** in Boulder raised money for the Shelter.

**The Graphic Communications Class of the Boulder Technical Education Center** raised money for the Shelter.

**University of Colorado football coach Dan Hawkins** recommended Boulder County Cares to receive a grant given through the Third Annual Colorado Coaches for Charity event.

**Kids from Fireside Elementary in Louisville** raised money for the Shelter.

**Avery Jefferies**, seven years old, donated proceeds from his lemonade stand.

**Shea Munson**, six years old, donated a portion of his allowance.

**Centennial Printing** continues to donate printing services to the Shelter, including business cards for the staff.

An anonymous donor paid for gas for the Shelter’s Boulder County Cares Jeep.

Snapshots continues page 5

## Congratulations to Nicholas Quinlan, 2010 *Pat on the Back Award* winner



Nicholas presents Greg Harms with \$1,000 check at the festive awards celebration.

NICK, WHO RECENTLY TURNED 18 YEARS OLD, has been donating his time at the Boulder Shelter since he was in the 5th grade. The Pat on the Back Award is given by the Community Foundation Serving Boulder County in recognition of individuals who have given extraordinary, but often unsung volunteer time in caring for the community. Nick received his honor at The Community Foundation's Friends Party in August, and donated his \$1,000 award to the Shelter.

Gina M. Barajas, the Shelter's Volunteer Manager, says, "From a very young age, Nick has carried compassion not just for the homeless but for the world in need. His passion for life and volunteering makes me believe he will be a lifetime community volunteer."

[ good morning! ]

## VOLUNTEER PROFILE :: Saturday Morning Breakfast Group

**What group activities have you participated in as Shelter volunteers?** We have participated in cooking Saturday breakfast, dorm supply, intake, and picking up food from the local restaurants that are kind enough to donate their unused food to the shelter.

**Why do you volunteer as a group?** We have the best group ever! Really, we do. When one of us is unable to make our shift it bums us out but we have such a strong group that we never feel like we are unable to prepare an awesome breakfast even when we are short a member of the group.

**Please tell us something about your volunteer experience.** Our favorite part of the volunteer experience is talking to the residents-it makes it all worthwhile to have people express their gratitude and tell us that they look forward to each Saturday

morning. The whole experience has put us in touch with a part of our community at a level that most people do not get to experience, and we love that. There are wonderful people at the Shelter. It

reminds us how lucky we are, and the huge need for compassion and understanding in our society.



The Saturday Morning Breakfast Group, left to right: Mark Biggers, Amy Smith, Ardie Sehulster, Megan Cleveland, Liz Cleveland



## VOLUNTEER PROFILE :: The Boulder Meeting of Friends

[ faith into practice ]



Members of the Boulder Meeting of Friends volunteer group

**THE BOULDER MEETING OF FRIENDS** (commonly known as Quakers or Friends) believes that "there is that of God in everyone," and that through their service to others they are putting their faith into practice.

And so they do. For 15 years, the Meeting has been volunteering to prepare and serve meals at the Shelter on "their night," the 3rd Saturday of the month. Over the last couple of years about five dozen different Friends have worked in teams of six people. They say they value the experience of being with the endless variety of homeless people, of being with each other, and visibly making an important contribution to the Boulder community. Many of them come back repeatedly for the way this volunteer service enriches their spirits.

Here's what a few members of the group have to say about their volunteer work at the Shelter:

"I'm happy that the Boulder Shelter for the Homeless provides an opportunity for me to help feed the community. Preparing and serving meals there puts me in touch with our common humanity. I feel that every person deserves food and shelter and to be treated with respect. I try to make eye contact and give a smile to each person who comes there, hoping that they also feel a connection with all of humanity. I want clients to see that we truly care about them."

"Helping at the Shelter brings me closer to people in my community (Quakers or non-Quakers, rich or poor, hungry or well-fed, lucky or unlucky, healthy or ailing)."

"Volunteering to cook and serve the evening meal has opened my eyes and heart to the power of community service."

*During a tour of the Shelter in August, Congressman Jared Polis (right) and Shelter Executive Director Greg Harms discussed potential federal funding for Boulder's homeless.*



## GETTING TO KNOW :: Tim Schaaf

[ lead case manager ]

**Why do you work at the Shelter?** The Mission Statement and the Core Values of the Shelter are aligned with my personal beliefs. And what we do makes a difference in the world, most certainly in the lives of the people we work with. Also, I am fascinated by the diversity of the people we work with.

**What are your daily responsibilities?** I supervise the three case managers in the Transition Program as well as work with the clients on my caseload. I meet weekly with these clients, working with them to create stability in their lives so they can progress towards sustainable housing. This work spans from basic budgeting skills to seeking support for addiction or mental health issues. I work within the criteria of the Transition Program, but every client has their own life story that brought them to the Shelter, which brings uniqueness to how I work with each person.

**What exceptional challenges and opportunities have you discovered in your work here?** My perception of who the homeless are changed as soon as I started working here as a program staff. I had no idea how people ended up homeless, and certainly not who they were as individuals. These questions of who and why forced me to examine my perspective of society. Any understanding I've gained has developed from my relationships, not just with the residents but also with the volunteers and staff. The quality of people that have come through the door these last ten years is inspiring.

**What do you like to do for fun?** Family, friends, golf—and not necessarily in that order.



## THANK YOU Boulder Shelter Summer Season Volunteers for your time, compassion & dedication!

Douglas Arbuthnot, Emily Barnak, Casey Beeton, Mark Biggers, Casey Burnett, Mary Byrne, Elizabeth & Megan Cleveland, Justin Czynszewski, Judy Demarest, Katie Derr, Natasha Ellwood, Rosie Friedli, Dianne Gates, Randy Geist, Joe Higby, Leslie Hveem, Matthew Johnson, Fiorella Juarez, Nina Khosravi, Maggie Kopel, Don Koplén, Lauren Koutavas, Fernando Lara, Kara Larsen, Leslie Lord, Vineeta Lovell, Girish Mahadevan, Jell Malin, Diana Mercer, Jay Milliard, Daniel Murphy, Gerry & Gloria Phillips, Samantha Porter, Michael Queen, Lauren Roberts, Mary Ruskusky, Ardie Schulster, Suma Shamasundar, Amy Smith, Suvara Sompong, Richard Starks, Jennifer Theiss, Ray Toves, Stephen Trainer, Brian Van Way, Eva Vanek, Wall Street on Demand, Meghan Watts, Marc Weaver, Marty Wellington, Kristine Abeyta, Allen family, Shelia Atchley, Kenneth & Jean Bettenhausen, Chris & Michael Blach, Boulder Meeting of Friends, Helen Braider, Mani Chandy, Amar Chopra, Christ the Servant Lutheran, Craig Christensen, laurel Culver, Julian Dass, Kelly Davis, Tim & Lois Downing, Austin Drury, Lisa Egger, Diane & Ricky Ewasko, David Feasby, Marcia & Nate Forman, Gilfillan family, Sarah Greenleaf, Hall family, DJ Hernandez, Bella Hoelzeman, Kimberly Hughes-Walker, Hanna Johnson, Nathan Josephs, Basanti Kaul, Laurel Kraus, Rachel Lieberman, Susan Lind, Marilyn Long, Anne Luhr, Andy March, Jessie Marek, Shannon McGuire, Andy McNutt, John Meadows, Mario Mirville, Maya Monahan, Mother's Kitchen, Natasha Nevarez, Lin Nguyen, Northrop Grumman, Peter & Dottie Oatman, Patty Olson, Pramila Patel, Jeannie Patton, Lisa Rachlin, Harsh Reddy, Sai Baba, Miriam Sander, Kathi Smith, Cyndy & Mary Teschner, Mary

Ann Tomasko-Perry & family, Jacqueline Burch, Daniel Velasco, Jothiram Vivekanandan, Jennifer Wagner, Brent Warren, Susan Wei, Jeff Weil, Joy Weinstein, Bob Wells, Bruce Williams, Sara Williams-Mann, Jenna Boostrom, Lancene Cadora, Shyamaa Creaven, Rob Howard, Kady Offen-Rovtar, Tiffany Stamas, Allison Strauss, Beth & Josh Strimpel, Laura Valdez, Dave & Kim Allen, David Becker, Boulder Valley Tire Center, Inc., Terri Calvin, Edward Jones, Wesley & Rebecca E., Mark L., Jason Kawaguchi, Gigi Keracik, Betsey Martens, Chip Murphy, Billy & Katie Perea, Carol Ziegenhagen, Tess Adams, Joseph Leeds, InfoPrint, Adam Breene, Celestine Castellino, Dwonne Cogswell, Tim Creech, Matthew Curran, Gabe Eskin, Carol Evans, Rob Ferola, Hope Frost, Chris Gotski, John Greco, Amy Gross, Robin Harper, Eli Hartley, Hannah Hesslen, Haley Hickey, Megan Howard, Erik Jensen, An Yang Kinney-McGrath, David Kroode, Jordan Luburich, David Luna, Mark Lynch, Eric Meyer, Evan Moose, Kristi Odell, Jacqueline Oliver, Catherine Owen, Rachelle Pratt, Sarah Robbins, Scott Ruetters, Amy Wilson and Brandon Yowell.

Snapshots from page 3



**Tyler & Marcia Forman** purchased knives for the Shelter kitchen.

**ParTech, Inc.** held a bake sale and donation drive for the Shelter.

**Andrew, Brenda, Sarah, & Haley Halperin** donated money to the Shelter from their Tzedaka Box in honor of the Jewish Sabbath. (Tzedaka translates into "Charity.")

**Signs Now** continues to donate signage to the Shelter, something they've been doing for at least 10 years.

Twenty-one students from **New Vista High School** did a day project at the Shelter in September.

In honor of Ramadan, **CU's Muslim Student Association and South Asian Student Association** held a fundraiser, "Fast to Fight Hunger" and raised money for the Shelter.

**Tracy J. Collier**, Social Media Consultant, has donated hours of expertise to the Shelter's social media efforts.



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**You have the power** to provide a night of safety, warmth and nourishment for a vulnerable person in our community.



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