In September of 2005, a man stepped off the train in St. Paul looking for a fresh start in a new city. He had been traveling all day. Over 1,200 miles from his home in Louisiana, Bill spent the first night of his new lease on life “sleeping outside on a bench, in September, in short pants.” Six years later, Bill does have a new life and he now calls Minnesota home.

Prior to his stay at House of Charity, Bill struggled with addiction and could not hold a job for an extended period of time. In general, he felt lost. Then one day, Bill shares, “I was walking down the street—not sober; I was in rough shape. I looked up and there was my daughter. She saw me like this, and I knew that was my rock bottom. Something needed to change, and fast.” Bill decided he wanted to head north for treatment.

He knew of others who had moved to Minneapolis to seek treatment at House of Charity. “I had three treatments before I came to House of Charity, but I had no longevity. So I spent over a week calling the Day by Day program up here telling them I was coming, I was coming. Eventually I got on that train, came up here, and things got better.”

Bill spent 90 days in the Day by Day program and then just over a year in our Transitional Housing.

Catching Up Six Years Later
Bill’s Story

In September of 2005, a man stepped off the train in St. Paul looking for a fresh start in a new city. He had been traveling all day. Over 1,200 miles from his home in Louisiana, Bill spent the first night of his new lease on life “sleeping outside on a bench, in September, in short pants.” Six years later, Bill does have a new life and he now calls Minnesota home.

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"Feed those in need, house those experiencing homelessness, and empower individuals to achieve independence.

As a mission-driven organization, these words better guide our current activities and future planning than our previous mission statement.

In this issue of Beats, you will read stories that illustrate our mission in action. You will meet our Food Service Director, David Schulman, who joined us last year and continues to pursue his goal to elevate the quality of the food we serve to the public every day.

You will read about the one-year anniversary celebration of our Housing First program. Since August 2010, we have placed 84 clients into their own apartments in the community.

Finally, you will catch up with Bill, a former client, who used the services and tools available to him at House of Charity to move forward. Six years later, he remains sober, employed, housed and continuously looks for ways to give back.

Two Minutes With...

1. How did you get involved in this field?
I have been working in the culinary industry since I was 12-years-old, starting as a dishwasher and working my way through different restaurants and companies. I had the pleasure of working with very talented people who gave me great opportunities. After graduating from the University of Missouri with a major in Biology and a minor in Chemistry, I realized I was destined for the fast pace, challenge and instantaneous gratification that I got when working in the culinary industry.

2. What brought you to House of Charity?
After 19 years running a demanding catering business where I was the only full-time employee, I decided it was time for a change. I was watching television with my wife one evening and saw a story about a former Napa Valley chef who left a prominent restaurant to work at a mission. I was inspired and literally the next day, I found House of Charity. It all happened by chance. I happened to be in Minneapolis and drove by House of Charity. I double-parked in front of the Food Centre. The door happened to be unlocked and there was someone in the building who knew a position had just been posted. I applied and was hired.

3. What are your goals for the Food Centre?
Since I arrived, I have been working to turn the Food Centre into more than just a ‘soup kitchen.’ My goal is to maintain a positive environment for not only the guests visiting the Food Centre but also the staff and volunteers who keep it running every day of the year. We now cook meals from scratch. Depending on the season, we make a homemade soup or salad every day. I feel that when the staff and I put positive energy into making good food, we see a difference in the attitudes of the residents and public meal guests.

Chef’s Corner

Poppy Seed Dressing Salad

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>1 head or bag of lettuce</td>
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<tr>
<td>3 green onions, chopped</td>
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<tr>
<td>4 oz Chinese rice or chow mein noodles</td>
<td></td>
</tr>
<tr>
<td>3/4 cup sliced almonds</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp poppy seeds</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp black pepper</td>
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</tbody>
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Dressing:
1/2 cup vegetable oil
1/4 cup cider vinegar
1/4 cup white sugar

Directions:
1. Combine all the ingredients and mix well.
2. Just before serving, toss noodles or rice, almonds and dressing with the lettuce.
3. Money-saving tip from the Food Centre: Buy whole almonds and slice them yourself.

Did you know?

74% of homeless adults report at least one of three major health issues: mental illness, substance abuse disorder, or a chronic physical health condition.

Calhoun Coffee Fest

November 19th
10 AM - 3 PM
- 512-594-2003
- m.musil@houseofcharity.org.

Events & Updates

One day, I would like to see us sell a signature food item at the Minnesota State Fair.

Thank you to Rupp Air Continued

Due to the generosity of Rupp Air Management Systems, who donated state-of-the-art equipment at half the cost, we recently updated the kitchen with a new exhaust and make-up air system. According to David, this update not only addressed an immediate need but will accommodate future growth as well. The project involved removing and replacing the entire kitchen ventilation system, which was between 25- and 30-years-old. The hoods and fans over the cooking spaces and dish washer were replaced. Two high-temperature exhaust fans and a make-up air unit were installed. The new make-up air system will eliminate drafts, stale air, and temperature stratification, and create positive building pressure, necessary for good indoor air quality. Each air unit will deliver replacement air at a constant temperature regardless of outside temperatures, resulting in year-round, cost-effective comfort. A new fire-retardant system was added to the air ducts, increasing the safety of the building.

During the construction, the Food Centre staff proved their flexibility and commitment and continued serving meals of bagged lunches to the 300 public meal guests who visited the Food Centre each day.

For photos of the updates at the Food Centre, visit our website at www.houseofcharity.org.