

# Cornerstone

THE MOUNTAIN SHADOWS FOUNDATION



www.MountainShadowsFoundation.org

Summer 2008

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## **New Directions Bring New Faces to Mountain Shadows Foundation**

As the Mountain Shadows Foundation begins its journey in new directions, we welcome two new staff members to the MSF family:

### **Fred Lindahl III – Mountain Shadows Community Homes Development Coordinator**

Fred Lindahl joined our Mountain Shadows Community nearly 23 years ago as a Direct Care Staff member. Over the years, he's held positions including House Manager, QMRP/Administrator and, currently, Residential Program Administrator. Through it all, he has been an integral part of the team that has laid the foundation for all that Mountain Shadows represents today.



*Fred Lindahl*

"I was honored when Wade Wilde (Executive Director of MSSG/MSF) and Stacy Sullivan (Director of Operations) asked me to take on the challenge of becoming the MSCH Development Coordinator," says Fred. "It's very exciting. The Foundation's mission is to connect with individuals and organizations that believe in what we do and want to support our endeavors. My primary goal will be to build bridges between those community members and Mountain Shadows."

"Our first major project will be to coordinate the annual Golf Classic in October. The Classic is our largest event. It has raised up to \$40,000 annually in donations in past years. Those donations are used to support all of our residents."

"Many people have asked me why I have stayed at Mountain Shadows so long. Part of the reason is that I've always had the opportunity to take on new challenges and learn new things. The position of Development Coordinator will allow me to become involved in another new aspect of Mountain Shadows – and to be of greater service to the people who keep me here – the Mountain Shadows residents."

*(Please see NEW FACES on page 4)*

# Olive House Renovation

“The true meaning of life is to plant trees, under whose shade you will not sit.”

*Nelson Henderson*

The graceful, billowing olive tree, with its distinctive, gnarled branches, has a history almost as long as Western civilization. Carbon-dating has shown olive seeds at a site in Spain to be more than 8,000 years old.

Known for its tenacity, the olive tree will grow in almost any condition: on terraced hills, in valleys, in rocky or fertile soil, even in sand. The trees will thrive in great heat, chilling cold, with little water, or as in the story of Noah, they will even survive through floods. They are virtually indestructible. It is said you can never kill an olive tree. It is often called the Tree of Life, because even when cut down or burned to the ground, new life will eventually emerge from its roots.

Recently, thanks to the incredible generosity of several local companies, new life has emerged at Mountain Shadows Olive House.

“Olive is the largest house on campus,” says Ashley Schmidt, QMRP Administrator. “Several months ago, I had the idea to renovate Olive House. I wanted to make it more home like for the residents. I believe that by giving them a better living environment, we can change their outlook and the way they view things.”

Working with Diana Morris (Schmidt’s mother) of SAIC, Ashley developed a wish list of items and projects needed to revamp Olive’s décor and to make the house a place the residents could truly call home. Two contractors that had worked with SAIC on remodeling projects in the past, Johnson & Jennings General Contracting and Hurkes Harris Design Associates, volunteered to help by donating time and materials.

Now, several months later, Olive House has been completely renovated. “It’s beautiful,” says Ashley. “In addition to the installation of hardwood flooring, the entire house has been freshly painted, we have new furniture, appliances, lighting fixtures – it’s amazing!”

Johnson & Jennings, established in 1981, is a leading San Diego-based general contracting firm specializing in tenant improvement and commercial construction. The company, founded by Tom Johnson, CEO, and Jackie Jennings, President, provides a full-range of contracting services, including commercial construction, green building construction, historical renovation, project development, and consulting services. The company’s work on San Diego’s Time Warner Cable building was recognized by Construction Communications as one of the top construction projects in Southern California in 2007.

Johnson & Jennings rallied the support of its vendors and contractors and contributed a whopping \$26,035 to the project. Our heartfelt gratitude to the following companies for their generosity:

## **Johnson & Jennings:**

Materials for Kitchen Cabinetry: . . . . .	\$3,000
Appliance from Lowes: . . . . .	\$1,465
Labor for Demo: . . . . .	\$2,070
Cash Contribution: . . . . .	\$5,000
Total Donated by Johnson & Jennings: . . . . .	\$11,535

## **J&J Vendors and Contractors:**

Spooners: Labor for Cabinetry: . . . . .	\$3,000
Quality: Paint, Labor & Material: . . . . .	\$2,300

*Please see OLIVE HOUSE on page 3*



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[www.MountainShadowsFoundation.org](http://www.MountainShadowsFoundation.org)

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## ■ OLIVE HOUSE *(continued from page 2)*

Challenge Electric: Electric Work . . . . .	\$2,500
Control Air: Supply & Install Hood . . . . .	\$1,000
Workplace Services: Installation of Flooring . . . . .	\$3,200
KMP Plumbing: Fixtures & Installation . . . . .	\$1,000
Johnson, Barnes & Finch: Drywall Work . . . . .	\$1,500
Total Contributed by J&J Vendors & Contractors: . . . . .	\$14,500

**Grand Total Donated by J&J,  
Vendors & Contractors: . . . . . \$26,035**

Founded in 1998, Hurkes Harris Design Associates is a commercial space planning, construction management, and interior design firm. Jeffery Hurkes, principal of the firm, is a veteran of San Diego’s interior design industry. Co-founder Michael Harris contributes expertise in the areas of business management and operation.

Hurkes Harris Design Associates contributed all furnishings for eight resident rooms and the Olive House

living room. Contemporary sofas, bookcases, area rugs, pendant and table lights, and wall art brought a warm, homey feel to the community living room. Beds, dressers, curtains, and pictures created calming, restful rooms where the residents can relax and enjoy their own space. In total, Hurkes Harris Design Associates donated an incredible \$20,000 worth of time and materials which helped to create a special place our residents can call home.

“All of our Olive House residents have had to endure various challenges throughout their lives,” says Ashley. “They live with cerebral palsy, mental disorders, spastic quadriplegia, seizure disorders and many other physical and mental disabilities. Yet, each day they work to overcome these adversities, and continue to live healthy, happy lives.”

“All of us at Olive House would like to express our deepest gratitude to all of the companies who have generously donated so much.”

As the olive tree is known for its tenacity, so are the 15 residents of Mountain Shadows Olive House known for theirs. Life has given them many challenges, but it has also given them a remarkable strength to grow as they face them. Recently, thanks to the generosity of these companies, new seeds have been planted which will allow the residents of Mountain Shadows Olive House to branch out and thrive. ■



Before



During



After

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# Mountains Shadows Aids with Fire Relief

Margaret Mead once said, “Never doubt that a small group of thoughtful, committed citizens can change the world. In fact, it is the only thing that ever has.” While Mountain Shadows participation in Fire Relief, a benefit for the victims of the 2007 San Diego wildfires, may not change the world, it is our hope that it will, in a small way, begin to help our community heal and rebuild.

The Fire Relief Benefit, an idea spawned by Jerry Lindahl (a music producer and brother of our very own Fred Lindahl), was held on January 17<sup>th</sup>, 2008 at the Anthropology club in downtown San Diego. “I was just worried truly about family and friends,” says Jerry. “The 2003 fires stopped two doors down from my mom’s house.” She was also evacuated from the recent 2007 fires. “My brother works with persons with developmental disabilities; I have friends who work at nonprofits. I was just making artists rich. I wanted to do something worthy.” His need to do something worthy became the Fire Relief Benefit Concert and compilation CD.

Featured at the Anthropology Benefit Launch were many well-known San Diego musicians, including Tim Flannery, Alex Woodard, Carlos Olmeda, Gregory Page, Voices of Prayze, Molly Jenson, Bushwalla, Married by Elvis, and Get Back Loretta.

“It was a great event,” says Ashley Schmidt of Mountain Shadows. Several other Mountain Shadows staffers attended the concert, including Stacy Miller, Director of Health Services. “Stacy got to go into the Green Room and meet Jason Mraz. He signed a CD for her. It was lots of fun!” says Fred Lindahl.

The Fire Relief CD features 18 artists, all with ties to San Diego. The CD was paid for with donated time and money, and with what Lindahl said was a rare level of cooperation from the record industry.

Proceeds from the Benefit Concert and CD will go to San Diego Foundation’s After the Fire Fund, which will help fire victims rebuild their homes, and to the San Diego Firefighters, to help them upgrade or buy much needed equipment. Lindahl hopes to ultimately raise \$100,000 for the Fund.

The Fire Relief CD is available online at [firereliefcd.com](http://firereliefcd.com) for \$11.99 or at any San Diego Best Buy store.

*You must be the change you wish to see in the world.*

—MAHATMA GANDHI

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## ■ NEW FACES *(continued from page 1)*

### Shelly Dawson – Mountain Shadows Special Kids Development Coordinator

When Shelly completed her Bachelor’s Degree in Behavioral Science/Psychology, she wanted to transition into the social services field. She responded to an ad for a Social Worker at Special Care Children’s Homes, now Mountain Shadows Special Kids. “As soon as I saw the kids, I was sold,” says Shelly. “They touched my heart. It is an honor to serve these children and I enjoy giving them a better life.”

Currently, Shelly is the Placement Coordinator for MSSK. Prior to this, she held positions as Co-Director, Quality Assurance Manager, Administrator and QMRP at SCCH.

As MSSK Development Coordinator, Shelly’s responsibilities will be similar to Fred’s. “I’m very excited to take on the challenge of Development Coordinator for MSSK,” says Shelly. “Prior to working for SCCH/MSSK, I worked for 10 years as a Sales Executive in the aerospace industry

where my job was to build client relationships. Now I can use those relationship development skills to establish community ties. Being a non-profit, we can now tap into fundraising activities that we hadn’t been able to before. My goal is to make the community more aware of who we are and what we do.” Shelly will also coordinate the MSSK Newsletter.

Doug Cook, who is exiting as Executive Director of the Mountain Shadows Foundation, says, “Fred and Shelly bring new blood and youthful enthusiasm to the Foundation. They will be passionate advocates for our residents and I know they will do a great job. I am looking forward to seeing MSF achieve its mission and become a huge success.”

Welcome to the MSF team Fred and Shelly! ■



Shelly Dawson

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# Doug Cook: One Man Who Made a Difference

*“At times, our own light goes out and is rekindled by another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”*

—ALBERT SCHWEITZER

Mountain Shadows is Doug Cook. His passion to create and preserve a place where the developmentally disabled would not only live, but thrive, was the foundation upon which Mountain Shadows was built. Doug would be the first to say he didn't do it alone, but his passion was unrelenting and undeniably contagious. Over the past 22 years, he lit a flame within each of us, and together we have built a community that will allow almost two hundred physically and mentally challenged individuals to lead happy, fulfilling lives now and in the future.

“When I think of Mountain Shadows, I think of Doug Cook,” says Mary Ellen Alton, Board Member of Mountain Shadows Support Group and the Mountain Shadows Foundation. “His passion for Mountain Shadows is infectious, inspiring all those around him. I first learned about Mountain Shadows when I served along with Doug on the Escondido Chamber of Commerce Board of Directors. Because of my admiration for Doug, when he asked me to be on the Board for MSSG as it sought nonprofit status, I didn't hesitate for a minute. Likewise when he asked me to be on the Foundation board.

“The residents of Mountain Shadows are foremost in Doug's list of priorities,” continues Mary Ellen. “He has worked tirelessly on projects such as the Golf Marathon and the Golf Tournament to benefit them.”

Adds Chris Meacham, former Board Member of the Mountain Shadows Foundation, “Doug is one of those old souls that when you first meet him you feel as though you have known him all your life. I admire his unyielding dedication to Mountain Shadows and its residents.”

“Mountain Shadows and Doug Cook are synonymous to me,” adds Carol Haskin, Board Member of Mountain Shadows Support Group and the Mountain Shadows Foundation. “There would be no Mountain Shadows as we know it without Doug. He took his love for his son, Brian, and expanded that love to include all of the resi-

dents at Mountain Shadows. They are all like children to him and he gave all of his energies and resources to make sure that they would have the best life possible. As a parent, I will always be grateful to Doug for creating the environment of Mountain Shadows that allows our children to feel loved and well cared for.”

Martin Luther King, Jr.

once said that the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. There have been many times of challenge and controversy for the Mountain Shadows family over the past two decades, but, together, we have weathered the challenges and transformed them into possibilities and better realities for our residents.

As Doug resigns as Executive Director of the Mountain Shadows Foundation, we will face new challenges, new possibilities – and we will meet them with the same unrelenting and undeniably contagious passion as did the man who lit the flame within each of us.

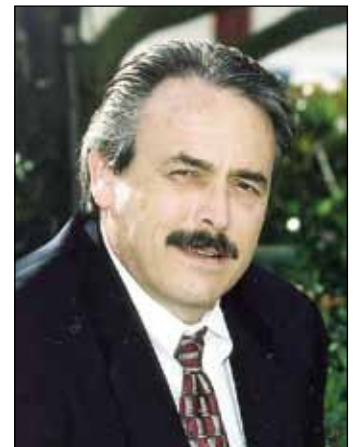
*“Doug will be sorely missed and I regret that our time of service together at the Mountain Shadows Foundation has come to an end. I have learned a great deal from his example of selflessness and hard work.”*

—CHRIS MEACHAM

*“We are fortunate that he will continue to be involved with Mountain Shadows and we will certainly benefit from his dedication, enthusiasm and experience.”*

—MARY ELLEN ALTON

Thanks, Doug, for being one man who has made a difference in all of our lives. ■



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# Escondido Police Officer's Association Explores Win-Win Program with MSSG

Stephen Covey's Win-Win philosophy, described in his best-selling book, "The Seven Habits of Highly Effective People," focuses on living life according to a character-based code for human interaction and collaboration. People who maintain Win-Win beliefs see life as a cooperative arena, not a competitive one. Win-Win is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win-Win thinkers possess an "abundance mentality" and believe there is plenty for everyone.

This Win-Win attitude forms the foundation of a budding partnership between the Escondido Police Officer's Association and Mountain Shadows Support Group.

For the past 40 years, the Escondido Police Department has participated in the Explorer program. This program allows volunteers, aged 16 to 21, to serve law enforcement and fire agencies nationwide. Says Lt. Neal Griffin, an advisor for the group, "Volunteers with the department's Explorer program put in a total of 360 hours performing tasks such as going on ride alongs, working traffic control at city events or traffic checkpoints, participating in tobacco or alcohol decoy operations, and assisting in evacuations and manning road closures during fires or other emergency situations."

While participants in the Explorer program are not sworn officers, they perform many of the same responsibilities and carry the same sense of duty. "It's a great activity for kids and for us," says Police Chief, Jim Maher. Both sides can get a sense of the volunteer's potential for and interest in becoming a police officer.

The department is currently in the initial phases of developing a non-profit foundation which will help support the Explorer's program. This is where a Mountain Shadows Win-Win connection was conceived. "We're

very excited to participate in the Mountain Shadows Golf Marathon Win-Win program," says Griffin.

The Marathon's Win-Win program splits all proceeds raised by the golfer 50/50 between the Mountain Shadows Foundation and the department's Explorer program. "The Explorers were really excited to get involved," says Griffin. More than a dozen Explorers volunteered to help at the event. They helped with contests and wherever else a hand was needed.

Prior to the event, Explorers held a raffle to garner donations which would benefit both organizations through the Marathon's Win-Win program. "They came up with some really amazing prizes – winners could become a S.W.A.T. Officer for a day, win a personal at-home canine officer demonstration, win golf prizes from

TaylorMade – there were some really great prizes. The top winner got a ride in the Sheriff Department's helicopter, Astria. The Explorers were out every weekend earning money. In the end, they raised \$3,500! The Escondido Police Officer's Association donated another \$2,500."

"The Explorers are a good bunch of kids," says Griffin. "Mountain Shadows is a great organization. We want to continue our partnership and do this every year!" And that's a Win-Win for everyone!

Many thanks to the Escondido Police Officer's Association and all of the Explorers for their generosity and friendship! We all look forward to continuing our new found Win-Win partnership long into the future. ■



# Fifth Annual Marathon Golf Tournament a Win-Win for All

The Mountain Shadows Club 100 Marathon Golf Tournament was held on June 9<sup>th</sup>, 2008 at the Oaks North Golf Course, the top-rated executive course in the state of California. Fourteen golfers participated in the event and raised an amazing total of \$42,000 in contributions.

Here are the highlights of the day:

Six charitable organizations participated in our Win-Win program. All proceeds raised in this program are split 50/50 between the Mountain Shadows Foundation and the golfer's selected charity. Says Doug Cook, former Executive Director of the Mountain Shadows Foundation, "The really exciting news is that we had two brand new participants in the Win-Win program this year who did extremely well. They are committed to redoubling their efforts next year. Jeffrey Dunham played for the Dunham Foundation and raised about \$9,000. Craig Carter and Eric Skaja of the Escondido Police Officer's Association raised over \$6,000!" Other participants in the program were:

Len and Mary Ellen Alton – played for the Kiwanis Club of Escondido Scholarship Foundation

Jason Engelbrecht – played for the Escondido Children's Museum

Don Brown – played for the San Diego Children's Dental Health Association

Fran Ronalds – played for Holy Trinity School

Our other dedicated golfers were Nat Heard, Linda



*Doug Cook barbecues lunch and dinner*

Cook, Wade Wilde, Kelly Newell, Don Vonk, and Terry Trax.

Special recognition goes to:

- Olga Diaz, owner of Blue Mug Coffee & Tea. Blue Mug's hard-working employees donated one day's tips to Mountain Shadows Foundation – and Blue Mug matched the contributions!
- Steve Waldron, Founder of Escondido's Cruisin' Grand and owner of Top End Tees. Steve donated 60 double-imprinted, high quality tee shirts valued at \$1,000 to the Marathon.
- Dedicated helpers and could not have done it without them people: Ashley Schmidt and Shelly Dawson.
- Board Member Robert Chakarian and staffers Ashley Schmidt and Shelly Dawson, who displayed their culinary skills by preparing pancakes for the golfers – they were great!
- Nat Heard, Marine Mustang Captain and retired Semper Fi, who won the Water balloon Launch contest, and carried Linda Cook through the courses last nine holes.
- Fran Ronalds who played over 100 holes and fin-

*(Please see MARATHON on page 8)*



*MSCH residents share a beautiful afternoon*

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## ■ MARATHON *(continued from page 5)*

ished before 1:00 p.m. That's a new record!

"It was a beautiful day, full of sunshine and warm temperatures," says Shelly Dawson, Placement/Development Coordinator at MSSK/MSF. "The tournament started at 7:00 a.m. The players golfed for several hours and then were treated to lunch and live entertainment. There were also several competitive games for golfers to play, like the balloon launch, the basketball hoops shoot, and the hole-in-one contest where golfers had a chance to win \$10,000. Many golfers took advantage of complimentary back massages."

MSSG Executive Director, Wade Wilde, golfed 110 holes. "It was a beautiful day," says Wade. "The course and greens were in great shape, but after playing 110 holes, I was beat. The midday back massage was a life-saver!"

"Several Mountain Shadows residents came out to the golf course," says Shelly. "The golfers enjoyed meeting them. The residents enjoyed meeting the golfers too! And, of course, everyone enjoyed the music and food. Doug Cook topped off the fun-filled day with a scrumptious dinner of BBQ chicken and tri-tips."

  
**MOUNTAIN SHADOWS FOUNDATION**  
2067 W. El Norte Parkway  
Escondido, CA 92026

The 5<sup>th</sup> Annual Marathon Golf Tournament was a win-win for all involved – Mountain Shadows residents, golfers, sponsors, volunteers, and staff members.

Woodrow Wilson once said of humankind, "You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand." The dedicated Club 100 Marathon golfers, sponsors and event volunteers have not forgotten their errand. Many thanks to all of you whose generosity will enrich the lives of all of our Mountain Shadows Residents.

*"A handful of pine-seed will cover mountains  
with the green majesty of forest. I too will set my  
face to the wind and throw my handful of seed  
on high."*

—WILLIAM SHARP

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*Check us out on the web:  
[www.MtnShadows.org](http://www.MtnShadows.org)*