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Forging Trust



Providing Direction



Creating Hope

# TwoCor

## Learning to Work, Working to Learn

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### A MESSAGE FROM THE EXECUTIVE DIRECTOR

In graduate school I thought it would be a good idea to cross-country ski to a one-sided lean-to in upstate New York and camp over President's Day weekend. While most of us who went brought appropriate winter camping attire—polypropylene socks and undershirts, wool pants, and snow repelling gators for the deep snow—one individual came with blue jeans, cotton socks, and cotton shirts. He nearly went into hypothermia before we recognized his inexperience in the wilderness and discovered his lack of appropriate clothing. We each lent some of our clothing to him. It was the coldest weekend of my life. The "idea" of the trip was much better than the reality.

Working with at-risk youth can be a similar experience—the idea is better than the reality. Often people express a desire to help out, only to throw in the towel once they experience its challenges. Working with our youth demands the same preparedness as surviving the cold. Before engaging in the field of youth work, someone with more experience needs to review what others bring to the work.

Many items in our life's "backpack"—our gifts, struggles and experiences—do not necessarily help in the cold or when working with at-risk youth. Too often personal issues get in the way of effectively working with our youth, and too much adult baggage already has been dumped on them.

The TwoCor staff engage in self-reflection, around fears and self-worth issues, in order to better understand their own triggers and better demonstrate the true gifts of the spirit—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. As adults, we must do our own difficult work on ourselves, not focusing on someone else as an excuse to not look inside. Adults unwilling or unable to do the hard internal work easily grow angry and frustrated with the youth at TwoCor. Staff members with the courage to face themselves always bring better gifts to the youth in their care.

Peace be with you,

James L. Hinkle, M.Div., LCSW  
Executive Director



Board member Bob Riefstahl (left) of 2Win!Global, an international marketing firm, helped to launch the new TwoCor website.

TwoCor is a non-profit that builds the work ethic of young men and women, aged 15-19 years, in El Paso County, Colorado. TwoCor helps youth rise above their troubled past and grow into mature, productive, and self-sufficient community members. The program integrates findings from neuroscience research and trauma-informed therapeutic practices with vocational training, work projects in the community, and internships with local businesses. For more information about our mission, services, or how you can help, please contact us.



# WAYS TO HELP



### PLEASE RETURN WITH YOUR DONATION

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 NAME \_\_\_\_\_ [ ] BILL MY CREDIT CARD  
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Staff and youth repair brakes and gears in the bike maintenance learning lab. To learn how you can volunteer or make a donation to support our program please call 719.471.6916.

...so that we can comfort those in any trouble with the comfort we ourselves receive from God." 2 Corinthians 1:4

## YOUTH AT WORK

### HARD WORK PAYS OFF

Teaching youth how to work is only one aspect of the TwoCor program. The community work projects build youth confidence in their ability to handle demanding jobs. This confidence is critical to becoming a good worker.

#### Prepared for Adverse Weather

Adverse weather is no excuse for not working. “We take work crews out in rain, snow, and heat,” said Peter Milauskas, supervisor of the community work projects. “The youth catch on pretty quickly that we don’t give up when the weather is bad, and they learn to dress appropriately,” TwoCor provides work boots and other attire to youth without means to purchase their own.

#### Focus and Teamwork

The physical requirements of the work can be daunting. Jobs such as removing sod, building retaining walls, and moving furniture test the fortitude of many youth. Sometimes work crews must perform more than one physically demanding job in a day. Challenging jobs provide opportunities to learn how to focus and work cooperatively as a team.



Emily and her work crew do landscape work in the summer heat.

#### Satisfaction in a Job Completed and Well Done

By the end of a hard day of work the youth are exhausted, but the thought of completing the job, knowing the job is done correctly, and having a paycheck is extremely satisfying. “I have been called demanding and worse by some of our youth when they start at TwoCor,” according to Peter. “But they will come back after they graduate from the program and tell me how much they learned from this experience and how it helped them in the real world.”



Traumatized youth benefit in many ways from the healing power of the weekly drumming circles.

### BEAT OF A DIFFERENT DRUMMER

Drum beats resound at TwoCor’s Monday and Thursday night gatherings. Research shows the many positive effects of drumming for traumatized youth. Drumming promotes healing in brains after an injury or neuronal impairment. Rhythmic cues stimulate neuronal connections in many parts of the brain that are critical for sensory integration. These connections are underdeveloped in most of our youth.

#### Positive Self-Expression

Mark Smith, TwoCor’s drumming coach, knows the power of drumming to promote self-expression. As a teenager, he took out his rage at being emotionally abused by fighting with other kids. “The creative feelings I experienced working with different rhythms and the positive feelings I achieved in mastering those rhythms were a revelation to me. Drumming became a way to work out my anger and build my self-esteem. Once I got my drums I never had another fist fight.”

#### Connections with Others

In a society in which traditional family and community-based systems of support have become increasingly fragmented, drumming circles provide a sense of connectedness with others and interpersonal support. For traumatized youth overwhelmed by feelings of insecurity such connections are rare. “Last week a young man reached over and started slapping beats on someone else’s drums,” said Mark. “Typically for those who are wired to distrust that might have led to a fight, but our guys were having a blast playing off each other’s drums and making beats together.”

## 2015 OLD NORTH END HOLIDAY HOME TOUR

Save the date, **December 12**, for the third annual Old North End Holiday Home Tour to benefit TwoCor. This year’s tour showcases more magnificent homes in the historic Old North End dressed up in their holiday finest. Follow our holiday tour Facebook page for the latest on our featured homes.



Shove Chapel at Colorado College was featured in the 2014 Old North End Holiday Home Tour.

### PLEASE HELP WITH OUR NEEDS

We invite you to donate your vehicles, properties, and gently used items to TwoCor. Our needs include:

- Sponsorships for youth in the learning labs (\$250 each)
- Church and social groups to prepare a home-cooked meal for between 14 and 30 youth and staff at the gatherings
- Pottery supplies: clay tools, books, slab roller, pottery wheel bats, and wedging table
- Landscaping tools, such as rakes, shovels, and hoes
- Bikes, bike parts, new helmets, and locks
- Packaged, healthy snacks
- Unused gift cards



## PARTNERS IN ACTION



Andrew and his work crew installed a Little Library at Columbia Elementary School. Donna Guthrie, an author of children’s books, donated the library to the school.

### LITTLE LIBRARIES ON SALE!

For only \$250 you can share with others your love of reading and learning with the purchase of a TwoCor Little Library. TwoCor’s Little Libraries are popping up all over town, at schools, community centers, and private residences. They make unique gifts for your friends, families, and neighbors.

### ASSISTANCE FOR LOW-INCOME SENIORS

TwoCor received a \$15,000 grant from the Luther T. McCauley Charitable Trust to help low-income senior citizens with maintenance, repairs, and other odd jobs around the house and yard. The grant covers transportation to the work site, dump fees, and materials. Labor costs are not covered. If you or someone you know can benefit from the program, please contact the TwoCor office.

### A BIG THUMBS UP TO...

...our generous donors and volunteers: The Hub Bike Shop, Russell Anderson, Randy Cloud, Justin Hermes, Art and Shaney Cipoletti, Ildiko and Michael Bradley, Mary Baines, Nancy and Harold Metz, John and Jane Moderwell, Susan Sterchi, Sue Noll, Gary LaCerte, Steven and Deborah Pelican, Cindy Page, Bob and Suzanne Riefstahl, Dianne Pierce, Jeanette May, Jen and Brett Martin, Renee Smit, John and Marnie Hermes, Robert and Susan Chansky, Redeemer Lutheran Church, First Christian Church, North Springs Alliance Church, and Grace and St. Stephen’s Episcopal Church.