

December 1, 2004

To Whom It May Concern:

This letter is to serve as a reference for Paul Volk, leader, reformer and teacher of health education.

I have had the opportunity to work with Paul twice in the last year of 2004. Our first session was a six week course for adults in vegetarian cooking and health education. We worked as a team each week, Paul lecturing, me demonstrating vegetarian cooking for a class that started with about 15 people and ended up with 25 people. Our second session was a result of Paul teaching Health at Shelton High School as a guest speaker for the lead teachers. A dinner featuring vegetarian cuisine was served in my home with a lecture for the students, parents and teachers present.

Because Paul has a passion for his subject and genuine care and concern for the health of all people, his lecturing is engaging, exciting and persuasive. He has a gift for speaking with enthusiasm and conviction, and he is well educated in the area of healthful living. He is comfortable with all age groups, all ethnic groups and religions, and is respectful of everyone's background and beliefs.

I can highly recommend his work. Please feel free to call me for further information regarding Paul. I look forward to working with him again and I hope you find him as educational, informative and exciting to work with as I have this year.

Sincerely,

A handwritten signature in cursive script that reads "Chriss Brickert".

Chriss Brickert  
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