



**Department of Energy**  
Idaho Operations Office (NE-ID)  
1955 Fremont Avenue, MS 1240  
Idaho Falls, Idaho 83401-1563

March 9, 2004

TO: To Whom It May Concern,

Subject: Endorsement Letter For Fred Stokes' Participation in the NE-ID February 2004 Black History Month/Multicultural Program

In February 2004, Fred Stokes was invited to Idaho Falls, Idaho to be the keynote speaker for the Department of Energy, Idaho Operations Office's (NE-ID) 2004 Black History Month/Multicultural Program. The University of Chicago, Argonne West, the Idaho National Engineering and Environmental Laboratory, Bechtel BWXT Idaho, and British Nuclear Fuels, Inc. also co-sponsored this program.

Mr. Stokes delivered an outstanding presentation on Changing from Mediocrity to Excellence; Changing from Making Excuses to Making Progress; and Changing from Being on the Bench to Getting in the Game. To hear Mr. Stokes relate his experiences as he set his goals to win the 1992 Super Bowl game was exhilarating! His tenacity, his commitment to his goals and his enthusiasm was inspirational for the audience to begin to embrace change. Mr. Stokes used analogies that not only made a lot of sense in the sports world but in many areas of our lives! As a motivational speaker, his presentation style was energetic, content-rich, and thought provoking.

I have observed speakers worldwide, and Mr. Stokes is one of the few who truly engaged and motivated the audience with his message. Mr. Stokes was funny, direct and on target. He was successful in his mission to inspire and equip people to think differently, to take immediate action, and to produce results. Mr. Stokes's illustrations of his quest for the victory over the Buffalo Bills in the 1992 Super Bowl gave people hope and strength. I'd like to see Mr. Stokes back next year.

If you are looking for an experienced motivational and inspirational speaker, just contact Mr. Stokes to learn more about how he can inspire your organization/business and/or group achieve their specific goals. Your attendees will leave the program with a new, ironclad commitment to their goals. Most importantly, they will walk out with the enthusiasm they need to construct their own bold and daring vision of mastering change. They will stop making excuses, and start getting results! They will be inspired and equipped to take whatever they do to the next level. The best part is that the attendees will learn and laugh out loud at the same time.

Sincerely,

A handwritten signature in blue ink that reads "LaDonna Foster".

LaDonna Foster  
NE-ID African American Special Emphasis  
Program Manager