

## LeaderImpact Podcast - Ep. 36 - Carol LaFayette-Boyd - Never Give up

### SUMMARY KEYWORDS

people, Carol, year, run, good, track, leader, psych nurse, Regina, remember, family, brother, left, podcast, moved, world, gal, walking, Ontario, jump

#### **Lisa Peters** 00:00

Welcome to the LeaderImpact Podcast. We are a community of leaders with a network of over 350 cities around the world dedicated to optimizing our personal, professional and spiritual lives to have impact. This show is where we have a chance to listen and engage with leaders who are living this out. We love talking with leaders. So if you have any questions, comments or suggestions to make the show even better, please let us know. The best way to stay connected in Canada is through our newsletter at [LeaderImpact.ca](http://LeaderImpact.ca) or on social media at [LeaderImpact](http://LeaderImpact). If you're listening from outside of Canada, check out our website at [LeaderImpact.com](http://LeaderImpact.com).

I'm your host Lisa Peters and our guest today is Carol LaFayette-Boyd. For the second time in her athletic career, Carol, of Regina, has been named the World Masters Athletics Female Athlete of the Year. In 2022, Carroll broke six world records in the women's 80 Plus category. In total, she has 17 World age group record records to her name. And to put her astonishing athleticism and talent in perspective, Carol ran a 16.23 second 100 meter race, the fastest woman ever has ran a 10.49 second 100 meters. And I'm pretty sure she was a lot younger. A retired social worker Carol did not start running until her late 40s and didn't win her first competitive track event until she was 50. This great grandmother of four has no plans to slow down or hang up her spikes, she plans to continue running for the rest of her life. Carol's key to longevity is her passion for staying healthy that keeps her training at her best. She says she's inspired by the women who are competing in the 100 plus age category. She says she has lots of time to do that. And for right now she would just like to stay healthy and do better in her times in all events. Please welcome to the LeaderImpact Podcast Carol LaFayette-Boyd, thanks for joining us.

#### **Carol LaFayette-Boyd** 02:05

Thank you for having me, Lisa,

#### **Lisa Peters** 02:07

We've known each other for many years, you've come on my other show. And there are things I didn't know about you. So I'm super excited to have you here today to maybe dive deep into some other questions. So thank you, again, for joining us. So my first question is always sort of that personal, you know, tell us a little bit about yourself growing up. And I know sort of from a little bit of your story, your parents have been very involved. So tell us about growing up and maybe a life lesson or a few life lessons your parents have taught you along the way?

**Carol LaFayette-Boyd** 02:39

Well, the one that I remember the most is because our family was the only black family in the area. And I think that my father and his siblings had been called names, you know, like the N-word. And by the time us kids came along, I think people have learned not to do that. But I think there still was some of that going on. Because what my parents taught me was that if anybody calls you a name, it's because they feel bad about themselves. And that lesson stuck with me for the rest of my life. Because I do not recall anybody as a child, a youth calling me a name. They may have. But if they did it, it wasn't important to me because I knew they feel bad about themselves. So I'd probably feel sorry for them. I did when I got into nursing get called names, but that was okay too.

A couple of other lessons were like one, don't say anything. Don't say anything about anybody. Don't say anything. And how did it go? If you can't say something good about someone don't say anything at all. And that really resonated me with except when I was it may be stressed out a bit, I would probably join others and gossip or something. But that was a good one because I still don't like to talk about other people. And I definitely do not talk about my family. So I can't like maybe talk to a brother or sister and we say because we're concerned about another sibling or nephew or niece and talk about them in that way. Maybe from the point of how do we help but what can we do, not from you know their behavior and you know, they don't belong in the family and that kind of thing, but

**Lisa Peters** 04:33

Were your parents like that? They just they never talked about anybody. It was sort of a mean, you just saw that that's what you saw growing up.

**Carol LaFayette-Boyd** 04:42

Yeah. And they were very welcoming in having people come to our house like I remember they would invite the local teachers and their local pastors and other people. And one good story is there was a man that sold fish in the kind of neighborhood in the Rosetown area. And his name was John and everybody called him Fish John. Because he in the wintertime, he would gather fish. And then well, I guess he was a nice Fisher, and then he would come and sell them to the local farmers. But because of the having fish around them, he really smelled. And he wasn't really welcome in people's houses, but he was welcome at our house. But the only thing that he had to do was to have a bath. And my parents would leave when he would have the bath because we had a two-story house with probably two and a half dead rooms and, and then the living room and the kitchen downstairs, no running water, no electricity, so that you'd have to bath in a bathtub. So he was bathing in the living room, and the pipe up from the coal stove. Had to have a whole empty area around it. My brother was throwing things out to him. And the poor man got so annoyed he up and packed up and was going to drive away and the horse and buggy or horse and sleigh. Now I'll never forget my couple of brothers and a sister running after him. Please do not go because you knew we'd get in trouble. I don't remember what happened. But that's the story I always tell the family whenever we get together to is I wasn't one of the bad ones.

**Lisa Peters** 06:26

Never one of the bad ones. You grew up in a farm but then you moved into town. I think you were like 14 years old. And when you went to high school, you mean you moved in from a farm who I mean, we're in Saskatchewan. There aren't many. There were not many black people. But even in high school. Were you the only black person?

**Carol LaFayette-Boyd** 06:46

On our farm we had to attend a one room schoolhouse. And the year that I had the first year that I attended, they closed it after that because there were only five children going to the school and they were all my brothers and sisters. So they had to close the school and we had to go seven and a half miles to it at the town school in Anglia. And so that was for a couple years there. And then we moved to Rosetown. And there we moved to Rosetown because my mother was ill. She was diagnosed with an enlarged heart. But it turns out it was cancer. And she passed away in 55. So then we moved to Regina, because my dad had lost the farm but my brother was able to buy that back. So that was really good. And so we moved to Regina, and we were the only family that I know that was black. There was one other woman that I believe she worked for a lawyer. So we were the only people it seemed in the city. But had been people here before like my grandfather had come here in 1907 1906. And then my dad was born right here in Regina in 1907 but had moved out to Rosetown area homesteaded. And so were there a lot of people that had left the places like Maidstone, like the Shiloh people, they had come to Regina, and they were here probably until just a year or two before we got here. I found that out later that they had been here. So at that I think there was a couple of families at that time, but they left.

**Lisa Peters** 08:25

So did you find it difficult to be because you say you know I think when people call you names you just never heard it or you just thought they think bad about themselves. How did it feel coming to a high school at 14?

**Carol LaFayette-Boyd** 08:39

I really missed my friends. But I'm not sure how I didn't have any issues with it. But what I found out later was that probably even after about 20 years ago or so that Wilma Downing, I don't know if you've heard of her, but she was a great coach. And she was my homeroom teacher. And what she had done I found out was she told the class because we didn't come until November 1. We I member leaving Rosetown in the snowstorm first I had ever seen a snowstorm on October 31. So when I got to the school, I apparently she had told the kids that that this girl coming from a small town and you guys be nice to her. And she and I asked them Did you say I was black? And they said no because black wasn't the word then it was colored or negro. She hadn't said that. She just said there was a girl coming. And they were they were that class that one C class we just the most wonderful group of kids. And one of them was my best friend until she passed away and a couple of the others in the other grade nines that we had the bus it. What happened is I lived first we lived on a little farm and have to walk to get to a bus just on the outskirts of Regina. But everybody west of Pasqua Street had to bus it to

Sheldon, because they couldn't we couldn't go to Scott because it was too full. So you have these West End kids going to Sheldon. And that was the first time I found sort of found out about class, because that's where the rich kids were, in the south end. But the rich kids were nice, too. And so it was, it was just a real pleasure going to Sheldon Williams. it because I was good in track and basketball. There are others better than me, maybe not in track, but definitely in basketball. And I couldn't I wasn't on the softball team because I couldn't bat or catch. But they asked me to come out and run the bases for them. It was kind of fun.

**Lisa Peters** 10:55

Cuz you're a fast runner. That Wilma Downing? That's a great story. Because she I mean, in our city, she's an icon. Right, you know. So that's a great story. Now, moving on to a bit about your professional career, you became a psych nurse. And, you know, from what I've read, you worked with patients in a mental health ward, then you became a social worker, and you worked with children of abuse and neglect. How did you maintain your own mental health? It's you work with? Yeah, that's my question.

**Carol LaFayette-Boyd** 11:29

I always believed in myself and my faith help with that. But in Weyburn, when I first arrived there, one like, you had to work on the word as part as being a student. And so you'd go to class for a couple of hours and work on the ward. And if you work evenings or nights, after the patients have gone to bed, they would set up an area between two wards, so that they take turns doing the rounds. And the nurses would tell you these horror stories, and I used to be just petrified. And being the student, you'd have to take the books and the ward books to the main office, and they'd always make the student do it. So I remember walking down the corridors really dark, it's through the all the other wards, and saying, I'm not afraid, I'm not afraid. And nobody ever did anything. It was just the horror stories that they gave to you. But I thoroughly enjoyed my time nursing, there were a couple of events that were not pleasing the way that patients were treated.

But when I went to the criminally insane word, I remember thinking because they had talked about that. The other thing about that was I was the first female in six months, that they put on that criminally insane word. And I knew I wasn't going to survive the first day because they had stopped females going there. And I remember unlocking the door thinking this is my last day on earth. And particularly because there was one man that was supposed to, we'd get up on the kind of the windowsill and jump on you and stuff like that. I remember unlocking that door just in pure fright. But because I was the only female and a student, they had me do the medications. So you, they put you there with a cart. And the only person they had me help was one of the people who most of the people on the criminally insane word had not really committed bad offense, there had been three who've had murdered, murdered people. And they were the most sane on the ward. So they had one of those helped me figure out who the names of each person I was giving the medication to. And I remember giving a couple of people because of the last names are wrong, I gave them the wrong medicine and, and then when it came to this man that was going to jump on me. I remember his this, he said his

name. And I looked up because I knew this 10 foot tall man was going to just smash me right there. And I remember looking up and I tell you any fear I had it actually, I could feel it just draining out of my body. Because it had to take less than a couple of seconds, I'm sure. Because I looked across at me at as shriveled up old man that couldn't hurt a soul. And all fear from that moment on was gone for me. And the only thing is I did avoid him a lot. Because I would come in and I'd watch because they would often parade around the thing, the floor. And so I would watch to see when he passed this past parade. And then I'd open the door and go in because anytime he would see me he would come and hug me and slobber all over me. It was quite a switch. And that was a good lesson too about fear and fear what people tell you.

**Lisa Peters** 14:55

You clearly lived through it. And I like you mentioned you were walking through the halls and you're repeating yourself. I'm not afraid, I'm not afraid. Do you do that now? Do you have affirmations that you did that that continue in your life?

**Carol LaFayette-Boyd** 15:10

Yes, yes, I think it does because right, you know, right now with some of the family stuff that I'm going through, and even like even phone calls you might, when you try to make a phone call to deal with an issue, and they put you on hold. I do love joy, peace, patience, kindness, goodness, gentleness, faithfulness self-control. And I, as I feel myself getting ready to do and that love joy, peace, patience, kindness, goodness, gentleness, self-control, faithfulness, self-control. Yeah, I do that a lot throughout the day, if they've seen something comes up that I know that it shouldn't be something I do not care about. I cast my cares. And that's one of them. I use that a lot.

**Lisa Peters** 15:55

Yeah. When I ran a lot I used to be I think I can I think I can I can is that an engine that could I? Use is good, though. So you currently work at you currently work? Carol, you're at one, you're you currently work at the Saskatchewan African Canadian Heritage Museum. And that's where we met as the executive director. How do you because this is just a great question for you but how do you define professional success?

**Carol LaFayette-Boyd** 16:25

I think I had write that one down. Professional Success. I think it's for from doing working with the Saskatchewan African Canadian Heritage Museum is actually meeting the goals of the organization. And one of the goals is to recognize the contribution of people of African descent to the province. So I'm always kind of looking out for that. To see who can we recognize, yeah, that we do all other kinds of things. But that's the big thing.

**Lisa Peters** 16:58

Yeah. It's, I know that I am amazed when you come on our show and tell us more and you do a great job there. So congratulations and I when will you ever stop? Do you think you'll ever stop working? Or is this like you love it? So why would you?

**Carol LaFayette-Boyd 17:14**

Oh, I've been looking for an executive paid executive director for years. But I'm kind of as I thought about it, like, like, the person that got me involved in the Lord's always telling whenever I'd see him, I complained to him. Look, what look what you've done to me kind of thing. I'm still here, and you left. And then I got to realizing that if I hadn't done all these things that I've done with SACHM, I wouldn't have met all these wonderful people like yourself and all the people that I've been meeting, especially the organizations, I've been involved in the last through COVID, I wouldn't have been there to do that. So now I have more from my book, too, that I planned right when I'm probably 100 at the rate I'm going.

**Lisa Peters 17:56**

I recently took a trip and my uncle had told my brother, my brother told me about retirement, he says you have to retire to something. Too many times we retire and we just quit, you know, we walk away. And, and as I mean, if whoever's listening if you're 30, 40, 50, 60, whatever, it's a transition, you move to something else. And I feel that when I talk to you, it's like, look at all the people you've met working with SACHM, you know, it's so great. And it was just a different thing. You know, because you were a psych nurse and a social worker, and now doing amazing things for SACHM.

So we're gonna switch a bit because we're just talking about the amazing athlete you are, you have won numerous provincial, national, and international awards and broken world records. Let's just focus on that for a hot minute. I'm going to read this: In 2018. You were chosen as the World Masters athletics, overall Female Athlete of the Year, and the world's masters runner up female jumper of the year. You became the first Canadian of African descent to receive this award. And then of course, last year 2022 You were chosen as the World Masters athletics, overall Female Athlete of the Year . You are the world's fastest female runner. 80 years old. Right? Like, let's let that sink in.

**Carol LaFayette-Boyd 19:18**

Actually I'm tied. There's a gal from California that's tied with me on that. So this weekend, I hope I'm going to do better. If not, I still got two more tries. And throughout the summer.

**Lisa Peters 19:32**

How did it all begin for you? The running like, I mean, you were a track star. But you kind of got back in when you were almost 50.

**Carol LaFayette-Boyd 19:42**

Right. Well, what happened is my husband and I, we live at the back of a park and so we thought we had to stay in shape. So we'd go out and our goal was to be able to run a mile. And we heard that the Canadian Masters Games were going to be in Regina. And part of the Masters games, not just golfing or tennis was track and field, I couldn't believe it. I didn't know that older people could do track and field well, because this running thing like, I, I'm not really jealous of these people that can run and run and run and run, but I find it unreal how anybody



can just keep going like that. But so I thought, well, here's a chance and it's right here in Regina, I won't waste any money by traveling and make a fool of myself. And I'll just make a fool of myself at home and, and not cost me anything. So I contacted Wilma Downing. And because she was still involved with, I think coaching at that time. And she got in contact with the Regina Athletic Track Club called RAT Club then. And I ended up with a couple of coaches. And the one coach, he was really good with me except he knew I didn't know what I was doing and that I had to be careful. So he had made me run 150 kilometers during practice. So the event came and all I entered was the one and the two. And the first event was the 200. And there was only a person from Ontario and people from Ontario and Quebec there. So because I had no time they put me in lane two, and they were in lane three and four. And I thought, Oh, well, if I could catch these guys on the curve, I could beat them not knowing that lane two is the worst lane to be. If I had known that maybe I'd have felt different. Now I have just catch up on the curve. And it was raining. And I grew up in a farm and I know what it's like to run in the rain. So I thought well, I can take if I could pass them on the curve. I can take them. Well, I did I pass them on the curve. That at 150 meters. I was just like I had never run more than that. And it was hard. And I could hear my sister-in-law up in the stands just screaming at me. To keep moving. And I won the race. The interesting thing is I won that race in 30 something I do believe it was 32 Yeah, it was 32.72. I think I ran that. And by the time I was 65 and really retired by that time, and we were really working hard at a track and field. There were five of us at that time five women. So 15 years later, I'd run it 32.72 I think and in 15 years later, I ran at in 29 to break the world record for two weeks. So that was.

**Lisa Peters 22:33**

That's amazing! 15 years later, and you're still shaving off time. Oh, yeah. I and I know what you mean about those really long runners. Those are special people too. To run those marathons. 42 kilometers later. Yeah. But yours. It's not easy. I'm not a sprinter. So, yeah,

**Carol LaFayette-Boyd 22:53**

Yeah, but it's over and done with like the same with the 100. The Ontario gal had dropped out and I was in lane four she was the other gal was in lane two and she said I don't want to run in this lane because there's water. And by this time having run like I did, I my ankles were swollen. And I did have a pain in my side. And I thought now this girl is gonna make a fool of herself first sure! But I think that the other gal that put off because of the water, but they also said running in lane two is the world of Canadian champion with the time of 15.1 I just ran it in 16.1. Now, this, this is not going to be good. But I ran it in 15.17 and won so and then I think and when I was 75 I think around it 15.03

**Lisa Peters 23:47**

That's amazing. So what you have traveled around the world competing. What lessons have you learned from competing around the world? You know, meeting people meeting different races, just lessons.

**Carol LaFayette-Boyd** 24:01

Yeah, they Well, athletes really enjoy I think doing track and field. I haven't met anyone in my age class that you know, is overly competitive to being mean or anything like that. And because the one that strikes me most is the gal from Germany. How with my jumping, like I'm very careful about my long and triple jumping. I never took it up till I was 59. And so I'm very careful. I've never had any injuries to my knees. So I don't practice jumping except on my trampoline. I practice my run up and then do my jumps on the day of the meet. And so she knows I'm not I don't know what I'm doing kind of thing and for at least three of the track meets I've been with her, she's had to coach me to get to the right spot. And one of the times that she coached me she was winning. And by her coaching me I did win. So I kind of appreciated it. Yeah, I had to go to Budapest not not Budapest but to Turon, Poland to receive my award in 2019. I for the 18th I hadn't enrolled in time to compete. And so she was there and it was nice to see her get the gold.

**Lisa Peters** 25:29

It's good to know that maybe, because right now I'm thinking, you know, if you're 30,40, 50 it is you maybe you are a little bit competitive. I mean, as leaders we are to, you know, lead people and we're to serve the people. But as you get older, it's nice to hear that, you know, like, we're 80, let's just do this. Like how exciting. We get to do this. You just said a comment. It's never too late. I think that could be the name of your book. I just wrote that down. It's never too late. I'll send that to you. So do you think I think actually your birthday? Is your birthday coming up

**Carol LaFayette-Boyd** 26:09

Yes, it is. Like, thinking I'm still 80. I'm gonna be 82.

**Lisa Peters** 26:17

You're going to be 82?! So do you think...

**Carol LaFayette-Boyd** 26:19

No, I'll be 81. Yeah, I'm born in '42. Yeah, I'll be 81. I am 80. So that's okay. I am 80. Yeah, yeah.

**Lisa Peters** 26:26

Do you think you'll ever stop? Are you just gonna, you're gonna be in that 100 year old category?

**Carol LaFayette-Boyd** 26:31

I suppose my competitive spirit. But there's a gal in the States who's 107 Still running another two are 106. The other two are 106, one in India, and another one in the United States. And I'm just going to follow them. And I mean, it just keeps going next year, it's 108. Whenever I gotta keep up with her.

**Lisa Peters** 26:54

You know, like, forever. You're gonna like 25 years. This is great. So in our podcasts, we usually



sort of, we do the personal professional and switch to the spiritual. And, you know, I never knew this about you till I saw you speak. And I know, you talked a lot about loss, and you've experienced a lot of great loss in your life. And the ones I'll just list but I know there's more as your daughter and son passed away in 2013, and 2014. And your husband passed away in 2015. And I, I please accept my condolences. I want to hear your story. Because I know there were others, you've spoke to them. How did you get through this? And be who you are today, Carol? I mean, you're amazing.

**Carol LaFayette-Boyd 27:39**

Yeah, I think the big thing is I know where they are. Like, they're they are in a better place. And I know that they're walking on streets of gold, that that's really what it's all about. And I think that's it just knowing they're in a better place. Like I missed them, like everything. And I was talking to a friend, and he was talking to me about how well I'm doing with track, and that it must be a lot of fun. And I said to him, I don't really care anymore, you know, because they're not here and I don't, I don't really care. And he said you have to Carol, he says, you know, it's important to have to care and think about who you're doing that race for and the whatever. And I thought okay, I guess I could do that. So I'm going to run for my dad, my mom, my sister, my not my sister, my brother, my son, my daughter, my nephews. Yeah.

**Lisa Peters 28:35**

do you have a ritual? Before a game do you? Do you say a prayer? Do you go through something? Do you have that?

**Carol LaFayette-Boyd 28:42**

Well, first of all, like every morning, I get up unless I have to rush out the door. I read Psalm 91. For protection, that's the protection Psalm. I read that before I even get off my bed, basically. Then I go downstairs, I will take my vitamins and stuff and I go downstairs, I ride my bike, and I read the Bible right now I'm reading the Torah, though, it's my sister who has a Torah club. And so I'm reading that those booklets that's quite really quite interesting. And I have a prayer list of my all my family like there's 90 of us that blood ,kind of thing, and then there's all of the in laws and then stepchildren and just everybody you name it. It's like six columns and about 40 people each column and I go over that every morning night and I pray for them and then I like while I'm riding my bike and then I do my weights but on the days I don't have track and then I'll ride my elliptical and jump on my trampoline and all that. So that's kind of my rituals in the morning. When I go to track, it for a track meet like I will be saying, when I get down in the blocks, I'll be saying I can do all things through Christ who strengthens me and greater is he who is in me than He is in the world. So hopefully I won't get hurt in this doing this stuff. And the same with the jumps be as I get ready to go, I can do all things I can run through a hoop and leap over a wall. Although I don't do high jump anymore, so I don't have to leap over a wall.

**Lisa Peters 30:26**

Thank you leap walls every day. You're very disciplined in your morning ritual from getting up

to you know what you do, just listening to it's that's a discipline. Were you always, when you look back on being a high school track student being a psych nurse being a social worker? Have you always been disciplined?

**Carol LaFayette-Boyd** 30:46

Like that? No, not at all. I didn't, I didn't keep exercising. Although when I was started in social work, I did go to spa lady and try to keep in shape. But no, not like that. No. And like my house needs to get in order, physically, because I have papers all over the place, trying to get things done. But that the other thing I do after I've ridden my bike downstairs, I come up, and I do my stretching. And one of the things I found is doing the plank, oh, I don't like that plank, really, But I make myself do it for two minutes. And I'm proud of myself that I make myself do that. I really do not want to do that one. But that's one I make sure I do. And my back is really good because of that. And but also while I'm doing those stretching, I watch Christian TV. And that's really encouraging.

**Lisa Peters** 31:44

So yeah. And what do you do when you're planking? Are you singing a song? Are you reciting something?

**Carol LaFayette-Boyd** 31:50

Think 1001 1000 2003? Get it over with.

**Lisa Peters** 31:58

So was there ever a time that you wanted to ever give up? Have you ever crossed your mind?

**Carol LaFayette-Boyd** 32:06

I think way, way back when I was in nursing I thought of like when my first husband, our relationship wasn't the best. And I thought about sort of giving up I think one time there.

**Lisa Peters** 32:22

And what do you do? What do you know, because I think of setbacks in life. Everyone has setbacks. And it's, it's how, you know, sometimes it just doesn't happen. There's a million little things that happened to get to that big setback. But how do you how do you how have you ever got out of it? Or what do you say to yourself? Or do you go somewhere? Do you go somewhere in your head? Do you know? How do you get out of negative thinking?

**Carol LaFayette-Boyd** 32:45

guess for me, anything that has been a setback, I look at as a setup, because it's just an opportunity to trust God that things are going to get better. And I know like I've been in at least three or four situations with my work. Because I think I have sometimes I think I have too much integrity. And that doesn't go well sometimes. And I know that I've that was at one position, like it was just really hard, I'd come home and cry. But I'd get through the day, because I'm not gonna let those people see me cry because of the way I've been treated. But I'm so grateful for that. I'm just so grateful for that. Because I wouldn't have believed that

people could treat another person that way, especially like your coworkers. And so I've been able to be there for people who were in that same situation. And because most people don't believe what you're saying, when you go through a situation like that, that they can't be that bad. I know those people that come on, you're just being sensitive or, or whatever. And like they wouldn't do that. And I would have said that myself. In fact, I have had said that before. Like, boy, that person is so sensitive, like whatever working with certain people, but it was, and I still appreciate it. I just so appreciate it that I went through that.

**Lisa Peters** 34:17

So you have actually spoke at LeaderImpact events. I think you gave Grace at one event, but you know that we are dedicated to leaders having a lasting impact. So as you continue through your own life journey, and you've got another 40 years to go, Carol, have you considered what you want your faith legacy to be when you leave this world?

**Carol LaFayette-Boyd** 34:37

Well, that I think that that people could say that Carol was a person of faith, a person of integrity, a person who walked in love and cared about others.

**Lisa Peters** 34:50

That may be a good thing to say about Carol. Good. And my final question I asked all my guests is what brings you the greatest joy?

**Carol LaFayette-Boyd** 34:59

Probably my family. Yeah, I've got three grandchildren and four great-grandchildren. And then I, my brothers and sisters and all their nieces and nephews, like, they're really important to me. And before COVID, I was really one that was into doing the family reunions and stuff like that. But I do a family newsletter, although I haven't done it for a few months. And so that's really important to keep the family engaged and know all about each other.

**Lisa Peters** 35:32

Yeah. Are they all within distance from you? Or same city or...?

**Carol LaFayette-Boyd** 35:37

No, my grandchildren are in Alberta and BC. And I have a brother in Ontario. My granddaughter is from Ontario, but she's here with me right now. So that's a real treat. And yeah, but my cousin's like, they're basically all in Alberta. They there. We grew up in the farms. And they all headed west.

**Lisa Peters** 36:02

Well, you know, we have I mean, we have video conferencing. We have everything to like texting, we can stay connected. We just have to make an effort.

**Carol LaFayette-Boyd** 36:12

Yeah. So at Yeah, we've had a few family Zooms. So that's been good. And it's probably time for another one. Yeah,

**Lisa Peters** 36:18

We just got my mom, she is 87, and we got her an iPad. So we get to FaceTime her. It's fun. And you know, she is so she's so excited. She doesn't matter. She doesn't care what she looks like she's answering that call. Oh, good.

Carol, I want to thank you for joining us sharing a little bit about your story. You are just one of those people that finds good in everything. And, and I love being around people like you because it's just you find goodness in everything. And thank you for sharing your story with maybe someone who is struggling to find that goodness.

**Carol LaFayette-Boyd** 36:52

Okay, thank you.

**Lisa Peters** 36:55

So, now this ends our podcast, but I just want to ask you, if anyone wants to engage with you or look you up? Or what would be the best place to find you?

**Carol LaFayette-Boyd** 37:05

I'm not very good with Facebook, because the first time I started responding to something, I invited a bunch of people in the summertime to New Year's Eve party. So not so good for Facebook, but I might respond if they if the maybe within a month or two. But on our SACHM website, the phone number and the email there will take them to me.

**Lisa Peters** 37:29

And is that [www.sachm.org](http://www.sachm.org)? All right. Well, there you go. Yes, how you can reach Carol.

**Carol LaFayette-Boyd** 37:38

I'm also in the phonebook, actually.

**Lisa Peters** 37:41

But if we're from around the world, Carol? Yes. We're gonna have to go to your website. So thank you again, and I know I've Googled your name, and I found the whole your whole track history like you're on there. So it is amazing. Thank you again, and we will be chatting soon. I appreciate you. All right.

So I want to thank everyone for joining us as part of and being part of LeaderImpact. You can always discuss or share this podcast with your group. If you're not yet part of LeaderImpact, and we'd like to find out more and grow your leadership, find our podcast page on our website at [LeaderImpact.ca](http://LeaderImpact.ca) And check out our free leadership assessment. You will also find on our web page Chapter One of Braden Douglass's book, *Becoming a Leader of Impact*. It is

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