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Western Edition HP JOURNAL

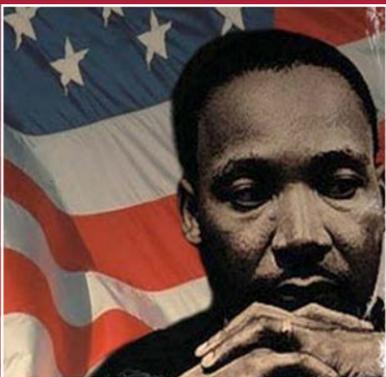
JANUARY 2016

Bridging San Francisco communities through nonprofit services

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The Western Edition now publishes quarterly. The next issue will be in April 2016. View the newspaper online, www.thewesternedition.com

Legal aid for Bayview and Hunters Point residents



March 2015 photo of Bayview Hunters Point Community Legal staff. Photo via BHP CL website, <https://bhpcommunitylegal.org/>.

By Julie McCoy

For three years, low-income families who need legal services but cannot afford the cost have turned to Bayview Hunters Point Community Legal — **BHP CL** — for assistance.

The idea behind **BHP CL** — founded in January 2013 — is that people should be able to have access to legal services if they need them, regardless of how much money they earn.

“We ensure that everyone in our service area can get legal representation for all their civil legal problems,” stated Executive Director and Co-Founder Adrian Tirtanadi.

Much of the work it does is in the area of housing. The organization helps people who have been unfairly evicted from their homes. At least 10 percent of its clients are homeless. Additionally, **BHP CL** assists people who are victims of domestic violence and who are

dealing with child custody issues.

Clients are ethnically diverse, including African Americans, Hispanics and Asians. Some of its clients are women with children, while others middle-aged to elderly men and grandparents raising their grandchildren.

BHP CL worked on more than 300 cases in 2015 and expects to work on more than 400 cases in 2016, according to Tirtanadi. The

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There's something endlessly fascinating about space!



Michael Patrick, the treasurer of San Francisco Amateur Astronomers, welcomes participants to a viewing event at the Observation Post site at 211 Lincoln Blvd. Photo by Peter Rapine.

By Peter Rapine

The San Francisco Amateur Astronomer's club — SFAA — is a club for people who love space. For people whom have spent their entire lives looking at the stars, as well as people with a growing interest for astronomy, SFAA is one of few outlets for amateur astronomy in San Francisco and the greater Bay Area. SFAA has been in operation since 1952 and “proudly continues

a long tradition of helping promote the appreciation of the wonders of the night sky within our Bay Area community” — as outlined on the club's website at <http://www.sfaa-astronomy.org/about>.

SFAA's focus is to provide enthusiastic amateur astronomers with a vibrant and dedicated community where shared interests can be enjoyed together with others. SFAA offers, “public outreach, star viewing trips, scientific lectures,

telescope-making clinics as well as private members-only dark-sky-viewing parties.

Additionally, by offering lectures, telescope-building classes, parties and even by lending telescopes themselves, SFAA has more than anyone could need to help inspire a new hobby or passion. The goal is to enjoy space and learn something new along the way.

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Perspectives

Pastor Shawn Gordon's Bayview ministry helps others find new lives

By Rebecca Duran

The ingredients cultivating who Shawn Gordon is today are ones that many might not guess of a pastor.

Hailing from a family of third-generation San Franciscans and a Samoan and Hispanic background, the pastor lost several members to violence — his father, grandfather, and two of his cousins.

“I grew up in a house that was a raging storm of chaos and violence,” Gordon said. “At 14 years old, when kids were just trying to figure out what they were going to wear to school the next day, were trying to do homework, I was just trying to figure out how I was going to live.”

Drug use was also common in the house, where people would come and go to use them.

Gordon's mother told him he had HIV when he was 14. She died later, but it is not known whether she died from the same disease.

Gordon said he then spent roughly the next 22 years in addiction, running from life, and using what happened to him as fuel for what he did to himself and in the streets.

He spent 12 years in prison, after which he spent time trying to figure how to be the man he wanted to be, which he said was something for which he had no support.

“These are learned behaviors,” Gordon said. “Like what does it look like to be a husband? What does it look like to be a friend? A father? And to kind of sum up what happened, I met



[Top:] The pastor at the organic garden, which produces produce for the ministry kitchen [below] and for the community. Photos by Leland Fox.

“live out theology.”

Out of this experience came Pastor Shawn Gordon, the product of a man who took a chance on him and who has now dedicated his life to going back into the community to assist others and of being the guiding hand he wished that he had as a younger man.

Gordon chose to start a ministry in Bayview Hunters Point because of his familiarity with the area, where his family is from and where he lived as he grew up.

While he was working in a ministry in the Tenderloin district for about two years, the pastor found a cycle of men and women, many from Bayview Hunters Point, who he said were

There are currently two things Gordon said that are taking place.

'Project Bayview' itself is located on 3rd Street and Hudson Avenue — where they take men from the community and also from other places around San Francisco and the Bay Area.

The pastor said that property has also been recently purchased on 3rd Street and Revere Avenue, which is separate from Project Bayview itself.

The ministry has a strong presence in the Bayview community, serving in many different capacities, such as feeding programs, outreaches, and various festivals on 3rd Street, Gordon said.

from the hood or the suburbs. When you need that help, who's gonna be standing there with you?”

In the last 2 1/2 years, Gordon has opened up three churches, and has also been the director of a program that also has a restaurant.

This has allowed healthy alternatives in the community, where Gordon said they're offering such things as organic chicken and real vegetables from an organic garden which they harvest and give out to the community.

The people who built the garden are also from the community, which Gordon said is



a pastor in the streets of the Tenderloin, on Turk and Taylor, who said 'I would love for you to come live with me and just allow me to mentor you and give you a chance to learn what it looks like to be that man that God intended you to be.'”

Gordon lived with his mentor for about eight months, during which he began to absorb the qualities of the pastor as he watched him live his life and

stuck to addiction, had burned every bridge, and were running from life.

“So, one of our thought processes was 'Man, what would it be like if we could cut them off of the path before they reached this place in their life?’” said Gordon. “We had a dream that we never knew would actually come to fruition. But, God had definitely opened up some doors for us to be here.”

Project Bayview is also a church — funded by private donors — that carries a strong presence with people of many backgrounds due to referrals, word-of-mouth, and by the information provided on their website.

“Some of them come from rough pasts,” Gordon said. “But that looks different. Pain looks different. Hurt looks different. So, it doesn't matter if you're

because they put people into the workforce, including the Huli Huli Hawaiian Grill in San Francisco.

These people learn viable traits and work with other people from the community who can offer their knowledge and passion for vegetables, such as teaching classes about the value of healthy food.

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SF News Briefs



Sketchfest 2016 comedy lineup [from left]: Jeff Goldblum, Jon Hamm, Bill Nye and Parker Posey. Photos via Google.com.

By Sam Felsing

SF Sketchfest

San Francisco is definitely no stranger to comedy. After all, legendary comics Robin Williams, Phyllis Diller and Dana Carvey all got their starts in the city. Further, once a year, the city hosts the SF Sketchfest, a celebration of comedic performances.

Starting the year on Jan. 7 and running through Jan. 24, the massive Sketchfest will take place in 17 different venues across the city. Numerous activities planned for the event include: tributes to comedians Billy Crystal and Alan Zweibel; a 25th anniversary screening of the film "Hook"; a mock presidential debate; a performance by Bobcat Goldthwait; and an improv and sketch workshop.

A full schedule for the 2016 Sketchfest can be found at www.sfsketchfest.com.

San Francisco MLK Day

There is still quite a way to go before society fully realizes Dr. Martin Luther King's dream of a future where people are not judged by their skin color, but by the content of their characters. That is not to say that progress has not been made. The 2016

mission, as well as where the civil rights movement should go. The lecture series runs for three days. Then on Jan. 17, the Black Comix Arts Festival

and the Liberation Film Festival starts. Black Comix will feature performances and artwork from several black comedians and artists, while the film festival will showcase a variety of human interest documentaries.

Traditional MLK Day festivities begin on Jan. 18. At 8 a.m., politicians, labor and civil rights leaders will gather for the annual Labor Breakfast, a celebration of the collaboration between the labor and civil rights movements. During the rest of the day, MLK celebrants will be able to participate in a march, join a discussion series, attend a health festival, and more. To find the full schedule of MLK day festivities, go to <http://sfmlkday.org/>.

Mayoral inaugural

After easily fighting off challenges from 11 mayoral contenders — including one unqualified write-in — Mayor Ed Lee took home 55.3 percent of the vote, or 105,298 of the 203,069 votes cast, in the November 2015 mayoral election. On Jan. 8, he will be officially sworn in for his second 4-year term as San Francisco's top executive.

Homelessness seems to be the main priority of Lee's new term.

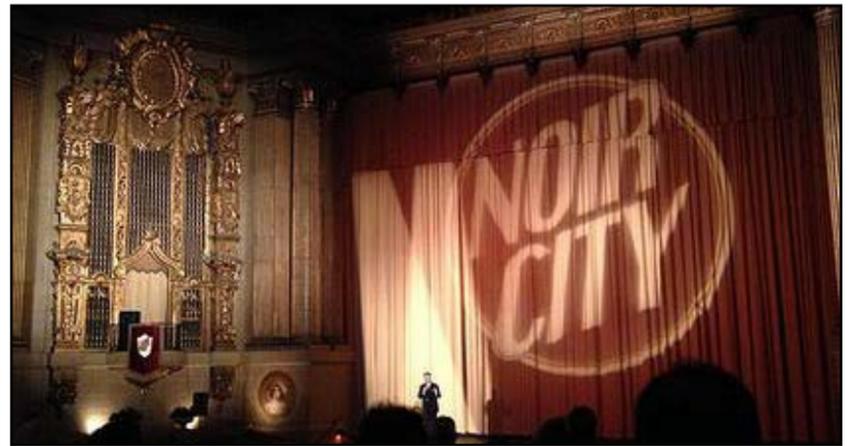
At the time the Western Edition went to print, Lee had yet to announce his intentions for his swearing-in. To find out what his plans are, go to www.sfmayor.org.

Super Bowl fan village

Despite San Francisco's football team moving down to Santa Clara — and the Super Bowl being held there — as well as the fact that professional football is

Taking place in the Castro Theater, the 2016 festival runs from Jan. 22 to Jan. 31 and features an eclectic mix of the film noir genre's finest films — films not yet announced at the time of publication. So, put on a fedora, grab a dame or mister, and head to the Castro to solve a crime or two.

Learn more about the NOIR CITY film festival at <http://www.noircity.com/>.



Eddie Mueller presenting a film at the Castro Theater in 2015. Photo by Kim Luperi.

not even played within the city's borders anymore, San Francisco will still host many of Super Bowl 50's pre-game festivities.

On Jan. 30, Super Bowl City makes its San Francisco debut on Justin Herman Plaza. On the same day at Moscone Center, the "NFL Experience" will begin. While the plaza will be open for foot traffic and will feature a number of free family friendly activities, the Moscone area will be reserved for paid visitors and will include a number of games, displays and National Football League memorabilia and merchandise. Other events, with the exception of a dining experience hosted by renowned Chef Michael Mina, will take place in Santa Clara.

The full list of Super Bowl 50 events can be found at <http://www.sfbaysuperbowl.com/>.

NOIR CITY

The film noir genre owes a lot to San Francisco. The mystery novelist Dashiell Hammett wrote his enduring classic, "The Maltese Falcon", while working as a detective in the Pinkerton Detective Agency in the Flood Building. The novel, in which the classic character Sam Spade originated, went on to be adapted into a well-known Humphrey Bogart film, a major influence upon all the noir films that followed it. Therefore, it is only appropriate that San Francisco will also host the NOIR CITY film festival.

SF Restaurant Week

San Francisco has its flaws. The streets could be a little cleaner. The fog could roll through more quickly. Housing could be far less expensive. However, no one, but no one, can complain about the quality of the city's restaurants.

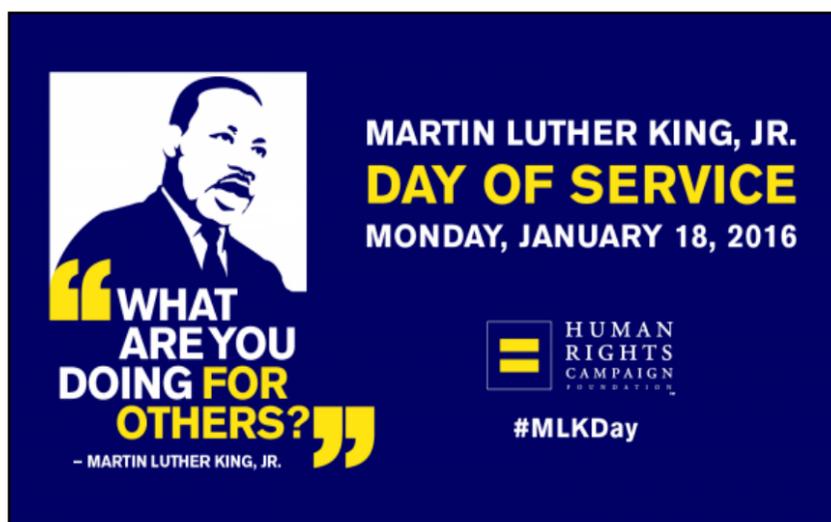
Beginning Jan. 20 and running for 11 days, more than 125 restaurants in the city will par-



SF Restaurant Week 2016 via Google.com

ticipate in SF Restaurant Week. During this 11-day period, participating restaurants will agree to offer prix fixe menus of either their best-known dishes or their chef's favorite courses. The restaurants will get a chance to show off their culinary delights to those who may have been hesitant to try them before, while food enthusiasts will get a chance to sample some of the best food in town.

SF Restaurant Week's sponsors will donate 25 cents for every seated diner who books a reservation to a participating restaurant to the 50 Fund, a philanthropic offshoot of Super Bowl 50. To find out more about SF Restaurant Week, go to <http://www.sfrestaurantweek.com/>.



MLK Day of Service 2016 : Human Rights Campaign via Google.

MLK Day festivities — named "The Reality of the Dream" — will take place primarily on Jan. 18 and will focus upon the real progress that has been made in the fight for equality.

However, the MLK Day festivities will actually happen over the course of three days beginning on Jan. 15, when the King & Faith lecture series begins — where scholars on the civil rights leader will discuss his faith and

In December of 2015, the mayor declared his intention to help 8,000 people out of homelessness by 2020. He also announced he would be consolidating many city agencies handling homeless services into one department. These plans are already on top of his goal to build more affordable housing with funds from the recently passed Prop A. It is going to be a busy second term.

Legend of two wolves is a beacon across time for healthy thinking



[Clockwise from top:] Wolves illustrate sage Cherokee advice regarding human temperament; lemons illustrate the effect of tart sensations upon bodily reactions and thoughts; types of food consumed as fuel for the body produce biological effects influencing our reactions to daily stressors. Photos via Google.

By Erik Peper, PhD

One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, "My son, the battle is between two wolves inside us all.

"One is Evil — it is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

"The other is Good — it is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

— Author and source unknown

towards active planning and action; however, in most cases, the thoughts continue to go around and around in our heads. The more we worry, the worse we feel. Often our shoulders and neck tighten and our stomach churns. The worries and concerns may become a pain in the neck, and we no longer can stomach the stress.

Begin to take charge and realize that even though health and healing is not our control, we can contribute and support the healing process. Regardless how overwhelmed we are, begin with the basics. Start the day by respecting your body so that it can run well. It needs:

- **Proper fuel.** Begin by having breakfast — not the sugar-coated cereals or snack bars on the run — but an egg, oatmeal, and some fruit or other unprocessed foods. Even when you think you

girth by three inches as compared to people who do not drink low-calorie soft drinks. Follow-up with lunch and dinner; do not skip meals! Many of my college students do not eat breakfast or lunch before coming to class, and as a group they are more reactive, anxious and perform significantly poorer on exams than the ones who do eat.

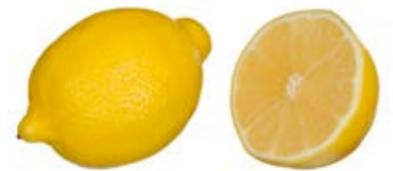
If you have not eaten, or have eaten only high-sugary snack foods an hour or two before, your blood sugar will lower, and you become more reactive, or "hangry" — the combination of hungry and angry. As the blood sugar drops, the brain reactivity pattern changes, and you become much more impulsive.

- **Dynamic movement.** The moment you do some movement, your urge to snack, smoke, or continue to rumi-

pate the fight/flight response and are shifting your body to a state of regeneration. As the alarm reaction response decreases, it becomes easier to do problem solving and abstract thinking. As long as you are in the alarm state, you tend to react defensively to the immediate events. Thus, when you feel uptight and stressed, take a hike. Walk up the stairs instead of taking the escalator, get off Muni one stop earlier and walk rapidly to your destination.

- **Positive and peaceful thoughts.** Remember our thoughts, memories and images affect our body and vice versa. Experience how your thoughts affect your body. Have someone read the following to you. It takes only a few minutes.

Sit comfortably, and gently close your eyes and imagine a lemon. Notice the deep yellow color, and the two stubby ends. Imagine placing the lemon on a cutting board and cutting it in half with your favorite kitchen knife. Notice the pressure of the knife in your hand as you cut the lemon. Feel the drop of lemon juice against your skin.



After cutting the lemon in half, put the knife down and pick up one half of the lemon. As you look at it, notice the drops of juice glistening in the light, the half-cut seeds, the outer yellow rind, and the pale inner rind. Now get a glass and squeeze this half of lemon so the juice goes into the glass. As you squeeze, notice the pressure in your fingers and forearm. Feel droplets of lemon juice squirting against your skin. Smell the pungent, sharp fragrance. Now take the other half of lemon and squeeze the juice into the glass. Now take the glass in your hand. Feel the coolness of the glass and bring it to your lips. Feel the juice against your lips, and then sip the lemon juice. Taste the tart juice and swallow the lemon juice. Observe the pulp and seeds as you swallow. [Adapted from Gorter and Peper, 2011.]

What did you notice? As you imagined the lemon, did you notice that you experienced an increase in salivation, or that your mouth puckered? Almost everyone who does this exercise experiences some of these physical changes. The increase in salivation demonstrates that these thoughts and images have a direct effect on our bodies. Similarly, when we have

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Are you stressed and worrying what will happen? Are you thinking of all that could go wrong? Do you feel overwhelmed and anxious?

It is very challenging to let go of negative thoughts, images, memories and anticipations. These negative worries can be useful if they mobilize you

do not have the time, fuel up your body so your body engine can work well. Drink only one cup of coffee with little sugar. Drink water or tea, and avoid all soft drinks and any low-calorie drinks. Remember that people who drink low-calorie soft drinks increase their abdominal

nate is significantly reduced. When you begin physical movement — especially when you do not want to — the buildup of tension from the personal and interpersonal stress will decrease. You are completing the biological alarm reaction. When you physically move, you dissi-

Nonprofit News

BHP CL continued from page 1



[Clockwise, from top:] Co-founders of the legal aid organization: Executive Director Adrian Tirtanadi at left, and Director of Legal Services Virginia Taylor; staff at work on legal cases. Photos by Leland Fox.

cases involve housing law, family law, consumer law, wills/probate law, torts law and other types of cases as well. The organization had a budget of \$375,000 in 2015, and that is expected to grow to \$700,000 this year.

"We operate thanks to the support of hundreds of generous donors," Tirtanadi explained. "The plurality of our funding comes from individuals, but we also receive some grants and corporate contributions."

Corporate sponsors include Dropbox, the San Francisco Foundation, Wells Fargo, and City Church San Francisco.

This past October, the organization was notified that it received a two-year \$500,000 Google Impact Challenge Grant.

"It is the first time Google has supported a legal aid nonprofit," Tirtanadi said. "We're really excited about it."

BHP CL received the first \$250,000 of the grant in December 2015 and will receive another \$250,000 at the end of this year.

"We're thrilled that Google recognized us as one of the most innovative programs in the Bay Area," Tirtanadi said. "We're



going to use the money to hire more staff and expand our service area."

The organization is bringing onboard a new family law attorney, investigator, and social worker — all of whom are

expected to start this month, thanks to the grant received from Google. This will bring its staff to nine full-time and two part-time people.

"We've been growing fast and hope to continue growing until we've ensured everyone in San Francisco can get civil legal help," Tirtanadi said.

In addition to its staff, **BHP CL** obtains assistance from about 25 volunteers.

The organization, which is in a small location at 4622 3rd St., plans to move to the Salvation Army building in the Bayview Hunters Point neighborhood around the middle of the year, which is about six times the size of its current location and will provide room to grow. It is already working with the Salvation Army, so it made sense to share a building with them, Tirtanadi explained.

One thing most people do not know about **BHP CL** is that it was founded by two graduates of the University of San Francisco School of Law — Tirtanadi and Virginia Taylor.

Tirtanadi spends his days meeting with staff and donors and making phone calls. He also is responsible for hiring staff and handling human resources and information technology for his firm. He holds a JD from the University of San Francisco School of Law and a BA from the University of Maryland. He was a program administrator at a small economic development nonprofit in Maryland prior to law school, where he wrote the original business plan for the organization. He then worked during law school to prepare for its launch.

"I feel rewarded by working for a model that I know works to deliver legal and social services to hundreds of people who oth-

erwise wouldn't have gotten any help," Tirtanadi explained. "I also derive immense satisfaction working with a group of people who are dedicated and highly competent."

Tirtanadi's business partner, Taylor — who is originally from San Luis Obispo and attended



Mount Holyoke in Massachusetts — primarily interacts with clients. "I love doing direct client work," she said.

Taylor also meets with staff and volunteers to make sure everything is up to speed. Additionally, she spends time networking members of associated community groups.

Taylor said that she is the detail-oriented one, whereas Tirtanadi is more strategic.

What kind of year does Tirtanadi think 2016 will be for **BHP CL**?

"We're going to have an amazing year," Tirtanadi stated. "I think we'll be able to finish building out the model we're creating in Bayview and start becoming ready to replicate."

Overall, the future looks very bright for the organization. "Eventually, we hope to create a model that can be replicated in other high-need neighborhoods

and in seven more years, we hope to have created a system of universal access for all San Franciscans."

Michelle Carrington, who has lived in the Bayview Hunters Point neighborhood her entire life, turned to **BHP CL** when she was having issues with her unit. She had sewage problems inside as well as outside the home, in addition to mold and no heat for nine months.

The legal organization helped Carrington take her case to the Housing Authority of San Francisco. At first the case lost, but they then helped her with an appeal, and she won.

Between the sewage, heating and mold, Carrington was awarded \$3,000, which the Housing Authority of San Francisco put toward her back rent.

Carrington found out about the organization through her church, Providence Baptist Church, which is directly across the street from the organization. She has referred at least seven people to them, all with different issues, she said.

"You don't know how grateful I am," Carrington said. "They are truly a blessing to the community. All those people, they are so helpful. They listen to your grievances. They are very understanding. They offer everything they have. They help you. They don't leave anything out. I am so glad they are here."

Carrington further added, "I don't know where I would be if they hadn't been here to help me. I'd be totally lost. I'd probably be homeless. They help you mentally and emotionally also. They make sure you're comfortable, and help you release some of that worry. You don't know how many times I have cried because they made me feel good. They make you feel warm. I wouldn't trade them for anything in the world."

For more information about **BHPCL**, call 415.735.4124, or visit <https://BHPcommunitylegal.org>.

Learning and Education

SFAA continued from page 1



[Clockwise from top:] Visitors to the Observation Post note astronomical facts at SFAA meeting; explanation of the constellation handbook; members of star viewing party watch the skies; members of star party amid viewing telescopes. Photos by Peter Rapine.

The organization is made up of a select group of board members and boasts some 300 members, the number of which has been on the rise in recent years. SFAA is funded entirely by membership fees, and those wishing to join can find more

which he said would be the best way for me to look at the night sky without buying an expensive telescope of my own. Michael said that “you can see quite a bit with a pair of these,” while holding up the binoculars looped around his neck.

Smith then introduced me to Anil Chopra who runs the telescope loaner program. The program consists of about ten telescopes, and at the time of my interview, all ten of which were out in members’ homes. The telescopes in the loaner program are all Dobsonian telescopes, many of which were even made at the build-your-own telescope course that Smith had first attended.

Astronomers club, which held public events promoting urban amateur astronomy. These early sidewalk viewing parties and the communities that John Dobson helped inspire with amateur



information about this on the club’s website.

I had the pleasure of attending one of SFAA’s meetings in October of 2015, where I was given a small telescope demonstration and heard a lecture by Stanford professor Norman

Patrick has been with the SFAA for 10 years and has been an enthusiastic astronomer since he was a young boy. He explained the different telescopes and their functions, before going into detail about the 5-foot-long “Dobson” telescope standing behind us. The Dobsonian telescope looked as if it were made of cardboard, almost the opposite of Michael’s telescope, which was small and metallic. We spent some time talking about globular clusters and Pluto, before Patrick introduced me to Douglas Smith.

Smith is the president of SFAA and was introduced to the club through a coworker after taking a telescope-making course at the Randal Museum. Smith said that he had no previous astronomy experience, but after having made his own telescope, he “was sold.”

Chopra was very passionate about the loaner program. He gave me the best possible metaphor for what it is like to enjoy the night sky. Anil said to “imagine there is a band you enjoy — well, you might enjoy listening to them at home or on your computer, wherever, but its nothing like seeing that band live — there is nothing like witnessing the real thing, nothing even close to it.”

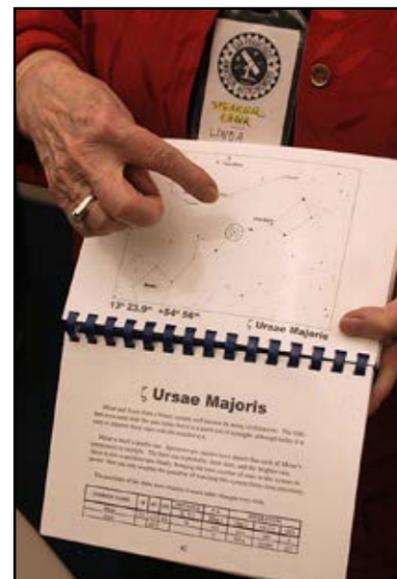
Chopra was, of course, referring to stargazing, in which there is nothing comparable to standing under a starlit sky to remind you of how grand the universe is, and there is no better way to get into astronomy than having a telescope at your disposal.

This sentiment cuts right to the heart of what the San Francisco Amateur Astronomers club is all about. SFAA is on a mission to provide awe and wonder to both members and nonmembers of their community. Besides creating and supporting an informed club of amateur astronomers, through lectures and demonstrations, SFAA seeks to bring people moments beyond space and time, moments of “awe and wonder.”

I did not know it at the time, but the public star parties held by SFAA are closely reminiscent of early sidewalk astronomy events. John Dobson — for whom the Dobsonian telescope is named — created the Sidewalk

astronomy are the same communities SFAA serves today.

This club of amateur astronomers in San Francisco has kept alive the passion for astronomy that Dobson spent much of his life promoting. Sadly, Dobson



Sleep titled, “Our Moon From Formation To Asteroid Target: Message for Life on Earth.” Sleep joked that his lecture was a history of the moon, “give or take a couple million years.”

Michael Patrick, the treasurer of SFAA, welcomed me to the meeting and began showing me his telescope. Michael also had a pair of binoculars with him,



passed away in 2014 at the old age of 98. However, Dobson is remembered every time someone looks at the night sky through a telescope that he helped create.

More information about upcoming events, membership options and the phases of the moon can be found online at <http://www.sfaa-astronomy.org>.

Neighborhood News

By Laurie MacDougall

Alamo Square

The African American Shakespeare Company presents "The Colored Museum," Feb. 13 through March 6th

Get your tickets early to see George C. Wolfe's acclaimed play, "The Colored Museum." You do not want to miss this unique theatrical event — a series of 11 "exhibits" that explore and satirize prominent themes and identities of African American culture. For more information, for dates and curtain times, or to purchase tickets, visit the company's website at www.african-americanshakes.com.



AFRICAN-AMERICAN SHAKESPEARE COMPANY

ENVISIONING THE CLASSICS WITH COLOR

org. Performances will be held at the Buriel Clay Theater, located within the African American Art & Culture Center, 762 Fulton St.

Register for a pilot online talk show program for teens, Jan. 18 through Jan. 29, African American Art and Culture Complex

AAACC is piloting an exciting new program to teach teens everything they need to know to create an online teen talk show designed to showcase all the positive things happening for teens in San Francisco. Teens can participate in all or some of the classes, which focus on specific skills such as writing, production, direction — all the elements of putting together an online talk show. The program is also seeking those interested in being on-air hosts and audience members. Classes take place weekly after school, with some Saturday classes included, and the cost to participate is on a sliding scale. The target date is for the program to be aired in the spring. For more information about this program visit the website at www.aaacc.org, or contact Erica Scott, at 415.922.2049 Ext. 111.

Weekly Alamo Square playgroup, every Tuesday, 10:00–12 noon, free

Families with infants and toddlers from newborns to 3-year-olds gather weekly for this regular play-date. Come make new friends, and connect with old ones. All are welcome to join. The playgroup is held at the playground in Alamo Square Park, just west of Steiner and Grove. Learn more by contacting playgroups@alamosq.org.

Bayview Hunters Point

Free toddler/parent yoga and art class, every Tuesday, 9–10 a.m.

While the Bayview Opera House is closed for renovations, programming is being held at alternative sites. This weekly program offers yoga for parents, art for toddlers, fun for everyone, and is currently being held at TriFusion Yoga Studio, 4734 Third St. For further information, call 415.824.0386, or email the Bayview Opera House at info.bvoh@bvoh.org.

Free drop-in confidential health services for youths ages 12–24, Monday through Friday, 1:00 p.m. to 5:00 p.m.

Third Street Youth Center and Clinic offers health care for youth ages 12–24, including mental, physical and sexual health. To qualify, individuals need to be participants in



Medi-Cal or Healthy Families programs, and some services may require parental permission. For further information about services available, visit the website at www.3rdstyouth.org, or call 415.822.1707. The clinic is located on the corner of Bancroft and Third Street, across the street from the MLK pool. The Clinic welcomes drop-ins and appointments are available, if that is more convenient.

Bayview Hill Volunteer Project, Jan. 9 from 10:00 a.m. to 12:30 p.m.

Join the Natural Areas Program Gardeners in a habitat restoration project that recurs every other month. Tucked away in the southeast corner of the city, Bayview Park supports a remarkably diverse population of plants and animals. Be sure to wear closed-toe shoes and dress in layers. Please email recparkvolunteer@sfgov.org or call 415.831.6333 to register.



Fillmore

Free orientation for job seekers, Monday through Thursday at 10:00 a.m., Western Addition Neighborhood Access Point

Seeking a job? Need some help? Come to the free orientation offered by the Western Addition Neighborhood Access Point. At the orientation you will get a career center scan card and information about the many services offered to job-seekers by the center, such as resume help, interview workshops, learning the basics of using LinkedIn. The center is located at 1449 Webster St., and for more information, visit the website at <http://www.workforcedevelopmentsf.org/jobseekerservices> or call 415.549.7000.

Live jazz at the Fillmore Farmers Market, every Saturday, 9 a.m.–1:00 p.m.



The Fillmore Farmers Market is the only farmers market in San Francisco, and one of the few in the nation, to offer free live jazz for shoppers. Savor the music while you savor the gorgeous produce. Everything for sale is California-grown by the very farmers that planted, nurtured and harvested the crops. A wide assortment of artisanal breads, pastries, baked goods and cheeses are for sale, and you can snack on samples from local Fillmore restaurants. The Fillmore Farmers Market is open rain or shine, all year-round, and is located at O'Farrell and Fillmore Streets and the Fillmore Center Plaza.

Bilingual digital (English and Japanese) drop-in tutorial at the Western Addition branch of the S.F. Public Library, Thursday, Jan. 7, 12–1:30 p.m., free

Every first Thursday of the month, you can get free one-on-one help from a bilingual librarian with accessing the library's vast collection of online resources, such as eBooks and eAudio-books, through your laptop, tablet, or smartphone. Learn how to enjoy San Francisco Public Library's collection of more than 40,000 eBooks at this workshop. Bring your Kindle, Nook, iPad or other eReader device with you and learn how to use it to download materials from the Library website. Please come with your device fully charged and know your sign-in information and passwords as well as your device's basic operations. To learn more, call 415.355.5727. The class will be held at the Library, 1550 Scott St.

Hayes Valley

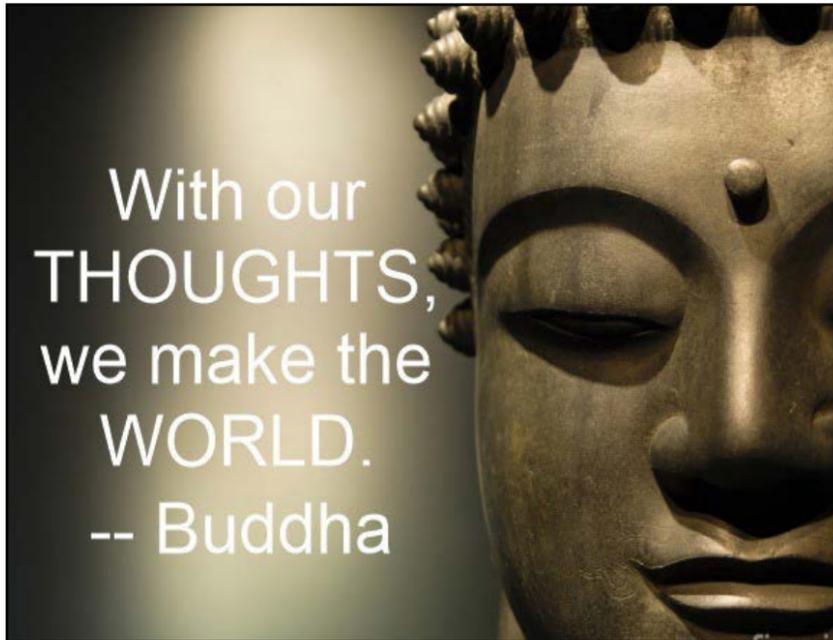
The Prepared Renter — a free workshop for anyone seeking affordable housing in San Francisco — Tuesday, Jan. 12 (Check for exact time.)

As everyone knows, San Francisco is experiencing a housing crisis. The SF LGBT Center offers a monthly workshop to learn about affordable rentals in the city for those making less than \$42,800 a year (based on Area Median Income for San Francisco HUD Metro Area for a 1-person household; 2-person household income limit is \$46,600). This 2-hour workshop for the will cover what affordable rental options are available in the city, what it takes to qualify for these opportunities, and how to apply. The San Francisco housing market continues to be a competitive environment, especially for below-market-rate units, so let the center help you become the best prepared renter you can

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Community Voices

Legend continued from page 4



With our
THOUGHTS,
we make the
WORLD.
-- Buddha

Precept of buddhism. Photo illustration via Google.

thoughts of anger, resentment, frustration, or anxiety, they also affect our bodies.

Unknowingly we may tighten our shoulders or our abdomen. We may unconsciously hold our breath or breathe shallowly. This response interferes with our ability to relax and heal. If this kind of tension is a constant habit, it reduces the body's ability to regenerate.

Although we may dismiss our experience when we did the imagery exercise with an imaginary lemon — it was only an imaginary lemon, after all — it is fundamentally important. Every minute, every hour, every day, our bodies are subtly affected by thoughts, emotions, and images. Just as the image of the lemon caused us to salivate, our thoughts and emotions also cause physiological change.

Although when consumed by worry and it seems impossible, you have a choice to focus on the negative thoughts or the positive ones. When you feel stressed and overwhelmed, ask yourself, "Do I have control over this situation?"

– **If "No"**, acknowledge that you feel frustrated and stuck. Recognize that you want to let it go and have no control. Ask yourself, "Does this thought serve any purpose or help you in any way?" If not, let go of the thought and the sensations in your body" If there is a purpose or value act upon the thought — such as to go feed the parking meter or to make that call. Then do the following **thought interrupting practice:**

Sit up and make yourself tall on your sitz bones with your lower spine slightly arched, and at the same time look up and take a breath in. While inhaling, think of someone who loves you such as your grandmother or an aunt. For that moment feel their love. Exhale softly while slightly smiling and while still looking upward. As you exhale think of someone for whom you care for and wish them well.

Each time your brain begins to rehash that specific event, do not argue with it, and do not continue with it; instead, initiate the **thought interrupting practice.** Many people report when they do this many, many, times a day, their energy, mood and productivity significantly increases. Initially it seems impossible, yet, the more you practice, the more the benefits occur.

- **If "Yes,"** make a list of all the things over which you have control and that need to be done. Acknowledge that this list appears overwhelming, and you do not even know where to start. Begin by doing one small project. Remember, you do not have to finish it today. It is a start. And if possible, share your list and challenge with friends or family members, and ask them for support. The most important part is to move into action. Then, each time your brain worries, "I do not have enough time", or "There is too much to do," practice the **thought interrupting practice.**

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

– Frank Outlaw

Reference: Gorter, R. & Peper, E. (2011). *Fighting Cancer: A Nontoxic Approach to Treatment.* Berkeley: North Atlantic: Random House.

Midgett's Corner

AGEING — PART 3

Some youngsters think that at 40, 50 or 60 life stops; these myths are still prevalent especially through media.

Even though it is a dumb expression in my opinion that "50 is the new 40" — can I say freely that Anglos came up with this expression about aging? Let's keep it real — 50 is not the next 40. Your "but" is old if you act that way. I will admit blacks say "blacks don't crack." I guess we all have our delusions. Ageing and death seems to be the most horrific way to be or not to be.

I guess transition is a softer word then died. Which seems less permanent — rather like saying you moved your dead.

Ageing is a given. Embrace it while you can live to enjoy the pleasures you now embrace. Here are some of the pluses of ageing, without health issues or money:

More reading time.

Taking naps is wonderful. They can rejuvenate you. I called them my weekend siestas.

Although some of my weekends are just as busy as my week, but they are all my choosing, nothing definitive. Weekends are called my "maybe" things. Maybe church, shopping, laundry, brunch with friends, movie — which is a given for me 99% of the time on Sundays if it is something that grabs me; I'm a Denzel Washington and 007 kind of gal.

My list is longer but you get the drift. Walks and meeting new friends — there is always something new to learn.

"If you have made that miserable job your career, so be it. Maybe that miserable job paid for your pleasures."

Freedom from a rigid schedule: ALTHOUGH I HAVE SINCE RETIRED IN 2007 AND SUBSTITUTE MOST DAYS. I KNOW I HAVE THE CHOICE TO NOT TAKE THE ASSIGNMENT.

PATIENCE IS ANOTHER, WHICH IS TO HAVE MORE CALM IN YOUR LIFE.

Many men and women look forward to retirement. Yet, what does that mean? Boredom, or living life to the fullest. Some are fortunate to get out of their madness at age 55, 65, or continue until they drop. If you have made that miserable job your career, so be it. Maybe



that miserable job paid for your pleasures. So I want you to take a second look at your age, ask yourself what you want to do with the rest of your life. The movie called "The Intern" is a good example of "living and "sharing."

I asked myself that same question the other day because I will be 80 years old in eight months, because at age 60 I had a party where I danced like there was no tomorrow, and 70 years old was around the corner when I started this column. Even as the positive and go-getter person I am, I will admit I did feel anxious for a moment which even for the best of us can be scary. I guess you're wondering what my thoughts were. I concluded if time is on my side, I will continue to substitute in the SFUSD, not as often. Share my knowledge from my experience in life through the column, my students and the book in progress, "I'm 80 and Still Having Fun", which is progress.

"I concluded that if time is on my side, ..."

Put more efforts in selling my two books. Do book signing events promoting "New York Flavor with a San Francisco Beat" and "Brown on Brown: Black Lesbian Erotica." Then look at my Facebook twice weekly and do more segments to my YouTube videos. These tasks give me joy and writing pleasure. My books and writings, I believe, are inspirational and give some men, women and young adults 21 and older pleasure and motivate them.

Conclusion in Installment 4: Older Relationships.

Have a great New Year!

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Volunteerism

HandsOn Bay Area one of leading San Francisco volunteer programs



[Clockwise, from top:] El Monte volunteers from Concord, CA participate in Kaiser's MLK Day 2015 events; LIFT team volunteers from Everett Middle School in the Mission; Kaiser volunteer prepares map for MLK Day 2015. Photos courtesy of HOBA.org.

By Jeffery Mendenhall

San Francisco continues to be one of the leaders in volunteerism in California, according to the Corporation for National and Community Service. HandsOn Bay Area — HOBA — plays an important role in facilitating this call to service.

The City by the Bay also ranks 12th nationally among the nation's largest metropolitan areas for volunteerism at 30.6 percent, according to the most recent survey of "Volunteering and Civic Life in America," published by The Corporation of National and Community Service.

HOBA is part of the national HandsOn organization, a nationwide volunteer network of more than 70,000 corporate, faith, and nonprofit organizations. In San Francisco, HOBA provided more than 56,000 hours of service to more than 240 agency partners in 2015, according to Program Manager Losida Garcia.

"People here want to be involved," Garcia said. "It seems to be ingrained into the culture of not only San Francisco, but

the larger Bay Area."

Beyond the aspect of community volunteerism, Garcia highlighted how corporations in the region often encourage their employees to take part in service days. "It is normal for corporations here to let their employees take a day of service," she said. "The trend seems to be very specific to this region."

By contacting HOBA, volunteers can meander through the swell of service opportunities offered by various different programs and initiatives. These include the Community Volunteering Program, the Corporate Volunteering Program, or the varied institutional programs in partnership with nonprofits, schools, and churches.

HOBA also "grooms" future leaders to work in the nonprofit arena through the annual Leadership Institute Fellowship Team — LIFT.

Special Projects Program Manager Joey Guerin said that in 2015 the LIFT team took on leadership roles on projects ranging from San Francisco's housing

crisis to helping local schools to kick off the new school year.

"Nonprofit participants most often enroll in the [LIFT] program to diversify their experience, expand their network, and learn new leadership responsibilities in their careers," Guerin

with local nonprofits such as the Covenant Presbyterian Church Food Pantry, or with local governmental agencies such as the San Francisco Recreation and Parks Department.

"We hit a lot of issues this year," Floyd said. "People want



said. "Our corporate and startup participants are most often passionate volunteers who are seeking new opportunities to apply their skills for good in the nonprofit sector."

Monica Floyd, a community volunteering program manager for HOBA, directs the Volunteer Opportunity Calendar in San Francisco and described this as being the foundation, or "building blocks" of the nonprofit's community service mission.

Floyd said that it consists of about 1,500 projects per year, or about 70–80 per month on a range of areas and issues — including environment, health and wellness, hunger and homelessness, senior services and education.

The projects pair individual volunteers and volunteer groups

to be involved. This is especially true with homelessness and housing. It is an interesting time in San Francisco."

Floyd explained that the process is easy and streamlined. Individuals simply navigate the online calendar for an opportunity in which they are interested and then sign up. There is also a timesaving search tool which integrates filters such as distance and region, areas of interest, and opportunity types.

Many of these projects are on a rolling schedule and are often coordinated by the same project leaders who are volunteers themselves. For example, individuals interested in the "Spruce Up" program at the Conservatory of Flowers in San Francisco will find this opportunity the first

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Volunteerism

HOBA continued from page 9

Saturday of every month.

These projects have a limited number of individuals who may participate. For example, the "Spruce Up" program mentioned above is limited to 12 participants at a time. Floyd said that projects fill fast.

As mentioned earlier, national data reflects a resurgence of volunteerism in San Francisco. In part, Floyd credits the recent end of the recession with this resurgence.

"We [HOBA] are growing now and we once again have the right capacity to tackle these issues," Floyd said. "Many people are well aware of the issues impacting San Francisco and we make it easy for them to find an opportunity."

Garcia said that she has seen the same trend on the corporate side.

The growth of the Community Volunteering Program coincides not only with an end to the recession, but also with leadership, according to Floyd. She said she aims "to motivate, to inspire, and to connect."



Although there is no commitment required to participate in these projects, Floyd said that the HOBA Team relies heavily on its volunteers to eventually take on leadership roles. She mentioned that some volunteers have participated with HOBA since the 1990s.

"Our Project Leaders are a very important part of our success," Floyd said. "They tend to be very motivated. In fact, Michael, one of our project leaders, bikes from one project to another. It is a huge passion of his. This year alone he has undertaken 23 projects."

Floyd mentioned that the most active project leader undertook 24 projects in 2015, but she doesn't expect everyone to follow suit. She said that HOBA asks project leaders to act in this capacity in at least six projects per year.

As part of their fellowship, members of the LIFT team are required to serve as project leaders according to Guerin.

"One of the goals/requirements of the LIFT Fellowship involves support of the Calendar



[Clockwise, from top:] HandsOn Bay Area kicks off large corporate volunteering effort; HandsOn Tomorrow youth volunteers; Dottie and Benji, the volunteer trucks. Photos courtesy of HOBA.org.

Program, by identifying a project listed on the calendar and taking on the responsibility to see that the project remains successful through the new year," Guerin said.

"They accomplish this by becoming an official HandsOn Bay Area Calendar Project Leader, assisting with new volunteer recruitment, and supporting the 'day-of' logistics of each event."

Corporate Relations Manager Suling Miller dubbed this as an example of a corporate "custom project." Miller described custom projects as "turn-key," in that companies need simply to "recruit the volunteers and show up on the day of the project."

Corporate partners often approach the HOBA team directly for assistance in custom projects, and are often referred by word of mouth, according to Miller.

"Once we are approached by a corporation, we have a conversation with them to determine their vision for the event — what issue areas they are interested in, what type of work their employees like to do, and what they hope to get out of the event," Miller said. "From there we reach out to our nonprofit partners to determine where the highest needs in the community are."

"Then we find a project that addresses pressing community needs, while fulfilling the criteria our corporate partnerships are looking for," Miller said. "We want to make sure the project is being done correctly, but we also want to make sure volunteers are having a good time so they will want to volunteer again."

Miller said a number of corporate projects are currently in development, including school beautification, environmental rehabilitation, and those that address hunger and homelessness.



In January, Garcia said HOBA will partner with Kaiser Permanente for a large-scale day of service in honor of Martin Luther King Jr. Garcia said there will be more than 1000 volunteers involved in multiple projects, many at local schools. This will be in conjunction with HOBA's MLK Week of Service.

Miller said HOBA offers another service to its corporate partners — Project in a Box. With this service a volunteer project is sent to the interested parties, including all supplies and instructions needed to complete a project. This way volunteers complete a project that fits their schedule.

"Once they're done with the project, they send it back to us and we pass it along to a nonprofit beneficiary," Miller said. "It is a great solution for people who can't carve out three hours away from the office, but may have an hour or so over lunch."

According to Garcia, 85 percent of HOBA's funding comes from corporate partnerships, while 15 percent comes from donors and foundation grants. The LIFT team plays its part as well, acting as a mini-nonprofit, with fundraising duties as part of its fellowship requirements.

Guerin gave a hint on what he anticipates for 2016. "There is a lot of interest in workforce development projects, which hasn't been very well represented in previous fellowships, and we are thrilled to see what they do in the new year," he said.

The future looks bright for HOBA, paired with a robust community interest in volunteerism and philanthropy, and a continued pipeline of future leaders in community service formed by HOBA. Visit www.hoba.org for more information.

Neighborhood News

Neighborhood News continued from page 7



be. At press time, the workshop time has not been finalized, so contact Leisa Boswell at leisab@scenter.org, or call 415.865.5652 to confirm details.

Grand (Re)Opening of the SFAC Main Gallery, Jan. 22, 6 p.m. to 8 p.m., free admission

After a long wait, and extensive remodeling, the San Francisco Arts Commission—SFAC—is re-opening its Main Gallery space in the War Memorial Veterans Building and the public is invited to attend the opening celebration. The new and greatly expanded 3000-square-foot gallery space will host an inaugural group exhibition, “Bring it Home: (Re)Locating Cultural Legacy through the Body,” presenting work from artists representing diverse Bay Area communities that grapples with cultural identity and its relationship to the human condition. The celebration will take place on the ground floor of the War Memorial Veterans Building. After the opening, regular gallery hours will be Tuesday through Friday, from 11 a.m. to 6 p.m.

Free screening of Charles Gounod’s “Romeo et Juliette” on Sunday, Jan. 24, 1:00 p.m. to 4:00 p.m.

The Merola Opera Program offers its program, “Merola Goes to the Movies,” free screenings of opera classics at the San Francisco Public Library Main Branch, 100 Larkin Street in the Koret Auditorium. Admission is free, and seating is on a first-come basis. No advance reservation is required, and the doors open at 12:30 p.m. A pre-screening talk by a Merola representative will give you fascinating insights about “Romeo et Juliette,” and you can enter a free drawing to win great prizes. Put on your calendar the next screening, Verdi’s tragic “Rigoletto,” on Sunday, March 20.

Japantown

Children’s art contest, JCCCNC, deadline Wednesday, Jan. 6, 4:00 p.m., free

A children’s art contest is being held as part of the annual Oshogatsu Matsuri New Year’s festival, hosted by the Japanese Culture and Community Center of Northern California. Winners will be announced and art displayed at the Oshogatsu Matsuri event on Saturday, Jan. 9. (Artwork will not be returned, but can be picked up at the festival.)

Theme: Year of the Monkey

Ages: Preschool through 5th grade

Medium: All entries must be on 8.5 x 11 inch paper

Required Information on Back of Each Entry:

1. Print full name
2. Age/grade
3. School

NOPA

Blues concert by David Jacobs-Strain, with Bob Beach and Megan Kelly, Saturday, Jan. 23, 8:00 p.m.

If you are a fan of the blues, the slide guitar, and/or indie folk, maybe you’ve already heard of these rising young blues performers. If you don’t know them yet, grab a seat at their next concert, part of SF Live Arts @ Cyprian’s. Saint Cyprian’s Church is an acoustic gem, located at 2097 Turk St. at Lyon Street.



Submit entries to: Matt Okada, JCCCNC, 1840 Sutter St., San Francisco, CA 94115. For further information, call Matt Okada, 415.567.5505.

45th annual Oshogatsu Matsuri festival, JCCCNC, Saturday, Jan. 9, 11:00 a.m. to 3:00 p.m., free admission

Oshogatsu Matsuri is a traditional Japanese community celebration to welcome the new year. This year celebrates the Year of the Monkey, and the festival will feature art and crafts, entertainment, food, and an exhibition of a children’s art contest (see above). The traditional ceremony of “mochitsuki” will be performed, a feat of skill in which mochi, or special polished, soaked rice, is pounded by two people alternating in rhythm with heavy wooden mallets called kine in a special mortar, or usu. When the mochi is ready, everyone will get a taste of this delicious treat. The event will be held at the Japanese Culture and Community Center of Northern California, 1840 Sutter St.

Tickets are \$18 in advance, and \$22 at the door.

SFPD Park Station community meetings, Park Station, every second Tuesday, 6:00 p.m.

The second Tuesday of each month, the Park Station holds a community meeting to provide input, express concerns, deliver compliments. The station is located at 1899 Waller St. For further information, call 415.242.3000, or visit the website at www.parkstation.org.

Divisadero Farmers Market, every Sunday in January, 10 a.m.–2 p.m.

The Divisadero Farmers Market offers seasonal, organic fare, and artisanal goods such as empanadas, jams, humus and flowers. CalFresh/EBT is welcome at this, and all Pacific Coast farmers markets. Visit the information booth for tokens that will double your CalFresh food dollars up to \$10. The market is located on Grove Street between Divisadero and Broderick Streets. Visit www.pcfma.com/divisadero for more information.



Perspectives

Pastor Shawn Gordon continued from page 2



[Top:] Gordon at the well-kept ministry in Bayview, which has neatly arranged sleeping quarters [below], and for the holidays, a Christmas tree with photos. Photography by Leland Fox.

Throughout the short period of time they have been in the Bayview community, many lives have been changed and affected through what Gordon said is Project Bayview’s ability to maneuver deep into different parts of the area.

“We are recognized as help,” Gordon said. “We are recognized as an organization that has come alongside the community, not as a savior, but to assist brothers and sisters who are out here and just needing a little bit of support.”

When men and women come in needing help navigating through life and desire change, the ministry has helped through many stages — such as putting a half-dozen people through college, culinary programs, and other vocational training to help them back into the workforce.

But, more importantly, Gordon said, is helping to heal some of the hurt that has transpired through life and changing what is going on in their heart, which is where a strong religious presence comes in.

“When people understand grace, when people understand forgiveness, when people understand what took place on the cross for them — that Jesus Christ died on the cross so that you may have life — it’s when you understand that, that you are able to work from that and extend from that same reservoir that you’re pulled from,” Gordon said. “That’s what we do.”

He added that other places will focus on corrective behavior modification, or throwing money at what they think are solutions to problems.

“But what happens is, you have the outside of the cup look-

ing very shiny,” Gordon said. “While there’s still the inside of the cup, which could be very tainted. So my approach is definitely through faith. Let’s start with heart, because when



the heart changes, everything changes.”

While Gordon does not completely know what the future holds for Project Bayview, he

said he does have a lot of hope for it and for the community.

“We’re here to stay,” said Gordon. We own our building. We have now created a self-sustainable means to be able to do what we do in the community and be able to house men in our upstairs unit. I believe that God has placed us here. I believe that God is doing some amazing things right now. We’re just overwhelmed with joy that we get to play a small part in God’s big picture.”

Gordon believes that his life has been changed so that he has been able to assist in the change of dozens of other lives, and seeing what God has done for the lives of his wife and children as they have served — and that he is now driven to do what he does.

“I don’t ask for anything,” said Gordon. “I don’t want your money. You don’t even have to come to my church. I just want to be able to be a picture of Jesus and I want to be able to walk with integrity and what my faith calls.”

Project Bayview is located at 4100– 3rd St., San Francisco, CA 94124. Their telephone is 415.548.1463. More informa-



tion can also be found on the website at <http://projectbayview.com/> and also on Facebook at <https://www.facebook.com/projectbayview/>.

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