

Celebrate Women's History Month!

Western Edition HP JOURNAL

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Bridging San Francisco communities through nonprofit services



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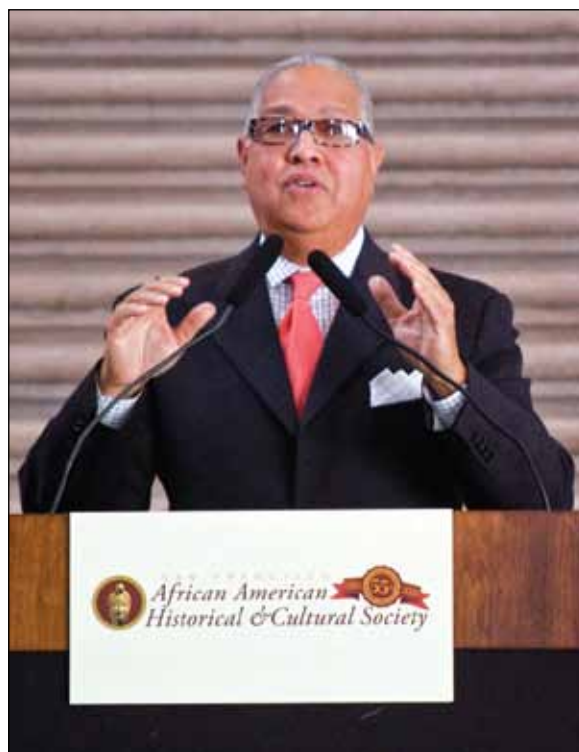
Black History Month kickoff in 2011

By Lindsay Adams

"They're telling me I have fifteen minutes," said the keynote speaker, Bernard Kinsey, as he smiled and shook his head halfway through his speech at the 2011 Black History Month kickoff on Thursday, Feb. 4. A gentle chuckle rose from the crowded lobby in the San Francisco City Hall. The conference was presented by the San Francisco African American Historical & Cultural Society - SF AAHCS - and was scheduled to focus on African Americans and the Civil War; however, the afternoon's topics far surpassed a standard history lesson.

Perhaps the kickoff's theme was better summed up with Dr. Kent M. Keith's "The Paradoxical Commandments." Kinsey recited the poem at the close, concluding with the line, "Give the world the best you have anyway."

All of the preceding musical performances, anecdotes, and historical facts of the day carried similar ideas of perseverance and triumph. A number of San Francisco officials - including Mayor Ed Lee, Supervisor Malia Cohen and SF AAHCS President Al Williams - took a few moments to address the impact of the African American



Bernard Kinsey - Photo by Mat Wakefield.

people and the importance of Black History Month. Musical performances were provided by Terrance Brewer, Lea Sweet and The Omnira Institute.

Mayor Lee gave a brief introduction. "Black History Month is about stories that need to be told," he began. Lee then told a story from his own past about the small diner his father owned and the African American man who ate lunch there every day. The

man, Darnell, worked as a mechanic nearby and consistently supported his father's struggling business. When Lee's father died and the family business faced closure, Darnell offered Lee's brother a job as a mechanic.

Lee reflected, "This month is about African American contributions and how, despite their own struggles, they have always helped others - just like how Darnell helped my father and our family."

Featured speaker Bernard Kinsey has pioneered congruent paths of progress for the African American people, as well as for many other minorities. Working with the Xerox Corporation, he helped form the Xerox Black Employees Association. It was through this association that Kinsey helped increase the hiring of African American employees from 121 in 1971 to over 14,000 in 1991. Kinsey was also directly responsible for hiring nearly 1,000 African Americans, Latinos, and Latinas.

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Green Festival visits San Francisco in April

By Jessica Buchleitner

Green Festival is currently the largest sustainability event in the world. Ten years and one million attendees later, Green Festivals are going strong in five major US cities.

Six festivals a year are presented: San Francisco has two, and Los Angeles, New York, Seattle and Chicago each have one festival.

A combination of a trade show and educational conference, Green Festival seeks to educate the population and provide the public with opportunities to sample and witness changes in the green movement. The trade show aspect includes about 300 companies showing their products, and the conference aspect encompasses speakers on a wide variety of sustainability topics.

"The goal is to save humanity from itself. We are undermining the planet's ability to support human existence," explained Kevin Danaher, Executive Director of the Global Citizen Center. "With Green



From the 2009 Green Festival - Photo by Steven Tiell via Flickr.com.

Festival we are trying to accelerate the transition to the green economy. As the natural resource base gets depleted, the profitability of saving resources goes up. There are many green companies that people are not aware of. Green Festival puts the public in contact with this."

Green Festival is a joint proj-

ect between Global Exchange and Green America, two nonprofits committed to human rights and environmentalism. These nonprofits focus on the choosing of speakers for the conference portion of the festival and the filtering of companies exhibiting in the trade show portion.

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## Corporate Philanthropy

# UCSF dedicates \$123 million research building at Parnassus Heights

By the Editor

The University of California, San Francisco, officially inaugurated a newly opened stem cell research center at Parnassus Heights on Feb. 9.

UCSF Chancellor Susan Desmond-Hellmann opened the dedication ceremony for the Ray and Dagmar Dolby Regeneration Medicine building housing the Eli and Edythe Broad Center of Regeneration Medicine by thanking the philanthropic donors who helped make it possible, along with state funding by Proposition 71.

The Broad Foundation donated \$25 million, and the Dolbys donated \$36 million, with the people of the State of California raising \$35 million after Proposition 71 was approved by the voters in 2004 to support stem cell research.

The building will house research scientists from all over the world, and cutting edge stem cell research has already started in the new building, under the direction of Dr. Arnold Kriegstein.

Dr. Kriegstein's parents came from Florida to attend the dedication, along with other family members, including Dr. Arnold Kriegstein's twin brother Henry, who came with his wife Joan from Boston. Dr. Henry Kriegstein commented, "I think it will be an impact far beyond here on millions of people in the world – on what is accomplished here."

Tours of the research facilities wound down long halls with color-coded work bays and refrigerators holding environmentally sensitive material. UCSF faculty members and researchers explained stem cell studies to groups clustered around computer monitors displaying complex cellular structures.

Currently, stem cell research is being conducted on diseases such as diabetes, epilepsy, Parkinson's, Alzheimer's, schizophrenia, and heart disease. The Associate Director of the Diabetes Center UCSF, Dr Michael German, was one of the tour leaders. He explained how fruit flies are being used in research on diabetes, since they can "mark genetic changes in the fly and can track it."

Research is also being focused upon such rare diseases as Pelizaeus-Merzbacher Disease, PMD, which is a form of leukodystrophy with similarities to multiple sclerosis. Both diseases involve a lack of myelin for coating nerves in the brain. UCSF researchers are hoping to help the brain to make myelin again by injecting stem cells into the



Above, exterior of new stem cell research building on the Parnassus campus. Below, Mayor Lee, Susan Hellman of UCSF, and Eli Broad of the Broad Foundation. Photos by Mat Wakefield.



brain. They are in Phase 1 of the study.

A major goal of stem cell research is to discover how stem cells can help in regenerating adult cells that have become damaged by disease or medical conditions. It was formerly felt that stem cells could only be obtained from embryonic cells; however, a UCSF researcher, Dr. Shinya Yamanaka, discovered a method of transforming skin cells into functionally similar embryonic cells. Dr. Yamanaka received the March of Dimes Prize in Developmental Biology in 2010 for his discovery.

The Chief Operating Officer of the UCSF Medical Center, Michael Laref, said that patients will be the main beneficiaries of this work. "All this work is spectacular," he said of the research center.

The President of the University of California, Mark G. Yudof, also spoke during the building dedication ceremony of the "scientific brilliance" of the research center. "This will rewrite the book on human well-being," he said. "Many generations ahead will owe the Dolbys and the Broads a gift of gratitude," he added.

City officials attending the dedication included Mayor Edwin M. Lee and the San Francisco Commissioner of Immigrant Rights, Dr. Toye Moses. Mayor Lee was an honored guest speaker at the event, who praised the "inspiring and critical work going on within these walls" as a basis for "creating new jobs and activity here in San Francisco." He thanked the philanthropists for choosing San Francisco as the headquarters for conducting stem cell research, thereby ensuring San Francisco's leadership in being a "global center for stem cell and life science research and regenerative medicine."

Robert Klein, J.D., Chair of the Governing Board of the California Institute for

Regenerative Medicine – CIRM – was also a featured speaker. Klein named the Dolbys and the Broads as being the "modern Medici of California," and also acknowledged "the will of visionary voters who went all the way and made this possible."

Klein said that to date CIRM has given \$1.2 billion to 55 different research areas, and 650 discoveries have been made with this money. Klein added that UCSF is the third stem cell research center in California; USC and UCLA were the first two, and UCSF has been the third highest recipient of CIRM funds.

Klein related that his own son is kept alive by artificial insulin, and the frontier research at UCSF "enables the possibility of changing human suffering." Klein underscored his comments by reciting "Meditation XVII," written by John Donne in 1624 – generally recognized as the poem, "No Man Is an Island."

Dr. Arnold Kriegstein, the director of the new research center, also spoke of the vision that had brought it forth. He said, "I am privileged to represent those who are working in that building," with scientists of different nations cooperating in the stem cell research. Dr. Kriegstein views this research as "a global mission focused on the work done here today."

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## Perspectives

# Holistic healing clinician reveals how to regain health without medicine

By Western Edition Staff

Western medicine is not living up to the expectations of many in our society. Most would agree that in an emergency, the knowledge and skills of Western medicine just might just be the best method of treatment; however, we may also agree that on the prevention and maintenance side, Western medicine often falls short – due to its approach being one of control through drugs, technology and surgery.

Organic life is difficult to control without destroying it. Holistic healing acknowledges this principle, which guides a philosophical approach toward providing the general public with additional healing options that go beyond drugs, technology and surgery.

Holistic approaches toward healing acknowledge that we live in an ecosystem that can provide for all of our basic needs – and one that includes healing. Holistic healing also insists that we can be active participants in the healing process, which means that we will learn how the body works, learn about nutrition and exercise, and then practice what we have learned.

Nature also provides us with a direct inner guidance system that we often ignore. We know instinctively that we should not eat processed or fatty foods with fillers, but somehow we are not following that guidance. We have tossed this inner guidance system aside, and we have adapted to a news and media information system that says, “Enjoy this deluxe meal with all you can eat fried something,” with other commercials suggesting to talk to your Doctor about a drug to cure acid reflux, or some other disease we may be experiencing, to “see if its right for you.” Such messages are followed by a litany of side effects that can include nausea, headaches, blindness, suicidal thoughts and other really scary possibilities.

Fortunately, more and more scientific minds are helping us to reconnect and heal. Nutrition, exercise and health maintenance are becoming the big cure for many ailments.

Dr. Sarah Kalomiros – or “Dr. Sarah,” as she is called by her clients – shares her perspective on health and maintenance. Dr. Kalomiros is a chiropractor who runs two clinics; one is in San Francisco, and another one is in Cupertino. Her clinics focus on restoring and maintaining optimal health through a basic



Dr. Sarah Kalomiros - Photo by Western Edition staff

***“For every \$1 spent on a pharmaceutical, it takes a \$1.33 to clean it up in side effects! There is a movement happening [in the general public] because their government is failing them, and their health is failing them.”***

understanding of cellular activity; nutrition response testing; lab work; and then designing an individual program to meet the nutritional and/or detoxification and physical needs of her clients.

“We do a 21-day detox program,” Dr. Kalomiros explained. “This [is] a very small section of the services we provide, and tonight’s lecture series was the wrap-up. I always try to bring in speakers on the different aspects of health to teach our clients that this is not about completing the program, providing supplements, and having them move on.

“It is a pretty involved program that calls for diet modification where each week is different and including supplements that are tailor-made for each participant, because everyone is different. We test and figure out what nutrients they each need as individuals. Clients in the detox program go through a series of steps, including Far Infrared Sauna, nutrition counseling, detoxification teas, blood balancing herbal teas, and others that help with gut systems [elimination of toxins] and flora. We also identify how to get the toxins out of our houses, and therefore our systems. The final lecture series is geared to help people maintain the work they’ve done.”

Dr. Kalomiros further explained that balancing our lives with knowledge of nutrition, exercise and use of herbal remedies can be a part of healing and health maintenance. She

also shared her view that mental, emotional and spiritual health is critical to physical health.

Dr. Kalomiros said that the majority of her clients come to her in order to heal conditions that are not being addressed by medication or through their usual systems of care. She feels that many of her clients are fatigued, and their systems are not functioning properly.

With regard to her approach to treatment Dr. Kalomiros said, “There is no magic pixie dust. People have to work very hard. Supplements are not drugs. Lifestyle is how it works. Eating right, thinking right, talking right, cooking right, drinking right, all of these things have to be considered. Regular life has to be fixed. Your everyday habits have to be fixed. Even with supplements you may feel well for a while, but you know the definition of insanity is doing the same thing over and over again and expecting something different to happen!”

Dr. Kalomiros said that she and her team are ultra-compassionate about changing the paradigm. She said that sanitation addressed the issue of infectious diseases that were causing illnesses. However, today’s problems are caused by what we eat, how we live, the remedies and their side effects.

Unfortunately, the Food and Drug administration is approving products defined as food that have no nutritional value, but can be consumed. This is also

true of the pharmaceutical products that we ingest.

Dr. Kalomiros stated, “For every \$1 spent on a pharmaceutical, it takes a \$1.33 to clean it up in side effects! There is a movement happening [in the general public] because their government is failing them, and their health is failing them.”

Dr. Kalomiros was concerned that insurers do not like to cover holistic services. She said that it then becomes a circumstance where only people who are willing to pay out of pocket come to holistic resources for help.

From the viewpoint of a holistic process, Dr. Kalomiros feels that illnesses can be sparked by lack of nutrition, exposure to toxins through food, or substances and through stress. She said that for people who are in extremely stressful environments it is the same as being constantly in a life or death circumstance, except that there is no easement or relief because the extreme stress is constant. She gave an example of running from a dangerous animal. At some point, that event passes; however, consistently worrying about finances, or abuse, is very harmful because of the hormones produced consistently over time.

Dr. Kalomiros said that anyone with the appropriate information can help maintain their own health, but they must have the right information. She said that any inflammation is generally caused by some type of nutritional imbalance. She also said that if you think your nutrition is adequate but you feel really tired all the time, chances are that your diet is not providing the nutrition you need.

Dr. Kalomiros added that part of identifying health concerns is taking into consideration how you feel physically, mentally and emotionally.

When asked to describe what healthy looks and feels like, Dr. Kalomiros said, “A healthy person can get out of bed in the morning! They are not tired. Your eyes should be white and open; your teeth should not be decaying. A healthy person does not have fat around the middle. They have healthy elimination [two or three times a day] and no pain. Pain is a result of inflammation. A healthy person sleeps well. Additionally they talk positive!”

To learn more about the Kalo Clinic Natural Health & Healing Center, visit [www.kaloclinic.com](http://www.kaloclinic.com).

## SF News Briefs

Compiled by Kellie Ell

### HUD aids homeless in San Francisco

The United States Department of Housing and Urban Development – HUD – awarded \$18.7 million to assist various Bay Area nonprofits and social service agencies earlier this year in a move that Mayor Edwin Lee said helps “demonstrate the Obama administration’s commitment to cities ... and combating chronic homelessness.” The much sought-after Continuum of Care grants were presented to 51 San Francisco-based organizations to support new street outreach ventures, intake and assessment programs, and affordable transitional and permanent housing options.

“These grants will help San Francisco continue to make real progress helping people,” Mayor Lee said. “In the last seven years, San Francisco moved in a new direction on efforts to end homelessness, helping thousands of people get off the streets and into supportive housing and services.” Other benefits made possible through the endowments include job training; health care, including mental health counseling and substance abuse treatment; child care; food assistance; and encouragement of general self-sufficiency for down and out and impoverished families by providing them with a variety of resources and educational information.

HUD gave away a total of \$1.411 billion in renewal grants nationwide so far this year, which will help to sustain more than 7,000 community homeless relief programs. The funds are a key element in the Obama administration’s Opening Doors campaign – the nation’s first large-scale endeavor to prevent and end homelessness.

Currently, the San Francisco Human Services Agency conducts “homeless counts” every two years to track how many homeless people are living on San Francisco’s streets on a single night. These efforts determine where resources should be distributed throughout the city;



HUD housing- Photos by Ashley Thompson

how the city’s homeless population affects certain neighborhoods; and aids the federal government in deciding how much money San Francisco should receive each year. In Jan. 2009, the group’s investigation found 6,514 homeless people, which was a drastic improvement from 2002’s count of 8,640. The most recent survey was conducted in Jan. 2011. “There is a tremendous need on our streets and in our shelters,” said HUD Secretary, Shaun Donovan. “These grants are the life blood for thousands of local housing and service programs that are doing the heavy lifting to meet President Obama’s goal of ending homelessness.”

### Chinese New Year in San Francisco

Gong Hay Fat Choy! Feb. 3 marked the first day of spring on the lunar-solar calendar and beginning of the Chinese New Year celebrations throughout San Francisco and around the world, as partygoers ushered in the Year of the Hare. Mayor Ed Lee issued a statement delivering his “warmest wishes to the Asian American and Pacific Islander families” of the city. “As all San Franciscans celebrate the Lunar New Year, we join together in also celebrating diversity and multiculturalism, a core value for those of us who live and work in the San Francisco Bay Area. I want to wish everyone peace, happiness, good health, and much prosperity for the year ahead.”

The Chinese community has been a vital part of San Francisco’s culture and economy since the days of the Gold Rush. San Francisco’s Chinatown is not only the largest Chinatown outside of Asia, but also the oldest Chinatown in North America, beating out even New York’s historically infamous Chinatown District. In addition, there are more Chinese people – outside of Asia – living in San Francisco than any other place on earth.

San Francisco’s annual Chinese New Year Parade was held Saturday, February 19 in Union Square.

authority would deliver “the ultimate fan experience on shore” in “some of the most spectacular racing the world has ever seen” and “fast forward the sport of sailing globally.” Among the many exciting things to debut at the Cup are the wing-sailed AC45 and AC72 vessels, with engine power of up to 40 knots; extra online and televised newscast, such as reality podcasts and additional magazine coverage to give viewers insider information; a “sustainability program” based on the Earth’s sea and marine life; and more detailed resources



The AC45 under the hulls, the Cup in San Francisco, below - Photos by Gilles Martin-Raget / [www.americascup.com](http://www.americascup.com).

### San Francisco to host 34th America’s Cup

State-of-the-art ships, extended media coverage, designer race tracks, environmentally friendly practices and fresh venues will all be added to make the 34th America’s Cup in San Francisco in 2013 one of the most exciting sporting events in years.

The America’s Cup Event Authority is in charge of all enhancements for the spectacle. Exact dates and locations of the races are still being determined. The world-famous San Francisco Bay will be the setting for the America’s Cup World Series event in 2012, the 2013 Challenger Selection Series for the Louis Vuitton Cup, and the 2013 America’s Cup Finals.

Former Mayor Gavin Newsom predicted the event

for young athletes in the Youth America’s Cup.

“We’re focused on creating a new era for the America’s Cup, one that both honors its history as well as grabs the attention of new audiences,” said Chairman Richard Worth, of America’s Cup Event Authority. “Our goal is to create a sustainable sports event that gives teams the opportunity to become long-term sports franchises.”

The international sporting affair, which has been around for almost 160 years, has not been held in the United States since 1995. The tradition began as a competition between teams representing foreign yacht clubs and has evolved into races among some of the best and fastest sailors in the world, showcasing the latest in cutting-edge catamarans.



## Nonprofit News

### Fillmore jazz heritage: “Harlem of the West”

By Mallory Emerson

On Saturday, Feb. 26, from 2-4 p.m., the Museum of the African Diaspora – MoAD – held a discussion with Lewis Watts and Elizabeth Pepin, authors of “Harlem of the West: The San Francisco Fillmore Jazz Era.” The Fillmore Jazz District of the 1940s was a booming cultural center for jazz enthusiasts and musicians. On any given night in this San Francisco neighborhood one could walk past a club and hear the sultry sounds of jazz icons, such as Billie Holiday and Louis Armstrong. The focus of the novel is to share the history of this district and reconnect with the 1940s and 1950s culture of the Fillmore Jazz District in San Francisco. Lewis Watts and Elizabeth Pepin commemorate this era by discussing the lost culture of the Fillmore District before the renewal of the 1960s, which closed and destroyed many jazz venues in the area – for example, Jimbo’s Bop City, where legendary jazz musicians shared its stage, including Ella Fitzgerald, Dexter Gordon and John Coltrane.

The program coordinator at the MoAD described the impact of the event, saying, “We chose to present a program on this book because of its significance to the neighboring communities, as well as its high quality scholarship and documentation.” In his view, the research and documentation by Watts depict photos and neighborhood accounts that might have been lost forever, if not for years of research within the community by the author. He was able to find priceless photos of the lost Fillmore Jazz District during the 1940s and 1950s. Throughout the age of “urban renewal” in the 1960s, countless neighborhood jazz locations and beautiful Victorian houses – iconic to the Fillmore District – were destroyed by the plans to make high rise apartment buildings and parking lots.

The discussion of the novel by Watts and Pepin directly coincides with the current exhibition at the MoAD: “Textural Rhythms: Constructing the Jazz Tradition, Contemporary African Quilts.” The discussion coordinator stated, “The presentation on ‘Harlem of the West’ was conceived as a program that would enrich our audience’s understanding of the importance of the Fillmore neighborhood historic jazz traditions.”

In this way, the combination of the textile arts and the jazz traditions of the Fillmore District are used in conjunction with each other to display the rich cultural and artistic background



Photo by Ashley Thompson Photography

of the surrounding San Francisco neighborhoods. The MoAD coordinated these exhibits in order to connect the jazz traditions of the 1940s and 1950s with the visual artistic brilliance of a longstanding art form popular to many San Franciscans.

Co-author Pepin is a writer, filmmaker, and photographer. Watts is a photographer and professor of Art at the University of California, Santa Cruz. They began collaboration on “Harlem of the West: The San Francisco Fillmore Jazz Era” in 2006 after working independently on different projects concerning the Fillmore Jazz District and the history of San Francisco.

In the 1990s Pepin and Watts assembled archival photography for San Francisco’s Redevelopment Agency; the Fillmore Center’s Fillmore Historical Panel Project; exhibits at the San Francisco Art Commission Gallery; the San Francisco Performing Arts Museum; the Jazz Heritage Gallery in the Fillmore; and the California African American Museum in Los Angeles.

The result of over 15 years of research, photography, and interviews created an outstanding history of the Fillmore Jazz District during the 1940s and 1950s. Pepin and Watts were able to conduct interviews with

former club owners, neighborhood residents, and musicians who were more than eager to share testimony and photographs of the true jazz era in San Francisco. In the introduction to “Harlem of the West: The San Francisco Fillmore Jazz Era,” Pepin described the effect of her research: “I no longer saw the Fillmore of the 1990s with its faceless modern buildings and vacant lots, but envisioned the more vivid, vibrant Fillmore of the 1940s, with its crowded streets lined with beautiful but decaying Victorians bustling with people and businesses.”

Join the MoAD in commemorating one of the most important eras in San Francisco’s cultural and musical history, as Watts and Pepin discuss their novel “Harlem of the West: The San Francisco Fillmore Jazz Era,” and depict this iconic neighborhood at its peak through photographic and historical discussion. For those who have grown up in the Fillmore Jazz District, or who admire the longstanding and powerful culture of the neighborhood, this event will be sure to open the eyes of San Franciscans and visitors to legendary jazz traditions and warm hearts in remembrance of an era that had such a significant impact on The San Francisco Bay Area.

*Black History continued from page 1*

Kinsey launched a dynamic address, rapidly listing notable African Americans throughout history: James Weldon Johnson – the first African American to pass the bar in Florida; Elizabeth Freeman, who was one of the first enslaved African Americans to successfully sue the state of Massachusetts for her freedom in 1780; and Israel Bissell an African American post-rider in Massachusetts who alerted the American colonists of the British attack on April 19, 1775. Although Bissell has almost been erased from history, he surpassed the famous Paul Revere by riding for four days and six hours – covering the 345 miles from Watertown, Massachusetts to Philadelphia – while shouting, “To arms, to arms, the war has begun!”

*“The story of the African American experience is the story of triumph and accomplishments in building America.”*

“There are the stories that made America, and the stories that America made up,” Kinsey declared. He went on to explain Black America’s invisible presence throughout history, stressing the importance of endurance for the African American people.

“The greatest tragedy in life is not death, but a life without purpose or vision,” Kinsey emphasized.

Kinsey and his wife Shirley are well-known for their collection of art, books and manuscripts documenting the African American purpose and visions of triumphant struggle from 1632 to the present. Currently, the couple’s collection of paintings depicting African Americans and their role in the Civil War are on display in San Francisco City Hall through April 30.

During his lecture, Kinsey pointed out the valuable role African Americans played during the Civil War. Twenty thousand African Americans fought during the war, even though at that time they were not even considered citizens of the United States.

Kinsey went on to relay the tale of the orphaned eagle raised as a chicken. Growing up, the other chickens would taunt him, claiming that because he was different he was inferior. Thinking he was no more than a chicken, the eagle limited himself to chicken potential. Finally, upon realizing he was an eagle, the bird stretched his massive wings and flew high into the horizon.

*continued on page 12*

## Neighborhood News

Compiled by Mallory Emerson

### Alamo Square

The weekly Alamo Square farmers market will be held on Sundays from 10 a.m. to 2 p.m. at Grove Street and Divisadero. Join your neighbors in enjoying live music, food selections from great local bakeries and restaurants, beautiful fresh flowers, locally grown produce and more.

### Hayes Valley

The Zen Hospice Project reopened in Hayes Valley early this year. In collaboration with UCSF Medical Center, the Zen Hospice Project houses patients who are terminally ill and have been diagnosed as having less than 6 months to live. In a beautiful Victorian home in Hayes Valley, the Zen Hospice Center now houses 17 patients within their community. The objective of this project is to create a homelike and comfortable atmosphere for terminally ill patients, while providing palliative care.



Photo by Liza Gershman



Photos by Ashley Thompson Photography

### Japantown

The National Japanese American Historical Society of San Francisco is holding their annual event, "The Bay Area Day of Remembrance 2011 Allies and Activism: Carry the Light for Justice" on Sunday Feb. 20, from 2-4 p.m., with a procession and reception to follow. This year, the event will be held at the Sundance Kabuki Theatre, 1881 Post Street, and at the Japanese Cultural and Community Center of Northern California, 1840 Sutter Street – both in Japantown.

The community will be commemorating and honoring over 120,000 Japanese Americans who were incarcerated or interned during World War II. Cultural presentations, education and a candle lighting ceremony will be held during the event, with a reception afterward at the Japanese Cultural and Community Center. Tickets are \$15 at the door, \$12 in advance, \$8 for students and \$5 for seniors.



### Panhandle

On the second Saturday of every month, join the North Panhandle Neighborhood Association to gardening and cleaning up some of San Francisco's oldest trees and gardens. The next cleanup day will be on Saturday Feb. 12, and the following month cleanup day will be on Saturday, March 12. Meet at Clayton and Oak Streets near the kiosk from 9 till noon, and join your neighbors in the community while cleaning the

gorgeous parks of San Francisco. Refreshments are available, and make sure to wear closed toe shoes and comfortable long pants and sweaters.

### Bayview

On Saturday, Feb. 25 from 7-9 p.m., the Bayview Opera House will present a film screening of the documentary, "The Black Rock." Filmmaker Kevin Epps will be present to answer questions and discuss the documentary with the audience. "The Black Rock" reveals the dynamics of the Alcatraz prison involving multicultural relations and the treatment of prisoners on the island.

The Bayview Hunters Point Multipurpose Senior Services, Inc., will hold Black Cuisine 2011 – its 31st annual celebration – on Saturday, March 5 at 1706 Yosemite Ave., 11 a.m. to 6 p.m. Enter your dish by calling 415.822.1444, or 415.826.4774. Performances will be by Jaye and Friends, Ricardo Scales, Maestro Curtis, Amar Khalin, Lea Sweet, and others. Tickets are \$20 until March 4.



## Three-day spring Laotian festival to be held in April at Civic Center

By Marie Pauline Cabansagan

San Francisco – home to so many different ethnic and cultural groups – will again be a Mecca for thousands of Laotian Americans gathering to celebrate their heritage this spring.

The 3rd International Lao New Year Festival – ILNYF – is one of the nation's largest Southeast Asian American cultural festivals. It is set to take place on April 30 at the San Francisco Civic Center, where event organizers are hoping to draw in over 20,000 participants this year to celebrate Laotian culture and heritage.

"We chose to have [the festival] in San Francisco to really reach maximum exposure and maximum impact," said Sourichanh Chanthyasack, Chief Executive Officer of the Laotian American National Alliance (LANA) and co-chair of the festival. "We wanted to bring our culture out of the closet.

Mainly our community is like a minority within a minority; little is known about the Laotian experience, and we wanted to change that."

Chanthyasack added that the event not only seeks to increase awareness and educate the public about the Laotian community, but also to "inspire and

bring together Laotian peoples of different nationalities."

The Lunar New Year – known to Laotians as "Pii May" or "Kut Songkaan" – is traditionally one of the culture's biggest and most important annual celebrations and consists of three days of rituals and gatherings focused mostly on religion, arts and family. This year, Pii May falls on April 16.

The festival's organizers explained how Laotians first came to the United States as refugees about 30 years ago, mainly as a result of the Vietnam War. Today, more than one million Laotians reside in the United States, with about 35,000 living in the San Francisco Bay Area.

As a whole, Chanthyasack said that Laotians are an honest, humble, peace-loving people who don't like to make a lot of noise, avoid the spotlight, and – similar to many immigrants



2010 festival at Civic Center - Photo by Bill Taylor.

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## Community Event

# Gung hay fat choy! Celebrating Chinese New Year in San Francisco

By Kellin Huang

**G**ung hay fat choy!

Many residents of San Francisco smile when they hear this greeting. Roughly translated, it means “prosperity” – or “good luck.”

Take a walk through Chinatown, where colorful red signs with golden Chinese characters rustle in the wind and posters of rabbits adorn a bustling produce market. Crowds of people flow everywhere, blocking entranceways to restaurants and filling crosswalks. Pink plastic bags hang from the crooks of elbows everywhere, and there are boxes overflowing with oranges and tangerines on the sidewalks. Delicious smells waft out of bakeries, as trays of freshly baked goods constantly replace those consumed from the window displays.

San Francisco’s Chinatown is normally a flurry of smells and sounds, but this activity level was stepped up recently. The reason: Chinese New Year. While New Year’s always falls on Jan. 1 according to the Western calendar, this date can vary according to the Chinese calendar – falling anywhere from late January to the middle of February. This is because the Chinese base their calendar on the cycle of the moon rather than the sun, which causes the exact date to change each year.



Scenes from the Chinese New Year flower market - Photos by Mat Wakefield.

Chinese families buy flowers to fill their homes as part of preparing for the Chinese New Year because flowers symbolize rebirth and growth.

A site by Southwest Airlines, [www.chineseparade.com/](http://www.chineseparade.com/), presents the blooming of a flower or plant on Chinese New Year’s Day as an event that “will signify a year of prosperity,” and part of a Chinese belief that flowers represent a creation of new life, with an ability to “bear seeds for the [creation of the] next generation.”

Oranges and tangerines are also in abundance at the annual Chinatown Flower Festival, as these fruits symbolize happiness. According to [www.chineseparade.com](http://www.chineseparade.com/), “gum” – the Cantonese word for oranges – sounds like “gold,” while the word for tangerine “gut” sounds like good luck. It is also luckier to buy tangerines with the leaves intact in order to “assure that one’s relationship with the other remains secure.”

For several weeks following the Chinese New Year, it is commonplace to see friends and families visiting each other to exchange gifts of food, flowers and lucky red envelopes – called “lei see.” Married persons give “lei see” to children and young unmarried adults. It was also noted on the above website that setting off firecrackers for two weeks following the Chinese New Year is also lucky, in order to “scare off evil spirit[s].”

On Saturday, Feb. 19, Southwest Airlines hosted its annual Chinese New Year Festival and Parade, giving plenty of opportunity to hear the deafening crack of firecrackers, as well as colorful floats commemorating the hare and lively lion dancing. A brief history of this celebration is given on the [www.chineseparade.com/](http://www.chineseparade.com/) web-

Chinese New Year corresponds to a specific animal in the Chinese zodiac, and this year honors the hare. The zodiac includes 12 animals: the rat, followed by the ox, tiger, hare, dragon, snake, horse, sheep, monkey, rooster, dog and finally the pig. According to the legend of the zodiac, the Jade Emperor invited all of the animals to participate in a race, and the first 12 to reach his palace became part of the Chinese zodiac.

The Year of the Hare began on Feb. 3 – which is the year 4709 on the lunar calendar. According to the website, [www.chinesezodiac.com](http://www.chinesezodiac.com), people born in the Year of the Hare “enjoy being surrounded by family and friends.” Oftentimes, they are “popular, compassionate, sincere, and they like to avoid conflict,” which sometimes translates into being easily swayed by others.

The site also mentions that people born in the year of the hare enjoy their home environments and usually choose to stay at home when entertaining.

During the last weekend of January, many flock to the Chinatown Flower Festival to purchase such popular flowers as chrysanthemums, narcissus, orchids, peach blossoms and snapdragons. Traditionally,

*continued on page 10*

## Fillmore Park Informational Workshops

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**Laotian continued from page 6**

and refugees – have undergone countless challenges in their struggle to adjust to life and culture in America.

He said that the group's choice of the venue is tied into their cultural history.

"It's strategic that we are having this festival in front of the Asian Museum, close to the heart and center of culture in the city," he said. "We would like to answer the question of who we are and where we came from."

Additionally, the area around the Civic Center has been home to a significant Southeast Asian population for decades.

The event is organized by three local groups: LANA; the Center for Lao Studies; and the Lao Heritage Foundation. Each organization's main leader takes part in spearheading the event. Along with Chanthyasack, Phoumy Sayavong of the Center for Lao Studies and Pom Outama Khampradith of the Heritage Foundation co-chair the festival.

In keeping with tradition, these leaders had to seek the blessing of the Laotian elders in the Bay Area, who had previously been organizing Lao New Year festivals in the East Bay on a much smaller scale. "They handed the torch to us and allowed us to do it in the city," Chanthyasack said.

The group of organizers consists entirely of volunteers, and funding for the event is generated solely from private donations and sponsorships. Chanthyasack said that this is where they encounter their main challenge.

"Because we're a young festival, we find it difficult to secure grants and corporate sponsors," he stated. "We are dependent solely on donations from the community. A lot of fees in the city have gone up, and it has become more difficult for cultural festivals to survive."

Chanthyasack explained that planning this year's event was a yearlong process that began almost immediately after

last year's festival – which had drawn only about 5,000 people, in comparison to the previous year's 23,000.

This year, the group is trying to bring in other Southeast Asian groups, such as the Thais and Filipinos, to showcase their culture through performances and presentations, according to Chanthyasack. "We want to become the stage to promote cultural heritage locally," he declared.

The daylong event features Laotian food, art and recreational booths, educational and cultural activities, and various forms of entertainment.

Chanthyasack added that a highlight of this year's festival will be the introduction of Muay Lao, a form of martial arts that is very similar to kickboxing.

The program also includes the "Tak Baht," a Buddhist alms offering ceremony; a new year's unity parade; a green papaya eating contest, known to be the biggest of its kind; activities for youth and children; and traditional music and dance performances.

A benefit concert featuring Laotian pop, rock, hip-hop and traditional artists is one of the event highlights. Other highlights include the Miss Lao International beauty pageant; an evening gala featuring an awards event for outstanding members of the Laotian American community; and a fashion show with Andy South from Project Runway.

"The event is not only relevant to the San Francisco community, but it offers a unique exposure and education for the public you can't just find anywhere," Chanthyasack said.

Moreover, according to Chanthyasack, the festival seeks to break stereotypes applied to Laotian Americans and other Southeast Asian groups.

"We want our people to be proud and to be who they are," he said. "We want them, especially the youth, to be comfortable in their own skin."



Laotian dancer - Photo by Bill Taylor.

**Midgett's Corner****Healthy living**

Healthy usually implies our physical well-being, such as walking, eating well and having doctor's checkups. As a result, emphases are not put on the little things in life. Healthy living can come under many categories.

For example, it could include any of the following: sewing, cooking, poetry, changing a room in the home, housecleaning, dinners with friends, learning a new activity, writing, making a new friend, having a pet, plants, photography, receiving a hand written letter from friends, paying off the last credit card, or when your child leaves for college.

**Healthy living can come under many categories.**

It could also be when you celebrate many years of marriage. These are areas in your life that have given you healthy living. Do you participate in healthy living?

Here are a few healthy living situations that I have and continue to participate in. First, I will share with you the two pieces that I wrote that added to my healthy living.

**Remember feeling healthy is about feeling good.**

These pieces are about flying home to Boston where I was raised to attend my mother's funeral.

July 23, 1988, 11:55 p.m. The plane. The sky. Me. Here I am on my way to see mother.

She died Friday morning. She's gone; I miss her.

July 24, 1988, 6:45 a.m. From Chicago. The sky I don't watch. But I fly. I fly the DC 10. To go to my mother. My mother. I'm crying for you, my mother. I'm up here. I'm fine. I loved you so. How I don't know. Words can never explain. How I feel about you. You brought me here. I know the pain, I birthed my children. I'm sorry I did not let you know about Dickie. That would have hurt me also. Forgive me.

Dec. 2, 1985. Antioch University, in class. I'm in love again. I hold her. I stroke her. I love her. She is baby Susan, my granddaughter. I'm in love again ;her eyes make me smile. Her laughter brings me joy. I hold her. I stroke her when she sleeps. I love her so much. She is baby Susan, 18 months old. My granddaughter. I'm in love

again.

I remember when I decided to change my bedroom into an office. WOW! I felt healthy, great inside. Now every time I sit in that room and write my column I feel happy about the decision, and the money was worth spending.

Also, the first time I finally learned how to care for a plant and not drown it. Now, when I view them in my office on three shelves with the leaves growing all over the office, I feel great.

Each time I and my kitty hang out together, he on my lap while I am reading, or kitty is looking at me while I am typing the column, I realize how happy he makes me. When my dearest friend came over for lunch, and we hung out for five hours in my apartment, eating, chatting and enjoying each other's company, what a joy for me. I received a three-page handwritten letter from my friend in New York. We met 45 years ago.

For me, this was healthy to reflect about these wonderful moments we shared in my youth and adulthood.

Mary Midgett is also known as "Midgett." She is the author of "New York Flavor with a San Francisco Beat," "Brown on Brown," "Black Lesbian Erotica," and "Are You Ready? A Workbook to enhance your social, intimate and family relationships." The San Francisco resident is available to do presentation and seminars on social and family negotiations. She also conducts workshop on parenting, self-esteem, social and intimate relationships. For more information, e-mail [midgettscorner@aol.com](mailto:midgettscorner@aol.com). I care, Midgett.

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## Teachers become students during Exploratorium training

By David Goodman

Since its opening in 1969, the Exploratorium – a world-renowned museum of interactive science and art – has become a San Francisco favorite, where students converge to develop a sense of curiosity and creative process. However, some of its programs are lesser known, including its teacher training programs: the Teacher Institute, TI, for middle and high school science teachers, and the Institute for Inquiry, IFI, for elementary school educators.

The TI was started in 1984 by teachers focused on rejuvenating high school science education. They asked the Exploratorium for permission to spend the summer taking apart the museum's exhibits to make smaller versions to bring into their classrooms. Exploratorium scientists loved the idea, and since then the TI "has been helping middle and high school teachers learn science themselves, so they understand it more deeply, so they can teach it more effectively to their students," according to the TI Director, Linda Shore.

The TI holds multiple 4-week summer courses annu-

ally, immersing participants in hands-on science teaching and the role of inquiry in the classroom. Shore noted, "We focus on perception and brain science, so teachers feel like students again." Attending the seminar is competitive. "What we're looking for is not necessarily the best and the brightest," she said, "but teachers working in underserved communities who have the passion, but not the resources, to improve their teaching."

The TI also offers a 2-year program for young science teachers, and a leadership training program for veteran teachers, in which they become mentors for younger educators. Program graduates have access to special resource libraries and workshops. "We consider ourselves a teachers' guild," Shore explained, "like old medieval guilds where people learn a craft by spending time with somebody who was a master at it. It's important that teachers help each other."

The history of the IFI is similar. According to the IFI Director, Lynn Rankin, teachers who brought students to



Photo courtesy of Amy Snyder, Exploratorium

*TI "has been helping middle and high school teachers learn science themselves, so they understand it more deeply, so they can teach it more effectively to their students..."*

the Exploratorium in its early years made it clear that "they wanted something dedicated to how to teach science in their classrooms. At that point there wasn't much being done in science in the elementary schools." The IFI was officially launched in 1995, after receiving a grant from the National Science Foundation, and has been teaching inquiry-based science methods to teachers ever since.

Inquiry-based science, in contrast to information-based science, "supports students taking responsibility for their own learning through participation in investigations, asking their own questions, and having conversations about what they're discovering," said Rankin. Though less teacher-centric, in her view, this method "still requires shaping and guidance by the teacher, who isn't standing back and doing nothing, but developing a different kind of relationship with their students rather than just telling what they know."

Rankin believes inquiry-based learning is beneficial "because students are engaged in something that they're interested in, allowing them to develop their curiosity and engage in higher-order thinking skills that have consequences for not just science, but other areas of the curriculum. The process skills of science, including questioning, predicting, hypothesizing, are also found in social studies, English language arts and math."

Two of the IFI's workshops – Fundamentals of Inquiry and Assessing for Learning – have drawn educators not only from around the country, but also from around the world. The workshops, designed to teach educators how to implement an inquiry-based curriculum in their schools, provide inquiry-based experiences for participants themselves, and

often prove to be transformative experiences. According to Rankin, "Few people walk through the door having personally experienced going through an inquiry. It really provokes educators to think about what they need to do differently in their classrooms after seeing the power of giving the learner lots of support, but latitude for finding their own pathway to understand what they are struggling with."

In addition to workshops, IFI facilitates pilot programs in science education around the Bay Area, currently including a project supporting the integration of English language skills and science in the Sonoma Valley Unified School District. Successful programs are often introduced into the IFI's workshop curriculum.

Rankin believes "it's important to continue to show that science is a crucial part of every child's instructional day." Though recent education standards have focused on language arts and math, "people are realizing that they can't abandon science anymore." The challenge is providing "good links between science and other areas of the curriculum in an authentic way, so that we strengthen both without weakening either."

Shore would like to see science taught in a more engaging way as well: "The way science is taught is as if it were a noun, like a bunch of content to memorize, like physics equations. Really, science is a verb. It's a way of understanding the world. In my ideal vision of science education, the teacher isn't lecturing the kids and telling them answers, but is acting like a coach, facilitating them as they figure things out for themselves."



City and County of San Francisco  
March 2011

### RFP for the Information Booth Program at the San Francisco International Airport (SFO) Airport Proposal ID # 9075

The Airport Commission seeks experienced and qualified firms interested in managing and staffing the Information Booth Program at the SFO. Information booth agents are responsible for providing Airport patrons with impartial, courteous, accurate information on ground transportation services to and from the Airport; selling transit passes for Bay Area transit operators, and providing other as-needed services.

The RFP may be downloaded at [www.flysfo.com](http://www.flysfo.com). A copy can also be requested by sending an email to [daniel.pino@flysf.com](mailto:daniel.pino@flysf.com) or by fax at (650) 821-6508.

Deadline for Submission: 3:00 p.m., March 22, 2011

SFO has commenced the RFP for six retail leases:

- Terminal 3 News and Specialty Store
- Terminal 3 and International Terminal News and Specialty Store
- Terminal 3 and International Terminal News and Bookstore/Café
- Terminal 3 Bath & Body Store
- Boarding Area F Newsstand
- Boarding Area F Athletic Apparel and Accessories Store

An informational conference is scheduled for March 16, 2011 at 10:00 a.m. Conference Rm. 28R, International Terminal, North Shoulder Building, at SFO. Information is available on our website at <http://www.flysfo.com/web/page/about/b2b/conces/> or by calling John Reeb, Senior Principal Property Manager, at (650) 821-4500.

### News from the S.F. Residential Rent Stabilization and Arbitration Board

Did you know you may be due interest on your security deposit? Chapter 49 of the San Francisco Administrative Code requires landlords to pay interest annually on deposits held on residential property. Landlords are required to pay interest on all monies held over one year, regardless of what the deposit is called. Interest payments apply to all residential rental units in San Francisco, including those exempt from the Rent Ordinance. If your rent is subsidized by a government agency, the interest payment requirement does not apply. Usually, the security deposit interest is due the same month the landlord first received the deposit. From March 1, 2011 through February 29, 2012, the interest rate on security deposits is 0.4%. More details about security deposit interest can be found at [www.sfrb.org](http://www.sfrb.org).

From March 1, 2011 through February 29, 2012, the annual allowable increase amount for rent-stabilized homes, apartments and hotel rooms is 0.5%. For example, if a tenant has a base rent of \$1,250.00, the annual increase would be calculated as follows:  $\$1,250.00 \times 0.005 = \$6.25$ . The tenant's new base rent would be  $\$1,256.25$ . ( $\$1,250.00 + 6.25 = \$1,256.25$ ). In most cases, landlords are only able to raise a tenant's rent once a year. For more information visit [www.sfrb.org](http://www.sfrb.org). Information on over 80 topics of interest to landlords and tenants is also available in English, Spanish, and Chinese by calling (415) 252-4600. Tenants and landlords can receive individual counseling by calling (415) 252-4602 or visiting the Rent Board's office in San Francisco at 25 Van Ness Avenue, Room 320, during regular business hours.

The City and County of San Francisco encourage public outreach. Articles are translated into several languages to provide better public access. The newspaper makes every effort to translate the articles of general interest correctly. No liability is assumed by the City and County of San Francisco or the newspapers for errors and omissions.

## It only takes one brick at a time

By Michelle Luksh

Looking for an easy way to volunteer on a Saturday afternoon? Look no further. One Brick is an organization founded in San Francisco that was crafted to provide a convenient and simple system to help prospective volunteers get involved.

If you have been a bit lax on your charitable good deeds, you probably are not aware of certain difficulties volunteers tend to face when attempting to get involved. Whether scheduling conflicts, monthly commitments, or the unforeseen guilt that ensues when you have to cancel attendance at an event, there are some circumstances that could make volunteering seem more like a chore and less like a humanitarian happening.

Luckily, Dave Shefferman, Charlotte Rayne and Brian Gee were three strangers who met while volunteering at a local food bank in 2001, and all had a similar thought floating among them: Why do people volunteer – or why not? What motivates them? What then stops them?

What seems to be the barrier between volunteers' initial desires to get involved and the actual percentage that can be seen on a Sunday morning picking up trash off the side of the road, for example?

The trio brainstormed the entire process of volunteering, and they then realized that a convenient and commitment-free system had not existed. So they decided it was time to make a volunteer organization that catered to people looking to get involved weekly, or just wanted to complete one charitable act to round out the year.

Cut to about ten years later – One Brick is now a 501(c)(3) nonprofit organization that has nine chapters across the country and is run entirely by volunteers to keep the company easily accessible and self-driven. The friendly environment in which volunteers typically work for 3 or 4 hours while making friends and other changes is worthwhile.



One Brick volunteer Siddharth Mahapatra, left, and event coordinator Laura DePalatis plant a shrub at the Pine Lake dog park in Stern Grove. One Brick volunteers and the Recreation and Parks department weeded, planted natives, mulched and filled in holes in the field. Photo by Andy Hamilton.

Last year, One Brick's communities estimated their total time spent on volunteer work averaged out to about 65,000 hours. Not bad for a nonprofit that does not have a home office and has just one part-time employee handling all the paperwork while telecommuting.

Since the New Year has only recently begun, it's still early

enough to keep resolutions, and if you happen to be looking for something nice to do within your community, visit <http://sfbay.onebrick.org/> to get a listing of their events and times. A weekly calendar of events will give you details and basic information about the event. Come solo or with friends, and keep in mind that there is no better time to start than right now.

### Green continued from page 1

Green America is based in Washington D.C. and boasts an extensive business network – of which many Green Festival exhibitors are members. Extensive criteria must be met before becoming a festival exhibitor.

"We have the tightest criteria of any show in the country," Danaher said. "A lot of the companies in this country cannot get in, and we turn a lot of them away because they are not green enough or not socially responsible enough. We pay a lot of attention to how they treat their workers and how they treat their environment. We want to make sure the public is getting the best."

Global Exchange is a nonprofit organization that handles the educational aspects of the festival. Their normal agenda includes taking interested parties around the world to witness first hand sustainability developments in different countries. These firsthand accounts are meant to encourage further activism on what was witnessed during these trips.

Danaher continued, "On the education side, we have about 200 speakers, workshops, debates, and panel discussions to educate the public about everything from global climate change, U.S. Government policy, how to do urban composting or backyard gardens, etcetera ...

a lot of 'green living' stuff."

All of this collaboration allows guests to enjoy more than 125 renowned authors, leaders and educators; great how-to workshops; cutting-edge films; interactive activities for kids; organic beer and wine; delicious vegetarian cuisine and live music. Attendees can also shop at a unique marketplace of more than 350 eco-friendly businesses. These companies represent everything from all-natural body care products and organic cotton clothing to fair trade gifts and home décor made from renewable resources.

Danaher believes this collaboration is important in that all environmental issues are interconnected from micro to macro levels. "Nature's core principal is unity of diversity," he said. "This is one of the reasons why you can't fix one issue like pollution without saying OK – what kind of factories are upstream, what kind of permit was given to the developers to allow septic systems near the river, etcetera – so you see it's all one web. Each issue or question is interconnected to something else."

San Francisco visitors will have two chances to enjoy the Green Festival, as it will be here April 9-10, and again from November 12-13. Many volunteer positions need to be filled, and the Green Festival offers

many perks for its volunteers to enjoy – including free festival admission, networking opportunities and the chance to sample all the festival goods.

According to Danaher, attendees will find the best and the brightest individuals at the Green Festival, as well as the most positive and most progressive leaders for change.

Danaher said, "Go back 15-20 years – organic food was not a favorite because it tasted like sticks and twigs, but now the products are a mazing because organic products are becoming mainstream. Green Festival will change your opinion on Organic foods."

The ultimate goal of the Green Festival is for attendees to walk away feeling part of the change for which the planet yearns, and feeling motivated to do more for humanity and planet Earth.

"These are big issues that we need to start taking responsibility for – other than just me, my family and my circle of friends. In the next few decades we will have critical decisions to make and serious consequences if we don't take action in the present," Danaher emphasized.

For more information about Green Festivals or to sign up as a volunteer, visit [www.greenfestivals.org](http://www.greenfestivals.org).

### Chinese continued from page 7

site – which mentions that the Chinese New Year parade started in San Francisco in the 1860s as a way to educate the community about Chinese culture.

This year, the parade began at 5:30 p.m. at Second and Market; proceeded west on Market to Geary; went west on Geary to Union Square; turned north on Powell Street to Post; went east on Post to Kearny; and then went north on Kearny to Columbus. The parade ended at Columbus, where everyone dispersed. The Feb. 19 parade was on KTVU-2 News and KTSF Channel 26. KTSF also had news coverage in Mandarin.

Additional Chinese New Year activities included a Chinatown Community Fair on Saturday, Feb. 19, from 10-4:30 p.m. The fair continued on Sunday, Feb. 20, from 9-5 p.m. There was music as well as dance performances and activities such as calligraphy, kite making and acrobatics.

More information regarding the festival and parade can be found at San Francisco Chinatown's official website: <http://www.sanfranciscochinatown.com/events/>.

May the Year of the Hare bring much prosperity, health and joy!

## Corporate Philanthropy

### Robert L. Weiner Consulting lists numerous prestigious clients

By Lyndsey Ellis

The mission of Robert L. Weiner Consulting is to assist nonprofit groups and academic organizations with the successful implementation of fundraising goals.

Based in San Francisco, Mr. Weiner commits his time to helping nonprofits make strategic decisions about fundraising technologies and back-office business processes. The independent specialist has been in consulting for over 16 years. He worked for three different consulting firms prior to establishing his own business eight years ago.

"My job is to be the liaison – or bridge – between fundraisers and the techies," Weiner explained. "I focus on strategy and problem solving. I sell my expertise, not software." His mission primarily relates to helping nonprofits manage their fundraising more effectively. That includes using donor databases, and software for e-mail marketing and online donations. Other services focus on improving back-office support regarding check handling, data entry, and delivery of donors' receipts and thank-you letters.

According to Weiner, estimates of the amount of time required for his consultations vary, depending on the specific needs of an organization. Staff size, skill level and resources are all determining factors.

"Some clients, I talk to once or twice to point them in the right direction – and others, I may work with for several years," Weiner said. His clients can be affected by several types of complications. A common obstacle for nonprofits is lack of funds, which makes it difficult



Robert Weiner - Photo by Mat Wakefield.

for them to afford the staff or tools they need. In other cases, there's a lack of internal expertise, resulting in poorly trained members and inconsistent procedures. It is also difficult to find one system that does everything nonprofit needs, so multiple systems may need to be implemented for communication.

"Nonprofits really need someone who understands what happens behind the scenes and most importantly, speaks plain English," Weiner stated. "Someone who comprehends the systems, processes, and terminology and can help organizations run smoothly."

A graduate of University of California at Santa Cruz, Weiner has presented workshops for an array of notable organizations. His professional work typically includes selecting fundraising and membership systems and improving business processes for nonprofits and educational institutions. He currently hosts TechSoup's online forum – Technology for Fundraising – and counsels Marts & Lundy, a national philanthropic consulting firm, as well as Olive Grove Consulting, a Bay Area full-service consulting firm.

### Corporate philanthropy in 2011

By Uzma Rahman

At a time when those of future generations may view today's corporations as icons of greed and moral laxity, Mary Huss, Publisher of the San Francisco Business Times, is shedding some light on the philanthropic activities of several of these aforementioned corporations.

As someone well acquainted with the worlds of business and finance, in addition to publishing the paper, Huss organizes well over twenty events a year. One event in particular may be very enlightening to that next generation who reads news about corporate activities – the annual Bay Area Corporate Philanthropy Summit and Awards, which will be held this year approximately around July 20.

Relating additional details of this consequential occasion, Huss said, "The event is centered around research we conduct to rank the top corporate philanthropists, based on how much cash they give to Bay Area nonprofits each year. We publish it in a special publication that goes into our newspaper and also is handed out at the event, after we have unveiled the rankings."

The number one spot has gone to Wells Fargo for many years, with AT&T occasionally taking top ranking. Additionally, there are four special awards that are determined by a special panel of judges. These are called the "Beyond the Check" awards,

which are based on creative ways of supporting nonprofits with volunteers, expertise, partnerships, and other types of assistance.

Huss also stated, "Each award focuses on a specific area, such as education or community health. Also, during the awards program, we have a discussion with a panel of CEOs to learn their views, philosophies and best practices regarding philanthropy – and we have a separate workshop designed to help companies learn best practices, and nonprofits to better know how to reach the corporate givers."

"The goal of the program is to raise the bar on giving by inciting friendly competition and shine a spotlight on the most effective practices, so that both large and small companies can learn how to incorporate philanthropy into their core business. This is also proven to impact the bottom line and employee retention amongst other desirable effects."

Huss further explained her motivation for her drive to promote corporate philanthropy. She stated, "We have such a wonderful community here, so diverse, so philanthropic and steeped in strong values – I also like [it] that we never stop evolving, never stop being entrepreneurial."

More information can be found at [www.sanfrancisco-businesstimes.com](http://www.sanfrancisco-businesstimes.com), or by contacting Research Director, Julia Dickinson, at [jdickinson@biz-journals.com](mailto:jdickinson@biz-journals.com).

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### Full Circle Fund boosts community change

By Uzma Rahman

Miriam Beard – women's activist and author – once said, "The results of philanthropy are always beyond calculation," speaking as if she knew about the Full Circle Fund. The fund has Circles focusing upon three areas of community activity – education, global economic activity and the environment – where those who want to make changes can meet those having financial resources to make changes. "Each circle has four main functions: member education, strategic planning for social change, grantmaking and nonprofit capacity building. Marketing and Communications Manager, Kari Jung, gave further



(L-R) Full Circle Fund Board Member Michael Anders, Volunteer Krista Whelan, Environment Circle Member Jeff Pollock and Full Circle Fund Executive Director/CEO Amy Lesnick. At the Beat of Change charity concert, October 2010. Photo by Thomas Minczeski.

insight into the organization. Jung said, "To help our members grow as engaged philanthropists, we provide educational programming, including monthly Circle meetings, an annual Members Retreat, and quarterly Inspiring Leaders Series events, where established mentors share best practices and advice."

In relation to funding, Jung stated, "Each year the board of directors approves how much money is allocated to each Circle for grant distribution. Typically grants range from \$5,000 to \$20,000 per organization. Each Circle works with up to five different grant organizations per year."

*continued on page 12*

**Black History continued from page 5**

Kinsey stressed to his listeners, "We are eagles; don't live your life as a chicken, and don't let anyone tell you that you are a chicken. Wasted time is wasted potential."

Noting that there was much more to say about the African American people and the contributions they have given to America, Kinsey closed with a poem entitled, "Do It Anyway," originally written as "The Paradoxical Commandments" by Dr. Kent M. Keith. Those commandments encompass the concept of doing good despite resistance – as the African American people have done for centuries – and as Kinsey encourages them to continue to do so.

When questioned about the importance of revealing African American history to other cultures, Kinsey replied, "The story of the African American experience is the story of triumph and accomplishments in building America."

Dr. Keith's poem, "The Paradoxical Commandments," follows this story. The poem may also be viewed online at <http://www.thewesternedition.com/> by clicking "Online Print."

**The Paradoxical Commandments**

by Dr. Kent M. Keith

People are illogical, unreasonable, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.

Build anyway.

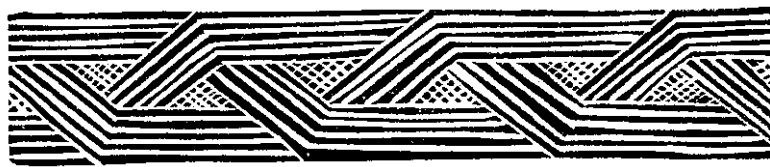
People really need help but may attack you if you do help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you have anyway.

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**Full Circle continued from page 11**

The organization, with a staff of six, works with an impressive group of San Francisco businesses, including AT&T; HP; Microsoft; Wells Fargo; One California Bank; Bank of America; Thomas Minzceski Photography; the Center for Nonprofit and Public Leadership at the Haas School of Business, UC Berkeley; and the Stanford Social Innovation Review.

Jung said their next event is due in March. "You can visit our calendar at <http://www.fullcirclefund.org/events> to see all of our upcoming activities," she said. "If you're interested in joining one of our Circles as a member, now is a great time to get involved since both Education and Global Economic Opportunity are just kicking off new grant cycles!"

Jung added, "If you are a talented, successful professional looking for ways to make a meaningful difference in the community, more than by just writing a check, come to our next event or reach out to our Membership Associate, Kelly Dugan [[kelly@fullcirclefund.org](mailto:kelly@fullcirclefund.org)]. We don't have an age requirement, but about 75% of our members are between 30 and 40 years."

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