



## **INSPIRE YOUR BODY. TRAIN YOUR MIND.**

*Gingada do M s* - **NEWSLETTER** - Spring 2010

**“ACSF is not only performing regularly, and providing quality physical and cultural training through 40 classes a week for children, teens and adults, we are offering these audiences a place in the community and an opportunity to create positive social change through improved cultural awareness, health, and participation in their communities.”**

### **From ACSF’s Executive Director**

We just completed our 17th year of service and more and more are becoming a cornerstone for physical and cultural programming in the Bay Area. We are using the multi-faceted art of capoeira to attract people from a variety of vantage points and to create unique programs ranging from specialized youth-development programs, to high-intensity fitness programs for the young adults and working class of the area.

ONE of ACSF’s goals is to provide ACCESSIBLE, consistent cultural and physical training and performance programs led by world-renown professionals in a progressive, supportive learning environment. But ACSF has a deeper purpose that goes beyond artistic excellence.

It has come to our attention that some of the things that we KNOW are truths in our work need to be better articulated to those just learning of ACSF. So, recently we set out to try to create a written message about “the purpose” of ACSF. The list was long and deep.

Because we have created multiple branches to programs— THE CAPOEIRA ARTS CENTER’S numerous daily classes and events, our “IN-THE-COMMUNITY” arts education programs, the “TEACH” apprenticeship program for emerging instructors, the CULTURAL-EXCHANGE activities like master workshops with guest Brazilians and group training trips to Brazil, and the professional PERFORMANCE COMPANY’S Brazilian performance concerts— it was hard to place a single purpose to our work. The focus ranges from grassroots community empowerment activities to professional artistic creative expressions.

However, a common thread to all of our programming exists: to use the martial art of capoeira to ignite positive change in individuals and in communities.

ACSF is about making a tangible impact on the health, wellbeing, and quality of life for ALL participants and using capoeira to integrating diverse populations to create a unified, empowered and inspired community. Capoeira and sports are proven to have the unique capacity to bring together communities that otherwise would not come together, and to galvanize them toward a common goal. At ACSF you see people from all walks of life coming together working, training and helping each other. At ACSF all participants gain a sense of responsibility to one’s self, the community, and the world.

In the process of running programs, ACSF is addressing multiple prominent social issues including obesity, youth violence, racial and gender stereotyping, and the real cultural and economic inequalities to accessing quality physical and cultural programs.

Think about it... the skills you develop while learning capoeira can directly be applied to everyday life.

Capoeira is a communal art in which one learns to appreciate, support and to serve. ACSF creates diverse opportunities for learning, meeting challenges, exploring limits, developing self-confidence and control, helping others, and for improving the community.

As a result of participation students improve their health, conflict resolution skills, confidence, work ethic, leadership capacities, and their desire to serve and be involved with community. We aim to help people find their strengths and to provide tools to help improve their deficiencies.

Through encouragement, varied and adapted activities, and guided leadership opportunities, participants gain confidence in their potential and are more likely to try and therefore succeed.

For youth this is of particular importance. Youth learn they are a valued and influential member of the community and naturally develop accountability to their peers and instructors. Students become critical, observant thinkers, as well as effective leaders who use positive reinforcement to strengthen the group.

We are proud to say that many youth grow-up at ACSF, starting as kids and go on to become teen and adult students, performers, staff, board members, and contributors.

Through engagement in our programs participants are inspired to be better and to do better in, and outside the studio. To be better athletes, better parents and siblings, to eat better, to do better in school or work, to have integrity and honesty in their approach to life.

As Mestranda M rcia once said... *“If everyone practiced capoeira the world would be a much better place to live for all of us”.*

---Jennifer Walsh *Instrutora Sereia*



# 2009 Program Highlights

## IN-THE COMMUNITY...

**ACSF Performance Troupe performed at 30 sites for audiences totaling 16,100.**

*Presented for youth in low-income areas like the Mission and Bay View, as well as large-scale public events like SF's Sunday Streets, the SF Carnival Parade, and the De Young Museum.*



**Off-site residencies provided capoeira classes to 2,000 youth primarily from low-income communities— at 12 partnering sites in SF, Oakland, Marin, and Richmond.**

*ACSF employs five instructors who together teach as many as 35 classes a week. ACSF is now part of the SFUSD's physical education program and at sites like Fairmont Elementary, our classes fulfill the schools' PE requirements.*

## CAPOEIRA ART'S CENTER PROGRAMS...

**CLASSES at ACSF's Center serve some 500 people of all ages weekly!**

*Open 7 days a week with multiple FREE AND AFFORDABLE activities daily for kids, teens and adults in capoeira, capoeira-based fitness, Afro-Brazilian dance, percussion, and Portuguese language, as well as rentals by local groups and artists.*



## HOME SEASON EVENTS

**ACSF brought 10 guest capoeiristas from the US, Mexico, Spain & Brazil, and served more than 2,000 people through master workshops, performances and community gatherings. Including:**

1. February's Spirit of Brazil concert
2. February, May and October's Master Workshop Series
3. May's Kids' Batizado & Instrument Making Fest
4. October's Teen & Adult Batizado & Nutrition Seminar
5. December's Family & Friends Day
6. Quarterly Friday Night Film Series



## POINT OF CULTURE

**Ponto de Cultura Project served 150 people and provided \$15,000 in free classes to SF Brazilians!**

*In addition to Mestranda Márcia we contracted Brazilian percussionist Gamo da Paz, dancer Taniã Santiago, and Sonia Peyroton to offer FREE classes in capoeira, Afro-Brazilian dance and Percussion, and Portuguese to ALL local Brazilians!*



## CULTURAL EXCHANGE...

**Mestranda Márcia travels**

*In high demand by the global capoeira community, Mestranda Márcia traveled to Brazil, Mexico, Italy, Germany, Japan, Washington DC and NYC teaching, judging and meeting with ABADÁ officials to continue to build the integrity of her work at ACSF.*

## PERFORMANCE TROUPE



**ACSF produced four public events for which we brought several internationally celebrated master artists, including the fifth installment of our acclaimed Spirit of Brazil Festival presented February 20th-22nd at the Project Theatre Artaud.**



## Brazil Training Trip

*Eighteen ACSF ambassadors traveled to Rio de Janeiro in August to participate in Mestre Camisa's International ABADÁ-Capoeira conference. ACSF students took workshops with the Mestres and Mestrandos of ABADÁ, explored and experienced capoeira at the heart of ABADÁ, and some even competed in the Jogos Mundiais!*



ACSF  
ambassadors

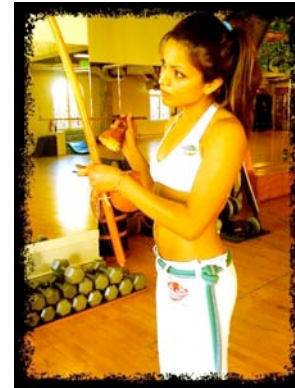


## Teen's Instructor & ACSF's NEW Programs Coordinator:

I feel blessed and proud to be able to help lead ACSF's teen program, and to have the added role of ACSF's new Programs Coordinator. I have a true desire to see growth, and with this, I'm now working at the place where I love to be that feels like home, and I am in a position where I can do a lot more. I've been a part of ACSF since 1998, starting as a teen student when I was sixteen. Since then I have gotten involved in every way possible, even while I was an active US Marine and after the birth of my daughter almost two years ago. I believe in capoeira and what ABADÁ as an organization stands for. I am dedicated to this art form, and dedicated to this organization. I'm definitely happy to be here and feel motivated to set a positive example and representation of ABADÁ-Capoeira San Francisco as a leader of programs and as a prominent graduate student of capoeira.

--- Diane Martinez, *Graduada Cravo*

*"Good leaders are able to reproduce more good leaders and are able to delegate tasks/power diligently and efficiently" – Graduada Cravo*



**"In the process of running programs, ACSF is constantly addressing multiple prominent social issues including obesity, youth violence, racial and gender stereotyping, and the real cultural and economic inequalities to accessing quality physical and cultural training programs."**  
**– Jennifer Walsh, Executive Director**

## ACSF Team of Staffers is growing. . .



*(Left to Right: Elisa Pasquini, Katie Ou, Antonio Contreras, Diane Martinez, Márcia Treidler, Miguel Gonzalez, Jennifer Walsh, Lisa Silva, Brian Meija, Leo Pinzon, and Elias Gonzalez (missing Luis Vargas and Maria Hernandez)*

ACSF has become what it is today, thanks to all that have contributed over the years. Each person's contribution helps shape ACSF's future and helps fuel our collective belief in ACSF's mission.

ACSF's growth continues and we are excited to welcome new staff members, instructors, and active members! In fact, despite a 30% budget cut this past year we have managed stay on track with our strategic planning goals, aimed at improving and solidifying a new staff structure that can effectively manage the expansive programming needs of ACSF.

In addition to myself and Mestranda Márcia, we have created a new "team" management structure and hired long-time participant Diane Martinez as Programs Coordinator, responsible for all on-site activities, Elisa Pasquini who graduated up from Studio Receptionist to Bookings Coordinator, and two new Studio Receptionists, Leo Pinzon and teen student Katie Ou.

Additionally, Brazilian native and ACSF student, Lisa Silva who currently works with ACSF as an apprenticing off-site youth instructor, will move into the additional role of Outreach and Bookings Coordinator over the next few months. We welcome her to the administrative team! ALSO, as you know programs take precedence at ACSF and we could not do it all with out the dedicated crew of artist staff including... The amazing Graduado Corrente (Antonio Contreras) who teaches over 20 capoeira classes a week to youth across the Bay, private fitness and capoeira classes, and the innovative BodyBrasil Fitness program. Also, Graduada Cravo (Diane Martinez) who has helped transform the FREE Teen program, and our fantastic apprenticing instructors Papagiao (Elias Gonzalez), and Ciranda (Lisa Silva), both whom work with youth in our off-site programs. Also, many thanks and praises to our volunteer assistants Graduada Jabuticaba (Maria Hernandez) Brian Meija and Luis Vargas.

Last but certainly NOT least we have an awesome crew of work-exchanges students who have graduated out of the teen program but continue to build their involvement through the work-exchange program. These are the folks who keep our amazing studio looking and functioning so well... Brian Meija, Elias Gonzalez, and Miguel Angel Gonzalez.

The 2010 ACSF Staff Team is a talented, dedicated and inspiring crew of people who represent the diverse communities we serve. We are confident with these folks as our leaders ACSF will continue to thrive!!

--- Jennifer Walsh, *Instrutora Sereia*



# Os Elementos- FREE Teen Program: Blossoming and Cultivating New leaders!

ACSF has been investing in the community's future by investing in its youth. We are building a strong team of students and developing new leaders. ACSF has been committed to its Teen Program since its inception in 1998, so it was no surprise that when the teen participants requested another day of training ACSF jumped to make it happen.

The teens came up with the idea that the extra class could be a fundraiser to create a "teen project fund". Teens would still train for free but the class would be open to adults, who would pay a drop in fee of \$10 to support youth-initiated projects. The "drop-in funds" will support things like trips to other ABADÁ events around the globe or other participant-initiated projects!

Like how most things start at ACSF, the class was started before there was any real infrastructure established for the program. Teen alumni student, Graduada Cravo (Diane Martinez) volunteered to teach the Sunday class, Katie Ou volunteered to run sign-ins for the class and through word of mouth the classes began this May. The teens welcome the adults in their fun atmosphere, and we encourage everyone to attend and show support- AND to train another day!

**RAY-**  
*Graduado Mico*  
*Leao*



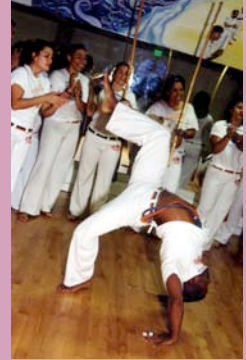
*Os Elementos.*  
*Teen Program*  
*Mascot: "Mico*  
*Leao monkey",*  
*named in*  
*memory of*  
*former teen*  
*student*  
*Ray Gardner*

## SUPPORT THE RAY PROJECT

The RAY Project provides free and reduced price capoeira classes, and performance opportunities to youth aged 5-19 from low-income families.

Last year, The RAY Project provided over 60 low-income youth access to its classes!

**DONATE ONLINE!**  
[www.abada.org](http://www.abada.org)



(Raymond Gardner 2002)

The RAY Project is named in memory of Raymond Gardner, a talented student of the ABADÁ-Capoeira Free Teen program who was an innocent victim of youth violence and lost his life at age 22, on January 12, 2003. In Raymond's honor and memory, ACSF takes an active role in promoting peace and non-violence through expanded youth programs.

## TEEN'S TALK ABOUT ACSF! See full teen articles on facebook...



Above: Teen group after a Sunday run up twin peaks!

**By: Olivia Shetler, 19**

"Before experiencing Capoeira, I had never really felt motivated to keep up with other organized sports; most that I had participated in felt impersonal, and the atmosphere never suited me. By the end of the session I felt more than a little embarrassed, but my peers were very supportive and more than willing to help out whenever I did something poorly.

It is now two years later and I am still excited about every class, and increasingly so with every passing week. More and more people have joined the program since I started, and we have become a very close-knit group.

I do not think I can fully impart the effect that Capoeira and the Teens' class have had on our lives; more than ever I feel a sense of accomplishment that I had never felt before, and there is a great sense of unity between the trainers. Most importantly, the teens'

class is more than just a program: it feels like a family, a community of people who motivate each other and share a love for the sport and culture of Capoeira. I am blessed to be a part of this group that places so much emphasis on camaraderie and personal growth, regardless of one's pace. This is a class that is at once invigorating and involving on a level beyond any class I have ever taken, and it heightens your sense of physical and mental ability."

**Katie Ou, 16**

I love being able to have a class to ourselves; we're able to work on individual things together. It's almost like our own free capoeira time to work on what we want.

I want this program to stay. It has potential to help many teens stay off the streets and make them do better. Our teen's capoeira is my life, it's what keeps me at ABADÁ and what makes me try to be my best, in hopes that I/we can inspire others.

Below: Teens class in action





## TEEN'S TALK.continued

### Sally Palafox, 18

To me, Capoeira is freedom: freedom of movement and freedom of expression. It is a martial art, but at the same time, it's much, much more. I've heard it said that while most martial arts are born of war, Capoeira is the only one born of resistance, and that makes all the difference. It is not solely combat, but instead a blend of martial arts, music, dance, acrobatics, and a rich culture, a combination that can't be found anywhere else.

After moving to San Francisco, I found ABADÁ-Capoeira SF. On my very first day, they immediately made me feel welcome. I knew then that I had found what I had been looking for.

### Joshua Peterson, 19

"From the moment I stepped into the ABADÁ-Capoeira SF studio, I knew capoeira was something I would be part of for the rest of my life. I found that capoeira had more of a cultural, communal, and even spiritual aspect that wasn't just limited to working-out."

"Through capoeira, I have been able to develop my knowledge of the rich and vibrant Brazilian culture, develop my music knowledge even further, increase my confidence with many every day situations, while getting me in the best physical shape I have ever been in."

## CONGRATULATIONS MESTRANDA MÁRCIA

In August 2009, Márcia was nominated for the "Ten Women" award with this year's focus on women whose work brings together disparate communities. Jo Kreiter, artistic director of Flyaway Productions said, "I have long admired your work as an artist, athlete and cultural worker. In recent years I have admired the growth and generosity of your work in the Mission. You are truly a builder of essential connections at this moment in history."

On October 24th, Mestranda Márcia was recognized by the prestigious 10 Women Campaign as somebody who builds bridges between the arts and civic life. The 10 Women Campaign honors "women who forge the essential connections between family, community, politics, economy, and culture." The award ceremony, which is sponsored by the SF-based dance troupe Flyaway Productions on a biennial basis, included a performance by ACSF capoeiristas and visiting artists Mestrando Pernilongo, Professor Brucutú, Instrutor Alma de Gato, Instrutor Furacão, Instrutora Sereia, and Instrutora Yara. The audience was enthralled by the performance, clapping and dancing to the music in their seats. Mestranda Márcia's award was presented by Amara Tabor-Smith, who spoke of Mestranda's positive impact on the community, dedication to ABADÁ's mission, and passion for the art of capoeira. She recalled one of the first times she saw Mestranda Márcia in the roda, noting that she had a way of exposing the weaknesses of other capoeiristas that was both humiliating and respectful at the same time. Mestranda Márcia approached the stage to give her acceptance speech with a berimbau in her hand. She said, "When I receive an award, I feel like capoeira is receiving an award, because it is my life, it is my heart, it is where I feel comfortable." She went on to explain that when we squat under the berimbau, we never know what is going to happen and we need to have trust and overcome our fears. Mestranda also spoke about the unique and strong influence of African culture in Brazil, and how capoeiristas are sharing their culture all around the world and "making the world a little bit more Brazilian." Parabéns, Mestranda! You deserve to be recognized and honored for all your hard work.

--- Aimée Fribourg "Graduada Tulipa"

(Below: Jennifer Walsh, Mestranda Márcia, and Amara Tabor-Smith at the Awards



## KIDS SUMMER CAMP!

**Last year CAMPS sessions were sold out. Register early to hold your space AND pay less!**

Kids explore and learn capoeira and maculelê stick dance and drumming, the history and music of these arts, as well as take classes with guest instructors in things like gymnastics and Afro-Brazilian dance, and explore the neighborhood during lunch-time Mission walks. Sessions culminate with a Friday afternoon Friends & Family Performance & Party!

Ages: 6-12 years

Sessions Dates: June 14-18, June 21-25, June 28-July 2, July 5-9

Times: M-TH 9am-3pm, Fridays 9am-4pm

Cost: \$200/session by May 15<sup>th</sup>, \$225/session after the 15<sup>th</sup>





# ACSF Local Appearances & Home Turf Events . . . Don't Miss Out!

## ON-SITE ACTIVITIES



**MAY 22- Kids' BATIZADO**, 1:00-4pm  
Graduation Ceremony, Maculelê  
Performance, Dance Party and Healthy  
Potluck. (No other classes this day)



-- Logo Design by Lenny Williams!!!

### JUNE 3- BLOOD DRIVE!

Donate blood @ ACSF 4:00-8pm!  
Mobile Blood Centers of the Pacific

### JUNE 8 & 9 – GOOGLE SERVE week

Volunteer Facility Upgrade Projects!

### JUNE 15- KIDS' CAPOEIRA & MACULELÊ SUMMER CAMP

Sessions start: June 14, 21, 28, July 5



### JULY 24- "PRACTICE" CAPOEIRA

COMPETITION, open to ACSF students

### AUGUST 18-22-

**Brazil Training Trip** - Rio de Janeiro  
ABADÁ-Capoeira Jogos Brasileiros



### SEPTEMBER 11

**Kids Capoeira Fall Session**  
starts, **RAY Project Applications DUE**



**NOVEMBER WINTERFEST-**  
**11/2, 3 & 4- Master Workshops**  
**11/5- JOGOS Competition**  
**11/6- Adult/Teen Batizado**



### DECEMBER 18-

**FRIENDS & FAMILY DAY-1:30pm**



## IN THE COMMUNITY: PRIVATE EVENTS

**MAY 3- PERFORMANCE & WORKSHOP-** 12:00pm at  
Summerfield Waldorf Elementary,  
Sonoma

**MAY 14- WORKSHOP**  
Serra Pre-School



**MAY 21- WORKSHOP**  
Newcomer High School

**MAY 28- PERFORMANCE**  
Up on Top Elementary

### JUNE 4- PERFORMANCE/

**WORKSHOP-** at 9am, Network for a  
Healthy California, Laney College

## IN-THE COMMUNITY: PUBLIC EVENTS

**MAY 20- PERFORMANCE FOR STATEWIDE SUMMIT GIRLS IN SPORTS Award Ceremony Honoring Mestranda Márcia & other leaders!**  
6:30p, Marriot. More info:  
[www.teamupforyouth.org](http://www.teamupforyouth.org)



**JUNE 19- PERFORMANCE**  
**Mission Community Market**  
22nd & Bartlett Street, 1pm



**JUNE 20- SUNDAY STREETS:**  
**Capoeira Open Roda** 2:00-3:00p  
<http://sundaystreetsf.com>

**JULY 11- SUNDAY STREETS:**  
**Capoeira Open Roda** 2:00-3:00p



**AUGUST 28- PERFORMANCE**  
Dolores Park Café Block Party  
Dolores St @ 18th, Time TBA

## "EARLY BIRD" DEADLINES:

**MAY 15<sup>th</sup>** - Early Bird  
Registration Deadline  
\$200  
**KIDS SUMMER  
CAMP**  
Price after May 15<sup>th</sup> is  
\$225.

**MAY 15<sup>th</sup>** –  
**Kids Batizado  
Registration Due!**  
& Plus Rehearsal For  
Kids' Batizado at  
1:00pm

**JULY 23<sup>rd</sup>**- Early Bird  
Registration Deadline  
\$80!  
**BODYBRASIL  
BOOTCAMP August  
3<sup>rd</sup>- 26<sup>th</sup> session**

**September 1<sup>st</sup>** –  
Early Bird  
Registration Deadline  
\$80!

**MORNING CAPOEIRA  
COURSE September 7-  
30<sup>th</sup> session**

**OCTOBER 1<sup>ST</sup>**  
Adult/Teen Batizado  
& Workshops  
Registration Starts

**REGISTER FOR  
ALL PROGRAMS  
ONLINE AT  
[www.abada.org](http://www.abada.org)**



Inspire Your Body.  
Train your mind.



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Website:  
www.abada.org

Phone:  
415.206.0650

E-Mail:  
info@abada.org

We're on  
Facebook!

www.facebook.com/  
ABADA.CAPOEIRA.SAN.F  
RANCISCO

# Injuries. Ouch. . . DON'T GET TAKEN OUT OF THE GAME!

## INJURY PREVENTION

By Jennifer Walsh, *Instrutora Sereia*

Speaking first hand after dealing with a knee injury that occurred while I was competing in Brazil this past August that has kept me out of the game, injuries can really be deal breakers for your athletic goals, as well as a huge interference in your daily life.

They happen to all of us over our careers, and a fear of being injured in my opinion is never a reason to not participate, but injuries are never a welcomed reality nonetheless SO keep in mind what you can do to avoid them.

**TRAIN regularly...** Consistent training accomplishes two essential things in injury prevention. 1). It keeps you physically conditioned to support the impact and movements performed in capoeira. Being fit protects your joints, muscles and bones. 2). Training regularly keeps you SHARP! Trauma injuries are more likely to occur when someone is not physically and mentally up-to-par. Reaction and accuracy are huge in Capoeira. Just being in good shape

does NOT mean you'll have the tools you need in capoeira. Training specifics to the martial art WILL provide these tools.

**SLEEP....** Recovery is key to letting your body heal from a previous workout. Your tissues and muscles and brain need sleep to function properly.

**DRINK H2O...** try to get at least 64oz of water a day. You need this for recovery, hydration and to flush out toxins.

**EAT WELL...** your body is a highly complex machine. If you fuel it with artificial, overly processed crap, you will feel like crap. If you eat natural foods that come from nature – not a box- your "machine" or body will operate at its optimal potential and you will feel good.



## DOING SPRING CLEANING? Your Unwanted Clutter Can Help Support ACSF!

ACSF is partners with the **Community Thrift Store.**

Donate to CTS and designate ABADÁ or charity code #175 Items are tax-deductible

Donate: clothing, jewelry, shoes, sports gear, cds, furniture, toys, housewares...Free pickup for large items.

**Open Everyday 10-5**

**Community Thrift Store**  
623 Valencia St (between 17th & 18th) / San Francisco, CA 94110  
(415) 861-4910

## ACSF's WISH LIST



- Carpenter Work!
- Frequent flyer miles
- Event Volunteers
- Raffle Prizes
- Graphic Designer Volunteers
- Pro Bono Consulting:
  - Marketing Advise & Plan design
  - Media Messaging
  - Website Design Work

# KIDS Batizado Theme Song.. composed by ACSF student Elias Gonzalez

**Nosso Futuro**  
**Composição: Papagio**

NOSSO FUTURO  
AS CRIANÇAS SÃO  
E SÃO A ESPERANÇA  
DA NOSSA NAÇÃO

**OUR FUTURE  
THE CHILDREN,  
ARE THE HOPE OF OUR  
NATION**

São as semantes  
esperando crescer,  
com bons cuidados,  
para um dia florescer  
*They are the seeds,  
waiting to grow  
with good care,  
for one day to flourish*

Menino essa vida  
não é brincadeira  
escuta meu conselho,  
e treine a capoeira  
*Boy (meaning child) this  
life it is not a joke  
listen to my advice,  
and train capoeira*

*São o futuro da nossa  
capoeira derruba os  
problemas  
dando lhe uma rasteira  
They are the future of our  
capoeira  
take down the problems  
giving them a rasteira  
(sweeping takedown)*

Se você hoje tem seu  
pai e a sua mãe  
então dê valor prá  
eles e ao seu Mestre  
também  
*If today you have  
your father and your  
mother, then give  
their value and to your  
Mestre too.*

ABADÁ-CAPOEIRA, vem  
valorizando nossas  
crianças que são  
NOSSO FUTURO  
**ABADÁ-CAPOEIRA,  
is valuing our children,  
they are OUR FUTURE**



Elias or "Papagio" as he is known to our community, has a love and a knack for composing capoeira music. A graduate of the Free Teen program, Papagio has composed several songs including "Boa Alimentação" (Good Nutrition), which was the theme song for the 2009 Adult Batizado of which the event theme was "Saude" or Health!



**MANY THANKS TO OUR VALUED SUPPORTERS & PARTNERING SITES!!!**

**FUNDERS & INDIVIDUAL DONORS**

**Marin Community Foundation  
/Freund Family Fund  
San Francisco Arts Commission  
San Francisco Foundation  
Grants for the Arts/Hotel Tax Fund  
Visa Corporation  
Zellerbach Family Fund  
Community Thrift Store**

- Amalia Aboitiz
- Chris Abrami
- Abhi Bisarya
- Ellen Friedman and Louis Blumberg
- Jennifer Borhardt
- James Brooks
- Phyllida Burlingame
- Despina Callas
- Karine Carrillo
- Alison Cerrudo
- Teresa Chiaverotti
- Wendy Cruz
- Aimee Fribourg
- \* Megan Himan and Jeffrey Freund
- Karen and John Gardner
- \* Amy Brooks-Gottesfeld
- Pascal Hang
- Audrey Hatten
- Debbie Hemenway
- Tanya and Andrew Herrgott
- Juston Johnson
- Peter and Susan Kools
- Jenny Lam

**FUNDERS & INDIVIDUAL DONORS continued...**

- Mircea Mahea
- Patricia Mejia
- Tom Meshishnek
- Katherine Michiels
- Tee Minot
- Maria Monge
- Shannon O'Malley
- Guy Philips
- David Vinson & Masa Rambo
- Carl Rollings
- Raymond Santiago
- Alenia Sammy
- Paula Jeannette Sneed
- \*Jane Stafford and Nancy Koch
- Juanda Stewart
- Luis & Ana Vargas
- Lisa Vieira
- Frank and Pat Walsh
- Warden Family
- \* ACSF Board Members

**RENTAL PARTNERS**

- Amara Tabor Smith
- Blues Workshops.com
- Body Intelligence
- Charleston Alley Blues Dance Company
- Dholrhythms with Vicky Virk
- Gamo da Paz Percussion
- Life After Exoneration
- Tania Aguas da Bahia/Glenn Evans & Sambão Para o Povo, Inc
- Tony Lui

**OFF-SITE PARTNERING PERFORMANCE SITES 2010**

- ALICE Arts
- Access to Adventure
- Bay Area Discovery Museum
- Biblioteca de la Misión
- City of SF/ SUNDAY STREETS
- Dolores Park Café
- Fairmount After School Program
- LGBT Community Center
- LULAC National Educational Service Centers, INC.
- Mt. Tamalpais School
- One World Montessori
- San Francisco Census Bureau
- Sard/Thayer Family
- Serra Preschool
- Summerfield Waldorf School & Farm
- Team of for Youth: Summit Girls Sports
- The Little School
- The Network for Healthy California
- University of California, SF

**OFF-SITE PARTNERING YOUTH CLASS SITES 2010**

- ALICE Arts
- Boy and Girls Club of SF
- Brandeis Hillel Day School
- Fairmont Elementary
- Katherine Michiels School
- Mission Girls
- Mission YMCA
- Ring Mountain Day School
- Up On Top Elementary

