



Good Works

I believe strongly that we must take active roles in our local communities, while supporting the efforts and works of organizations that are acting globally. I'm an advocate for donating time, talent and money to causes, individuals, organizations and communities that benefit from our attention and efforts. Careful consideration of our actions and the impact of our decisions are not only important, but essential for the well being of others ~ especially our Earth and the generations to come.

Borrowing from the faith communities idea of tithing, my life partner J'aime and I have always donated to others. We both make a practice of giving our time, creativity and energy, as well as ten percent of my dance income, to a variety of causes. Here are some organizations we've recently donated to, or worked with, and want to recognize. Perhaps you will find merit in their efforts and join in! After all why not help each other as often as possible? It's likely that our actions have impact beyond our knowing or possibly even our imagining. Taking action is an act of courage!

[2015] Friends of the Earth ~ An International, global network representing more than two million activists in 75 different countries, working to defend the environment and champion a healthy and just world. Cash donation.
<http://www.foe.org>

[2015] Soi Dog ~ To improve the welfare of dogs and cats in Thailand and working to end animal cruelty, and to ultimately create a society without homeless animals. Monthly cash donation.
<https://www.soidog.org>

[2015] Friends of Trees/Save the Giants ~ is nationally recognized non-profit whose mission is to bring people together to plant and care for city trees and green spaces in Pacific Northwest communities. This summer they helped raise money to buy back 3, 150 year old Giant Sequoiahs that a developer had obtained a Portland City permit to cut down. Donated money, plus I was active in local protest and civil disobedience.
<http://www.friendsoftrees.org>

[2015] Doctors without Borders ~ Doctors Without Borders/Médecins Sans Frontières (MSF) is a private, international association. It is made up mainly of doctors and health sector workers who provide assistance to populations in distress, to victims of natural or man-made disasters, and to victims of armed conflict. They do so irrespective of race, religion, creed, or political convictions. Offered a class with proceeds donated to Doctors Without Borders for their work with the European Refugee Crisis.
<http://www.doctorswithoutborders.org>

[2015] Aids Life Cycle ~ An annual, fully supported, 7-day bike ride from San Francisco to Los Angeles, USA to raise money and awareness in the fight against HIV/AIDS. A fellow dancer, Athena Dorey, has participated in this event for the last several years. I offered a class with 100% of the proceeds donated to her and her efforts.
<http://www.aidslifecycle.org>

continued...



[2015] Beyond Toxins ~ Beyond Toxics works to guarantee environmental protections and health for all communities and residents. We expose root causes of toxic pollution and help communities find effective, lasting solutions. Cash Donation to their efforts to end use of neonicotinoids in Oregon. Neonicotinoids are extremely common in pesticides and kill bees. Cash Donation.

<http://www.beyondtoxics.org>

[2014, 2013 + 2015] American Red Cross ~ I'm an advocate of regular blood donation and have encouraged friends to donate as well....yes ~ dragged them along! A small effort with life saving results

<http://www.redcross.org/or/portland>

Local Activism ~

- active protesting and civil disobedience to protect and ultimately save three Giant Sequoias from a developers greed.
- working within my neighborhood and city to prevent historic family homes from being demolished and cheap McMansions being built in their place.
- working within my neighborhood to prevent a cell phone tower being built within 50 feet of a families home.
- writing letters to local, state and federal officials on a variety of issues.
- Donated design and layout of an informational pamphlet regarding the laws, ordinances, and responsibilities of home owners for the trees on city right of ways and private properties. The pamphlet was adopted by the city of Portland.
- Donated time to inoculating old growth Dutch Elm trees, and participated in a neighborhood tree survey project.
- Donated graphic design time creating a brochure about The Tualatin Historical Societys Walking tour ~ advocating to preserve local history.

My dance community ~ in nearly every class I lead, on any given day, there are between 1 and 5 people attending on scholarships or work exchanges. I'm dedicated to keeping people engaged in their dance practice ~ particularly when dedicated dancers find themselves in unexpected financial strain....after all these are the times we most need our practice.

My dance business partner, Meshi Chavez, and I have created dance events that have been 100% donation in response to global crisis, like the Asian Tsunami and the earth quake in Japan.

2014

[2014] Project Pooch ~ is nationally recognized non-profit dog adoption program where incarcerated youth train shelter dogs and find them homes. Donated artwork and dance classes to their auction

<http://www.pooch.org>

[2014 + 2013] Daya Foundation ~ a local non-profit yoga studio that is working to make yoga accessible for low income people and those who are facing significant health challenges. A cash donation both years, after attending an inspiring Jami Sieber concert in their studio.

<http://dayafoundation.org>



[2014] **Democratic Party** ~ Several cash Donations....for obvious reasons.

[2014] **Aids LifeCycle** ~ Cash donation in support of local and Morning Sojourn dancer, Athena Doreys, ride from Portland to San Francisco. This supported ride raises money to fight HIV/AIDS
<http://www.aidslifecycle.org>

[2014] **Kick Starter Campaign ~ Beach Dance** ~ Cash donation in support of a Lila Danielles effort to purchase waterproof ipods for Maui Beach Dance.
<http://beachdance.com/>

[2014] **Sum of Us** ~ An online organization, working to put people before profits. Cash donation and online actions.
<http://sumofus.org/>

[2014] **ACLU [American Civil Liberties Union]** ~ An organization working to defend and preserve the individual rights and liberties that the US Constitution and our laws guarantee to people in the USA. Cash donation.
<https://www.aclu.org/>

2013 ~

[2013] **Portland Audubon** ~ Wild Arts Festival. Participant in creating a six inch x six inch art canvas that was sold at their annual fundraising event.
<http://wildartsfestival.org/about-portland-audubon/>

[2013] **Newberg Animal Shelter** - built originally as a high school class project this small shelter is run completely by volunteers. I worked with the board to create a 2014 "Dogs of Wine Country" calendar. 40% of my design fee was donated.
<http://www.newberganimalshelterfriends.org/>

[2013] **Oregon Public Broadcasting** ~ financial support for public radio...a voice of sanity in a world gone insane. Public radio is significantly dependent on community support. Cash donations throughout the years.
<http://www.opb.org/>

[2013] **The Shadow Project** ~ a local organization that works with kids with learning challenges. I illustrated a book written by the executive director and published by Black Heron Press. While I was paid a small fee for the illustration and design, I donated a significant amount of time to completing the project as a gift of heart.
<http://www.shadow-project.org/>

[2013] **Relief Efforts in The Phillipines** ~ ten percent of the proceeds from our Thanksgiving day dance were donated to:
<http://rescue.org>

[2013] **Studio Two** ~ we rent space here on Sunday mornings. It's a lovely space that is accessible for performance, rehearsals, workshops and events. She needed to raise cash to put a new floor in a second studio that she was launching. Cash donation.
<http://studiotwozoomtopia.com/>

continued...



[2013] Hope for Paws ~ a California based organization that rescues abandoned and scared street dogs. Giving them tenderness, love, food, medical help, rehabilitation and safe, permanent homes. Cash donation.
<http://www.hopeforpaws.org/>

[2013] Conservacion Patagonica ~ after watching the movie 180 Degrees South, we were inspired to donate and support these conservation efforts.
<http://www.conservacionpatagonica.org/home.htm>

Heifer International ~ an international organization that is working to end world poverty and hunger. Cash donations as well as yearly donations made in our name.
<http://www.heifer.org/>

Friends of Trees ~ a local urban tree planing non-profit started by Richard Stein who wanted to build community with his a small inheritance. Friends of Trees is credited by National Public Radio for helping Portland increase it's urban canopy by 25% when most cities are significantly loosing their trees. Cash donations over the years, and tree planting activities.
<http://www.friendsoftrees.org/>

Sisters of the Road Cafe ~ working to end homelessness and poverty in Portland in part by providing meals. We purchase meal vouchers that we give to those in need whose path we cross.
<http://sistersoftheroad.org/>