



590 Leland Avenue San Francisco, CA 94134

SUMMER 2005

# Inspiration



## Gearing up for the Summer

Curt Yagi, Executive Director

I'm always amazed at how fast time seems to slip right through our fingers as we frantically try to savor every passing second. It seems like only days ago that we were counting down the New Year reflecting on our past while looking forward to our future. At the blink of an eye, summer has quickly descended upon us. Because of limited resources and a lack of summer programming in Visitacion Valley, ROCK is pleased to announce that it will hold programs for elementary, middle and high school participants over the next couple of months. Activities include the following:

- **Summer Latchkey** - A program in conjunction with the San Francisco Recreation and Park Department in which we provide elementary school children with fun sports, fitness and learning enrichment activities.
- **Summer Escape** - A program that provides middle school participants with various positive summer opportunities such as field trips, community service, leadership training, teambuilding and project management.
- **White water rafting camp** - Both middle school and high school participants will have the opportunity to not only rough the white water for the first time, but experience "real" outdoor camping.
- **Animal Farm Adventure Camp** - Perhaps the most anticipated activity of the year is ROCK's overnight summer camp for elementary school age children. The little ROCKers will experience 4 days and 3 nights of life on a farm camp, where they will not only learn about different types of animals, but will simply have fun in a safe environment. For the first time, ROCK camp is moving to a new location just north of Bodega Bay.

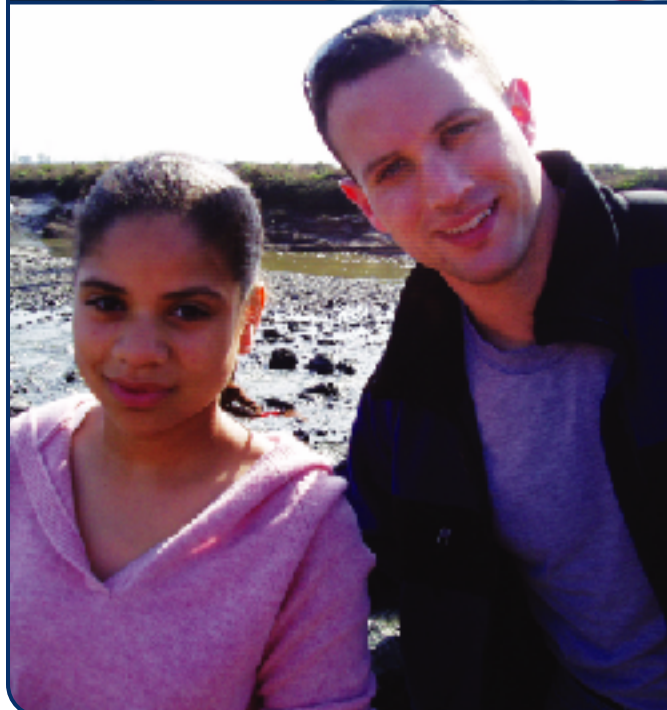
This summer, I plan on enjoying every smile, every laugh and every sigh of happiness that I see in a child. I only wish that you can experience the same thing.



"ROCK's staff and volunteers helped teach me to learn how to do square roots"  
- Thomas, age 13



"ROCK is Awesome!  
The leaders are great. I meet great people and I learn new sports and new things!"  
- Marissa, age 10



"ROCK is pretty amazing because it helps show kids positive ways to approach things in a way that school can't. It teaches kids what is right while at the same time allowing them to have some fun."  
- Dave, Volunteer



ROCK Summer Camp 2004

### ROCK's Mission and Programs

Real Options for City Kids (ROCK) was founded in 1994 in response to the needs within San Francisco's low-income neighborhoods for enhanced public education and positive after-school activities. ROCK's mission is to nurture the healthy development of children by listening attentively to their needs and by providing opportunities to those who might not otherwise have access. ROCK aims to promote the positive development and long-term success of the youth that it serves through a combination of in-school and after school learning enrichment, sports and fitness, leadership training, outdoor adventure and summer camp opportunities. ROCK's programs are designed to serve girls and boys, ages 6-14, who live in or attend school in San Francisco's Visitacion Valley.



## Volunteers & Advisors

Akiko Abe	Daniella Reichstetter	Giorgia Horrell	Ken Tomiyama	Nate Zimmerman	Shannon White
Alan Bradd	Darlene Bosch	Golden State	Kim Nutter	On Your Feet Project	Shawn Davis
Alex Butkus	Dave Katz	Warriors	Kurt Kilgore	Our Lady of the	Shawn Smith
Aline Li	David Chan	Community	Lauren Lee	Visitacion School	Sifu Ann Docena
Amber Moyle	Debbie Mesaros	Relations	Leslie Pao	Pablo Fitting	Tamara Romanea
Bay Area Scores	Deborah Davis	Heidi Kilgore	Lisa Young	Paul Nepomuceno	Tiffany Bank
Bhavana	Diana Jimenez	Heidi Lam	Liz Daly	Pete Blum	Tiffany Subido
Vishnubhatta	Dina Washington	Hope De la Vega	Lizzie Bowles	Phil Graf	Toon Harritorn
Bill Rivette	Dina Wong	Ingrid Fraunfelder	Luke Proskine	Phillip & Sala Burton	Visitacion Valley
Biren Bhandari	El Dorado	Isaac Dana	Lydia Ruggiero	High School	Beacon Center
Brendan Byrd	Elementary School	James Williams	Lyle Ross	Professor Samuel	Visitacion Valley
Brian Fearnow	Elena Gumina	Jamie Stark	Margaret McKenna	Lucas	Elementary School
Brian Kulich	Elise House	Jay Wescott	Maria Turla	Quynh Nhu Trong	Visitacion Valley
Bridgespan Group	Elizabeth Wood	Jaylyn Silvestre	Mateo Burtch	Raphel John Oriel	Latchkey Program
Carolyn Starrett	Ellen Cronin	Jazmin Fisher	Mayor's Office of	Rebecca Hicks	Visitacion Valley
Charlene Mendoza	Ellie Antrim	Joerg Schumann	Neighborhood	Rick Lewis	Middle School
Cheryl Mannion	Ely Christina Galang	John Lowry	Services	Sara Clow	Wally Tseng
Chris Bitcon	Ely Rocio Galang	Judith Chendo	Melissa Hugo	Sara Weaver	Whitney Barrett
Chris Ginieccki	Eric Hansen	Kass Johnson	Melody Chu	Sarah Snow	Wholefoods
Christopher Chang	Eric Jordan	Kate Amanna	Metmei Sevinc	Saray Fey	Wylie Peterson
Dan Greenblatt	Eric Subido	Kathy Butkus	Michael Savitzky	Saskia Stokhof de	Yamini Koshy
Dan Perkell	Ethel Galo	Kathy Shurtz	Mike Chan	Tong	Zulima Ndongo
Dana Rohde	Eugene An	Kelly Keegan	Mr. & Mrs. Foster	SF Rec and Parks	Abeso
Daniel Abella	Gerard Bartolome	Kelly Rush	Mr. Subido	Department	

## A Volunteer's Perspective

Dan Greenblatt, Volunteer

I happened upon ROCK in the most unexpected of places - a poster in the window of a Plumpjack Wineries store in the Marina District of San Francisco. I had been looking for volunteer opportunities in the city, scoured various websites and talked to friends, only to find programs that, for a number of reasons, did not appeal to me. And then, as serendipity would have it, here was this poster in front of me, with smiling faces, a bunch of yellow cardboard stars, and an email address - as if someone had put it there just for me.

I've often heard it said that there is always the slightest hint of selfishness in even the most altruistic of deeds. If this is the case with other volunteers (I'll admit to it), then I can't think of a situation that could be more mutually beneficial for all those involved, than ROCK. It goes without question that the young people love the safe, fun and supportive environment fostered by ROCK - this is evident from the dedication they demonstrate. I think the

volunteers thrive on this, too. In the fifteen minutes it takes me to get from my apartment to Visitacion Valley, the stresses and deadlines of the workweek dissolve into the background as my thoughts turn toward the logistics of operating a mountain bike, or whatever the day's adventure holds in store for us. By the time I get back, details of the three hours that have passed impossibly quickly become a blur of positive energy, high-fives, and laughter ... and I am exhausted.

Working with ROCK over the past two years has enabled me to reexamine my life through a different lens and recount all that I have been afforded. It has altered my perception, not in any radical way, but through the simple appreciation of small details. I can only hope that the young people who we are there to serve have been affected in as equally profound a manner. They keep on coming back week after week, so we must be doing something right.

## ROCK's Board of Directors

Chris Ginieccki	Lyle Ross
Dina Wong	Pete Blum
Kathy Shurtz	Rick Lewis
Luke Proskine	Wylie Peterson

## Financial Investors

<b>Legends (\$10,000 &amp; above)</b>	<b>Superstars (\$500 &amp; above)</b>	<b>Sponsors (Up to \$250)</b>	Eric Jordan	Peggy Rivette
The Henry Mayo Newhall Foundation	Andrew Tate	Alex Butkus*	Euro-Japan Auto Works	Rebecca Evans*
	Kurt Kilgore	Arthur Steedman	Eurosport*	Richard & Karin Lewis
	Ping Li	Bob & Merrill Fei	Gap	Russell Gumina
<b>Champions (\$1,000 &amp; above)</b>	<b>Winners (\$250 &amp; above)</b>	Boyd & Nancy Mannion	Jennifer Jones	Sunset Soccer*
Bank of America	American Express	Broc & Arlene Krause	Johanna & Morgan Buck	
Chris Ginieccki	Hardee & Judy Kilgore	Chimmy Lee*	John & Mary Peterson	<i>*Indicates in-kind donations</i>
The David B. Gold Foundation	JAMK Investments, Inc	Colleen Warren	Mary Kay Rivette	
Wells Fargo	Justyna To (Century 21)	Dennis & Susie Sato	Nissa Hansen	
		Don & Phyllis Shepard	Paul Matteucci*	
		Eric Hansen	Pauline Reader	



Yosemite, Summer 2004

Congratulations to our 2005 graduates! We are all so proud of you! Listed below are our graduates and the schools they will be attending in the fall:

### 8th Grade Graduates

- Markeda Cottonham: City Arts and Technology High School
- Brandon Smith: Thurgood Marshall High School
- Mariah Garcia: Cappuccino High School
- Desirae Payton: Sacred Heart Cathedral Prep High School
- Antin Adams: John O'Connell High School

### High School Graduates

- Ely Rocio Galang: Skyline College
- Diane Delara: San Francisco City College
- Shenna Palaganas: San Francisco City College

**Join ROCK's 2005 Summer Campaign**  
**With so many new programs, ROCK needs your help more than ever. Please join us in our 2005 Summer Campaign and help us put smiles on the faces of hundreds of kids**



A ROCKER displaying some fine soccer skills