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Editor's Letter

CARTA DO EDITOR

I would like to say some words from other visionary people at this time. As we are in the end of a new year and in the start of a new one, I would like to remind "we would accomplish many more things if we did not think of them as impossible", that "vision is seeing the opportunity inside the challenge", and going strength is having the stamina to make it through life's toughest challenges. Every victory empowers your heart to shape your destiny.

Merry Christmas and Happy 2007!

Lindenberg Jr.

Em Português, dessa vez vou deixar de escrever minhas palavras, para deixar aqui as de uma amiga e escritora Pernambucana que vive desde muito tempo em NY - Val Beauchamp

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Não pelas vezes que chegaste, mas pelas vezes que tiveste coragem de partir.
Não pelos frutos que colheste, mas pelo terreno que preparaste e as sementes que lançaste.
Não pela quantidade dos que te amam, mas pela medida de teu coração.
Não pelas decepções que tiveste, mas pela esperança que infundiste.
Não pelos anos que fazes, mas por aquilo que fazes em teus anos.
Não pelas vezes que celebras teu aniversário,
mas pelas vezes que teu aniversário se tornou celebração de vida!

Feliz Natal e Próspero Ano de 2007,

Lindenberg Jr.

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Harmony and Good Energy at Your Home

Lindenberg Jr. / Translation: Angela Hasan

Your home it is your sacred place, so give it the proper treatment for your own benefit. Start by eliminating smells in the kitchen and in the bathroom, purifying the air in the bedrooms, putting flowers in the living room or using crystal at the entry door. Try to give your home harmony and beauty in a natural way.

Eliminating or softening that unpleasant smell...

In the kitchen:

- Put Indian clove, cinnamon or slices of orange or lemon peel in a pan with water. Simmer over a low temperature for one or two hours.
- Put slices of bread in the refrigerator to absorb unpleasant smells.
- Dissolve a little bit of baking soda in 2 cups of hot water, add lemon juice then put the mixture in a spray bottle and use as a room deodorizer.

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- Put vinegar in a bowl to eliminate the smell. Or even, coal in an opened recipient.

In the bathroom:

- Use some drops of your favorite oil in the internal part (cardboard) of roll of toilet paper. Every turn releases the oil fragrance in the bathroom.

Coloring and giving more happiness...

Fresh flowers add beauty, personality and even a little bit of romance to our daily life. They also make our day a happier one and bring a sensation of well being at night.

In the living room:

Put different colored flowers near the door.

In the bedroom:

On the bedside table, put flowers of soft fragrances as roses.

Attracting good energy...

Crystal light is an important item to "energize" a house. Use it at the entrance to your house or in the hallway to bedrooms and bathrooms.

The essences...

The essential oils are particularly interesting to use to harmonize any environment, mainly a home. But remember that smell is something very particular. What smells good to one person, might not smell go to another. So, when you choose a fragrance to give aroma to the environment, pay special attention to the property of the essence. Consider important factors such as other people's taste at your house and the size and ventilation of the room. If the essence is very strong, try diluting it with a little water.



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Harmonia e Bom Astral em Sua Casa

Lindenberg Jr.

Sua casa é seu lugar sagrado, portanto a trate bem para seu próprio benefício começando por eliminar odores na cozinha e no banheiro, purificando o ar dos quartos, colocando flores na sala, usando cristais na porta de entrada, enfim, tentando dar harmonia e beleza, e melhor ainda, de forma natural.

Para eliminar ou amenizar aquele cheirinho desagradável...

Na cozinha:

- Coloque cravos da Índia ou paus de canela em uma panela com água. Ou acrescente rodela de laranja ou casca de limão na água. Mantenha em fogo baixo por uma ou duas horas.
- Coloque fatias de pão para absorver cheiros indesejáveis da geladeira.
- Dissolva um pouco de bicarbonato de sódio em 2 xícaras de chá de água quente, e adicione suco de limão. Coloque em um borrifador e use como um desodorizador.
- Coloque vinagre em uma tigela para eliminar odores. Ou ainda, carvão em um recipiente aberto.

No Banheiro:

- Use algumas gotas de seu óleo essencial favorito na parte interna (papelão) do rolo de papel higiênico. Cada volta que dá, libera a fragrância no banheiro.

Para colorir e dar mais alegria...

As flores naturais adicionam beleza, personalidade e até mesmo um toque de romance a nossa vida diária. Também nos alegra o dia e nos traz uma sensação de bem estar à noite.

Na Sala:

Coloque perto da porta, flores de muitas cores ou lírios e margaridas.

No Quarto:

Coloque na mesinha do lado da cama, flores de suaves fragrâncias como as rosas.

Para atrair boas energias...

Os cristais claros são peças importantes na "energização" de uma casa, utilize-os em algum lugar na entrada da casa ou nos corredores de acesso aos quartos e banheiros.

As essências...

Os óleos essenciais são particularmente interessantes quando se trata de harmonizar um ambiente, especialmente em casa. Mas lembre-se que cheiro é algo muito particular. O que é bom para um, não é necessariamente para o outro. Portanto, na hora de escolher uma fragrância para aromatizar o ambiente, além de se basear na propriedade das essências, leve em consideração outros fatores importantes como o gosto das pessoas de sua casa, o tamanho e ventilação do cômodo, e se a essência for muito forte utilize-a diluindo com um pouco de água.

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Extraordinary Women's Voices from San Francisco (Part I)

Claudia Guedes



Brazilian music is popular wherever you go. Bossa Nova, Brazilian funk, samba, Brazilian pop rock songs, or ballads; it doesn't matter. The music is full of energy and warm feelings transmitted through chords, solos, and voices. In Brazil we can appreciate concerts by Marisa Monte, Gal Costa, Simone, Maria Bethania, and others. However, once outside of the tropical home country, we have to wait for events such as jazz festivals or other producers to bring our "divas" to sing for us. Lately I have been giving my attention especially to female voices because they are often hidden behind a band, yet at the same time, they can be the high point of the concert.

Historically, Brazilians or not, it can be seen that bands are formed by boys and men, who, playing guitar and screaming into microphones found a logical place to pursue a career. For generations, the stigma of being a singer marked women of incredible talent who often abandoned their passion for music to marry, have babies and spend the rest of their existence in stable lives. Music careers, like other professional artistic paths, were not often considered acceptable for women. Fortunately this has changed, and many women pursue music today as a popular career.

In San Francisco, I usually search for incredible musicians and remarkable voices to appreciate. I found out about many female bands, singers, guitar and drum kit players, and rock'n rollers; beautiful and talented women who sing with their heart and soul. Most of them are Americans and some are Brazilians. This article, first in a series called "**Female voices from San Francisco,**" is especially dedicated to two Brazilians: **Sarah Cabral** and **Dandha da Hora**, and two Americans, **Maria Stanford** and **Stephanie Teel**. All of them are gifted with and remarkable voices. Dandha da Hora came from Bahia to join the band called SambaDa (founded by Papiba Godinho); Sarah Cabral came from Londrina and sings with her band called Macabea; Maria Stanford came from Texas and has formed the bands Color Puddy and Black Betty; and Stephanie Teel is one of the rare San Franciscans, she is part of the band called The Fabulous Cruise Tones.

The music of **Sarah Cabral** is intimate, Brazilian Popular Music or MPB. Like her astrological sign, Aries, her voice is strong, remarkable and at the same time sweet. This small, blonde Brazilian girl fills the stage with her presence and brings to us a little of our native voice. Passionate for life, Sarah Cabral plays with words that match politics and love, beaches and arts. She lives in Berkeley and sometimes shows up in the City.

Dandha is a singer and dancer who came from the lineage of Ilê Aiyê (meaning the house of life in Yoruba). Ilê Aiyê is a musical group and a way of thinking and appreciating the black way of life in Bahia/Brazil. Vovô is its founder, director, and its inspiration. With Ilê Aiyê, Dandha learned how to sing, dance and to be a warrior for love and compassion. She arrived in the United States for the first time when she was 16 years old. She came for an Ilê Aiyê presentation in Santa Cruz. The group was brought by Renato Frota, at that time a producer of Brazilian cultural events. Today Renato is married to Dandha, and there is a union of life, interests, music, faith and love. Renato is a filmmaker while Dandha sings dances and teaches (to see the schedule please visit www.dandha.com).

Dandha (like Vovô for Ilê Aiyê) is also an inspiration for SambaDá – a musical band for which she is the lead vocals and dancer. SambaDá includes five other musicians: one Brazilian and four Americans: Papiba Godinho (lead vocals, guitar & percussion), Anne Stafford (saxophone, flute & percussion), Kevin Dorn (bass & percussion), Will Kahn (drums, percussion, and vocals), Gary Kehoe (drums, percussion, vocals) and Marcel Menard (percussion & vocals). In the band's bio we can find the following words: "SambaDá is AfroBrazLatinSambaFunk – a unique, creative fusion of powerful music flowing from the roots of Afro Brazilian Samba and incorporating elements of reggae, funk, salsa, jazz and hip hop.

Ocean Beach brings waves to **Stephanie Tell**, a surfer, a singer, a musician and extraordinary teacher. I had the honor to receive as a gift her first CD and I was touched by the lyrics,



music and voice. Stephanie is one of these figures who inspire you to understand music not only as an entertainment, but as language, as expression, as part of yourself. To listen to her CD or to her performance with the guitar is to listen to a speech of art. It is beautiful and reflects her personality. Her music identifies who she is.

Stephanie is the daughter of Mark Tell, a well known sax player in San Francisco. With him she learned the passion for music and started her career playing in private parties for celebrities in San Francisco. As a band leader and drummer with the Al Bellow Revue (with TV talk show host Jenny Jones) she was on the road for two solid, heavily booked years giving concerts in Las Vegas, Reno, Tahoe, New Mexico and part of Canada. Stephanie also gave solo concerts in Great Falls, Montana, New Orleans, San Francisco, at Oakland's Art and Soul Festival, and in Arizona. In 1980 she came back to San Francisco and formed a band under her name. In 1990 she was the lead guitar player for the Zasu Pitts Orchestra and she played with Linda Tillery at the Michigan Women's Music Festival. During 2002, Stephanie was on tour across northern Italy with Gwen Avery and the Blue Sistahs. Currently Stephanie plays with "The Fabulous Cruise Tones", teaches guitar, and surf. (Stephanie's next gig? Visit: www.stephanieteel.com)

In March 2006 I had the pleasure of being among the audience of a show given by **Maria Stanford and her Black Betty Band**



at the Half Moon Bay Brewing Co. I arrived before the show started and I saw how the stage was set for a small place and the care taken with the quality of the sound. When the show started I could not believe how tight the band was; I closed my eyes and heard each song as it sounded on my original albums. Maria Stanford as the lead vocal gives a unique and remarkable tone of professionalism. Before arriving in San Francisco, Maria played in many cover bands in Texas and she had previously toured with Big Brother & The Holding Company; with her talent she re-created the unforgettable style of Janis Joplin. Maria has produced and recorded two CD's, one solo that brings the strength of her talent as singer and songwriter, and the Color Puddy CD, with her first original band. Maria's voice comes from the heart, fills space and takes you to wherever your inspiration can achieve the highest point. Your sensitivity will be touched even though you are spaced out with the beauty of her tone of voice. Lately Maria can be seen with the Judea Eden Band around the Bay Area; another extraordinary female presence in voice and soul. To learn more about their gigs visit www.judeaeden.com.

To write about music is my hobby, to find something extraordinary is my passion. More is coming soon.



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In this issue, and starting in this page, you will find photos in 4 different themes that includes **"Brazil Eternal Discovery", "Brazilian Faces", "Carnaval in Rio"** and **"The Art of Staying Well"**. We also choose 4 friends to collaborate with us: photographers Ana Karla Soltesz, Marcia Brito, Jorge Vismara and Tharson Lopes.

Brazil Eternal Discovery

Brazil is, above all, a country with one of the most diversified cultures in the world! In reality, it is much more than a country - it's the discovery of a new world. Visit the north and meet the Amazon, where the green is unbelievably greener! Go to the northeast and you will better know Brazil's origins! In the mid-west you will find a stark contrast between the newborn and the timeless. In the southwest, Brazil begins to deeply show its urban face with well-known cities like Sao Paulo and Rio de Janeiro, and it also sports great "Escape Gateways" such as the

paradisiacal Ilha Grande in Angra dos Reis (south of Rio), and Buzios (north of Rio). The southwest also features historic and small charming cities, like Ouro Preto, Diamantina and Caxambu in the state of Minas Gerais. Spend some time at Caxambu you can bathe in the waters of the mineral springs, or maybe find the most beautiful precious and/or semi-precious stones in this old mining region. Going south you can ask yourself "I am really in Brazil?" - since it was colonized mainly by German, Italians and Polish immigrants, the facial features and the achievements of its inhabitants present a decidedly European atmosphere.

** In the opinion of photographer **Jorge Vismara**, "going around places in Brazil is a feast for the eyes, the soul and the ears. The Brazil that most not Brazilians (and even some Brazilians) don't know, it's magic, you can feel the power of mother nature at its best... strong, creative, intimidating at times, fresh, rich, colorful". You can find more about Jorge's work visiting www.jorgevismara.net - digitally captured emotions.*



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News & Notes from the Bay Area

By **Bruno Romani**

Going Up...

With around **15,000 Brazilians immigrants living in the Bay Area**, Brazilian culture little by little starts to come to the attention of mainstream society. One example of this movement is the Brazilian cuisine, which recently has been the object of the East Bay Express. In a review from October 18th, the critic John Birdsall found himself face to face with traditional Brazilian national dishes such as "feijoada" and the popular finger food "coxinha". Even though he found a little strange the home-made style of the food, Birdsall had nice comments about the flavors and the solid and fortifying aspects of the dishes. In other web-sites, which allows people to post reviews on restaurants, Brazilian places are always well rated, even if what is praised is the Carnaval atmosphere that more than two Brazilians bring everywhere they go.

New Mania...

Noisy and cheerful people standing on the sidewalk while live music goes frenetic on the background, is the new mania for Brazilian music lovers. This could be a Brazilian "boteco", a kind of bar which is in every corner of Brazil, but it is not. As it should be expected, the inside space is small and cozy, but it is far away from Brazil. This place stands right in downtown Berkeley and is called Café Brazil. Since Friday, November 10th, the spot hosts something which resembles a happy hour full of live Brazilian music, which includes songs by Jorge Ben, Alceu Valença, Sandra de Sá and many more MPB stars. For this project, the musicians Paulo Pessoto and Victor Bahia decided to join forces and the first concert had a considerable crowd of people, most of which were Brazilians. The happy hours fast brought attention of those passing by. The concerts, which are almost outdoors, will happen every Friday until December, starting again in February. The shows start at 5 pm and end around 8 pm."



Master Vaguinho and his wife Lidia /Senzala Rest.



Silence Please!

On the first weekend of November, **Marisa Monte played two sold-out concerts in San Francisco.** After 6 years away from the Bay Area, she was one of the attractions offered by the SF Jazz Festival. The curious, however, happened in the audience. While the Brazilians cheered

and sang along, some non-Brazilians, all properly seated at the Palace of Fine Arts, asked Monte's fellow countrymen for silence so that they "could better listen to the show".

Brazil on the Farm...

When Brazilians leave their country to California, the final destinations, usually, are the state's biggest cities, where the urban landscape is ubiquitous.

However, a small group of Brazilians changed that logic and coming to the Bay Area to work in a farm. They are students majoring in agronomy and biology who got here through a partnership between Unicamp (Brazil), UFSC (Brazil) and UC Berkeley, having the chance to work at UCB's experimental farm. Besides the common goal of exchanging knowledge, one of the main purposes of the project is "agroecology". At the farm, the students conduct research on planting with ecological foundations, and in the classroom they learn from Miguel Altieri - the biggest name around the globe in agroecology. The project also takes the students to other farms in the area, where they can see the differences between the American and the Brazilian crops. Juliana Salomé, 21, says, "even the small producer here is huge (for Brazilian standards), with methods for distribution and commercialization." However, she points out to the lack of social and environmental responsibility that even producers of organic food have in the US. Juliana is part of the project's last group. The consortium Brazil - US on agroecology expires at the end of the year, after four years bringing Brazilians and sending Americans to Brazil.

Restaurant and Show House...

The new restaurant **Senzala in Sunnyvale** from capoeira master Vaguinho and his wife Lidia is the new spot for live Brazilian music in the Silicone Valley. The large restaurant with nice layout, amazing decoration, comfortable dining room, alternative meeting room, dynamic lounge e quality food, now is become famous for its energetic and artists alternate Brazilian Nights. Great initiative "meus camarás..."

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Immigration Seminar promoted by the Brazilian Consulate SF

Lindenberg Jr.

No fim de semana de 4/5 de novembro aconteceu o Seminário Anual de Imigração em SF no City College dessa cidade. O evento foi promovido pelo Consulado Geral Brasileiro de SF com o apoio do City College e de parte da mídia Brasileira como a Soul Brasil magazine. Estivemos presentes e domingo logo após a finalização do evento, perguntamos a Thais Bell do consulado e coordenadora do evento sobre seu parecer em relação ao público: "O evento desse ano teve mais gente no sábado, o que já era esperado por nós, mas

houve muita gente que apareceu nos dois dias. Em relação à primeira edição do evento no ano passado, acho que esse ano o público participou mais, fazendo mais perguntas e demonstrando mais interesse". Thais, uma pessoa muito simpática e carismática, ainda mencionou que notou o público bastante interessado no tema "como fazer a organização comunitária na costa oeste" e salientou nesse caso da importância da presença do Fausto Rocha - fundador do Centro do Imigrante Brasileiro de Boston, e Eloísa Galvão - diretora do Grupo da Mulheres de Boston, que vieram falar de como a comunidade é organizada por lá. Também em relação ao interesse do público, ainda mencionou a palestra de Máxime Margolis - professora de antropologia da Universidade da Flórida que falou sobre as dificuldades encontradas pelo imigrante após o 11 de setembro, e da Bernadete Beserra - professora de antropologia da Universidade Federal do Ceará que falou sobre questões sociais. Por fim ela considerou de muito positivo o evento fez questão de frisar a empolgação das pessoas presentes ao seminário.

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Como Controlar Suas Finanças

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Estabeleça uma meta! Esta parece ser uma maneira estranha de começar, mas dará a você e ao seu cônjuge uma razão em comum para fazê-lo e trará uma motivação conjunta para continuar. Uma meta pode ser aquela viagem tão sonhada, bem como uma conta-poupança para situações inesperadas. Controle suas despesas. A próxima coisa que vocês precisam fazer é saber exatamente para onde o dinheiro está indo. Você se surpreenderá se controlar seus gastos por dois meses a fio. Quero que você controle cada dólar (ou real) gasto, especialmente as despesas pequenas. Chamarei-as de “devoradores de dinheiro”!

Controle o que você come – e onde. Comer fora tem tornado-se um hábito para muitas famílias. Estabelecer um limite de uma refeição por pagamento pode ajudar. Faça todas as suas refeições em casa, leve sua “quentinha” ou um lanche todos os dias, utilize cupons de desconto e veja o quanto você pode economizar em uma semana. Lembre-se sempre de ir às compras com uma lista, e nunca vá quando estiver com fome. Se tiver tempo, compre em diferentes mercados. Por exemplo, um determinado mercado pode ter uma boa qualidade e excelentes preços de verduras e frutas, mas não

para carnes. Enfim, seja um comprador inteligente aproveitando as promoções e utilizando diferentes fontes para diferentes produtos.

Pague suas contas pontualmente. Preste muita atenção às datas de vencimento para que você não gaste com multas por atraso ou tenha suas taxas de rentabilidade reduzidas. Por exemplo, um atraso no pagamento do seu cartão de crédito pode gerar uma multa de US \$35 (USA) e a perda de alguma taxa de juros promocional. Faça um plano de custos. Após checar todas as suas despesas, é hora de sentar com a família e sugerir um orçamento razoável para todos. Não é bom ter um orçamento que você não possa manter. Ao estabelecer metas você define seu orçamento. Você terá um poderoso fator motivador e condições de ter o que você quiser. Comece economizando no trabalho. Agora que você tem suas despesas sob controle e provavelmente reduziu de 10 a 20% suas despesas usuais, solicite que sua empresa deposite seu salário diretamente em sua conta-poupança. Solicite também que metade de qualquer aumento, bônus ou rendimento de imposto de renda sejam direcionados a um fundo de rendas, e a outra metade para a sua conta-corrente. Faça isto com mais da metade do que você ganha. Quando você começar a economizar, isto virará hábito.

Venda algo. Todo mundo tem algo que não quer ou não precisa. Vender “coisas de casa” pode gerar rendimentos extras. Faça uma garage sale (USA), convide amigos para uma festinha estilo “networking”, etc. Inclusive venda itens mais valiosos que você já não queira como jóias e até mesmo veículos. E claro, considere utilizar o eBay – o maior site de leilões do mundo com um tráfico que chega a atingir 2 milhões de pessoas, ou algum outro portal de vendas online. Deposite o dinheiro que você ganhar em uma conta-poupança. Tenha um segundo emprego. Dois empregos não é divertido, mas é uma forma de você alcançar sua meta. Cada estratégia aqui mencionada tem em vista aquela meta – aumentar os recursos e reduzir as despesas.

Boa sorte!

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As the saying in Brazil goes, "Sport is health." Practicing some activity helps you loose weight, keep fit and even gain muscle or maintain body/mind balance. It is proven to be the most effective way to drive away some illnesses, have more stamina and/or increase sexual desire. On other hand, there is a growing concern in the medical profession about participation in sports without medical guidance. Whether it is due to society's body worship trend or a craving for recreation, nowadays there are significantly more athletes involved in high impact physical activities, which could be a risk to their health.



Chinyere Minott-Vasile



Bruna Sakanoi

I Practice...

1) Aerobics, Taebo and Dance

*"I have always had a passion for the carnival and dance cultures of the Caribbean and South America - and being from the Caribbean myself, I grew up exposed to it. I wanted to learn and study as much as I can for than become a dance teacher. This year 2006 I completed 7 years teaching aerobic. I also practice Taebo since 10 years ago. I love anything that gets me soaking wet and the empowering feeling I get from it. **To be happy...** is to be living in truth, being true to yourself, with who you are and what you are doing with your life. Being connected to your God and always able to give vent to your spirit and set it free!"*

Chinyere Minott-Vasile is a dancer, natural from Jamaica, lives in Encino, CA

2) Yoga

*"My yoga journey began about five years ago when I enrolled in a Hatha Yoga class at El Camino Community College in Torrance, CA. My approach to yoga was highly influenced by my quest for balance and inner peace as well as my fascination with Eastern philosophy, rather than looking to be fit. Yoga has ever since been my passion. The practice has amazing results in all levels of my being; the physical, emotional, mental, and spiritual. It increases my balance, strength, stamina, and flexibility. Yoga heals, motivates, inspires and transforms my soul. It is not just a fitness program, but it's a precious way of life. **To me happiness...** is achieved when we find that connection with our essence, when we live from a place of compassion and unconditional love - a place of no expectations, non-judgment, understanding, gratitude, joy, acceptance, and trust."*

Bruna Sakanoi is a Brazilian Yogi living in Long Beach, CA

To see more photos and know more about Chyniere and Bruna as well others Fit & Happy people visit our site www.soulbrasil.com

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Percussionist Cabral is Back to Brazil / "Mestre" Cabral, uma conhecida personalidade do cenário musical Brasileiro em Los Angeles partiu no último mês de novembro junto com sua esposa Mônica de volta para a cidade que o viu nascer, Rio de Janeiro. Cabral, que foi jogador de futebol profissional e jogou em equipes de Centro-América antes de vir para Los Angeles - onde viveu por mais de 18 anos, fez parte da outrora banda Constelação, ajudou outro ex-jogador -Luisinho, a fundar a M.I.L.A Samba School (Mocidade Independente de L.A), e tocou em diversas bandas durante sua longa passagem por L.A. Boa Sorte na sua nova jornada meu camará!!!



Batmakumba Band Leader Moved to Spain / Emiliano Benevides, conhecido percussionista da Banda Batmakumba de San Francisco se mudou no mês de novembro para a Espanha, onde vai desenvolver um novo projeto multicultural e artístico nos próximos anos. Emiliano nos falou que não abandonará de vez a banda que ajudou a fundar, Batmakumba, e que estará conectado com seus colegas para uma futura turnê da Banda por terras espanholas. Siga em frente mano divulgando nossa música pelo velho continente, e sucesso!!!



Foto da esquerda p/ direita: Fabianne, Claudia Guedes, Bruno Romani, Angela Hassan, Ana Ligia, Ana Karla Soltesz

SB got new collaborators for 2007 - Nosso time de colaboradores ganhou novos reforços. **Angela Hassan, Bruno Romani, Cláudia Guedes e Fabienne** se juntam à **Leandro Junqueira** no nosso time de SF. **Tradução, redação e fotografia** serão alguns dos tópicos dos nossos novos colaboradores.

Em 2007, Fabianne que é astróloga, estará fazendo sua estréia com dicas e prognósticos na revista impressa e em

nosso site. Já em L.A, se soma ao atual grupo a polivalente **Ana Ligia** e a carismática **Ana Karla**. Ana Ligia, que a partir de 2007 estará assinando uma coluna de entretenimento, foi modelo, é cantora e dançarina, e atualmente esta envolvida em um projeto televisivo como apresentadora. Ana Karla, que é fotografa, começou a colaborar a partir de nossa edição Out/Nov e atenderá a algumas solicitações especiais do nosso editor

Titãs Para Quem Precisa...



Review: Bruno Romani

Com 25 anos de estrada nas costas, os Titãs voaram longe e acabaram em Los Angeles e San Francisco nos últimos dias 6 e 7 de novembro. Os shows foram no Avalon em Hollywood e no Mezzanine em SF e contou com uma platéia carente de Brasil. Quando se mora tão longe de casa, qualquer coisa que lembre a terra onde canta o sabiá é suficiente para causar uma fagulha de felicidade. É por essa via que acontece o processo de transformação de roqueiros que passam a admirar samba e fãs de samba que passam a ouvir rock, brasileiro é claro. Em SF particularmente, onde presenciei o show, o evento por si só era um mosaico humano, tal qual o Brasil. Uma colagem de histórias pessoais; gente com emprego em multinacional a entregador de pizza, pessoas na mais tenra idade a gente que já era grande quando os Titãs começaram. Todos se congregaram em torno da saudade...a banda paulistana entrou com o jogo já ganho e para arruiná-lo só uma dessas catástrofes do tamanho do "Big One." Começaram logo com "AA UU," "Domingo" e "Flores" para não dar chance para o azar...

Review completo/mais fotos na nossa página de eventos do site www.soulbrasil.com



Author, Talk Show Host **Bianca Rossini's book signing** for her latest critically acclaimed poetry book *A Brazilian Heart* was a great success. The events took place at the Oasis Bar & Lounge and Picanha Churrascaria in Palm Springs. It was produced by Palm Springs resident, Brazilian born, Dominique Wulfekuhle.

Last Nov. 12, Soul Brasil has team up with **O.N.E Coconut Water**, **Golly Guaraná** and **Cachaça Boca Loca** for a networking party for SB collaborators, advertisers and artists at the beautiful home of Suheila and Andrew from Earthways Foundation. The event was during the afternoon where was served a delicious moqueca of fish and a spinach pasta, plus caipirinha and soft drinks. The quality music from three talented musicians - Marcelle, Ricardo Radik and Gustavo Teixeira, the beautiful sky blue and later the amazing sunset had complemented the "10" for the wonderful moments among nice people.



Photos: Ana Soltez

Planning Ahead

The 4th Annual Santa Barbara Brazilian Carnival

Coming Up Feb. 17, 2007 bringing to the California Riviera the Brazilian culture, history, tradition, food, color, and dynamic rhythms with non-stop entertainment to its new home to be announced soon.

Brazilian Carnival celebration has expanded for many cities around the globe and not only in Brazil. Cities as London, Paris, New York and Miami, as well here in CA in **Los Angeles/Long Beach, San Francisco, San Diego** and more recently since 2004, **Santa Barbara**, has joined this tradition that involve not only music and dance, but various living expressions of cultural identity and full spectrum of cultural diversity. Expect a Full Music and Dance Ensemble with more than 20 performers for the 2007 Santa Barbara Brazilian Carnival. Stay tuned for California Brazilian Carnival with updated info visiting our site:

www.soulbrasil.com or the official carnival site: www.sbbraziliancarnaval.com



Brazilian Faces

Lindenberg Jr. English Edition: Ann Fain

Brazil was discovered by the Portuguese at the beginning of the 16th century. When they arrived they found the native Indians. From the word "blend" we got the term Caboclo. One hundred years later, African slaves started to arrive and began to blend with the whites, thus creating mulatos, and with Indians creating *Cafuzos*. With the abolition of slavery at the end of 19th century, boats full of Europeans started to arrive. The Italians worked in the coffee farms in São Paulo and the Germans and Polish worked to develop the states of southern Brazil. At the beginning of 20th century entire families from the Asia, primarily Japanese, along with Koreans and Lebanese began to arrive in huge numbers trying to create a better life and to start a new journey. Today, more than half of the population of the largest city in Brazil, São Paulo, claims Italian heritage. The largest Japanese community outside Japan is in Brazil, as with the Lebanese outside of Lebanon. Today all are Brazilians, not Afro-Brazilian, Asian-Brazilians, Indian-Brazilians, etc., just simply "Brazilians." What is equally magical with them is their casual cordiality, their "ginga" (their typical loose-jointed deftness) and their big-heartedness.

Photos: Ana Soltesz, Jorge Vismara, Lindenberg Jr. and Tharson Lopes



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Tharson Lopes is a photographer since 1998, born in Belo Horizonte, Brazil, he has worked for Folha Popular News in Palmas-TO.
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The Art of Staying Well

Vicke Quinlyn

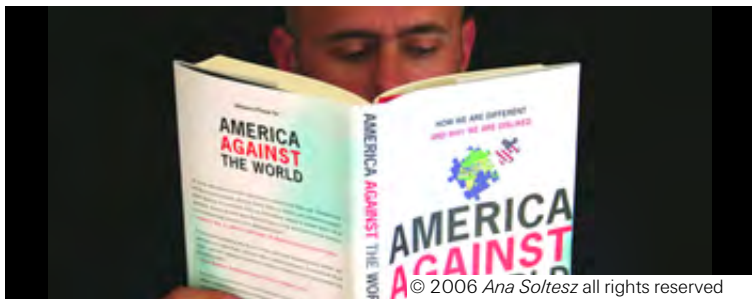
It's important to remember how to stay well, and the things we can do for ourselves in order to stay healthy. Taking care of our mind, body and spirit can be challenging in the hectic fast paced society we live in today. Soul Brasil since the first edition back in 2002 (and always!) has given a mandatory "spot" for the theme, and in this photography project have select some images to cover it. Spending time outdoors, being in nature, around water, animals and trees help us to breath deeply and connect with our planet and other creatures, which can sooth our mind, slow our bodies down, and bring a sense of well

being to our soul. Keeping moving and make any kind of physical activity like walking or bicycle, yoga or Tai Chi is much important. Movement is essential for management stress. The use of herbs and massage can quickly help you to revive after a tiring, difficult day. Eat well, with consciousness, and include a lot of vegetables and fruits is not only important, but should be a priority. Sleeping well, because this is when our bodies and minds rest and repair themselves, making it possible for us to faces life's challenges. Be among friends and family and dedicate some time for them. Laughter!!! Oohhh yehhh... it is the best medicine. As numerous studies have proved, it decreased cortisol, increases endorphins and helps put life in perspective.

Photos: Lindenberg Jr and Ana K. Soltesz



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Carnival in Rio...

Lindenberg Jr

There are 5 days that Rio de Janeiro is the happiest. One day is the "Reveilon" night or the New Year evening celebrations, and the other four is during Carnival in February (sometimes in March). The largest thematic party in the world is made up of cariocas (from Rio) and many folks over the world. Carnival in Salvador, Olinda/Recife and Rio are the three most important Brazilian Party with "full flavor" rhythm, harmonic and energetic heartbeats. But **Carnival in Rio is the home for the traditional and international biggest "SAMBA" party.**

** The essence of Brazilian culture rises through Marcia Brito's photography. Born and raised in Rio de Janeiro and now living in Venice, California, Brito is inspired by the vastness of human culture. Her photographs capture unique moments and expressions with unconventional and playful cropping, unifying the mixture, diversity, and the joy of the Brazilian people. Marcia Brito's photographs are timeless; they celebrate life and emphasize beauty, happiness and culture. www.britoimagery.com*

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Important US Census Bureau Highlights

America claimed 100 million people in 1915 but didn't reach 200 million until 1967. The U.S Census Bureau estimates that very soon the nation become 300 millions, and 400 millions likely to arrive in the year 2043. Since 1967, the American population has undergone several demographic changes as the moves out of the Northeast and Midwest into the West and the South, and the fast growth of American suburbs (between 1970 and 2000, the percentage of the total population living in suburbs grew from 38 percent to 50 percent). Despite the larger population, however, there are fewer large households in the United States. In 1970, less than 18 percent of households consisted of just one person. Over the next 30 years, one-person households increased to nearly 26 percent of the total population. The change is fueled by both young and old; young people may delay getting married and choose to live on their own, while older people who are divorced or widowed also live alone rather than remarry. Meanwhile, married-couple households have dropped from nearly 75 percent in 1967 to 50 percent today. And non family households have increased from 17 percent to 33 percent. Other points noted by the Census Bureau include more women in the workforce and better-educated Americans. About Immigration...according to the Census Bureau, there were **9.7 million foreign-born people in the country in 1967. By 2004, that number had mushroomed to 34.3 million or 12 percent of the total population.** It is certainly contributing to the increasing racial and ethnic diversity of the U.S. population. The Population Reference Bureau noted in its report that traditional "gateway" states such as New Jersey, NY, California, Florida and Texas have long been a "first stop" for immigrants. By now, a consider number of immigrants go directly to relatives in destinations such as North Carolina, Nevada and Georgia. Although the majority of immigrants continues been Mexican is good to mention the **over 1 million of Brazilians** in the US territory and over two hundred thousand in NY/New Jersey area.

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Real Estate Reality 2006/2007

Just in case you haven't been paying attention, most cities are now in a "buyer's market" for home sales.

That means there are more houses and condos listed for sale than there are qualified home buyers actively in the market. Nationally, home sales volume is down about 10 percent compared to 2005. The best way to tell if your area is in a buyer's or seller's market is to check the average number of days homes are on the market before selling. When this number rises above 60 days, it's definitely a buyer's market. That means it's a great time to be a buyer, but not such a great time to be a home seller. Another method is to look at the number of months' supply of homes for sale at the current sales pace. Just divide the number of local homes sold during the last 30 days into the number of homes listed for sale. If the result is more than a six-month supply of homes, the oversupply of listed homes shows it's a buyer's market. Fall is usually the second-best season to sell a home (spring is the best because that is when the largest number of prospective home buyers are in the market). But 2006 is proving to be unusual. The number of homes listed for sale in most cities is at or near an all-time record high. The result is prospective buyers know they can negotiate hard over price and terms. For investors, It's far too late to play the buy-and-flip game. But there still good opportunities out there for those with a patience to buy and hold. The best bet is Panama City in Florida, following by Santo Antonio, TX, Vero Beach still in Florida, Bridgeport, CT, Lakeland, FL, McAllen, TX, San Luis Obispo here in CA, Wilmington, NC, and Manchester, NH. Where not to buy as the medium home prices are expected to drop the most in the coming year is Stockton, following by Merced, Bakersfield, Sacramento, Vallejo/Fairfield and Fresno here in CA, and Reno and Las Vegas in Nevada, Washington DC and Tucson, AZ. From the top cities that traditionally outperform the rest of Real Estate America Market Scale, San Francisco is the number 1 with Los Angeles coming behind with the second place thanks to their vibrant business climate.

** Source - Inman News and Business 2.0*

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Six Habits of Happily Married Couples

Diana Taylor and Ione Gaberz

Romantic relationships are very important in our lives; here are some suggestions for building a good relationship:

1. Give each other pleasure

Happily married couples are committed to the goal of giving each other pleasure instead of pain and suffering. In order to accomplish this goal, be always conscious of your actions and ask yourself if what you are thinking about saying or doing will cause pain or pleasure to your spouse. Make a list of all the things your spouse does to cause you pleasure and one with all the things that cause you pain and swap lists so now you know for sure what to do and what not!

2. Create mutually satisfying love and friendship rituals

Rituals are habits that build and strengthen relationships. How are your rituals? Here we have some ritual suggestions: send an email saying something positive, call daily (especially important for husbands to do!), in anniversaries plan something special together that both enjoy, rather than running out at the last minute to get some flowers, say two compliments to each other every night, have candle light dinners frequently, and do not forget to go out to date once a week.

3. Create a sense of safety to discuss problems honestly and openly

Abusive relationships are ones in which you are afraid to express feelings and opinions. Happily married couples create a sense of safety that allows each person to feel comfortable expressing his/her feelings. Instead of accusing or blaming, say "I feelwhen this happens". The sense of security is fundamental for the couple to discuss and negotiate their dissatisfactions in the relationship.

4. Use good communication skills to resolve issues

Good communication is when both feel they have been fully heard before they try to find the solution for the problem. The person whose turn it is to talk holds an object that symbolizes it is her turn. The person who is listening can only speak to repeat back or paraphrase what the other one said. This kind of communication ensures that each person will be able to say everything she/he needs to say without interruptions, attacks or criticism. Only after each person has been fully heard do you proceed to the problem solving phase.

* Esse artigo na versão português estará disponível em nosso site www.soulbrasil.com na seção "arte de viver" a partir de 15 de dezembro, 2006.



5. Try to be in contact with each other as much as possible

Happy couples try to find ways and opportunities to be close to each other physically and emotionally. Try to be in contact as much as possible means making each other number one priority. When you pass each other, kiss or whisper something sweet in each others ears! Take a walk together, go have a coffee, take a new class or listen to music together. Being in contact with each other and making each other be a priority in your lives helps the development of intimacy in the relationship and makes each person feel important.

6. Have a shared meaning in your lives

Human beings need meaning in their lives as much as they need water. Happily married couples enrich their relationship by sharing meaningful experiences with each other, sharing a common philosophy and purpose in life. When couples share truly meaningful experiences they bond on a deeper level.

These six habits when practiced consistently and with intention will form the backbone of a deeply fulfilling marriage (* The Jewish Journal Aug/2006, Heller, D.MFT). If you are single look for a relationship where there is good communication, shared values, a satisfactory physical relationship and good quality in your daily emotional life.

Diana Taylor Ph.D. and Ione Gaberz M.A. are Brazilian and works as psychotherapists in Los Angeles. They can be reached by phone calling (310)475-5875 or (310)990-3559.

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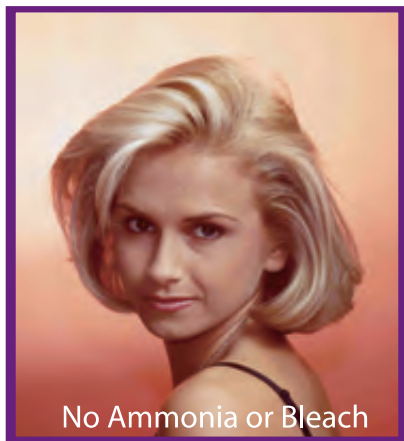
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“Pequeno” Guia Para “Grandes” Compras

Dezembro é caracterizado como o mês do Natal, do fim do ano e das compras, um mês de muitas festa e despedidas, e que os maridos e pais pedem as esposas e filhos que “maneirem” nos gastos. Abaixo seguem algumas idéias de compras e serviços, seja a nível Brasileiro ou de contexto mais geral.

Bons jogos ajudam a entreter e educar as crianças, enquanto pode aliviar um pouco o stress do dia a dia dos adultos e reunir toda uma família. É impossível não rir enquanto estiver jogando “Quelf”. Os jogadores pegam cartas de 5 categorias e segui o que as cartas dizem para fazer. **Wiggity Bang Games**, média de preço \$35,00. **Game of Knowledge** é um jogo que testa suas habilidades de pensamento e conhecimento em seis categorias - Natureza, Esportes, Mídia, Fama, Ciência e Nosso Mundo. University Games, média de preço \$25,00.



Se quiser comprar um livro de bolso de Feng Shui ou Numerologia, um artigo decorativo para mudar um pouco a casa, uma bijuteria fina transada, uma bolsa ou cinto

diferente, e muitas opções de roupa e acessórios, com certeza você pode encontrar algo interessante e com preços bem acessíveis na **Boutique Tô a Toa** da proprietária Brasileira Hilda. 10826 Venice Blvd. # 108 B, Culver City (310)836-1185

Se você gosta de andar por “factory stores” e “outlet centers”, economize tempo localizando por nome de grifes ou loja, localização ou categoria do produto fazendo uma busca on-line através do site www.outletbound.com.

Na área de Los Angeles ou on-line, se quiser comprar qualquer instrumento de percussão e inclusive Brasileiro direto de um dos maiores fabricantes dos EUA, não deixem de visitar o galpão/showroom do **REMO Drums** em North Hollywood ou on-line www.remo.com



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lentes preços, biquínis transados e ao estilo sensual brasileiro, lindos vestidos e bolsas, sandálias havaianas e outras coisinhas mais que garantimos vão prender sua atenção. Cheque também www.fmmosci.com.

A poucas quadras dali e no sentido leste da Melrose Ave. você encontra uma boa opção para óculos de design moderno ou de clássicos com estilo a preços moderados e acessíveis ao bolso na primeira loja Internacional da franchise Brasileira “**Chilli Beans**”.

Na **Você Jeans**, claro você vai encontrar todo tipo de jeans Brasileiros e ao estilo “anatômico” das Brasileiras. Também produtos do **Boticário** e a simpatia de Cecília, proprietária Argentina com coração Brasileiro. www.vocejeans.com. Uma variedade de produtos do Boticário e também Natura podem ser encontrados também no **Brazilian Touch**, 10826 Venice Blvd. # 102 em Culver City.

Já que estamos em fase de um ano velho e na esperança de um ano novo de bons fluídos, nada melhor que momentos de reflexão. Medite, reze, tenha fé, pense positivo.



E porque não uma ajuda dos astros. Para interpretar bem tudo o que a **Astrologia** pode nos oferecer, é preciso talento e sabedoria. E conhecer a cultura de um país e de seu povo é fundamental, tanto para um Mapa Natal eficiente, quanto para qualquer tipo de previsão

astrológica. Faça uma consulta com uma brasileira como você, porque os astros podem dizer muita coisa sobre sua vida pessoal, sentimental e profissional. E é melhor ainda quando falam em português. Peça a ajuda da **Astro-Brasil** através da Astróloga Fabienne Lopez. Com muito profissionalismo, ela atende via fone (415)48-1932 ou email Fabienne@astro-brasil.com.

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Money Moves & Consumer Rights

Here you have carefully compiled and edited a very useful information that can help you save your dollar, make some extra money, protecting yourself against abuses, and alert you for consumer rights.

Many retailers charge a fee if you purchase an item and then return it. You pay an average of 15% of the cost of the original item. As a self-defense, ask about restocking fee. For instance, you may not have to pay if you return the merchandise unopened within 14 days. **Take action and Get a Refund** from your long-distance phone company provider. Long-Distance phone users are entitled to refunds of money paid in the last three years under a tax on toll calls that is being phased out. In short words, anyone who has paid for long-distance or cellular phone service in the last three years is entitled for this refund. Fill up a refund claim when you file your 2006 federal income tax return. If you have spent good money in long-distance, the refund amount may be well worth documenting. Ask your tax preparer for help. **Credit Cards companies try to trick you into paying late**, such as cutting the grace period (from the time of the charge to when payment is due) from 31 days as little as 20 days (the amount range from \$15 up to \$39). Make sure you have been notified about any changes to grace periods at least 15 days before the changes take place. Federal law requires that you receive your bill at least 14 days before the due date. If it doesn't arrive on time, complaint to the bank's regulator – FDIC for banks (877)275-3342 or Office of Thrift Supervision calling (800)842-6929 for savings and loans.

For check the best gasoline prices in your area, visit www.gaspricewatch.com or www.gasbuddy.com. Also save money don't shopping at gas stations convenient stores as usually most inventory is vastly overpriced with exception of cigarettes and coffee.

For a fuel-cost calculator you can visit www.fuelcostcalculator.com and enter the make, model and year of your vehicle to find out approximate cost of gasoline

for travel between two cities. Of course, fuel prices are updated daily.

For a directory of organizations with toll-free information services on Alzheimer's disease, diabetes and others health related topics visit www.healthhotlines.nim.nih.gov.

Wireless companies advertise a low base price without mentioning that your bill will be inflated by government mandated charges, such as the Federal E911 fee (\$1 to \$3 per month) and the Number Portability Service Charge (\$1 to \$3). Some companies even tack a Regulatory Cost Recovery fee on bills to high-speed Internet customers (about \$3). This fees sounds as if it is required by law. Not true. It is just a way for companies to increase their revenues. A helpful website is www.saveonphone.com/wireless.html. You enter your zip code and click on "Rate Plan Finder" to compare wireless plans.

For Free wireless internet (Wi-Fi) hot spots go to www.jiwire.com or www.anchorfree.com.

Gethuman website is good to avoid getting stuck in telephone and voicemail. To see whether the company you want to contact has a secret phone number or code that links you to real people – and, perhaps, a better response. Check www.gethuman.com.

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For free college-funding info and dozens of tools for calculating college costs, loan payments, etc, check www.finaid.org. Lastly, a great tool for your communication is to start a free account at www.springdoo.com and **get free video and free voice e-mail**. You can send up to three min of video or up to 10 min of audio to anyone without clogged the recipient's in-boxes with attachments as the site sends an email with a link to your message.



Doing Business in Brazil: An Introduction

Robert Eugene DiPaolo

"So, what's it like to do business in Brazil?" As U.S. lawyer who has represented various clients that have established businesses, bought companies and made investments in Brazil, I am frequently asked this question. My response is always the same. "Doing business in Brazil can be complicated, confusing, time consuming and at times down right frustrating. **In fact, the World Bank ranks Brazil as 121th out of the 175 countries it has surveyed in terms of the ease of starting a business, and 115th in terms of doing business.** This said, depending on the opportunity, and there are many, doing business in Brazil can be quite rewarding. It certainly is an adventure.

There are many reasons why doing business in Brazil can be difficult. The primary reason is the heavy burden of business regulations and the accompanying bureaucratic hurdles which are spread out among various governmental agencies. Jumping through the various bureaucratic hoops required to start a new business in Brazil can at times be down right kafkaessk. But, before we cut to the chase about such matters, take note that cutting to the chase with Brazilians can kill your business deal before it even begins. Unlike Americans, Brazilians generally don't like to jump right into things or to get straight to the point. In fact, getting straight to the point is in my experience quite un-Brazilian. Instead, Brazilians tend to want to get to know you, and for you to get to know them, before they do business with you. In Brazil, doing business is essentially another form of social interaction. Thus, doing business in Brazil can take a bit more social finessing than it does in other countries. So, if you are like me, an impatient attorney who cut his teeth in the demanding culture of New York City where everything needed to be done yesterday, you'll need to brush up on your "small-talk", "chit-chat" and other social skills before you begin your Brazilian business adventure.

* To read the complete article log on www.soulbrasil.com and click in Behavior & Culture at the menu.

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