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magazine

Jan 15/Feb 2009 | Year 6 | ISSUE 40

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**SOUL BRASIL**  
magazine

## Editor's Note Carta do Editor

We are again in a new year and from the Soul Brasil family we wish that you dreaming coming true in 2009! Dreaming about making a change in your life is nice, but unless you actually do it, you are just wasting time and fooling yourself. Imagining how things could be different is a fun way to stay flexible and open-minded, but if all you do is, think about change all day long you are never going to make any. Action is required to bring dreams to life, so it is time to roll up your sleeves and get to work. People can help if you let them in on your plans.

The year 2008 was a rough in many ways, but hard work pays off. The new beginning has already in-

spired many important changes across the world and right here at the magazine. We are taking steps to bring our family closer together as we improve our services to our readership and partners. **Stay tuned** for more art culinary, alternative health, Brazil tip, Brazilian beauty, culture, education, ecology, sports, smart connections and fun additions **in the future printing issues of Soul Brasil**, besides a **NEW SoulBrasil.Com** featuring a new interactive web platform, starting in the last week of February. Not forget to be our friend at Facebook and Myspace and thank you for continuing to be an important part of our family.

Lindenberg Jr.



### Letters/Emails

Todos vocês estão de parabéns! Depois de 6 anos nos EUA, encontrei uma revista comunitária com cheiro mais abrangente. Mais feliz ainda por tratar-se de iniciativa de conterrâneos Pernambucanos. Ô terrinha que já fala pro mundo, essa tal de Pernambuco oxente!

Jorge H. Ferraz Modesto - CA

It was with much pleasure to see the interview and cover with Mestre Acordeon in the last issue of Soul Brasil. The recognition by the city of Berkeley in California for the 30 years of Capoeira work and Brazilian cultural dissemination was more than in time. The art of Capoeira have been representing Brazil very well around the globe and I hope continue showing it values.

Carlos de Moraes Neto - CA

### ERRATA:

In our Nov/Dec issue we have forgot to mention about WILL AUSTIN photos contribution. Will have collaborated in the SB39 with the beautiful photos of Laura Costa/Fit & Happy article. To know more about Will Austin work, please visit [www.willaustin.com](http://www.willaustin.com) or [www.luminanceflux.com](http://www.luminanceflux.com)

Also in our previous issue, we would like to mention the photos contribution by Victor Gutierrez in all the photos from the Carnaval Parade by Sambala in Long Beach. Victor is a loyalty contributor of Soul Brasil and it is really appreciate. Thanks for all the hard work and your time Victor!

### SOUL BRASIL IS ON MISSION TO BUILD RELATIONS AND NETWORKING WITH BRAZILIANS LOVERS AND THE CONSCIOUS LIVING COMMUNITY

- If you have or know of a location where our magazine will be welcomed and can be displayed for the public, please let us know.
- Use your purchase power with our advertisers. They support us and you will help us supporting them.
  - We encourage you to send us your comments
  - Would you like to collaborate with us in some way? Send us a few words...
  - To contact us, email to [info@soulbrasil.com](mailto:info@soulbrasil.com) or write to P.O Box 2488, Toluca Lake, CA 91610

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### OUR COVER

**Model:** Elizabeth Inacio. **Photo:** James Jativa. **Make-Up:** Despina Scandalis. **Hair by** Herve Onosian. (\*Christopher Salon in Beverly Hills)

### Soul Brasil Team

**Editor:** Lindenberg Jr. **Copy Editor:** Ann Fain and Jennifer Parker. **Writers:** Alberico Manoel, Bianca Rossini, Julia Melim, Luciana Alencar, Conceicao Trucom and Lindenberg Jr. **Issue Contributing Writer:** Claudia Lyra. **Translators:** Cristiane Magalhaes, Leandro Saueia, Julia Melim and Christine D'Stefano. **Photos:** Victor Gutierrez, Lindenberg Jr. and Istockphotos. **Art & Design:** Rita Santos. **Support Art & Design:** Marcelo Jardim. **Webmaster:** Alexandre Loyola. **Support Webmaster:** Ana Massette. **Administrative Officer:** Magali D'Souza. **Support Administrative Officer:** Claudia Medeiros. **Special Thanks:** Our Advertisers and Readers

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# Soul Brasil Universe

**"Refresh Restore and Resolve..." Soul Brasil online will have a new look and a new web platform starting in February 2009.**

We are taking steps to bring our family closer and the Soul Brasil online will be interactive, and more participative. Our readers will be able to comment our articles and will be able to post their events automatically as example. Our partners and advertisers will have a special spot to listing for their FREE services and a new research tool will be implemented. All this and more, starting before the end of February 2009. **Stay tuned!**

Also

### Soul Brasil and You

Let us know what is on your mind, respond to an article, or give us info on upcoming events. Send letters or press releases to [editor@soulbrasil.com](mailto:editor@soulbrasil.com) or mail to P.O. Box 2488, Toluca Lake, CA, 91610.

### We Are Looking for Contributed Partners

We are always looking for new contributors in many ways as writers, photographer and artists as well distributors and promoters especially in the Bay Area.

### Support Us

We offer some services as printing and distribution, products such our T-Shirt with a positive message on the back, or other services and products through other official partners in the family as kisuccess publishing and Magali Travel Services. In addition, if you support our advertisers and their services, you will be helping us as they will appreciate this connection and will keep doing business with Soul Brasil.

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# Cultural Beat

By Claudia Lyra

*"Once again we take the 'liberty' to tell of our land, with her permission"*  
(Rolando Boldrin)



Photo by Victor Gutierrez

During the time of carnaval, everyone talks about samba and axé music, but in this article we'll remember some other long forgotten or, at least, not very well exposed rhythms that show a colorful Brazil. They are **Maracatu, Côco, Bumba Meu Boi, Tambor de Crioula, Ciranda, Cacuriá, Jongo** and other traditions that were created during a time when 3 worlds were mixed resulting in the Brazilian nation.

Three unique races marked a land when the Portuguese arrived in Brazilian territory during the 1500's: the indigenous, the Africans and the Europeans. The first people to re-

side the land of Pau Brasil (type of wood very explored by foreigners) were the indigenous, and their music is represented by what is called **"Brasil Folclórico"**. For the native Indians, the interaction with nature was the meaning of life, and with this interaction, there are folk tales and songs that have kept the oral traditions alive.

Also, the African drums, with its people's strength, history, rhythms and songs, echoed from inside of the fields, represent **"Brasil Escravo"**. They also echoed the pain of slavery, which spread through the Brazilian territory during this time in history. Finally, the immi-

grants from Europe, or exploiters, made use of the slaves and native people in order to trade sugar cane and other natural riches. As a consequence of the invasion, the third "race" (ethnicity) was being mixed by the European habits, which had a meaningful influence on the development of what is today, Brazilian Culture. The rhythms and traditions cited above – such as Cacuriá, Côco and Maracatu, plus the mix of the people of the 3 ethnicity, are responsible for the base of the magical Brazilian music.

**"Magical" because it is always welcomed and admired by many nations in the world and fascinates those who hear it, dance to it, appreciate and understand its origin.**

The creation of samba, according to the community of Jongo da Serrinha - involved with the Jongo tradition in Rio de Janeiro, happened in the beginning of the 20th century when Jongo was the most played rhythm in the "favelas" (specifically Portuguese word for a shanty town) and even before samba became famous or well known. The former "sambistas" (samba musicians) played Jongo in their houses and visited one another as a gathering to practice the traditions of Jongo.



Photo by Victor Gutierrez

# SANTA BARBARA

## 6<sup>th</sup> Annual Brazilian CARNIVAL

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**Friday Feb 20th, 7:30pm at Faulkner Gallery/Santa Barbara Central Library, on Anapamu St. in Downtown SB, the film screening of "Miracle of Candeal".** An award-winning film that transcends national interest, Fernando Trueba's "The Miracle of Candeal" is a celebration of the power of music as an agent of social change. Featuring worldwide recognized Brazilian percussionist Carlinhos Brown – Donation \$5 at the door.

**Sat. Feb 21st, 11:30am at the Murphy Field near the SB Zoo** local Brazil X local Mexico. A soccer celebration between two "friends" countries and having former Brazilian professional soccer players as guests. If you would like participate and be involved, please email us at [party-brazil@hotmail.com](mailto:party-brazil@hotmail.com). Free to play and be involved!

**Sat Night at 9:30pm at Stateside Restaurant & Lounge, Carnival Bowl** featuring Capoeira Batuque SB, L.A Samba School, The Red Hot Rio Samba Girls and special appearance of Casa do Samba Queen of Drums - Diane, plus Bahian percussionist Lula Almeida and singer Flavia de Mello as special guests – Cover \$12 at the door or \$10 in advance by C.C – Call (818)468-6474

**Sun at 11am at Ginga Multicultural Center, "Dance-Capoeira" workshop** with choreographer, dancer and capoeirista Gracy Ferreguetti. This 2:15m energetic and fun workshop with live drummers is a great opportunity to take a "Trip to Brazil" and learning regional, folkloric and traditional Brazilian dance.

**Sun at 1:30pm at Red's Café and Parking Lot, Family Afternoon Carnival** featuring Capoeira Sul da Bahia, Samba de Roda with different guests' sambistas, Casa do Samba Batucada, Brazilian Food Booth, Giveaways, Face Painting and Fun Activities for Kids. All ages event! Beer, wine and Brazilian drinks available inside the Reds Cafe. Donation \$6 at the door.



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Generally, the verses in the “partido-alto” and “samba de terreiro” (styles of samba), are improvised by the singer. This style started with Jongo. The “**umbigada**” (gesture done by the Jongo dancers while they are dancing), which is called “semba” in the African language of quimbanda, which is the origin of the name SAMBA. The “**mpuvita**”, is a Congo-Angolan instrument present in the Jongo tradition as well as the African “grandmother” of the **cuícas**, a distinguished instrument played in Rio samba parades and a very important instrument for the traditional samba.

Because of its festive characteristics and mystic aspects (regarding the religion involved in it), Jongo was restricted to be practiced within families and close friends. As a result, it didn't become popular. Also, Jongo was a tradition kept by the elderly, eventually prohibited for the young people, leading it to its extinction.

Like Jongo, other traditions slowly disappeared also due to the mystic aspect involved in them. However, the cultural richness of these traditions has been recognized by musicians – giving credits especially to **Chico Science** with the “**mangue beat**” movement – historians, dancers, art teachers and even curious people.

In order to actively bring this “scenario” back, research has been done and it's been found that the traditions are usually practiced in circle called “**roda**”, making possible the interaction between dancers, drummers and everyone around. Every rhythm carries within it a respectable story to be represented. Its exuberance can vary between a simple but essential sound of a shaker called “**maracas**” in “**Bumba meu Boi**”, or the foundation of the “**Côco**” beat on a “**pandeiro**”, and the rhythmic beat on an “**alfaia**” filling the complex structure of the Maracatu, which has been played on the streets all over the world.

#### **CACHUERA!**

\*Word used to finish the Jongo roda in Guaratinguetá, state of São Paulo. ■

\* English edition by Ann Fain – Artigo em Portugues disponível no site [www.soulbrasil.com](http://www.soulbrasil.com) a partir de fevereiro 2009 / Menu – Dança & Musica.

\*\* Claudia Lyra lives in San Diego, CA and is a capoeira and dance instructor. She has been studying Afro-Brazilian traditions, rhythm and dances from Brazil since when still living in her native Brazil. Claudia is also a performer with Brazilian cultural groups “**Nos de Chita**” and “**Maracatu Jan-gada**”. To contact her call 619-519-9042 or email [claudia.lyra@gmail.com](mailto:claudia.lyra@gmail.com)



## Online Video: Cost-Effective Marketing

Visual Communications heighten the bond you have with someone when you cannot see them face to face. It is about adding dimension to the communication. There is a reason why you should shake someone's hand when you meet him or her. The answer should be “more senses you involve, the higher the connection. At this point online video has exploded as a great alternative for small business, as the production of an online video commercial is a cost-efficient way, thanks in part, by the new technology era.

The nature of online video is different from television – once the only way to distribute video advertising. The video profile commercial is not, only inexpensive to produce, but also more effective than the 30 seconds television spot when broadcasting online. Usually, is in a format that consists in an interview with the owner or business representative about the business. Footage of the business in action; and a finalized edited 1 to 3 minute video with music and graphics that effectively introduces online viewers to the business and presents the reasons the viewer should patronize the business. Once the online video is produced, it can be posted in the company website or still uploaded to You Tube, My Space, Google, Yahoo, as well localized online video networks.

The ability to produce an effective video presentation requires more than the possession

of some cool hardware and software. Owning an expensive camera does not make you a producer, and even the technical ability to edit does not qualify you as a commercial marketing expert. When the time comes to hire someone what should you be looking for? Among the important things to consider is making sure the webmedia provider deliver a turnkey solution from concept to implementation. They can produce everything from scripts to custom music in-house, have the ability to think strategically as well as tactically, can implement and repurpose your investment into your existing website, be able to be your ongoing webmedia marketing advisor and have the ability to turn advertising into content, and content into a positive experience.

Commercial presentation production requires a multitude of skills and talents. Big companies solve the problem by hiring advertising agencies that drive the cost of production beyond what most businesses can afford. By understanding what's needed to create an effective webmedia presentation, you can look for a firm that possesses all the necessary talents in-house; an approach that keeps costs down, while producing an exciting Web video campaign that achieves corporate marketing objectives. It is accepted that responses come with 4 to 5 months to know how effective and advertising campaign was, but with online video, you have better and more thorough tracking than with any traditional media. ■

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## Imigração e o Poder Latino que não pode deixar de ser notado

**L**atinos que se naturalizaram nos EUA e filhos de imigrantes nascidos nos EUA que nasceram principalmente depois de 1965, são parte de um grupo demográfico importante, e que demonstrou sua influência na virada da última eleição presidencial.

Fazendo uma retrospectiva, mais imigrantes Latinos votaram para Obama do que Latinos nascidos nos EUA. Mesmo considerando que Obama teve um ganho impressionante entre os Latinos nascidos nos U.S. recebendo 67% dos votos (com Kerry em 2004 esse número foi de 56%), os votos de imigrantes Latinos apoiando Obama chegaram a um índice esmagador de 78%.

Enquanto isso, esses novos "Americanos" Latinos que votam fizeram uma grande diferença em distritos em que sua presença nunca antes tinha sido detectada. De uma maneira sem precedentes, eles deram o impulso necessário nos estados da Carolina do Norte e Indiana, onde sem esse apoio, a vitória de Obama poderia ser comprometida; e também tiveram um papel importantíssimo na vitória em Virgínia. Esses resultados mostram que os imigrantes estão tendo um impacto aqui nos EUA do tamanho de um "Tsunami".

Imigrantes votaram para Obama em grande parte por causa de suas preocupações com a Reforma Imigratória, e com o aumento da discriminação contra pessoas de origem hispânica, o que contribuiu para a rejeição de um candidato a presidência do partido Republicano. O Presidente-eleito Barack Obama e o 111th Congresso não podem ignorar as necessidades e o futuro do crescente eleitorado Latino, sem sofrer consequências em 2012. Estes resultados chocantes na eleição representam um mandato para trabalharem em favor de uma reforma que restaure a lei, renove a confiança dos imigrantes nos EUA, e lide com a imigração ilegal de uma maneira realista.

### Trabalhadores Latinos e a Crise Econômica

Com a presente crise econômica, houve um pequeno declínio, mas bastante significativo, dos imigrantes Latinos que são trabalhadores ativos nos EUA, de acordo com um censo conduzido pelo Pew Hispanic Center - trabalhadores que estão empregados ou procurando emprego são considerados ativos no mercado de trabalho.

A proporção entre idade de trabalho dos imi-

grantes Latinos, e o momento em que se tornam ativos no mercado de trabalho caiu, enquanto que essa proporção na comunidade hispânica, assim como nos hispânicos nascidos aqui, continuou constante. Entre imigrantes hispânicos, a queda da proporção é mais drástica entre os Mexicanos e aqueles que chegaram aos EUA depois de 2000, assim como o aumento do número de Latinos nascidos no exterior na força de trabalho Americana é muito menor do que nos anos anteriores.

O aumento da taxa de desemprego estimado para imigrantes Latinos não é tão alta quanto o aumento da taxa de desemprego para hispânicos nascidos em território Americano. Além disso, a média do salário semanal caiu entre hispânicos nascidos nos EUA, mas não para imigrantes hispânicos. Este desenvolvimento, no entanto, pode ser atribuído como uma consequência da retirada de hispânicos estrangeiros, que são simplesmente removidos da mão-de-obra ativa no mercado de trabalho Americano. Uma pesquisa chamada "Latino Workers in the Ongoing Recession: 2007 to 2008," do autor Rakesh Kochhar, está disponível no site do Pew Hispanic Center, [www.pewhispanic.org](http://www.pewhispanic.org). ■




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# Planning to Become Debt-Free in 2009

Lindenberg Jr.

For many people the beginning of a new year is the perfect time for a new chance in many aspects. What American calls "new resolution" usually involves starting a sports or fitness program, to restart a new business, a new relationship, or to become debt-free and follow the "wealth road". Here we give some ideas for help you if you choose the last option. Remember, become debt-free is a great way to manage your finances and relieve daily stress, which seems to become increasingly more stressful each year.

First, decide where you want to spend your money, know how much money you are bringing in, how much goes out and to where it goes. Mostly times are an issue about "change your spending habits". Sacrifice something... yes. But it is the start. You cannot become debt-free if you spend more than you earn. Use your credit card only as a tool and with a plan. Figure out how and when you will pay the balance. Use a plan, because it is much

important. If you have many cards, you should be receiving "balance transfer offers" with low rate or introductory rate. Make sure your transfer it on time for other C.C offer when it is to be to expire. You can save hundreds or maybe thousand of dollars a year if you pay attention only in this issue. Also as a plan (or goal), pay the purchases within three months. Unlike wine, debts do not improve with age. In this direction, set financial goals, both short and long-term. Important to remember: without reasons to cut spending and save, you will constantly be under pressure to spend money you don't have for things you don't need.

Make sure you pay your bills on time and every time. Today we have the internet for last day payment as a tool if you forget to send it by mail 5 days before the due date (or the phone – is better to pay \$15 fee for pay by the phone than \$35 late fee later!). Better yet, set up an auto payment through your bank. Managing monthly

bills is an essential part of staying debt free and maintaining a good credit rating. Try your best for having an emergency savings fund. Life will throw curveballs at you, ranging from the need to replace a worn-out washing machine to a temporary job loss. Difficult... start with four days worth and watch it grow as saving becomes a habit in your life. For last, learn how to invest this savings. Important you know that money has to earn more money to keep you out of debt. A good idea is take a class in your neighborhood college or just start reading about this issue. To become familiar with finance and investment is not too hard. Do it in your own way, but start it as soon as possible.

Have a successful and prosper 2009 year! ■



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# Se Livrando dos Débitos em 2009

Lindenberg Jr.

**P**ara muitas pessoas o início de um novo ano é o momento perfeito, em muitos aspectos, para uma nova chance. Escutamos sempre, nos dias do mês de Janeiro, o que o Americano chama de "New Resolution". No nosso caso é o que podemos dizer, "arregaçar as mangas e cumprir nossas metas". Geralmente envolve, emagrecer ou conseguir um peso ideal, abrir um novo negócio ou estruturar melhor um já existente, partir para uma nova relação ou buscar um novo amor, e muitas vezes, tornar-se livre de dívidas e seguir o caminho da prosperidade. Aqui nesse caso, nosso intuito é dar algumas idéias para ajudá-lo na última opção. Lembre-se, tornar-se livre de dívidas é uma ótima maneira de gerir as suas finanças e aliviar stress diário, o que parece tornar-se cada vez mais estressante cada ano.

Em primeiro lugar, decida onde você quer gastar o seu dinheiro, mas saiba também como ele esta chegando ate você, quanto pretende gastar e exatamente onde. Muitas vezes é uma questão de saber "alterar os seus hábitos". Sacrifique algo sim, e inicialmente gastos considerados supérfluos. No começo vai ser um pouco duro, mas lembre-se que você não ficara livre de suas dívidas se você gastar mais do que você ganha. Use seu cartão de crédito apenas como uma ferramenta e se possível evite a todo custo. Se usar, procure ter um plano de como vai pagar e saldar o total. Um plano é muito importante, principalmente se esse respectivo cartão tem os juros altos - a maioria das pessoas endividadas, seja no Brasil, nos EUA ou em qualquer lugar do mundo, se deve ao mau uso dos cartões de credito e aos juros acumulativos adquiridos.

Se viver nos EUA, provavelmente deva receber pelo correio ofertas "introdutórias" de outros bancos concorrentes oferecendo juros menores \* balance transfers. Lembre-se que quase sem exceção, essas ofertas "introdutórias" como o próprio nome sugere, são por tempo limitado ou na maioria dos casos de seis meses. Passado esse tempo introdutório, os juros voltam ao patamar "normal". Nesse caso, se você deve "por exemplo" \$5000 em um cartão que esta cobrando 18% de juros ao ano e recebe uma oferta introdutória de 6% ao ano - mas por apenas 6 meses, pode ser inteligente efetuar a transferência. Mas tenha certeza de fazer uma nova transferência com nova oferta antes desses seis meses introdutórios acabar, ou melhor, liquidar seu debito antes disso. Nessas ofertas fique de olho também no que se chama "transfer fee" - que é uma taxa cobrada pelo banco que faz a oferta e pode chegar a 5% do valor total da transferência (de \$5000, seriam \$250!). Você pode salvar centenas ou talvez milhares de dólares (ou reais) por ano, se prestar atenção apenas nesta questão.

Tenha certeza de pagar suas contas em dia e todas às vezes. Uma boa opção é colocar os pagamentos no correio com antecedência, de 5 a 6 dias úteis antes do dia de vencimento.

Se você esquecer, ainda existe a opção pelo telefone - é melhor pagar 15 dólares de taxa por usar o telefone do que \$35 "late fee" mais tarde! Melhor ainda, e principalmente para os mais esquecidos, é se cadastrar para um pagamento bancário automático através de um valor pré-estabelecido. Gerenciamento de faturas men-

sais é parte essencial no que se refere a se livrar de dívidas e manter um crédito sem falhas - ou um bom "credit score".

Ao contrário de vinho, as dívidas não melhoram com a idade. Nesse sentido, definir metas financeiras, queira a curto, médio ou longo prazo, é de extrema importância. Lembre-se que sem motivos para cortar gastos e economizar, você vai estar constantemente sob pressão para gastar dinheiro que você não tem e consumir coisas que você não precisa.

Faca o possível para ter um fundo de emergência ou poupança. Às vezes a vida nos apresenta surpresas e precisamos estar preparados. Quando somos jovens muitas vezes não pensamos nisso. Mas é justamente quando jovens em que melhor se encaixam esse tipo de iniciativa. Existem muitos prazeres que a vida pode nos proporcionar, mas também atitudes inteligentes desde muito cedo podem nos ajudar e muito, a conseguir esses desejados momentos. Difícil, pode ser, mas tente ter o "hábito" de poupar na sua vida. Tornara-se mais fácil, se você visualizar algo que queira no futuro (próximo ou distante). Um carro, uma viagem, uma casa, etc.

Por último, aprenda a investir esta poupança. É importante saber que o dinheiro tem de ganhar mais dinheiro para ajudá-lo a se manter livre de dívidas. Procure se informar, ler revistas e livros sobre o assunto ou se matricular em workshops ou cursos rápidos. Nos EUA, uma boa idéia é procurar classes no "college" de sua cidade. Para se familiarizar com investimento e finanças não é muito difícil. Faça do seu próprio jeito, mas inicie o mais rápido possível. ■



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# Planet Samba

Despite some similarities, Samba and Jazz have distinctively different origins and line of development. One of the factors that add to this is that Brazilian slave owners allowed their slaves to continue their heritage of playing drums, unlike some U.S. slave owners, who feared the use of the drum for communication. "Pelo Telefone," a song written by Donga and Mauro Almeida in 1917, is generally, considered the first samba recording and its great success carried the new genre outside the "favelas" in Rio.

Samba is a musical genre derived from African and European roots, created and developed in Brazil in the beginning of 20th century in Rio de Janeiro. The Samba has achieved worldwide recognition as a symbol of Brazil and the Brazilian Carnival.

Modern Samba was developed from an earlier Brazilian musical style called Choro and that has taken many different formats over the years; from the vivacious call and response of samba de enredo - the music of Carnival Parade & Samba Schools, to a more relaxed guitar and rhythm variant. Bossa Nova, which translates to new wave, hit America big time in the Sixties with "The Girl from Ipanema" by legendary composer Antonio Carlos Jobim, which became a jazz classic and elevator music.

In the early 1980s, after having been eclipsed by the popularity of "Disco" and the new "Brazilian Rock," Samba reappeared in the media with a musical movement created in the suburbs of Rio de Janeiro called "Pagode" - a renewed samba,

with new instruments like the Banjo and the Tam-Tam. Samba, as a result, morphed during this period, embracing types of music that were growing popular in the Caribbean such as Reggae and other rhythms already famous around the globe such as rap. Examples of Samba fusions with other popular music are the samba-rap and samba-reggae, all of which were efforts of music to not only entertain but to unify all Blacks throughout the Americas, culturally and politically, through song.

Samba continued to act as a unifying factor during the 90's and 2000's not only in Brazil, but in many countries around the globe, as here in U.S., as in Japan, Australia, Canada, Europe, and even in Russian and China. During the last two decades, "sambistas" of all ethnicities have spread fast and have become real ambassadors for the samba dissemination.

**We conclude this article by making homage to the "Samba Dancers". Here you can find part of the "California Team". They are Brazilians, Portuguese, Americans, Colombian, Canadian, Mexicans, Argentinean, Jamaicans, Israelis...**

Ziriguidum...Vamos Sambar! ■

\* Text edition by Lindenberg Jr., images from different locations and venues in CA including the Brazilian Carnival in Hollywood by Ariel del Mundo, Brazilian Carnival Queen Mary by Brazilian Nights, Brazilian Carnival of Long Beach by Sambala, Brazilian Carnival Santa Barbara by Lindenberg Jr. and Brazilian Carnival San Diego by Brazilian Promotions.

\*\* Special thanks to photographers Victor Gutierrez and James Jativa.

**PHOTO COVER:** Model: Elizabeth Inácio / [inaciobetty@yahoo.com](mailto:inaciobetty@yahoo.com)  
**Photo:** James Jativa from Los Angeles / [wjativa@earthlink.net](mailto:wjativa@earthlink.net)  
**Make-Up:** Despina Scandalis - **Hair:** Herve Onossian / Cristophe Salon, Beverly Hills





**Brazilian Choreographer Patricia Prata and her group Super Star Dancers** have performed with other recognized dance groups during the fall in the Courtyard of the Hollywood & Highland complex in the heart of Hollywood as part of a Dance & Music alliance project during the fall in the building of the Kodak Theater, the house of the Oscars. Her show is a delightful trip into the exotic and whimsical world of dance as an expression of art. The Samba Dance Super Star and Super Star Belly Dancer Groups are formed by international dancers, with classic formation and international style, specialized mainly in Brazilian samba and Belly dance (Raks Sharki). Patricia has a Bachelor degree in Arts and has trained Russian ballet technique since she was 7 years old. As an actress she has been performing with artists such as Nicolas Cage (film NEXT), as a dancer with the Istanbul National Ballet and Opera and currently has been teaching at the very prestigious International Dance Academy of Hollywood where Britney Spears, Janet Jackson, Snoop Dog, Kate Holmes and other high profile artists rehearse and work. She teaches Belly Dance fusion and Brazilian Samba every Mon & Wed.

For More info: 323-463-8865. [www.Idahollywood.com](http://www.Idahollywood.com) or [superstardancers.com](http://superstardancers.com)



**Dec 15<sup>th</sup>, 2008, at the Landmark Theater in West Los Angeles**, more than one hundred people attended the first exhibition of "Garota eu fui pra California". The video premiere from Brazilian director Bruno Fabrizzi is a preview for what coming up in the future – a reality show about Brazilians and their lives living in California. Bruno developed the program concept based on real life situations of different Brazilian immigrants living in the U.S. With this idea in mind and a camera in hand, he started developing this project with local Brazilians living in Southern California and a few professional actors. "California is an attractive place with a great diversity of natural settings that gives this project a special touch", says the director. Among the local Brazilians in the cast you can see a bartender, a pizza delivery guy, a limousine driver, a babysitter, a rich kid, and a DJ. New loves, adventures and voyages are also part of the script. The 30 minutes video is available at [www.garotaeufoipracalifornia.com](http://www.garotaeufoipracalifornia.com). On January 22<sup>nd</sup> at the Saint Rocke Bar & Club in Hermosa Beach, will happen the first party to raise funds for the continuation of the project featuring Brazilian Pop singer Literio Augusto (or in short, as he is known in Brazil, L.A.) and musician Daniel Carneiro, South Bay resident, who made the soundtrack of the film.

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**Brothers of Brazil, a California Tour** by Brazilian musicians Supla and Joao Suplicy which happened in four different occasions during the month of January – Los Angeles, Santa Barbara, San Diego and San Francisco. The concerts brought a new style of music mixing Rock, Samba beat, and Bossanova!. In L.A. at the Santa Monica Bar and Grille in Santa Monica featured, also, "Brad New Bag", a live Brazilian Electronic Dance band formed by a DJ Salada and two recognized percussionists.



**The Brazilian Hour Radio Show in Los Angeles makes its 30<sup>th</sup> Anniversary.**



Congratulations to Sergio Mielniczenko, host of "Brazilian Hour" (KXLU-LA) and "Global Village" (KPFK-LA). To celebrate the occasion, a free show will be presented with "Tropicalia – Daring Days" at the beautiful "The Broad Stages" in Santa Monica it will happen on Jan 24<sup>th</sup> at 7:30pm. Below, find out a few words about the "Tropicalia" movement by Sergio Mielniczenko, director of the show – The Brazilian musicians Caetano Veloso and Gilberto Gil are world famous, but the Tropicalia movement they helped found is less clearly understood. The term "Tropicalia" was actually coined by a visual artist,

Hélio Oiticica (whose work is featured in Beyond Geometry), and the movement embraced poetry, the visual arts, and music. The music, with both traditional and electronic instrumentation, and a mixture of Bahian and rock-and-roll rhythms, was not only a radical departure from traditional Brazilian music, but also the movement as a whole was launched in opposition to Brazil's military dictatorship of the era. Although Tropicalia lasted only a short time before its leaders were forced into exile, its repercussions are still felt in Brazilian and world music today. At The Broad Stages, the experience of "Tropicalismo" will be created through vintage recordings of Caetano Veloso, Gilberto Gil, Gal Costa, and Os Mutantes, combined with visuals and simultaneous live performance featuring outstanding local musicians in a demonstration that Tropicalia is not just a historical art form, but a art of living as well. The Brazilian Consulate General, Los Angeles – Cultural Department, makes the event possible. The Broad Stages in Santa Monica, is located at 1310 11th St. Santa Monica, CA 90401. More info: 310-434-3200 - Brazilian Hour – KXLU-LA Sat. and Sun, 9 to 10 am, 88.9FM – [www.kxlu.com](http://www.kxlu.com)

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# Bianca Rossini

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It was love at first sight. A friend had sent me a few images by world renowned photographer **Michael Kenna**.

They immediately inspired me and I started to write poems. At the time, I was in the process of producing my new album, but Michael's photographs totally captivated me and I could do nothing else but write. Eventually Michael and I made contact, and as I saw more of his work I was spellbound. All I wanted was to write about his intimate, sensual, enigmatic images. Two days after our first contact, our book idea was born – a collaboration of poetry and photographs. I worked for three months almost non-stop, and wrote over one hundred poems, exclusively for Michael's images.

The book, *Love in black and white* will be published by **Chris Pichler**, of **Nazraeli Press** in the Spring 2009. It will include 45 of my original poems, accompanied by selected photographs of Michael's landscapes made in many magical locations around the world. Michael is one of the greatest photographers of our time. With a career that spans over three decades, his photographic prints can be found in the permanent collections of major museums throughout the world. More than 30 books and catalogs have been published on his work. In 2000, Michael was made a Chevalier in the Order of Arts and Letters by the Ministry of Culture in France.

A video excerpt of *Love in black and white* is now available on youtube, with original music by Hollywood film composer **Dana Kaproff**. Video editing by **Thomas Daniel Jones**.

**LA Opera's** revival of **Bizet's** *Carmem* was exciting. As *Carmem*, the beautiful **Vikto-**



**ria Vizin** gave a sensual performance highlighted by her strong and warm voice. **Genia Kühmeier** as Micaëla was delicate and moving.

**Marcus Haddock** gave a persuasive performance as Don José. I particularly liked the children's choruses, their not so perfect performance enhanced the innocence and beauty of their presence on stage.

**UCLA LIVE** at Royce Hall: John Updike's conversation with David Uhlin was punctuated by personal anecdotes and elegant, self deprecating humor, expressed in clear and incredibly well spoken language. One of the most celebrated authors of our time, Updike said that he sees a writer as a "distinguished and useful person who is illuminating society by adding a little light, a little amusement to the world."

In a romantic and heartfelt tribute to the classic Mexican music of her youth, **Linda Ronstadt** and the Mariachi **Los Camperos de Nati Cano** performed songs from her best-selling albums *Canciones de Mi Padre* and *Más Canciones*. Ronstadt was also joined by the renowned dance troupe, **Ballet Folklórico Paso del Norte** from El Paso, TX.



**Tania Libertad's** adventurous style of Afro-Peruvian roots music has earned critical acclaim and fans worldwide. The Peruvian singer's albums have featured collaborations with numerous Latin artists including Brazilian stars **Djavan** and **Ivan Lins**. Her guest, Portuguese singer

Lura, brought an exciting and vibrant energy to the evening.

Québécois director, actor and storyteller **Robert Lepage's** *Blue Dragon* was visually enthralling. Its minimalist set design was a poetic and mesmerizing work of art.

The full concert and musical, *FEZ: Queen of Cities*, featured a multi-ethnic and multi-religious cast that illustrated the evolution of Arabic music, and the influence it has today throughout the world. The event celebrated the 1200th anniversary of the city of Fez and the designation of the city as a UNESCO world heritage site.

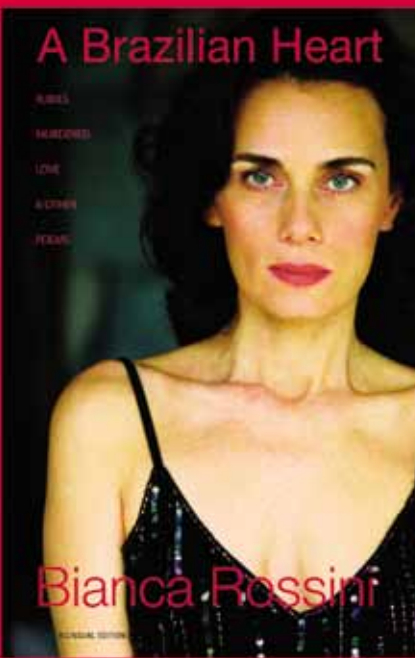
*No Subtitles Necessary*, a documentary produced by my friends **Zachary W. Krantzler**, **Tony Frere**, **Kian Soleimanpor** and **James Chressanthis** tells a very human story about the lives, friendship and stunning work of the past four decades by two phenomenal director of photography: **Vilmos Zsigmond**, **Laszlo Kovács**. Watching their eyewitness footage of the 1956 Soviet invasion and heroically smuggling it to Austria on foot, one can understand more easily through their work and perseverance what it is to have a calling as an artist -- a passion, that can transcend just about anything.



**Disney Hall:** Grammy-winning singer **Milton Nascimento** & *the Jobim Trio*

performed their new release *Novas Bossas*, celebrating 50 years of Bossa Nova. I prefer to hear Milton singing his own compositions, but the band was one of the very best, subtle, intimate, and very together, I had to get up and dance.

**\* Special Thanks:**  
**Don Heckman** (<http://irom.wordpress.com>),  
**Denise Dorman** ([writebrainmedia.com](http://writebrainmedia.com)),  
**Galina Sobolev** ([buysingle.com](http://buysingle.com)),  
**André Cohen** ([myspace.com/WCPhotoStudio](http://myspace.com/WCPhotoStudio))  
and **Gigi of Beverly Hills** ([capillarybygigi.com](http://capillarybygigi.com))



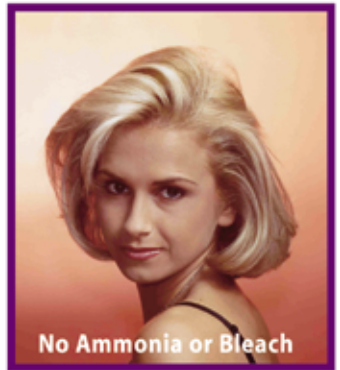
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Photo by James Jativa

# Elisabeth Inacio

## They Are Fit... They Are Happy... What Are They Doing?



*"I love to dance. Practicing yoga keeps me in balanced"*

This Portuguese beauty splits her time between Los Angeles and Elisabeth's hometown, Paris. She came to L.A from Paris for salsa dancing, the entertainment industry and acting activities. She loves L.A, a very cosmopolitan city where she has the opportunity to speak the four languages she speaks and loves: English, Portuguese, Spanish and French.

At 6 years old, she started dancing ballet and didn't stop in different styles, with a strong emphasize in Salsa, for 10 years, and samba for 5 years. Probably influenced by her Portuguese origins, the culture of Brasil always fascinated her. "Liz Inacio" started yoga only when she arrived in U.S. in 2006, but only recently when she discovered the Iyengar style, she jumped in and started practicing 3 to 4 times every week. "Iyengar Yoga is one of the most efficient yoga styles, and my master is the French Laurent Dauzou,

who teaches a lot in Brasil too. I completely was hooked by this style, more oriented into the precision of the postures and the alignments. In fact, being injured while dancing, I found healing solutions through it!"

Elisabeth also is an outdoors activities lover, especially involving water such as wake boarding, knee boarding, scuba-diving...well she told us she got her PADI Advanced degree in the Great Barrier Reef in Australia! "I try to avoid using my car and use my bicycle as much as possible to go to one place to another. It is a very European life style!" In addition, this adventurous woman enjoys horse-riding and just started learning surf. Besides she likes sports and activities witch requires much adrenaline, she loves to travel the world so is easily find her in a plane! She already traveled for a whole through Asia and South America in 2001 including 2 months in Brasil.

"Always interested in the art of photography, I myself have spent some time behind the lens, for my own pleasure. Interior decoration appeals me too, and I am passionate by all art expressions and the everyday Beauty that surrounds us".

Besides modeling, acting and dancing, she is a coordinator in the advertising and marketing fields, as she gets a master in international marketing at the Sorbonne University in Paris. Elisabeth works mainly in the media, events and beauty industries. This busy and fit woman commented that when her duty is done and she can share the pleasure of life with her love, family and friends, she can feeling the "smell" of happiness. Her advice for those in search for happiness is "Look for the light inside yourself and believe in love". Ms. Inacio plans for the future is start her own business and conduct an interesting project in Brazil. Good luck! ■



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# Plan Ahead...

**The Film "August Evening", a new movie in Spanish about Latinos in Texas**, was released in the second week of January on DVD. The film's theme of aging parents, grown children and the unstoppable force of time that leads to a father-in-law having to say goodbye to his daughter-in-law so she can start her own life, are real live issues which actress Veronica Loren hopes will help audiences connect with the importance of maintaining close family ties. "If this movie makes you feel like 'let me call my mom... my brother or sister...my aunt or uncle'...if you walk away feeling that, then I think we did what the movie was supposed to do," she says.

**Every First Wed of the Month Film at UCLA, is back again in the University**

**Campus in L.A.** The films are held on the Bridges Theater usually at 9pm, and entrance and parking is free. A great option for check Brazilian films with your friend or lover! Culture... in the best way!

**The First Hollywood Brazilian Film Festival** will wrap up four days of fun & film from January 28 to 31, 2009. Besides the film screening, the producers have schedule workshops and a VIP party with live entertainment. For more information, visit [www.hbrffest.com](http://www.hbrffest.com).

**The Los Angeles Brazilian Film Festival come up again in their 2nd year presenting over 35 Films** at the Landmark Cinema,

Westside Pavilion, in Los Angeles, from March 12 to 15, 2009. There will be a Gala Night with Red Carpet on Thursday March 12, during the grand opening. The festival will also have a showcase with the Cinema of Bahia State and homage to one of the Brazilian cinema legends, director Glauber Rocha (1939-1981). Up date info visit [www.labrff.com](http://www.labrff.com)

**The Newport Beach Film Festival** will be held on April 23-30, 2009, and we expect again for this year, to screen films from Brazil, Chile and Mexico for the Latino Showcase. The Showcase after-party will be on the Sun. April 26, at the Orange County Museum of Art, the same location as last year. More information, [www.newportbeachfilmfest.com](http://www.newportbeachfilmfest.com)

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### **Novo Formato de Intimação Judicial** – Em uma iniciativa inusitada

e original, um advogado na Austrália intimou último dia 16 de dezembro (08) de fracassadas “convencionais” tentativas. Após conceder a autorização, o juiz Australiano estipulou que a intimação teria que ser enviada como um e-mail particular, evitando assim o um cliente inadimplente através do famoso site de relacionamentos Facebook. O advogado Mark McCormack, de Camberra, convenceu o juiz a permiti-lo usar o método pouco usual depois constrangimento do inadimplente. para que outras pessoas que visitassem a página dela não pudessem ler seu conteúdo. Acredita-se que esta seja a primeira vez que o Facebook é usado para uma intimação judicial e a primeira vez que o método seja válido judicialmente.



**Kitanda Market in L.A Close It’s Doors** – After seven years serving the Brazilian lovers community in the “Valley” and just under new ownership for the third time, the market and boutique no longer will be in business, closing its doors last December 08. The store was bought by Kurejea and Fabio ( a Jamaican & Brazilian couple) last September 08 from the brothers Monica and Eduardo Coutinho, but by factors out of their control and U.S. recession, needed to close the store down for good. Kitanda market was a longtime Soul Brasil advertiser and a great option to find Brazilian goods in the Valley during this last seven years. We hope in a future soon to have another business similar to Kitanda for the Brazilian lover community in the valley. Good luck for Kurejea and Fabio in their new journey!



**Cursos Superiores Online para Brasileiros** – Alguns anos atrás, lideranças comunitárias brasileiras, iniciaram um processo de busca de parcerias institucionais para viabilizar a oferta de cursos superiores para os Brasileiros residentes nos EUA. Depois de muito esforço, no começo de

2009 uma boa notícia foi concretizada: ma das melhores universidades privadas do Brasil ira oferecer cursos de graduação, pós-graduação e extensão em uma investida digital. A Universidade Católica de Brasília aceitou o desafio e implementara um Pólo de Educação a Distância em Boston caso haja demanda educacional da comunidade brasileira nos EUA. O primeiro vestibular da Católica Virtual foi realizado no dia 25 de janeiro de 2009. Para mais informações visite o site [www.catolicavirtual.com.br](http://www.catolicavirtual.com.br)



### **Promessa na Música Erudita** – O tenor Brasileiro Thiago Arancam fez sua estréia nos

palcos Americanos no dia 8 de Novembro, em Washington. Ele tenor Brasileiro foi o protagonista da ópera Carmen, de Bizet, no Washington National Opera, teatro dirigido por Plácido Domingo. Thiago Arancam tem apenas 26 anos e em 2008 venceu tres premios importantes de concurso de canto lírico ao redor do mundo – o Operália, em Quebec, Canadá; o Premio Zarzuelas, ópera espanhola; e os Premios Audience (público) e Segundo Premio Opera. Em 2007, o tenor paulistano foi eleito a melhor voz lírica emergente, pela critica de Bolzano, Itália. Em 2004, venceu o “Prêmio Revelação” do Concurso Internacional de Canto Erudito Bidu Sayão e em outubro do mesmo ano, ele mudou-se para a Itália para frequentar a conceituada Academia de Canto Lírico do Teatro Alla Scala, de Milão, uma das mais importantes da música erudita no mundo. Único brasileiro a formar-se nesta escola, Thiago Arancam participou de inúmeros concertos em teatros na Itália e outros países. É o nome do Brasil que segue em frente através de talentos diversos na musica, no teatro, no cinema, e por aí vai.



**Talento Brasileiro Assina Contrato com a Cantus Quercus Music** – Uma das mais prestigiosas editoras especializadas em partituras musicais para vozes – a Cantus Quercus Music, com sede aqui na Califórnia, assinou importante contrato com o compositor Andersen Viana para difusão de parte da obra vocal do maestro-compositor. As obras para vozes - Duas Canções e Canção à Paz - já estão sendo impressas pela empresa e serão difundidas em diversos países da Europa, América do Norte e Sul, em 2009. Sites relacionados:

[www.cantusquercus.com](http://www.cantusquercus.com), [www.andersen.mus.br](http://www.andersen.mus.br) e [www.musicaacademicabr.blogspot.com](http://www.musicaacademicabr.blogspot.com)



**Brasil na ONU pelo bem estar animal** – O Brasil foi representado na reunião convocada pela presidência do G77 para uma exposição sobre políticas de bem-estar animal, último novembro, na sede das Nações Unidas, em Nova York. O país ocupa espaço importante no mercado internacional de animais

de produção (gado, aves e suínos, principalmente) e tem pretensão de mostrar que se prepara para as exigências dos mercados que valorizam animais criados em condições de bem-estar. A questão do “Bem Estar Animal” preocupa o G77 porque ele é o grupo com o maior número de países em desenvolvimento que dependem, muitas vezes, das exportações de produtos animais para equilibrar seu comércio internacional. E os sistemas de criação passaram a ser importantes na escolha dos consumidores, revelando uma tendência mundial pela preferência por produtos de animais que foram criados em sistemas de bem-estar e uma rejeição aos sistemas de confinamento e maus tratos. Vários países já vêm proibindo essas práticas na Europa. A reunião foi solicitada pela Sociedade Mundial de Proteção Animal (World Society for the Protection of Animals – WSPA) ao presidente do G77, que acolheu a ideia e teve participação importante do Brasil com dois palestrantes: Andréa Claudia Parrilla, Zootecnista e Fiscal Federal da Secretaria de Desenvolvimento e Cooperativismo do Ministério da Agricultura, Pecuária e Abastecimento – MAPA, e Antonio Augusto Silva, Diretor da WSPA no Brasil. De forma geral, a reunião teve relação entre a agenda humanitária das Nações Unidas e o bem-estar animal como forma de redução da pobreza, da fome e das epidemias.



**Exemplo Português de Perseverança** – José Leones Lima tem 52 anos, é paraplégico com 80% de incapacidade, mas em Agosto de 2007 e 2008 cruzou Portugal de Norte a Sul em cadeira de rodas, protestando ao longo

de quase 900 km pela vergonhosa falta de igualdade de oportunidades em que os deficientes Portugueses são obrigados a sobreviver. Ao longo do país tentou sensibilizar a sociedade para a vertente dos desportos adaptados como forma excelente de inclusão e de participação na vertente ativa. Essa trajetória de aventura eh contada em detalhes no livro “De Norte a Sul”. É bom salientar que o autor sobrevive exclusivamente da venda dos seus livros que também inclui o romance “O Doce Amargo da Conquista”. Jose Leones treina para os Jogos Para-Olímpicos em 2012 em Londres e é através da venda dos seus livros que tenta assegurar a continuidade dos seus treinos. Para saber mais sobre o autor visite o site <http://webleones.home.sapo.pt> ou o site da editora portuguesa: <http://www.editalivros.com>

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# Close Up San Diego by Victor Gutierrez



NaCalifa, The Best Band of Brazilian Rock in California closed their activities with a blast at Cannes in Mission Beach, looking forward to see more of them in 2009.



Juliana, "Gaucha" from Porto Alegre "working" at Kahue in Mission Beach



Marquinho Pagodinho have celebrate his birthday with friends and "Muito Samba no Pé".



Dancing with Dani "Paulista" and their friends.

Brazilian Pre-Carnaval Party at Belly Up Bar in Solana Beach, presented by Brazilian Promotions.



Brasil by the Bay held its First Halloween Party with Samba & Pagode, with music by "Nossa Batucada". Success total with 90% of the public wearing costumes.



Samantha & Gabriel celebrated their son birthday and also their Day Care Center – for info call (619)222-2532



Good moments and vibe at Diogo Nogueira directly from Brazil concert at Pampas Grill. An unforgettable night with join this charismatic singer with a great voice, confirming why he is the hottest samba singer in Brazil today. Feliz ano de 2009!! Victor Gutierrez

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# Andreia Machado

## They Are Fit... They Are Happy... What Are They Doing?



*"I Like To Go to the Gym, Lift Weights and Run"*

Andreia was born in a small town called Pontalina, one hour driving from Goiania, Capital of Goiás State. She now lives in Irvine in Orange County (CA). She was crowned Miss Brazil-Los Angeles in 2008, a local event held by Ariel del Mundo. She also ran in the national competition representing Los Angeles for the Miss Brazil-USA in Miami.

Andreia told us that during high school she played volleyball, but it was when she was 16 years old that she made an important decision. At the time, her city did

not have a gym, so Andreia realized that, to keep a good shape and acquire better resistance, she needed to wake up every morning to run. When she came to America, she complemented her fitness routine, by adding some weight lifting and she started going to the gym three times a week. She says, "It is good for life, it is healthy. It makes me feel good! I think being active makes your body, your instrument, aware and ready for whatever you want it to do." More recently, she has enjoyed yoga classes to help stay in balance and she has added practicing of meditation to get connection with herself.

When she is not modeling, Andreia is investing in stock market or working part-time as a waitress at night. "Exercising makes me happy, but happiness is to be in peace with yourself. It is not in anywhere, it is in yourself, everything else is a given". Andreia is now studying theatre and hopes one day make a living from it. She concludes by saying, "Sometimes we end up doing things we do not want to, but it is a way we have to go through life to reach our goals...whatever you are doing in life is your choice. So my advice is - just do it, but try your best." ■



## In Memory of Steve "Baiano" Spencer



Steve with longtime Brazilian friends in SD, including Brazilian actor Lazaro Ramos and his partner Christiane Portella.

Here is a homage to this Afro-American with a huge Brazilian Heart. Steve Spencer or "Steve Baiano" as he would like to be called, passed way last Dec. 14 in San Diego. As he had said in many opportunities: "My years on this planet have been a journey in search of self. I have been on a quest to embrace the cultures, history and people of the African Diaspora. My travels have taken me to Kenya, Brazil, Zanzibar, Martinique, Mexico, Puerto Rico, Haiti, St. Lucia and Dominican Republic..." Steve's background was a blend of Caucasian, Africans and Cherokee Indian. In 1986, he befriended a "Baiano" (A person from Bahia, Brazil) by the name Geraldo, one of the first Afro-Brazilians he met. Geraldo was without a place to stay and Steve offered him his house and also taught him English. They became great friends and one year later, he arranged for Steve stay with his family in Bahia, Brazil. In 1987, Steve made his dream trip to Brazil, more specifically, to Bahia. After returning to San Diego with his love of Brazil already intense in his heart, he started "Brazilian Promotions" for Brazilian Events and Multi-Cultural activities. Over the years, "Brazilian Promotions" evolved and produced a variety of musical genres including Latin, African, Reggae, World Beat, Blues, Jazz, Hip Hop, Flamenco, Cajun and Zydeco. But it was later in 1993, that the founder of the "Annual San Diego Brazilian Carnival" in collaboration with his local Brazilian friend and partner, Christine Portella, started his worldwide recognition. With the idea of the Annual Carnival (Mardi Gras Brazilian Style), came the production of local shows with such Brazilian artists as Jorge Benjor, Gilberto Gil, Marisa Monte, Daniela Mercury, Ivan Lins, Leila Pinheiro, Ed Motta, Marcelo D2, O Rappa, Planet Hemp, Tribo de Jah and Moraes Moreira among others. His goal was to build a cultural bridge through music and dance to bring people together and celebrate life. With his departure from this life to another, he has left to us not only a legitimate history of a "Brazilian Culture Lover," but a closer approach to the Brazilian Culture in San Diego County. The Annual Brazilian Carnival SD continues in 2009.... ■

Clips 3

## Previsões, Crenças e Simpatias



O ano de 2009 será REGIDO PELO SOL, mas outros astros causarão influências mais específicas. Algumas dessas influências apenas serão sentidas no futuro, mas é melhor indo se preparando para elas. A melhor resposta para esse período e ter CORAGEM para começar de novo! Aprender com a cabeça de jovem. Mesmo que a memória não ajude, NUNCA é TARDE. É esta a grande

lição que o planeta das mudanças nos dá quando entra no signo da responsabilidade e experiência – Plutão em Capricórnio. Mudanças vão acontecer, mas também mudança e conforto raramente andam juntos. Corra atrás dos seus sonhos, corra no seu próprio ritmo, mas NÃO DEIXE DE CORRER. Já pela regência dos Orixás, 2009 é o ano de Exu e Iemanjá. Isso acontece após o sétimo ano bissexto (1984-2008). Embora Exu tenha compartilhado o ano de 1993 com Iemanjá e tenha regido o ano de 1999 no lugar de Xangô, ele volta a reger este ano junto a IEMANJA – A RAINHA DO MAR, associada à imagem de Maria, ela assume no Brasil, diferentes nomes e vestes de acordo com região. No Rio é Nossa Senhora da Glória, em Salvador e Recife é Nossa Senhora da Conceição e no resto do Nordeste é Nossa Senhora dos Navegantes. Seu dia é 2 de Fevereiro, e ela representa a força feminina da geração da vida. Iemanjá é chamada quando é preciso reunir todas as forças para superar um grande sofrimento. É a Deusa que favorece a criatividade, protege os trabalhadores e traz vitórias para as pessoas honestas. Sendo 2009 regido por ela, não esqueça de com fé, fazer uma homenagem a ela. Use Azul e/ou Branco, use jóias de prata perolas e/ou coral, jogue um buquê ou apenas uma rosa branca no mar, e/ou coloque um vaso de rosas brancas e uma cesta de frutas no centro da mesa de jantar. Essa homenagem pode ser feita também no dia 15 de Agosto, pois assim como o dia 02 é o dia em que ela vai passar seis meses no mar, o dia 15 é o dia que ela regressa para passar seis meses com seus filhos na terra. ■





## Fun Activities for a “Stressless” 2009

Lindenberg Jr.

Stress is the # 1 cause of most health problems. It is also a major factor in many forms of addictive behavior, such as smoking, over-eating, legal and illegal drug abuse, etc. Start 2009 with some activities that will give you enjoyable fun moments and still help you “stay in balance” with the stress of the daily life:

**1** Drum Circles, which are springing up in several locations nationwide, are not drum classes, but rather groups making musical activities that unite people regardless of their backgrounds, ethnicity, age, ability or prior experience. These circles transcend the drum and just embody a feeling (a stress buster) analogous to laughter. People of all types are joining drum circles to embrace spirit, reduce stress, sleep better, wake up more refreshed, enjoy greater mental clarity, increase overall energy and bring people together!

**2** Dance and express yourself! Dance is a form of art that expresses many things, such as life, emotion, and even Saturn is many rings. Dancing causes people to be focused and free, blowing away all their troubles and leaving them only with that feeling of peace and pure contentment. Mostly when people dance, they feel joy flowing through their bodies like the waves of an ocean! Dance is a thing that never grows old, from when you’re a baby to when your 100 years old. Dance is everywhere and is a part of everyday nature. Live... dance Samba, Salsa, Tango or whatever you like... connect your body with your soul... and FREE your mind!

**3** Hike and get a great aerobic workout along with the enthusiastic feeling of being in direct contact with nature. If you do it with your kids, you can have an extra emotional feeling seeing the fascination in

the eyes of your children when you introduce them to nature’s marvels. In California, especially in the southern region, you can see the “world”; the Mediterranean in the Santa Monica Mountains; Santa Inez Mountains and the Channel Islands; little Switzerland atop Mt. San Jacinto and the San Geronio Wilderness; the Sahara Desert in the tall dunes of the East Mojave; or even the Hollywood Glamour on the houses and amazing views from the top of Hollywood Hills. ■

\* Remo Drums, as a company, has now developed drum and holistic curriculums for schools, universities and all kind of medical centers. For the last 6 years, Remo has been providing FREE organized drum circles for children and adults. To participate in a Free Drumming Circle visit the RCC @ 7308 Coldwater Canyon, North Hollywood, CA - [www.remo.com](http://www.remo.com). For recommended Books about Hiking in California and Dance Events (date & locations) visit [www.soulbrasil.com](http://www.soulbrasil.com)





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