

# RHYTHM GYM

## NEWS

June 2006

11862 Balboa Blvd. #159  
Granada Hills, CA 91344

818-501-0840  
www.rhythmgym.org



### Thanks to Our Many Drumathon Supporters

On March 25, 2006, people of all ages, from all walks of life, from communities throughout Southern California joined together to “drum up” support for Rhythm Gym programs at **Drumathon! Los Angeles**. Guest facilitators Chris Reid and Mike DeMenno and celebrity drummers Peter Michael Escovedo & Munyungo Jackson joined Kalani in facilitating a day of drumming and fun for everyone. Rhythm Gym raised \$4,000 to be used for program support.

Through the generosity of Linda & Patricia Davis, 3 young men who are members of a local youth leadership program were sponsored to participate in the day’s events. Coming from disadvantaged backgrounds, the three would not have been able to obtain sponsorships to attend without this support. They had a fantastic time and were very grateful for the opportunity afforded them by Linda and her mother.

“The tremendous support we got from the everyone in the community was amazing. Century Housing provided primary sponsorship support to offset costs associated with presenting the event. We are very grateful to Tracy Firth and Neil Laravee at Vic Firth, who designed and imprinted commemorative drumsticks as giveaways for all participants,” says Janet Marinaccio, Executive Director of Rhythm Gym.

The list of contributors and supporters of Drumathon! Los Angeles includes Toca, Latin Percussion, Remo, Joia Tubes, Alfred Publishing, Weightloss Mindset, Jamba Juice, LA Fitness, Trader Joe’s and Hearos. And, of course, our Advisory Board, friends and family members who graciously volunteered their time: Louise, Jerry & Wendy Oliver; Andrea Mitchel; Lisa & Avery Jordan; Darla, Julia & Derek Kim; Prue Cooper; Dan Bruno and Sergio Perez. Rhythm Gym also received a Certificate of Appreciation from Los Angeles City Council Member Ed Reyes’ office that day.

Brian Rubinow, journalist from The Loyolan, the student newspaper of Loyola Marymount University, covered the event. Capturing the spirit of the day wrote, “...these people were just happy to be able to play together in the Drumathon. As the circle banged on, hands were blistered, and everyone could not have been happier.”

*Rhythm is timing is efficiency is coordination is safety is feeling is awareness is listening is communication is creativity is problem-solving is initiative is confidence is phrasing is balance is precision is performance is cooperation is community is unity is power is... LIFE! ©*

## Rhythm Gym Gets \$25,000 Grant

Rhythm Gym (RG) has been selected as a recipient of a \$25,000 grant for 2006-07 from the International Music Products Association (NAMM). The funds will be used to conduct an informal, qualitative study documenting the benefits of participation in Rhythm Gym programs.

*We still need \$50,000 to cover all of the expenses related to the project. If you want to donate money, goods or time, see below for how you can help!*

### Ways to Support Rhythm Gym It's Easy - Every Time You Shop for Groceries... and Clothes and Housewares and Electronics and Chocolate and Music and Coffee and Makeup and MORE!

**And it doesn't cost you a penny. Ever.** Simply register your club/savings card number and every time you use it, Rhythm Gym can earn up to 5% of the total sale, donated by the grocery retailer.

We'll make it simple for you to sign up:

1. Email your **Ralphs and/or Albertsons/Savon/Osco** savings card number, address and phone associated with the card to Janet Marinaccio, Executive Director - [janet@rhythmgym.org](mailto:janet@rhythmgym.org).
2. We will sign your card up for the community giving program sponsored by the grocer(s).
3. Each time you shop, Ralphs and/or Albertsons will donate up to 5% of the total sale to Rhythm Gym.



#### Online Shopping

If you are an online shopper, you can support Rhythm Gym through your online purchases. With iGive.com, you can link to online stores such as My Wines Direct, Land's End, Office Depot, Circuit City, Overstock.com, Peet's Coffee, I-Tunes and *many* others. When you link to the online stores, merchants donate a percentage of your purchase to Rhythm Gym. **Go to [www.igive.com](http://www.igive.com)** to view the list of merchants and **to sign up. Be sure to designate Rhythm Gym, a Project of Community Partners as the cause you wish to support.** *PLUS every new person who joins then shops within 45 days means an extra \$5 donation for RG!*



Watch for Rhythm Gym's online auctions on E-bay. Net proceeds from items sold on E-Bay will directly benefit Rhythm Gym. You can also commit a percentage of your auctions to RG!

## Other Ways To Help

### Volunteer!

If you have expertise in... Music Therapy, Music Education, Health Sciences, Movement/Dance Therapy, Research or Drum Circle Facilitation and want to give back to your community, contact us to find out about serving on our **advisory board**, working on our projects or other program/event support.

**We are looking for healthy, fit individuals with an interest in music to serve as paid part time RG Trainers!**

### Donate Something on Our Wish List!

Here's what we need:

- An I-Mac Computer
- Office Supplies
- Office Space & Furniture
- Video Production (for a demo DVD)
- Printing Services
- Postage
- Commit a percentage of your E-Bay Auctions to Rhythm Gym or donate quality items for us to auction!



## Help Us Reach Our Goal!!!

You can help us achieve our goal of \$50,000 to support our programs by making a **tax-deductible contribution\*** to Rhythm Gym! Between now and July 15, 2006 you can select one of the following premiums on donations received, while supplies last.

\_\_\_ Donate \$25, and get a FREE *Drumathon! Los Angeles* Commemorative Drumstick - donated & designed by the Vic Firth Co. (\$7 value - see it on [www.drumathon.com](http://www.drumathon.com))

\_\_\_ Donate \$50, and get a FREE Rhythm Gym/Drumathon! Los Angeles T-shirt (\$10 value) - ONLY 6 SHIRTS LEFT

\_\_\_ Donate \$75, and get a FREE *Drumathon! Los Angeles* Commemorative Drumstick & a Rhythm Gym/Drumathon! Los Angeles T-shirt - Size M or L (\$17 total value) - ONLY 6 SHIRTS LEFT

\_\_\_ Donate \$100 and get a FREE *Drumathon! Los Angeles* Commemorative Drumstick and an educational drumming book (donated by Alfred Publishing) – Check your choice below (\$24-\$27 value). Supplies are limited; items may be substituted based on availability.

\_\_\_ Drumset Essentials, Vol 1

\_\_\_ Drumset Essentials, Vol 1

\_\_\_ All About Congas

\_\_\_ All About Bongos

\_\_\_ All About Jembe



\_\_\_ To help us offset mailing costs, please add \$3 for shipping and handling.

So we can send you your gift, please print and complete this page. Then mail or fax it with your tax-deductible contribution to **Rhythm Gym, 11862 Balboa Blvd. #159, Granada Hills, CA 91344 or 818-728-1751 (FAX)**

\_\_\_ Enclosed is my check or money order in the amount of \$ \_\_\_\_\_ payable to **COMMUNITY PARTNERS FBO RHYTHM GYM**

\_\_\_ Please charge my credit card: Amount \$ \_\_\_\_\_

Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_ Yes, add me to your mailing list so I can stay updated on your programs and public events.

***Thank you for your support and for choosing Rhythm Gym as a part of your 2006 charitable giving.***

(\*Ask your tax professional for details on deductibility of your donations.)

## ABOUT RHYTHM GYM

**Mission:** Rhythm Gym is committed to enriching the lives of people in undeserved communities of Southern California by providing music- and movement-based activities that emphasize community, creativity and healthy living.

### Staff:

Janet Marinaccio, MA Executive Director  
Kalani, Program Director

*Rhythm Gym is a project of Community Partners, a 501 (c) 3 non-profit*

At RG we believe that our culture & communities can benefit from the organic experience of creating music together, returning to the time-honored tradition practiced by many world cultures, turning consumers into creators and bystanders into participating citizens. RG programs combine physical activities such as guided movement and drumming in a creative environment to promote teamwork, socializing, healthy lifestyles and fun. Program participants will increase musicality through informal music making as well as enhance their health & wellness through a variety of targeted physical activities from gentle stretching to vigorous.

### Our programs:

- **Inspire** – An informal music-making experience for people of all ages focusing on community strengthening.
- **Connections** – Health & wellness focus for people of all ages with an emphasis on sharing and personal connections using gentle movement, pair/group music making.
- **Imagine** – An outcome-oriented, educational program that inspires artful learning and healthy choices geared toward youth, but can be adapted for all age groups. The focus is on creative learning, gross/fine motor development, and developing improved life skills.
- **Vitality** – A conditioning program that emphasizes timing, coordination, and physical fitness.

## ADVISORY BOARD

### Officers

*Lisa Jordan, Chair  
Lidia Young, Co-Chair  
Louise Oliver, Secretary*

### Advisors

*Prue Cooper  
Darla Kim, MA, RN  
Kimberly Kirschling  
Andrea Mitchel, MEd  
Jerry Oliver  
Sherry Warschaw, MA, MFT*



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