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ALIVE & FREE ANNUAL REPORT 2022

EXECUTIVE DIRECTOR'S STATEMENT

Happy Birthday Alive & Free! 2022 marked our 35th year in existence. It's a tremendous milestone for Jack Jacqua and I and this wonderful youth organization we started in 1987. It seems like only yesterday that we held our first meeting with fifteen young people at the Potrero Hill Neighborhood House. I can still see those faces looking up apprehensively at us, listening intently to what we were proposing-a stop the violence youth Club. No guns, no gangs, no drugs and no violence. Instead a focus on education with the commitment to help them get into college and provide them with scholarship assistance. What we asked in return was for them to tell us the truth about the challenges going on in their lives inside and outside the home, so that we could help them navigate whatever came up. I'm sure they thought we were a little crazy and privately the two of us thought we were too. But they said yes and Alive & Free (then called the Omega Boys Club) was born....and we've been going strong ever since.

It's really been a remarkable 35 years. Some many wonderful memories. So many awards and tributes. So many Tuesday and Thursday night meetings and classes with the kids. So many Sunday and Monday night Street Soldiers Radio shows. So many college graduations and so many national and international violence prevention conferences and presentations. Trips to Congress and the White House, a bestselling book and an award winning PBS documentary. Alive & Free has definitely become the model for youth development and violence prevention.

We owe this all to my grandmother who told me "the more you know, the more you owe." That's our motto. That's our core value and it hasn't changed. We understand that as we grow and progress in life, so we must help others to do likewise. I'm sure that she is glad that I listened to her and I know that she would be so proud of Alive & Free. We certainly are and I hope you are too. Happy 35th Birthday Alive & Free. On to year 36!

Thank you.

Jr Marshall Jr.

DR. JOSEPH MARSHALL JR.

Executive Director

ALIVE & FREE







THE MOST IMPORTANT OMEGA IS THE NEXT OMEGA.



-Dr. Joseph Marshall-







Message from our Board Vice President

To All Who Strive to Maintain Alive & Free.

Alive & Free has continued to thrive as a mainstay for a productive lifestyle, a model for educational excellence, and a home for community empowerment not only in the City and County of San Francisco, but also within the surrounding Bay Area, the state of California, our nation, and just as impactfully, our world. It is at this point that I sincerely hope that anyone reading this text is familiar with the story of Dr. Joseph E. Marshall, Jr. and Mr. Jack Jacqua and how they both unabashedly and unapologetically formed the renowned organization formerly known as the Omega Boys Club of San Francisco (currently known as Alive & Free). What began as a revelation amongst these two visionaries to deter violence in San Francisco has evolved into the prototype for building self-aware, self-confident, and self-sufficient young people who have both sought and succeeded in becoming productive members of society.

As an alternative to incarceration and/or death. Alive & Free has spent the last 35 years reversing the narrative of young people (specifically of color) to dispel the allegations of community detriment. In actual fact, the awards and commendations that the organization has received pales in comparison to the influence that Alive & Free has had not only on the participants that they have mentored but also the lives of each person that these participants have affected (both directly and indirectly). Alive & Free has brought forth three and a half decades of advocacy towards the unpopular opinion of our urban youth being capable of success and three and a half decades of combating a financial industry that benefits from the demise of those who are not empowered to prevent it. Indeed, this is no trivial feat. Our young people are Alive & Free and Financially Alive & Free.



That is why today we celebrate 35 years of Alive & Free. From a personal perspective, as a former collegian, proud alumnus, and current Board Vice President of this amazing institution, it is astounding to be a part of this 35-year-old staple of activism, advocacy, and strength. It is because of the vision of Doc, the soul of Jack, the classiness of Ms. Estell, the wisdom of Coach, the grace of Dr. Norris, the patience of Mama Rita, and so many more that have set the tone as the embodiment of betterment. Happy 35th to a formidable organization and wishing Alive & Free 35 more life changing years.



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Community Partnership



IThe 49ers Foundation harnesses football to educate and empower Bay Area youth through collective and innovative community-focused strategies. From award-winning STEAM education and nationally recognized youth football programs to impactful community partnerships with leading nonprofits, the 49ers Foundation is tirelessly dedicated to inspiring the confidence and collaboration youth need to tackle what is possible.

Since 1991, the 49ers Foundation has invested more than \$50 million back into historically underserved Bay Area communities in support of its commitment to remain faithful to the next generation.

We are big fans of our home team, but more importantly, Alive & Free is honored to be recognized and supported by the 49ers Foundation with a donation to continue our work in violence prevention and education. It takes a village to complete this work, and we had a whole stadium cheering us on.



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ANNIVERSARY 1992-2022

Street Soldiers Radio celebrated 30 years of the having a little discussion and saving a lot of lives! While we had to pivot during Covid, we are excited to be back inside the 106.1 KMEL iHeartRadio studios as we discuss solutions to the issues affecting our communities. 30 years of being the place where real people can share their stories and their problems and be heard. We are ready for the next 30 years!

Tune into Street Soldiers Radio every Sunday at 8pm PST and watch us on Facebook Live.
You can download and listen to all of our shows wherever you listen to your podcasts.

UNITED WE STAND DR. MARSHALL AT THE WHITE HOUSE

September 15, 2022 was a remarkable day in America as the White House hosted the United We Stand Summit.



The day consisted of opening remarks by Vice President Kamala Harris and a national address on hate violence by President Joseph Biden. In between there were panel presentations on the State of Hate-Fueled Violence in America; Stories of Survivors of Hate Violence: Federal Initiatives to Address Hate-Fueled Violence; and Local Solutions for Unity and Healing, which consisted of leaders from Buffalo NY, El Paso TX, Pittsburgh, PA and Atlanta, GA discussing how their communities are recovering and rebuilding from hate violence. There was even a bipartisan conversation with mayors from around the country on their efforts to prevent violence and build unity at the community level.

A highlight of the day was the introduction of the Uniters—everyday heroes from across America doing extraordinary work to build bridges and address hate and division in their community.

The day concluded with a special performance by the Howard University gospel choir, and you know it was something special.

You can best believe that we all left uplifted, inspired and FIRED UP!

Maybe the best thing was meeting and speaking to some of the other attendees. There wasn't a lot of time in the day's packed agenda to do that, but I did meet some special people. I had a long talk with Dr. LaVonne Ansari of Buffalo, NY about the impact of the tragic supermarket massacre on the city and how the community is coping.

I met folks from Charleston, SC and we talked about the horrifying 2015 church shooting there. I met Susan Bro, the mother of Heather Heyer the young woman run down by a car in the Charlottesville Unite the Right rally. And I met several of the UNITERS.

I'll say it again. It was an amazing day and to be one of a handful of people from around the country to be invited was special. It just says so much about the mission, great work and national reputation of Alive & Free. We are a great violence prevention program and I'm definitely a Stop the Violence guy. Everyone stay tuned. I'm going to put together a Street Soldiers Radio show with the folks that I met. Will let you know when. The work continues. United We Stand!

YOU KNOW THE GOAL-TO KEEP EVERYONE ALIVE & FREE!



Erika's in the House!

INTERNING AT THE WHITE HOUSE

Erika Morris is a sophomore at the illustrious Fisk University and keeps her schedule full. She participates on the cheer squad, makes time to study for her 14 unit class schedule and also held down an internship at the White House.



"You're right next to my office!" was the text Dr. Marshall received from Erika while he was a guest at the White House. Nothing makes Alive & Free prouder than receiving such a message. One of our current collegians is an intern at the White House!

While double majoring in Business Administration with a concentration in Financial Economics and Data Science, Erika received an email about the internship opportunity the day before it was due. "I had to ask myself if I really wanted to try for this internship. I've always been interested in politics," she shares as she reminisces of her time served on San Francisco's Youth Commission as a senior in high school. "I gathered my recommendations for the application and drilled in on my college assignments. Then I received a phone interview!" the 18-year-old from San Francisco's Bayview district reveals with a smile. "My whole family was in the room as I did the interview, but I asked them to leave. They were making me nervous." The excitement was contagious because when Erika wins, we all win.

"When they asked for my background check, I knew I had a real chance of receiving the internship. When they confirmed their choice, I was jumping up and down from joy!" Erika reveals with a hint of disbelief. "I ran to tell my cheer coach, I ran to tell my friends, I called my parents...I was everywhere telling everyone on the day that I found out!"

ALIVE & FREE

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As her family drove with her from Nashville, TN to Washington D.C., Erika was still in awe of being chosen. "I am really at the White House!" Even after two months of walking the halls to the East Wing, Erika was star struck. She worked under First Lady Jill Biden on the Joining Forces Task Force. "It was set up for military families, their caregivers and survivors who are caring for them. They focus on military childcare, military spousal but I also learned personal skills on how to manage my home."



"I take Alive & Free with me everywhere I go."

Erika's healthy habits to stay focused on her studies and disciplined with her assignments allowed her to take advantage of these types of opportunities. She was a full-time student as well as a full-time intern with a 40-hour work week. "I had early mornings and long nights. I worked at the White House until 5pm, then I would take the train back to my apartment and worked on my school assignments until midnight." She kept her routine and didn't lose any momentum in school, she earned a G.P.A. of 3.9 that fall semester.

ALIVE & FREE

ALIVE & FREE PRESCRIPTION TRAINING INSTITUTE Since 1997



Dr. Marshall has traveled across the country this year to teach the Alive & Free Prescription model.

Seattle, Washington

For over 20 years, Seattle, Washington has embraced the Alive & Free Prescription and has been a strong alliance in our shared mission in stopping the violence. Eleuthera Lisch learned about the Alive & Free Prescription in 1999 during our training in San Francisco and embraced it. "I remember Mila Adams marching 26 students down to my classroom and asking, 'How am I going to get well if everyone else isn't trying to get well?' We have to give this medicine to everybody!" It began with young people understanding what they needed was the Alive & Free Prescription and to surround themselves with other people who were healthy, thriving and living alive and free.

Devitta Briscoe lost her son to gun violence in 2010, "I didn't know his death could've been prevented. I thought he was just at the wrong place at the wrong time. I don't believe that we have to keep accepting these deaths from violence," Devitta reveals. "I believe that we can prevent them, now that I've been exposed to the Alive & Free Prescription. I had to deprogram, I had to deal with my anger, fear and pain." Her hard work and dedication to violence prevention earned her a new position in the community. Devitta is now serves in the Seattle Mayor's Office as the Gun Violence Prevention Liaison.

San Diego, California Alive & Free San Diego is lead by Consortium member Stefan Wilson-a true Street Soldier. He has not missed an Alive & Free training since we began. He lives and breathes the mission and shares the Prescription with every person he encounters. He has proven himself to be invaluable to our cause and our trainings in San Diego have proven this to be true. One participant shared, "What resonated with the most is that we talked about the interaction of social media and music and how that affects our youth. Dr. Marshall taught us how to address this from a clinical standpoint, attacking violence as a disease, which made sense because you can cure a disease with a prescription."



South Bend, Indiana
South Bend Alive lead by Alive & Free
Consortium member Maurice Scott,
understands his community is affected by
the Risk Factors and are doing something
about it. They invited Alive & Free to teach
leaders in their community how the
disease of violence works and provided
them with the prescription to help stop
the violence in Indiana.

"Words cannot express how impactful this training was," shares Aja Ellington. "It felt like a family intervention because I can use these tools with myself, my family and my community. I see so many opportunities in using the tools to reduce the disease of violence."

Pastor Councilman Canneth Lee, "I've been in a lot of trainings but this 3-day training really hit home." He is a director for Group Violence Intervention and Strategy through the city of South Bend. "We had a strategy in place but now we have the Prescription we can use," he shares as he is searching for real solutions to positively impact his community. "We want everybody to be Alive & Free!"

Las Vegas, Nevada THUG LIFE Alive & Free in Las Vegas, Nevada is lead by two former parole officers who escaped gang life themselves. David Hollis and Montone White spend Tuesday nights with teen offenders who have committed crimes that are serious enough to send them to jail. THUG LIFE, which stands for True Heroes Under God, invests 12 weeks with the young men to help them break out their violence habits. "We know what you are willing to die for, but what are you willing to live for?" asks David during a session. He was inspired to start the program when he read Dr. Marshall's book, Street Soldier. "As a juvenile parole officer, I saw our young people were losing. They were coming back home from the institutions without any help or structure. They were receiving bad information, in bad environments, and I knew something needed to change."

In 2012, these two men said, "Let's do something!" They taught their students to use the gifts they have. "We encouraged them to step out of the environment they were comfortable in and try something different."

David is no stranger to violence. He lost his own son in 2017 to violence. "Instead of giving up, I kept pushing forward." The Las Vegas Police Department recognized their program with an award saluting their efforts in changing and saving lives.



It Takes a Village

Aurion Wiley-Green

"Aurion Wiley-Green is a graduate from San Jose State University who majored in African American studies as well as in Justice studies. "I knew I was going to go to college, but I didn't know how I was going to get to college," explained Aurion. She is a first-generation college graduate who had to navigate her way through the entire process on her own. "I vaguely understood I had to complete certain tasks but my family didn't know I was supposed to take the SAT's or when college applications were due. It was a humbling experience learning how to navigate things for myself and taking the steps to create the mindset for my goals."

"I wanted to set myself up for success in the future without debt and San Jose State was the best option for that, "shared Aurion as she reflects on the cost of investing in her education. "It was nice to be close to home but far enough away to have my freedom to make my own decisions."

e he lta

Aurion also took with her the lessons and principles she learned from Alive & Free's Kwanzaa celebration.

"I often ask myself - Who am I? Am I really who I say I am and I'm all I ought to be? I learned that at Omega and that's honestly something that I live by to improve my life. I am constantly looking in the mirror and questioning myself and my values and what am I doing. And am I really, really being who I say I am? And am I really growing to who I should be and want to be."

Alive & Free continues to impact her life as she uses these lessons on a day-to-day basis to keep her focused on her goals and achieving her dreams. "It's all about legacy, the legacy we create. That is what I want for my life, to create a legacy for people to follow. I definitely know it takes a village because it took the village to become who I am today. It took my grandparents, it took Omega, it took Operation Genesis and the schools that I went to and the teachers who poured into me that in order to be successful, you have to be open to learn."

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Today I Give Myself Permission to Dream

Dr. Reginold Daniels

Growing up in the Sunnydale Projects of San Francisco, Reggie Daniels wore a mask and a street name know as RD. He grew up seeing street performers, hustlers and boosting in the area. His parents did their best, but he ultimately spent his teen years with his grandparents in Potrero Hill. This is when he got into a fist fight with a local gang and was shot.

"That was when I lost my faith in the system and believing it was there to protect me. I realized my life could end at any moment." He was then led by street mentors who advised, "You need to protect yourself," and Reggie began to believe the Commandments of the streets.

"The first time I held a weapon, it was as if it held ME. I felt the cold steel of the gun go through my body and I could feel the change. It was a very transitional experience for me. I felt a sense of power and I felt powerless without the weapon. People FEARED RD. Reggie Daniels was the guy who went to Riordan and was easy to get along with. RD was a bit more edgy – ruthless with a gangster flare and retaliatory. I felt powerful. I felt like if anyone was going to be a bully, it would be me now. I became what I feared. I exposed myself to a different type of harm. I exposed myself to mass incarceration. The cycle of mass incarceration and addiction would go on for a decade and a half."

Reggie was introduced to the Omega Boys Club and embraced the teachings of Dr. Marshall and Jack Jacqua. "Omega changed my life!" They empowered Reggie to understand what he wanted to do as collective as he began to feel a new sense of belonging. He started a Friday night Book Club at Omega which allowed space for him and the Club members to study and discuss culturally relevant books together.

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"The book club would give us a place to share, to redefine what was important, to redefine community and redefine ourselves. And it more than just reading the information but having a place to process it with folks of similar experiences and cultural backgrounds." Although this was an incredible space Reggie created, "there were still some things inside of me that had not yet been processed. There was hurt, trauma and fear...and anger. My rage would come back up and I would eventually recidivate." The cycle would last until the age of 40 before Reggie decided to give himself the ultimate gift.

Today I give myselfpermission to dream:

"I wrote a poem and an article called, 'Today, I Give Myself Permission to Dream.' I gave myself permission to rewrite my narrative and dream of a vision that was more encompassing and spoke to my drive and passions." He continued to pursue the drive within himself and wrote a play, 'Man Alive', which documented his life and spoke about the goals he had for himself. "I spoke the achievement of my goals into existence," shared Reggie. Father Steve Privett, who was president of University of San Francisco, witnessed the power of Reggie's story and play and personally invited him to attend USF. He completed his undergraduate degree USF in 2012, and then his Masters at USF School of Management in business in 2014.



"Modeling is extremely important. I didn't know any doctors in my community. I didn't see people even having goals of becoming a doctor of any sort in my community, but Dr. Marshall actually did that in our community," continued Reggie as he remembered and recognized the light Dr. Marshall shined as his role model. "It allowed me to say, 'I like that! Maybe I can aspire to be that!"

"Here I am, Dr. Reggie Daniels following in the footsteps of Dr. Joseph Marshall," he said with a proud smile on his face as we celebrate his completion of his Doctorate of Education in 2019. He currently teaches a class on Diversity at USF and helps others to redevelop and redesign their own narrative to get them back on track.

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Continuing to Do the Work

Mike'l Gregory

"I am a descendant of love, honor, trust and faith. I think my faith is so pivotal to who I am and who I have been able to become. I am a learner-I seek to learn, engage and be a part of different initiatives. I like this idea of being a forever learner and I try to live out it daily. I seek to love and be loved. I feel Alive & Free really helped me with recognizing that I was rejecting love and I was rejecting the love for myself.

I realized that wasn't a good feeling and that I wanted to give and receive I've become a more welllove. rounded person in this idea of being and more open caring and embracing that I am someone that is descendant of love, peace, joy, faith. I'm on the backs of my God and my ancestors who have built this foundation of love and trust, even through pain and hardship that I now seek to explore and show in all my day-to-day interactions.

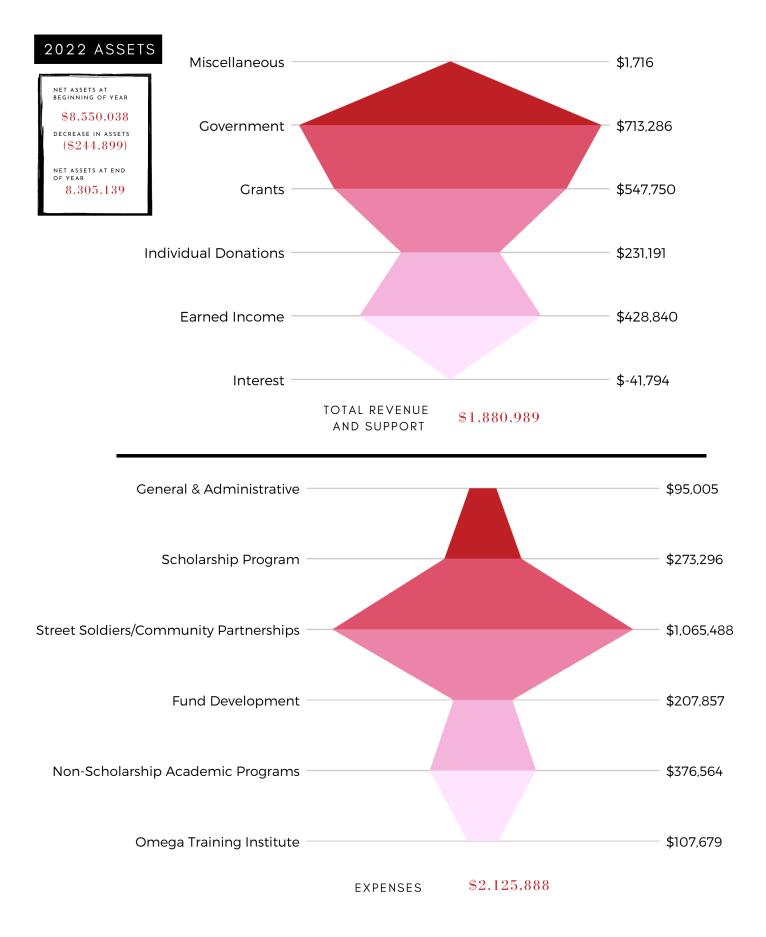


Growing up in San Francisco is unlike any other place. There are microclimates in which you are able to see and be around and experience. I was born and raised in Bayview-Hunters Point and living there was completely different from the places I went to school. I went to school in the Ingleside District which is a little bit more affluent compared to Bayview-Hunter's Point. When I would go home, things were so much different- the poverty level and the median income level is much lower than it is in the neighborhood in which I went to schools. Even coming to college at USF felt like I went many miles away because it was so far away and out of range and out of thought to what I grew up in.

Being in the classroom at Alive & Free, we would talk about things we we're not talking about in our community. We were able to analyze and say things like 'this is actually unhealthy' and 'this is actually for my detriment than it is for my benefit'. I've been taught & trained to deconstruct that notion within the classroom which is caring, uplifting and loving-which honors your story essentially. We started the shadow work at Alive & Free with Ms. Estell's College Prep course and I only touched the surface level of it. Coming to college inspired me to continue to do the work as I saw other people doing the work, expressing themselves and thriving in it. I was able to get to the root of where I want to be and how I can get there. I learned how to express myself, even when it wasn't the norm in my community. I learned to tell someone I love them and became unafraid to share my thoughts and comments.

I came into Alive & Free very nervous but it was through the loving care, support and community that pushes you to say 'this is who I am. This is my story but this isn't where the story ends.' I learned how to be confident that all this is working for my good. I am going to be better because I am in this space and I am trying. I see more for my life. Those ideas started at Alive & Free really branched into so much more. It was a place where that mindset was birthed, curated and fostered as I was able to come out of this shell."

Financial Highlights



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Donor Profile: WHY I GIVE BACK

Our students are incredibly important to us. We know their lives are incredibly impacted by the lessons, love and teachings of Alive & Free. Our donors are just as important because they allow us the ability to continue the necessary work that we know saves lives. We are honored to have our alumni, Dr. Kalah Regis, as a donor who has given consistently over the last 5 years.

"I don't want the students to miss out on the fun stuff during college. Paying for books is important, but it is also important to be able to enjoy the fun activities college has to offer.



I wanted to be able to help the college students of Alive & Free because I remember and appreciate how much they helped me. I am in a position now that I can give back and I am grateful that I can do it."

"I really started being consistent with my donations, trying to pay attention to semesters worth of donations when I finished my doctorate in nursing administration and accepted my current job as a nurse manager. This was considered a promotion for me because of the magnitude of the position and increase in salary. I knew I could afford to donate more and that my donation can go a long way."

"I'm a giver. I want people to have what they need to have and for people to be taken care of as best as they can, and if I can be a part of that, in any kind of way, that's how my heart works. I remember spending so many hours in school and I questioning if I should still be doing this. Whether you are still in school or out, we all are overwhelmed in the healthcare field. But I don't want them to throw in the towel. We were called to do this work for a reason, and I want to be someone who can help, especially with these challenging times."

Kalah worked as a nurse throughout the Covid-pandemic. "I want to be able to help support anyone who is entering the medical field. The medical field went through a lot during the pandemic, and we need more nurses in the field. We need strong people in the work force. The pandemic gave approximately 75% of nurses post-traumatic stress symptoms." She remembers working 16-hour days while people struggled with and died from Covid.

"I recognize that Alive & Free helped to minimize my undergrad school debt. I remember being in school and budgeting my money for food. I remember I would reach out to Alive & Free and they would help me with my books and phone bills. Now, I know that money has to come from somewhere, and now that I am in a position to give back, I want to help students by assisting in their college life. I want them to be able to enjoy their Spring Break, These are experiences they shouldn't have to exclude because of money. I want to be able to help students cover their adult expenses so they can enjoy their college experiences. For me, it's beyond giving back just for tuition and books. It's helping to create positive college experiences which is just as important as getting the college degree."

ALIVE & FREE

Thank You To Our Donors

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Douglas Adams

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2022 marked our 35th year in existence. It's a tremendous milestone for Jack Jacqua and I and this wonderful youth organization we started in 1987. It seems like only yesterday that we held our first meeting with fifteen young people at the Potrero Hill Neighborhood House. I can still see those faces looking up apprehensively at us, listening intently to what we were proposing-a stop the violence youth Club. No guns, no gangs, no drugs and no violence. Instead a focus on education with the commitment to help them get into college and provide them with scholarship assistance. What we asked in return was for them to tell us the truth about the challenges going on in their lives inside and outside the home, so that we could help them navigate whatever came up. I'm sure they thought we were a little crazy and privately the two of us thought we were too.

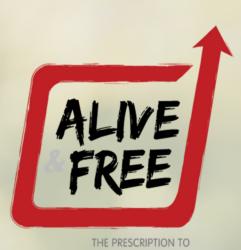
But they said yes and Alive & Free (then called the Omega Boys Club) was born....and we've been going strong ever since.

269 college graduates/75 with graduate degrees/50 currently enrolled in college \$10,000,000 in scholarship funding awarded 30 years of the Street Soldiers radio program on 106 KMEL/iHeart Replication projects nationally and internationally The Last Mile Foundation Golf Tournament for Alive & Free The Alive & Free Prescription The Financially Alive & Free Prescription The Alive & Free Movement The Alive & Free Consortium The best-selling book Street Soldier The PBS documentary Street Soldiers The MacArthur Genius Award The Essence Award The Use Your Life Award from Oprah Winfrey The Children's Defense Fund Award The California Prize from the University of San Francisco 1820 Tuesday night meetings

We owe this all to my grandmother who told me, "The more you know, the more you owe." That's our motto. That's our core value and it hasn't changed. We understand that as we grow and progress in life, we must help others to do likewise. I'm sure that she's glad that I listened to her and I know that she would be so proud of Alive & Free.

1440 Street Soldiers radio shows

We certainly are and I hope you are too. Happy 35th Birthday Alive & Free. On to year 36!



END VIOLENCE AND CHANGE LIVES

1060 TENNESSEE STREET SAN FRANCISCO, CA 94107 (415) 826-8664 WWW.STAYALIVEANDFREE.ORG

