



Xanthus Communications

Media Jockey

A Newsletter from Xanthus Communications

PRforPeople--Seattle Networking Group

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Be famous for who you are and what you do.

Thursday, October 1st

4pm--6pm.

Bustle Café

located at the top of Queen Anne
523 West McGraw Street,
Seattle, WA 98119.



Industrial Psychologist
Dr. Robert Fallis

Dr. Fallis will give a presentation "Rev-up the Workforce," a post recession outlook that provides concrete advice to businesses of all sizes so they can emerge from a recession with a motivated workforce that benefits the employees as well as the organization.



The Bustle Cafe offers hand-picked beers and wines, quality coffee, French pastries, organic baguette sandwiches, natural teas, and revitalizing elixirs.

No meeting fee.
More info call 206 979 3380
Street parking is easily accessible.

September 21 2009
Issue #27

What moves you? Give.



Dear Friends and Colleagues: Greetings! These are tough times for non profits. Whether you have a job or not, whether your business is up or down, you need to help. You can give your service or your money. How you choose to give depends on your resources. Whom you choose to give to defines the very essence of your professional brand.

Pro-bono work is more often about the heart than it is about the work. Professionals use their time and talent as a gift to support a cause. It is about saving sick babies, unwanted kittens, and getting homeless people off the street. Pro-bono means using every resource possible to make the world a better place. More than ever, non profit organizations, foundations, and charitable causes need you to donate your money and your service because funding is simply not there.

Ask yourself: will your gift help children? Will your gift save lives? Will your gift create beauty and raise the bar in pursuit of excellence? Is your gift an extension of who you are?

Be rich in heart. Give.

Best Regards,
Patricia Vaccarino,

ManagingPartner
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"The Dance of Life"



Dancers Alexandra Dickson & Timothy Lynch
Art designed by Tim Girvin

Scars, both the seen and the unseen

"The Dance of Life" First Annual Fundraiser for the Seattle Dance Project on Sunday, September 27, 2009 at the Ruins in Seattle will feature Designer Tim Girvin, Pianist Victor Janusz, and the chamber ensemble Simple Measures.

Founded in 2007 by artistic directors Julie Tobiason and Timothy Lynch, the Seattle Dance Project is quickly becoming known for its diversity, range of expression and rhythmic inventiveness in the powerful blend of classical and modern technique.



The excitement and buzz that has been generated about this new company brings to mind the Northwest legacy of nurturing and giving rise to major dance talent such as Merce Cunningham, Mark Morris and Bill Evans, as well as the international accolades consistently given to the Pacific Northwest

Ballet.



Tim Girvin will give the keynote talk. Girvin has been breathing life into brands for companies, products and people for over thirty years. His work is everywhere from Bellagio to Bloomingdale's. He has designed the movie title logos for 350 Hollywood feature films. His latest was

in the movie Star Trek. Girvin will talk about dance as being in the moment and ephemeral, and yet in possession of a great power that creates a brand legacy.

The "Dance Of life" Fundraiser is a fine example of how accomplished artists are helping one another during these challenging economic times. All of the fundraiser's featured guests, Tim Girvin, Pianist Victor Janusz and the Chamber Ensemble Simple Measures, are generously donating their time in support of Seattle Dance Project and they will not be compensated for their contributions.

"When you think about dancing, the grace, the signature, it's your expression, it's about you; you are a dancer." Support us, you will become more." -Tim Girvin

To purchase tickets for this event please use "donate" button on <http://www.seattledanceproject.org>. It's \$100 to attend the fundraiser. If you cannot attend, give whatever amount you can. On twitter follow @seattledancepro.

The Face, Heart and Mind Foundation

In the United States a case of child abuse is reported every 10 seconds.

Each day more than four children die from child abuse. Seventy-nine percent of these children are under the age of four. Forty-four percent of these children are under the age of one. Child abuse and neglect is the highest single cause of death of children under the age of four....What happens to the survivors?

Founded in 2001 by Henri P. Gaboriau, MD, FACS, and Jim Silsby, Director of Development for Boys and Girls Town of Missouri, the Foundation provides pro-bono reconstructive plastic surgery and mental health counseling to children who have been scarred and wounded due to child abuse.



"Whenever someone would ask me how I got the scar, I was ashamed and very emotional. I became very shy. I felt like a brand new person after the surgery was complete." - Wilhelmina Stewart, Auburn, WA

For more information about how to help, <http://www.Faceheartmindfoundation.org>

Ballard High School Dance Team

The power, grace and beauty of these young athletes

More than Hair

Paule Attar Salon & Spa Making Strides against Breast Cancer

Paule Attar experiences breast cancer in a most personal way. Some of the salon's clients have lost their lives to this disease. Most of these women were clients of Paule Attar before the onset of breast cancer. And while they were battling breast cancer, they continued to come to the salon for help with



their hair. For many women, the toughest part of dealing with breast cancer is losing their hair. It is an outward and visible symbol of the cancer living inside of their bodies.

By joining forces with the Making Strides against Breast Cancer Society, the Salon saw an opportunity to make a difference in the lives of women. Thirty-five of salon staff members and their friends and or family have formed the fundraising team "Busted in Bellevue" and will do a 5K walk. on Sunday October 4th, 2009 the Salon team will march in Downtown Bellevue in memory of their clients who have lost their lives to breast cancer: Pauline, Lynn, Sarah, Jackie, and Reine.

"My cancer memories are vivid. Every one of them. But nothing is as vivid as the feeling that suffocated me the day my hair started falling out, when it washed from my head in the shower and gathered in the drain, and wound around my brush, and then covered my pillowcase when I woke up the next morning."

-- Laurie Erickson, breast cancer survivor and author
My Breast Cancer blog

Paule Attar Salon and Spa invites you to join them in the fight against cancer. <http://www.pauleattar.com>. To donate online visit <http://www.kingcountystrides.org>.

There is a donation logo located in the middle of the page. You can search for the Paule Attar Salon and Spa team and donate towards the salon's goal. The team name is "Busted in Bellevue."



The Story of Browning Communities



You see them everywhere: huddled in doorways and on park benches out in the cold, dragging shopping carts as if they were portable homes, walking barefoot on wet sidewalks, talking to themselves and eating from garbage cans. The mentally ill are too

will move you to want to dance.

The BHS Dance team is a part of the Ballard High School Associated Student Body and sanctioned



by the Washington Interscholastic Athletic Association. This is their third year as a team. Marina Siviliay, a former Math and Science teacher at Ballard HS, coaches the team as a volunteer. Under her direction, the team competed and made it to the District-Levels on their first try! The 2009-10 team is made up of thirteen girls ranging from freshmen to seniors who are all very excited for this school year! The dance team relies solely on volunteer support and donor funding.

"Any problem in the world can be solved by dance." -James Brown

For more information about how to help, please see <http://sites.google.com/site/bhsdanceteam/>

sick to know when to come in from the rain.

Under the direction of philanthropist Liz Browning, the mission of Browning Communities is to provide safe, structured homes for the chronically mentally ill in the greater Seattle area. Those who suffer with the "brain diseases" of mental illness need to be given the equal consideration and the compassion that is accorded to those who suffer from other diseases that are also organic in nature, such as cancer, diabetes, and Alzheimer's. When the mentally ill are properly treated and housed can access their unique abilities to contribute to society and achieve, and maintain, a level of independence and productivity.

"Our lives have been profoundly impacted by the mentally ill. Together we can build compassionate communities for the mentally ill." For more information about how to help, please see <http://www.browningcommunities.com>

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For questions or comments, please reply to patricia@xanthuscom.com

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