

**The Sperm Bank of California**

2115 Milvia Street  
2nd Floor  
Berkeley, CA 94704

phone 510-841-1858  
fax 510-841-0332  
e-mail: [info@thespermbankofca.org](mailto:info@thespermbankofca.org)  
website: [www.thespermbankofca.org](http://www.thespermbankofca.org)

**Donor # 4069**  
**Interview Notes**

Donor 4069 greeted me with a warm smile and sat calmly throughout our interview, exuding a quiet peacefulness and sense of purpose. His eyes crinkle when he smiles and I felt immediately that this donor was both genuine and kind.

This donor seemed committed to his health. He has been biking since he was a child and embraces a myriad of outdoor activities, from tree climbing to dance. His straight posture and relaxed way of holding himself suggest that he is comfortable in his body. He eats organically when possible and seemed to be very intentional about his relationship to his body.

Donor 4069 comes from a very creative family, and he has inherited those talents and proclivities. He laughed as he explained that everyone seems to make art or be a teacher. His father is a musician, playing folk music on the guitar and flute, among other instruments, and the donor's brother and maternal grandmother are both visual artists. Donor 4069 shares these interests, expressing how fulfilled he feels when he is making something. I was curious about how he had learned some of his skills - piano tuning for instance. He explained that he lived in a house with an out of tune piano. He simply realized that it was an opportunity to learn a new skill and learned by reading and trial-and-error. This kind of initiative and creative impulse highlights the pith of Donor 4069's personality.

He described himself as a morning person and although our meeting was early, he was bright eyed and quick to answer my questions. It is clear to me that Donor 4069 has put a lot of thought into being a donor, and is approaching the process very conscientiously.

Interviewer: Alex Holding

Date: April 3, 2008