



Ali Lowrey and Hayley Andrews check their vines

4-H Update

4-H Vineyard Project Submitted by Sara Captain

On a warm summer evening, high school students across Contra Costa County gather at the Captain's vineyard in Moraga. This is not the first time they meet each other, nor is it the first time they prepare to get dirt on their hands by dressing in old torn jeans and thick leather gloves. These members of the Lamorinda 4-H Vineyard Project meet once, sometimes twice a week during the summer to learn about managing a vineyard by experiencing it first hand.

"It really opened my eyes to the ancient process of grape growing," said Chandni Dhupelia, a Senior at Miramonte High, "But it's not only educational... I also had a lot of fun meeting other people who shared this common interest."

Susan Captain, the Project Leader, attends courses and seminars all around California, from UC

Davis to the famous wine country itself, Napa. She brings information to the 4-H Vineyard Project members, who then decide what they think is the best way to produce the finest grapes. Each student selects his or her own section of the vineyard and manages it, receiving only information and supplies from Captain. They must deal with questions such as, "Should I put manure on my plants? What is the best way to weed? How can I control erosion?"

With another summer just around the corner, the 4-H Vineyard Project is beginning to pick up again. For more information on Lamorinda 4-H, please contact Michelle Chan at mmchan6@yahoo.com or 925-283-9519.

Sara Captain is Co-President of Lamorinda 4-H and a student at Miramonte.

Lamorinda Weekly readers asked: Where do you keep the chickens and other livestock?

4-H Answer: Livestock is kept at other 4-H members houses, who have enough land, or boarded at a barn. We have actually had people who own property offer to let us keep our animals there for free. So far, if a child wants to have livestock, it hasn't been a problem.

4-H Seeks a Nurse:

Are you or someone you know a medical professional? 4-H Camp 2007 wants you!

In order for Contra Costa Co. to hold its annual 4-H Camp in Angwin, we must have someone currently licensed onsite. If you are at least 25 years old, currently practicing as an MD, RN, LVN, EMT or Paramedic, this fun week is for you!

Please contact Mark Johnston 925-875-2353 or Linda Whalen 925-646-6543 if you are interested or have questions.

Camp Details: Camp is for one week this summer, from June 17th to June 23rd, you could be part of an exciting and vital program at Las Posadas State Forest.

If you are a War-time Veteran or a Surviving Spouse

You may be eligible to receive
benefits to help with your
healthcare.

Many American Wartime Veterans are unaware that they may be entitled to a pension benefit. This tax free benefit may help offset the cost of Assisted Living, Skilled Nursing or help with independent living.

To learn more about War-time Veteran benefits please join us on

Saturday, May 5th
1:30 pm - 3:30 pm

Please RSVP - Candice Moses
925-377-7900

Aegis Living

We're the people who make life better.

Aegis of Moraga
950 Country Club Drive
(925) 377-7900
www.aegisliving.com



RCFE # 075600394

Space is limited - Call to reserve your space

Lafayette Health Club

Want Results?

Our Pilates program is
"Indoor Conditioning for your Outdoor Lifestyle"

LHC
celebrates
26
years!



Members and
non-members
welcome

Mon-Th:
5am-9:30pm
Fri:
5am-8:30pm
Sat/Sun:
7am-7pm

Strengthen and Stretch !!
Pilates is for EVERYBODY!

85 Lafayette Circle • Lafayette • 284-7732
Down from Chow Restaurant
www.lafayettehealthclub.com



**Free
Stories**

Children's Storys-Free
Age's 5 on up
Go To <http://home.com-cast.net/~william.sawyers/>