

Life in LAMORINDA



Orinda Way, the Market's new home Photo by Tod Fierner, Grafic A. Schreck

Orinda

Farmers Market Grand Opening

By Cathy Tyson

The Orinda Farmers Market will be celebrating its 10th anniversary, when it opens for the season on Saturday, May 12th from 9 until 1. Lots of balloons and special guests will mark the occasion, but the biggest change will be its location, just down the street from last year's spot. Orinda Way will be blocked off directly across from the Community Center Park. "We're excited about the new central location. It'll bring a new vitality and more vendors to the Market," states Kathy Polkinghorn, Assistant to the City Manager. The City looked at, and considered a number of locations, but chose this spot because it allows for parking and easier access. Driveways into the Rite Aid parking lot will be open north and south of the Market road closure.

There will be 27 vendors selling strawberries, cherries, greens, asparagus and more, plus a number of special added features to celebrate not only Orinda's Market's anniversary, but 25 years since the first Certified Farmers Market came

to the county. The jazz band "Growiser" will be performing from 9 until 12:30. Linda Carucci, celebrity cookbook author, will be there demonstrating and signing copies of Cooking School Secrets for the Real World. In addition, Chef Arno from Shelby's will be preparing and giving out samples of crab cakes with caper aioli. Barbara Kobsar will be demonstrating recipes from her book, Traditional Healthy Home Cooking, and have her legendary jams available for sale. The magician "Rudy" will be there for the kids, and Madame Ovary, Recycling Goddess, will be there for the adults.

Perhaps the most local vendor of all will be Holding Ranch Angus Beef. This organic, grass-fed beef has no antibiotics or hormones and comes from Ann and Hunter Holding's ranch on Deer Hill Road in Lafayette. Grass-fed beef is unique because it contains less than half the fat of grain-fed beef and up to six times as much "omega-3" fat, the good fat found in salmon.

It's About Time:

By Jennifer Wake

Work or stay home. It is one of the biggest decisions a mother can face. While many women do not have the luxury to choose, some Lamorinda moms try to do both by running their own home businesses. But pursuing an entrepreneurial career with flexible hours, while spending quality time with children, does not come without its challenges.

When Orinda mom, Sara Curran, first started her business, Polka Dogs, last year making handmade belts from fine woven ribbons and fabric, her son Declan (then age 4) watched in earnest.

"One day he thought I needed help and proceeded to chop every expensive ribbon about every two inches," she said. "Needless to say, that was not a good day." And although her daughter, Charlotte, 8, loves to model for Curran and has even begun sewing and creating in her own room, it can still be a challenge.

"Sometimes she gets frustrated with me for working at night, or not driving to a field trip, but I remind her how much I am around and she understands," said Curran. "I try to keep organized, stay focused and not try to do all things all the time. Over the holidays, my business was great, but my parenting was terrible. I just didn't have time to do it all."

Moraga mom, Tracy Gordon, helps companies build brand identity with her marketing business, Proforma Concepts Unlimited. She soon figured out that she couldn't do it all either. "I enjoy having a balanced life: time dedicated to my family, myself and my work," said Gordon. "I used to consider myself a working woman who has a family. Now I consider myself a mom who also happens to work in a fun business."

Juggling Motherhood with a Home Business

Her biggest challenge remains time. "My two boys (Evan, 13, and Brendan, 9) are growing older; they are involved in more activities and I have less time to devote to work," said Gordon, who has run her own business since 2002. "Work can be very satisfying, both emotionally and financially, but you also have to take time for yourself."

Lafayette writer/editor, Linda Lenhoff, believes even a few minutes of solitude helps. She switches gears between work and "mommyhood" by parking a few blocks away from the school when she picks up her daughter, Casey. "I can take a little walk before getting her, to clear my head," she said. "Then we have a nice walk back to the car, too, something of a transition time for both of us."

Lenhoff says she is lucky to work in a field where she can at least consider working from home, but when she has done freelance work, she has missed the social interaction.

"You can let yourself get swallowed up and forget who you are," said Orinda mom Christy Dalton.

A marathoner, former group fitness instructor and personal trainer at several Bay Area health clubs, Dalton started a personal training business, Fit Chix, with partner Melissa Aycock six months ago. She says it has helped her redefine herself.

"For years I've been mom and wife; now I'm mother, wife and business owner," she said. "It feels good, but mostly because the timing is right. The kids are more independent so I have less guilt in having my own life." Most importantly, Dalton says her boys, Shane, 7, and Brice, 5, cannot believe that she gets paid to do something that she loves. "I look at my work as fun and the boys can see that," she said.



Moraga Personal and Professional Coach Sheri Sweeney with children, Sarah, 10, and Eric, 7. Photo by Jennifer Wake

Moraga professional organizer Sheri Sweeney says that setting realistic expectations and maintaining a healthy work/life balance is key.

Sweeney, mother of Sarah, 10, and Eric, 7, started her professional organizing business, Time to Spare, in 2001 after Eric was born.

"I realized I would need to find a career that allowed me complete control over my work hours," said Sweeney. "I knew one of my personal strengths was systems organization, so [my business] was the perfect fit."

Sweeney's business has evolved into a coaching prac-

tice where she helps clients set priorities, overcome resistance to taking action, and make real changes in their lives. Much like the other Lamorinda moms, Sweeney tries to conduct her coaching sessions when her children are in school.

All the moms agree that it comes down to setting priorities.

The key, says Sweeney, is to understand that there is no "right" way to work. "When moms spend the time necessary to develop their own talents and share them with the world, they are modeling an unbelievably important value for their children."

Law Office of Radcliffe & Radcliffe

455 Moraga Road, Suite A
Moraga, California 94556
925.376.2325 – 925.376.2328 (fax)

Serving Lamorinda for over 30 years.

Martha C. Radcliffe – Estate planning
Lisa J. Radcliffe – Family Law, custody, support and visitation

souvenir

a french apartment shoppe

2nd Annual
Tag Sale!

Saturday
8:30 am
May 12

(925) 284-4040

1020 brown avenue, suite a
lafayette, ca 94549

Celebrate Mom!

Purchase a Gift Certificate and receive
20% OFF your next service

33 LAFAYETTE CIRCLE, LAFAYETTE
(in La Fiesta Square) • 925.962.1900

COLOR SPECIALIST | HAIR CUT & DESIGN | EXCLUSIVE KERASTASE® TREATMENTS
SPECIAL EVENTS | CUSTOMIZED HAIR & MAKE-UP | HAIR EXTENSIONS | THERMO HAIR RELAXING
BROW DESIGN & LASH TINT | CUSTOM FACIALS | MASSAGE SERVICES | PLUS MUCH MORE!

WaMu Mortgage Plus™

You've never met
a loan like this.

It could be the beginning of a beautiful relationship.

Meet the mortgage that gives you built-in access to your equity whenever you want it. With a Wamu Mortgage Plus™ loan, it's easy to:

- Change your rate to fixed or variable if interest rates go down - without refinancing
- Get cash from their equity - with no need to re-qualify or pay additional fees, ever
- Customize their payments to help with cash flow

Certain restrictions and conditions apply. Programs subject to change. Borrower Pre-Approval subject to acceptable property/appraisal. We reserve the right to request additional documentation. Washington Mutual has loan offices and accepts loan applications in: Washington Mutual Bank - many states; Washington Mutual Bank, doing business as Washington Mutual Bank, FA - many states; and Washington Mutual Bank fsb - ID, MT, UT.

Ready to be formally introduced?
Call today!

Tim Floyd

Phone: (925)287-7327
Mobil: (925)348-4194
Fax: (925)287-7327
timothy.floyd@wamu.net

It's the only loan you'll ever need,
as long as you own your home.

- No closing fees
- No origination fees
- No mortgage insurance