

Life in LAMORINDA

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Mindful movement options in today's fitness world can provide opportunities for renewal, relaxation, rejuvenation and a whole new body!

By Kerry Silverstone

Mind/Body fitness has evolved into a proliferating innovation of movement choices designed to help soothe one's demanding lifestyles. A multitude of diverse classes in our health and wellness centers have taken storm for our forever fitness fanatics as well as for people of all ages looking for programs designed to help them find balance with body sculpting. With a proactive strategy to more calmly face day-to-day challenges, get in shape and to decrease risk of injury from activities of daily living, movement can be medicine for the rest of your life!

Community residents need not travel to destination resorts to fulfill their 'get away from it all' needs due to local programs which provide day-to-day movement opportunities for a holistic lifestyle. With education now available from local fitness and mind/body professionals, we now realize that health and wellness are far more than high heart-rate driven modes of exercise.

Enhance physical, psychological and emotional well-being

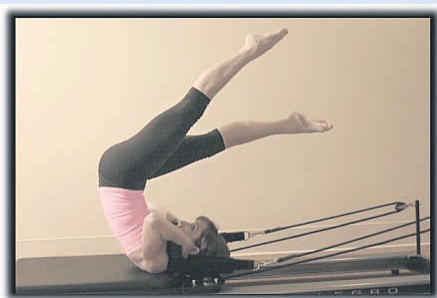
Formats such as multiple styles of Yoga, Pilates, Nia, Feldenkrais, T'ai Chi, Stretch, Meditation, Core and other Mind/body fusion formats have grown to be extremely popular because they provide physical challenges as well as life balance and emotional awakening. Programs and services such as Pilates Reformer, Wellness Coaching and even a menu of Spa services all feed the needs of individuals looking for a healthy retreat within close proximity of their homes, and they can often find it all under one roof.

Creative Mind/Body ideas add flare and flavor for all populations

New programs such as those targeting teens are now a viable source and service to local schools with cut backs on physical education. Pilates programs for golf, tennis, baseball racquetball players can help create a competitive edge for an athlete who is looking to surpass his competition. Yoga, Pilates and conditioning programs are now available in your neighborhood for seniors, pre/post natal moms, Cancer patients and survivors, those individuals living with osteoporosis or even Cerebral Palsy. Meditation formats can reduce stress both in mind and body. All mindful sources of movement can empower and reduce stress from the physical and mental challenges of daily living.

Think beyond their hearts!

With the broad spectrum of Mind/Body programs right in our backyards, we can and must redefine ourselves. Today's world of health and wellness professionals can nurture your needs, touch you with inspiration and encouragement and erase the 'you must look like Arnold or Rocky' stereotypes of yesterday's health club cultures. With these modes of movement, you will discover that you walk away feeling like you have given yourself an active massage. Or, if that's still not enough, most centers have or are affiliated with massage therapies to complete your trip to a 'feel better' local resort!



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Rotary Continues to Give in Many Ways

Many of Lamorinda's Rotary Clubs participate in the Rotary Dictionary Project, which was started in May of 1998 by the Rotary Clubs of District 5160 and has placed dictionaries in over 30,000 households throughout Northern California. The primary objective of the Dictionary Project is to support the academic development and personal growth of the youth in our communities through a focus on literacy. Often local clubs offer help and support to nearby communities as well.

This year the Moraga Rotary Club delivered 295 dictionaries; 85 went to Peres Elementary School in Richmond, at the invitation of the Rotary Club of Richmond which has "adopted" Peres Elementary and has on ongoing commitment to the well-being of the school. Third graders at Camino Pablo, Los Perales, Rheem, Saklan Valley and Canyon schools all received dictionaries, which bear the Rotary book plate. The Book plate states Rotary's "Four Way Test:"

The Four Way Test of the things we think, say or do:

- First:** Is it the TRUTH
- Second:** Is it FAIR to all concerned?
- Third:** Will it build GOOD WILL and BETTER FRIENDSHIPS?
- Fourth:** Will it be BENEFICIAL to all concerned?



Paul Griessel with the new dictionary at Saklan Valley School



Moraga Rotary President Colin Barnard

Mike Rosa, the program coordinator, said, "Personally, this was the most enjoyable project that I have been involved with through Rotary. The kids, for the most part, knew of the project and anticipated our arrival. They were very eager to get their dictionaries and were also enthused about reading aloud definitions of words like Truth and Fair."

For more information on the Rotary Dictionary Program, go to <http://www.rotary5160.org/programs/dictionary/description.php>

Orinda Rotary Endowment

Orinda Rotary's Dick Burkhalter says, "The 32,000 Rotary Clubs throughout the world give back to their communities and to say thank you for all that has been provided for their families and the education of their children." Each year the Orinda Rotary Club's Endowment thanks the community by awarding grants to local projects. For 2007, the recipients were:

- Wagner Ranch Elementary School: Microscopes for the science programs, \$1,800
- Sleepy Hollow Elementary School, Special Ed. Program: Educational books for special ed. students to check out, \$500
- Del Rey Elementary School: Supplies for a 10' x 20' Mural wall and tile project, \$600
- Del Rey School's Garden Club: Tools, wheelbarrows and supplies for their garden, \$635
- Orinda Community Church, Interfaith Winter Nights: Food, transportation and utilities for seniors and needy during the winter nights, \$1,700
- Xenophon Therapeutic Riding Center: Horse riding training for disabled children, \$720
- Orinda Historical Society: Convert historical audio tapes to digital CD's, \$1,500
- California Shakespeare Theater: Student Discovery Program for future performers, \$800
- Orinda City Arts Council: Beautification & promotion of art in Orinda, \$2,000
- American Association of University Women: "Sister to Sister Summit," a one day conference for Lamorinda middle school girls to develop self confidence, awareness and positive choices; led by local high school students, \$500
- Orinda Garden Club: Beautification & improvement for Hwy. 24 off ramp, \$1,000
- Wagner Ranch Elementary School: Two brick planters and dividing walls, a project by the members of the Rotary Club, \$1,000

First MOSO, Now MOSPRO

... continued from page 3

The MOSPRO 2008 initiative would amend the Moraga General Plan and transform the Bollinger Canyon area from a "Study Area" to a mix of open space and property development allowing two dwellings per acre. The land owner would be required to conduct an environmental impact report prior to commencing the project. A portion of the Indian Valley property would be dedicated to Open Space with the remainder of the property developed with two houses per acre. The total number of new homes could reach 312.

MOSPRO 2008 contains a number of financial benefits for the Town of Moraga if adopted. One benefit is the provision of up to \$4M dollars by the Bruzzone's to the Town of Moraga for the construction of a Town Community and Recreation Center on an allotted piece of their land located along Moraga Road, across from Moraga Commons Park. The Bruzzone's would also contribute up to \$2M for additional sports fields and up to \$1M for transportation infrastructure improvements. The total payment of these funds is contingent to the recordation of a final subdivision map to subdivide both Bollinger Canyon and Indian Valley.

"Staff is still reviewing the recently submitted Bruzzone initiative," said Mayor Lynda Deschambault. "Moraga residents have a strong desire to protect the Town's open space and natural areas, so I expect they'll be very interested in comparing these two measures and understanding which one best supports those goals," she continued.

The authors and proponents of MOSO 2008, an organization called Friends of Moraga Open Space, are not enamored of the competing initiative. "This new initiative pretends it's about protecting open space, but in reality it's an attempt by the developer to buy votes so he can build hundreds of houses on open space," said spokesperson Susan McNeill.

Neither initiative will be placed on the ballot until the respective petitions are signed by 10% of registered Moraga voters (roughly 1000 signatures) and verified by the Town.

MOSO 2008 Update:

The Board of the Moraga Country Club recently rejected an offer to compromise with proponents of the MOSO 2008 initiative. The main concern of the Board was that if passed, the ordinance would prevent the Club from purchasing land from the town for its holes 10 thru 18 and would impair its rehabilitation projects.

The proponents of the initiative, Friends of Moraga Open Space, although claiming that the Country Club would have been grand-fathered under MOSO 2008 subsequently announced plans to revise the initiative "to explicitly exclude the Moraga Country Club entirely. The revisions will be relatively brief but will best reflect the interests and concerns of the majority of our Moraga residents. We will circulate a revised petition for signatures."

MOSPRO 2008 contains language the specifically protects Country Club activities.



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