

# Life in LAMORINDA

## Local Nurse Honored

By Bobbie Dodson



On the 50th anniversary of the School of Nursing at the University of Florida, from all the graduates over those years, four were chosen to receive Nursing Leadership Awards. Linda (Becky) Jenkins of Lafayette was one of the four, honored for her exemplary efforts in the field of community outreach.

Jenkins and her husband, Don, flew to Gainesville, Florida for the two day celebration which in-

cluded dinner at the University President's home and a ceremony at which she received a large crystal sculpture. "I felt humbled and that it was strange to be honored for activities in which I feel I've received much more than I have given," Jenkins says.

Perhaps best known for the small, intimate Lamaze classes she teaches, Jenkins was one of the first in this field. She served as a consultant for the first alternative

birthing center in the East Bay located at Mt. Diablo Hospital. Her book, Pregnancy, Birth and You became a favorite among new mothers. For more information about her Lamaze work visit [www.birthprep.com](http://www.birthprep.com).

A defining moment in her career came when a physician asked her for a list of childbirth educators to teach the pregnant Spanish speaking population. Finding none, Jenkins decided to get her book translated into Spanish. In contacting a publisher the answer was, "There's no money to be made in it. If you want it, honey, you'll have to do it yourself." So she did, beginning with learning Spanish.

Jenkins followed this with scripting, acting in, and producing five Spanish language videos about child birth. She also helps the Spanish speaking of other countries. She served as a surgical nurse in Guatemala twice, treating the poorest of the poor. "Of

the operations with which I helped I think cataract surgery was the most rewarding. People who were literally blind one day could see the next," she observes. Also, an invitation came to visit the Amazon jungle where she taught doctors and nurses the importance of getting patients out of bed after childbirth.

Members of the Lafayette-Orinda Presbyterian Church (LOPC) funded her work on mission trips to Guatemala where she taught health education. On another journey to this Central American country, she served as camp nurse for 35 high school kids. Through LOPC's involvement with the Monument Crisis Center she now teaches ESL classes in this Pleasant Hill facility.

"As a two time cancer survivor I so appreciate the love, care I've received. One way of showing my gratitude is finding ways I can love and care for others," Jenkins says



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## Lamorinda Little League-

### You're Not Just in the Little Leagues Anymore, Kid

By Nicolle Shanman

Ahhhhhh, baseball. In my 'Mom World of Sports,' it ranks number one. First, they provide designated seating in the form of bleachers. This means you do not drag strange folding chairs and coolers for miles, to seat yourself in an area, only to find yourself in enemy territory. Second, there is a dugout. This is where the participating child must stay throughout the game and may not leave to ask odd questions, to complain or annoy. Third, a semi-healthy snack bar. This provides food for nonparticipating family members for sustenance as well as bribes (ice cream for completed Algebra assignments...yes we all stoop this low).



Buckeye (soon to be Chaney) field on St. Mary's Rd., provides parking close to the fields to limit walking time, as well as is in close proximity to our home. These are two other great pluses I noted as I filled out the online application. The stars were aligning. Now, my son needed to attend the tryout, get on a team, and we were ready for baseball!

Small bits of information were filtering through from various playmates on visits to our home that led me to believe my level of seriousness towards the sport was not at par with those living in Lamorinda. So it started to make me think that perhaps private batting practice would better prepare my child for the rigors of

Lamorinda Little League.

The costs would be similar to an entry level C class. Our daughter wasn't ready to drive yet, I reasoned. Another option; deferring investments from the college fund would cover the price of costly bats and pros. I could contact various parents, perhaps arrange carpools, I could make this work. I had heard of a pro who had a waiting list a mile long, however everyone used him. I would have to have that pro, I thought wearily. If I fit all of this in on an intense scale in between rugby and homework, sure my son might be a little tired, but hey, suffer for success!

The day of the tryout afforded me the opportunity to give into the instinct to dig through my son's drawer and pull out a killer baseball 'look.' A tempting option, maybe just some baseball pants and an entire bag of Big League chew shoved in his mouth, just to be official. He also has some killer baseball hats. As I was day-dreaming about this, he walked into the kitchen. I looked at him over my cup of coffee, he was in shorts and a t-shirt. "You going now?" I asked; "Yep," he answered. "You'll do great buddy." He grinned and ran down the stairs to meet his dad. That conversation changed it for me.

He was just happy to be going to hit a few balls, nothing more, nothing less. No pressure. The child is ten.

Yes, the tryout was filled with dressed to the nines children who all knew their stuff, powering balls through the gymnasium and pitching fast balls. Truly amazing.

Many have what it takes; I'm looking forward to watching an amazing season. As for us, the college fund will continue to grow and I've returned to the reason sports have been part of the plan for us all along. It's about learning to work with a team and fulfilling commitments. We'll just stay focused on that.



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