

LAMORINDA Business

business briefs

Union Bank Meets Moraga

Union Bank, 1460 Moraga Road, Suite A, 631-1800, www.unionbank.com
Dimitry Bokman, the Branch Manager, opened the new office with his team on January 22nd in the Moraga Center, next to Asia Palace. "We have clients in the area," says the Manager, "some had to go to Walnut Creek to bank with us." Union Bank is a small size bank in the United States. It is a private establishment owned by Bank of Tokyo-Mitsubishi. Its first branch opened in San Francisco in 1953. The bank has now 322 offices in California, other offices in Washington State and one office in Oregon. "We have a personal, small bank approach" explains Bokman, "We want to serve the community and are part the Chamber of Commerce." The bank has no sub-prime lending, and is viewed as a very strict bank catering to small businesses and individuals.

Blodgett's Floor Coverings Celebrates

3291 Mt. Diablo Court, Lafayette, 925-284-4807, www.blodgetts.com
Join Blodgett's as the celebrate 50 years as a member of the Lafayette Chamber of commerce on Thursday March 13, starting at 4:30 pm, 3291 Mt. Diablo Court.

Correction:

The correct phone number for Techmommy is 377-7711; she is offering 10% discount to seniors in 2008.

Fitness Expansion

Informa – Integral Fitness, blending Eastern and Western philosophy
23A Orinda Way, Orinda, 254-6877, www.informadorinda.com

The 13 year old Orinda fitness center is celebrating its 1200 sf expansion. The new space has been developed as a Yoga studio and has allowed the addition of a store for yoga and fitness products. While adding a studio Andrea, the Director of the center, has added new equipment to the fitness side of Informa. The new facility will allow for their offer to include extra yoga classes, mid-morning and evening and special yoga workshops including teen and athlete yoga special. The Pilates classes are extended as well with a mat-Pilates addition. The remodeling has been conceived with sustainability in mind, with the use of renewable wood (cork and bamboo), low VOC paints, high efficiency appliance, etc. Drop-in fee for yoga and membership for integral fitness.



The new In Forma Studio Photo Andrea Colombu

Small Business Emergency Preparedness Workshop

Be sure to sign up for the Business CERT seminar on Wednesday March 26th. We know there will be a major emergency in the San Francisco Bay area; we just don't know when. This 2 1/2 hour seminar could save your business. There will be important information on emergency services and what to do to keep your business in operation at the time of a catastrophe. Be prepared. Come and be part of the solution. Featuring both a morning program with light breakfast at 7:30 a.m. and an evening program to include dinner beginning at 6:30 p.m. These workshops will take place on at the Holy Trinity Cultural Center, 1700 School Street in Moraga. Lamorinda Community Emergency Response Team Administrator Ken Tom will conduct an informative workshop focusing on how to prepare your small business to continue smooth operations in the event of a major disaster. The Orinda, Moraga, Lafayette and Pleasant Hill Chambers of Commerce jointly sponsor these workshops. A small admission fee covers food & beverages supplied by Terzetto Cuisine. To register, call Ken Tom at 376-0533

New from the three Chambers of Commerce

Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette

925-284-7404, www.lafayettechamber.org

- Lafayette Jazz Festival, Thursday to Sunday March 6 to 9. At Bentley School, 1000 Upper Happy Valley Road. See the full program on the Calendar page.
- Joint Mixer with Pleasant Hill Chamber Wednesday, March 12: Paul Mitchell School 100 Crescent Drive, Suite D, Pleasant Hill starting at 5:30 pm
- The GREEN Committee will hold its Open Meeting on Wednesday March 19-at 12 noon in the Lafayette Chamber Conference Room. Bring your lunch and ideas to help Lafayette business community thrive in a sustainable way.

Moraga Chamber of Commerce

www.moragachamber.org

- Kimco Realty Corporation met with the Chamber of Commerce and the Town of Moraga to discuss revitalization of the Rheem Shopping Center. The economic state of the Center has been of concern for sometimes. The property owner bought Rheem some years ago at the same time as 138 other centers. They claim having invested in refurbishing the Center and confirmed that Rheem was an asset for their company.
- The Chamber is proposing a "Lease Workshop" to all tenants, retail and other businesses, to learn the best practices to use when negotiating their lease. Learn how to negotiate a rent increase, what are the roles of an attorney and of a leasing agent. Learn how to build a win-win scenario with your landlord. The workshop will be held mid-March. To inquire, contact Larry Tessler at larryt39@earthlink.net

Orinda Chamber of Commerce, 24 Orinda Way, Orinda

925-254-3909, www.orindachamber.org

- Orinda's new "Planning Task Force" is a city committee working with the City Council to improve the residential and commercial planning review processes. It is also helping to plan for future commercial development in town. The Chamber needs a representative to this committee to look after business interests and to expressly work with its commercial sub committee. The role requires approximately 5 hours a month. You'll be working with council members, prominent citizens, the City Manager and the Planning Director. You'll report back to the Orinda Chamber Board from time to time. If you have an interest, live in Orinda, and you can bring skills to the table, call the Chamber office at 925-254-3909 or respond by email to our address at info@orindachamber.org.
- Chamber Hosts Mayor's Reception: The Chamber will host a welcoming reception for Orinda's new Mayor, Victoria Smith, on March 11, 2008 from 5:30 p.m. to 7:00 p.m. in the Garden Room of the Orinda Library at 26 Orinda Way. Mayor Smith will be giving her State of the City address. Please join us in welcoming our new Mayor.
- March Chamber Luncheon March 28th: Noon - 1:30 p.m. Orinda Country Club 315 Camino Sobrante, Orinda, CA Speakers from Pulte Homes & Wilder/Gateway Development Cost: \$30.00 per person Call 925-254-3909 for your reservation

If you have a business brief to share, please contact

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or contact

Lamorinda Weekly at 925-377-0977.



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Certified Residential Specialist,
Graduate of Realtor Institute

Healthy Eating On the Go

Living Lean Works Out Business Partnerships

By Sophie Braccini

When Kristin Rasmussen went to order a sandwich at Caffe Teatro in Orinda a few weeks ago, it was not only because she knew it would be delicious, but also because that was just what her nutritionist from Orinda's Living Lean had ordered. "I did get a Living Lean Turkey Sandwich at Caffe Teatro the other day and it was wonderful," she said. "They are always so friendly and helpful there and the veggies they put on the sandwich were very fresh. I think the partnership [between Living Lean and Caffe Teatro] is such a natural and makes it easier for all of Sheena Lakhotia's clients to eat healthier on the go."

Lakhotia, the owner of Living Lean and creator of customized nutrition and exercise programs, is trying to make her clients' lives easier. "I assess my clients' weight profile, including their muscle to fat ratio and design a customized nutrition and exercise program for each of them," she explains. "Many of my clients told me that cooking for breakfast or dinner was quite alright, but that meals on the go were really problematic." That's what sent Lakhotia on the road, looking for partners that would make it convenient for her clients to live lean.

Lakhotia has started working with Rising Loafer, Quenchers, Caffe Teatro and Gepetto. She asks them to create specific products that correspond to the dietary needs of her program. "Everyone needs proteins for muscles, carbs for energy and fat for normal body functioning," explains Lakhotia, "all the



Sheena holding the first "Living Lean" breads out of Ahmed's oven at Rising Loafer in Lafayette

Photo Sophie Braccini
food needs to be fresh, as unprocessed as possible and high in fiber." What she aims to achieve are meals that are digested slowly, avoiding cravings while supporting a high level of energy and keeping the number of calories in check. She recommends four smaller size meals that will each include protein.

It took Ahmed of Rising Loafer on Mount Diablo in Lafayette a few iterations to create the perfect "Living Lean" bread. The challenge was simple enough for a professional baker: To create a bread that would be high in fiber, including oats for lower carb content, with bran, quinoa, flax seeds, and no additives. And it had to taste delicious, too! After some tasting with Lakhotia, on February 6th, the first Living Lean breads came out of Rising Loafer's ovens. Customers can order sandwiches using that bread as well.

Quenchers in Orinda was one of the first businesses approached by Lakhotia. "We

offer a snack size and a meal size shakes for our "Living Lean" customers," explains Debbie Yang, Quenchers' Principal. "The shakes are made with fresh fruits, nonfat frozen yogurt, plus a vanilla protein powder, called Syntrex." Customers can choose whatever combination of one or two fruits offered in the store. "You need protein all day long," says Lakhotia, "and snacking rarely incorporates it."

Joe, who owns the Caffe Teatro near the library, is quite happy with the partnership, "We offer a living lean sandwich, with unprocessed meat, chicken or turkey and lettuce, tomatoes, onion, avocados, to order. We use the Milton multi-grain bread that Sheena recommended." Since its appearance on the menu, regular customers too have asked for a "Living Lean" sandwich. "We offer fresh leaving lean salads as well," says Joe "and the price is reasonable."

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