

business briefs

Moraga Hardware to the Rescue 1409 Moraga Way, Moraga, 376-3600

As CERT inspector Gordon Nathan puts it about 'the Big One': "It's not a matter of if, it's a matter of when." To support the community effort to get ready Bill Snider, owner of Moraga Hardware and Lumber, has contracted with a company that provides ready made survival kits for families of all sizes. "We have water bricks that have a shelf life of five years," says Snider, "emergency food rations to sustain the whole family, very small high efficiency sleeping bags, hand-powered radios and all the tools and safety kits you may need." The supplies can be purchased individually or in containers to fit the number of people in your family. A much needed car backpack safety kit is available, as well as specific pet emergency pouches. The cost for a family of 5 for a 10-day period is about \$330, not such a high price for relative peace of mind.



Allison Snider presents the emergency response products at Moraga Hardware Photo Sophie Braccini

Living Lean Develops Partnerships with Restaurants 15 Altarinda Road, Orinda, 360-7051

The Living Lean Program provides people with a process for integrating healthy habits into their lifestyle. It teaches one how to become fit, stay fit and enjoy life at the same time. Socializing is often associated with a eating and drinking at restaurants. Sheena Lakhota's goal is to work with restaurants to develop entrees that are Living Lean so that clients can eat out and not have to worry about what they can and cannot eat, or having to request a special order. They simply order items marked as "Living Lean." Restaurants offering Living lean entrees: Baan Thai with such dishes as Mango Salmon, Salmon Satay with Steamed Vegetables, Satay with Steamed Vegetables - all of these are served with brown rice. Shelby's in Theater Square in Orinda came up with a grilled fresh fish and salad with a dijon mustard vinagarett, Nicoise Salad, and Lean New York Steak with a baked sweet potato and salad. They will also have a Living Lean Sandwich. Diablo Foods will have a Living Lean Sandwich, as do Cafe Teatro and Gepetto's.

Gary Lukey Named Sales Associate for Coldwell Banker Residential Brokerage in Orinda

Real estate veteran Gary Lukey has joined the company's Orinda office as its newest sales associate. In his new position, Lukey will specialize in residential sales in Contra Costa County. Prior to joining Coldwell Banker Residential Brokerage, Lukey was a sales associate for 10 years with Pinole-based Coldwell Banker Bartels Realtors, an affiliate of the nation's largest real estate brokerage company.

Orinda Therapy Offices

61 Avenida de Orinda

Orinda Therapy Offices is pleased to announce that recently Dr. Deborah Cahn-Weiner began providing Neuropsychological Assessment services as part of the group of solo mental health practitioners. With the addition of Dr. Cahn-Weiner, the group is able to provide an even greater variety of mental health services.

Deborah Cahn-Weiner, PhD, ABPP-CN is a Board Certified Clinical Neuropsychologist who is currently on the faculty in the Neurology Department at UCSF. Comprehensive evaluations include assessment of mood and personality functioning. Dr. Cahn-Weiner can be reached at: 925.588.8906; dca-phd@gmail.com

Kent Grelling, PhD, a licensed clinical psychologist, specializes in the treatment of children, adolescents and young adults. He offers individual and family therapy, comprehensive psychological evaluations, and parent consultation. Dr. Grelling can be reached at: 925.215.8694; www.DrGrelling.com

Lynn Martin, RN, MS, CS, NP, PMH, is a certified cognitive-behavior psychotherapist and an Assistant Clinical Professor at the UC Berkeley-Department of Psychology. She specializes in treating anxiety and mood disorders in adults and older teens. Lynn Martin can be reached at: 925.377.0410; martinbcbt@comcast.net; www.martinbcbt.com

Susan Snyder, PhD, a licensed psychologist, treats adults and older adults using a cognitive-dynamic approach to therapy. Using a collaborative approach, clients gain greater understanding and make positive change in their lives. Dr. Snyder can be reached at 925.388.2001.

News from the three Chambers of Commerce

Lafayette Chamber of Commerce, 100 Lafayette Circle, Lafayette
www.lafayettechamber.org:

- Thursday, June 19 - 8:30am - Entrepreneur's Club - Chamber offices
- Thursday, June 26 - 8:00 a.m. Business Issues/Government Affairs Committee Open Meeting, Lafayette Chamber Conference Room
- Wednesday July 9 - 5:30 p.m. Chamber Mixer at Design Within Reach

Moraga Chamber of Commerce

www.moragachamber.org:

- Tuesday, June 17th was the first mixer the Chamber has had in long time. The event was a great success, with a lot of new and existing members attending. The Chamber wants to thank the Moraga Country Club for its generous hospitality. Next month the Chamber will propose an evening time for its monthly meeting, Thursday July 24th at 6:00 p.m. at the Hacienda de las Flores.

Orinda Chamber of Commerce, 24 Orinda Way, Orinda

www.orindachamber.org:

- Wednesday, July 2nd - from 6:00 p.m. until 10:00 p.m. "Reach For The Stars" Party to Kick-Off Orinda's 25th Annual July 4th of July Celebration at Theater Square.



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Women Contractors, Tough Cookies Among Us

By Sophie Braccini

They're creative, they command respect and they are a rarity, but some local women who are licensed general contractors have a very successful niche in a man's world. Judy Dinkle (JD Design), Kathy Kovell (Big Red) and Kari Grosz (Lamorinda Construction) have built their professional success through resilience and hard work.

They all have been in the trade for more than ten years. Kovell explains, "If you are a woman contractor and have survived, it means that you are twice as good as your male counterparts." Because the profession is mainly male, these women had to fight prejudices.

"At first, sub-contractors didn't take me very seriously," recalls Dinkle. For Kovell it was the same question when she met new people: "Is this your husband's company, or your father's?" She too had difficulty finding the right subcontractors. Grosz says it was a question of authority. "Even my wife doesn't talk to me that way," complained a sub-contractor whose work she had criticized. To that challenge, they responded by creating long time relationships with employees and subcontractors.

Loyalty, hard work and resilience seem to be the trademark for the three women. If they know how to deal with tough people and situations, it may be because each of them has had to work through difficult times in their own lives.

In 1998, Dinkle became the sole provider for her daughter and had no choice but professional success to put the young lady through school and college;



Margie Goldstein (left) and Judy Dinkle (right) chat in a renovated kids' bathroom Photo Sophie Braccini

Kovell is a breast cancer survivor, and Grosz put herself through college over a seven and a half year period, cleaning homes and offices at night to afford tuition.

None of the women chose the building industry in college. Dinkle is a graphic artist and teacher by training; Kovell is a CPA and Grosz a marketing major who specialized in event planning. But all of their first professions had something that translated into the contractor's world and they took advantage of specificities that are inherent, they believe, to their feminine side.

"Women were born to do

this, it is so much fun," says Kovell, who sees women as being more organized, more detailed oriented, better at communicating and building consensus than their male counterparts. The three highlight sensitivity to customers' needs as their forte.

"Remodels are driven by the type of life people live," says Dinkle, "my job is to understand where they are now and what their needs will be in the years to come as the children grow up and technology evolves." Grosz agrees, "When you enter someone's home, you need to work around the family, respect their environment and their lives."

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