

Life in LAMORINDA

Smart Discipline for Parents

By Andrea A. Firth

After a hectic summer where house rules went a bit lax and the kids a bit wild, many parents quietly hope that the regimen of school will get the kids back on track quietly and unquestioningly following rules, and life at home will return to a peaceful existence for the entire family. Unfortunately, this scenario may be more dream than reality for most. To address the parenting challenges of disciplining kids from ages 4 to 18, the upcoming seminar—*Smart Discipline for Parents*—will provide parents with ways to help their children take responsibility and control for their behaviors and bring a sense of harmony and cooperation back to the home.

The presentation will be led

by Dr. Dale Hancock, a family counselor specializing in marriage and family therapy as well as child and adolescent therapy. Hancock began conducting the Smart Discipline seminars ten years ago after having had success with employing the disciplining techniques with his own son who was five at the time. “We still use Smart Discipline in our home, and my son is 15 now,” states Hancock. “No matter what age from three to four years on, it is a beneficial program,” he adds.

Based on the consistent application of rules and privileges, the Smart Discipline program employs visual tools to help both children and parents stay on track. “Stop signs, yields signs, and a variety of traffic signs provide adults with vi-

ual reminders of the rules as they drive,” explains Hancock. “Kids need the same type of visual reminders.” The program also focuses on verbal and written techniques for building a child’s self esteem and providing effective criticism.

“Consistency is the biggest challenge to making it work,” notes Hancock. “Although the Smart Discipline approach is simple and visual, it still requires parents to consistently employ it.” Hancock feels that although parents may see improvement right away when starting to use the Smart Discipline approach, it takes about four to six weeks for a family to establish a good disciplining habit. So if you are frustrated by the quarreling,

whining, and eye rolling, and feel up to the task of making a change, the two-hour Smart Discipline seminar might be the solution to some family strife.

Smart Discipline for Parents will be presented on Wednesday, September 24th from 7:00 to 9:00 pm in the Parish Hall at St. Stephen’s Episcopal Church in Orinda (66 St. Stephen’s Drive). Admission is \$15 per person. To reserve a seat, call St. Stephen’s at (925) 254-3770, ext. 10, or email office@ststephenorinda.org. For more information about the program, visit www.smartdiscipline.com.

Get Clean.

TOTAL CLEAN
HOUSE CLEANING SERVICE
925.376.1004

Nurture your garden at

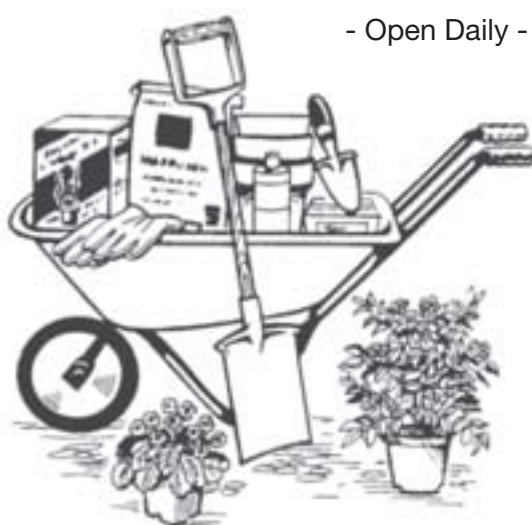
McDonnell Nursery



Come in for advice about water conservation and retaining moisture in your garden. We're here to help keep your garden beautiful!

- Shrubs
- Garden Accessories
- Flowers
- Personalized Service

196 Moraga Way, Orinda



- Open Daily -

254-3713

www.mcdonnellnursery.com

Lamorinda Rotary Clubs Join Forces to Respond to Iowa Flooding

By Jean Follmer



Sunrise Rotary members present the “Check” at the meeting on August 22nd

Photo Andy Scheck

Lamorinda Sunrise Rotary Club member John Fazel recently led fellow Rotarians in a fundraising effort to help the flood victims in Iowa. Mr. Fazel said “Four and one-half square miles were inundated in Cedar Rapids.” John and his wife are native Iowans and John has attended several Rotary meetings in Cedar Rapids. The Lafayette Rotary Club, Lamorinda

Sunrise Rotary Club, Moraga Rotary Club and Orinda Rotary collected a combined total of \$7,500 from the Lamorinda communities. They collected most of the funds outside of local Safeways and donated the balance from their respective clubs. John said “One lady wrote a check for \$1,000. It shows the generosity of people.” The money was sent to the Cedar

Rapids Sunrise Rotary Club to be distributed to flood victims. Mr. Fazel has shepherded other fundraising efforts for natural disasters including the Midwest Flood of 1993, Hurricane Mitch in Central America in 1998, and Hurricanes Charley, Frances and Jeanne in Florida in 2004.

H.R. Savage & Company, Inc.

• MORTGAGE LOANS •

Purchases • Refinances
Fixed Rate Reverse Mortgages (no cost)

253-5920

8 Camino Encinas Suite 210 • Orinda • hrsavage@pacbell.net

REAL ESTATE BROKER-CALIFORNIA DEPT. OF R.E. LIC #01129542; D.R.E. LIC Info #916-227-0931

The Orinda Idol 2008 Results are In

By Jean Follmer



Lamorinda Blue, Soccer team United 95

Photo Andy Scheck

On Sunday, September 7, the Orinda Theater was packed for Orinda Idol 2008. Orinda Arts Council Idol co-chair Petra Michel said nearly 2,000 attendees were counted by the end of the day. The competition for grades K-2 began at 11:00 followed by grades 3-5, middle school, high school and ended with group competitions. This year, Orinda Idol opened its high school individual as well as its middle school and high school group competitions to both Lafayette and Moraga students. Michel said this resulted in stiffer competition than in past years. “I think the highlight was that the competition was so close. I heard from some audience members that they couldn’t decide on the middle school and high school competitions. The quality was really, really high,” said Michel.

The initial Orinda Idol competitions took place in May and finalists were announced in June. Judges this year were local musicians Bert Keely and Mathias Montgomery, Marilyn Levinson of Bay Area Cabaret and Sheryl Lynn Thomas of the San Francisco Jazz

School. The finalists had all summer to practice. They also had opportunities to perform at the Farmers’ Market, the Orinda 4th of July parade and The Orinda House. Orinda House owner, Ron Bonner, said they performed twice at his venue this summer. “It was absolutely wonderful. That’s what this House should be all about. I was honored and humbled to be part of it and I would absolutely do it again. I called Petra (after the winners were announced) to see if I could host the winners at The Orinda House. I’d like to do more community oriented things,” said Bonner.

Petra Michel has worked

with her co-chair, Susan Garrell, since the beginning of Orinda Idol. “Over 80 volunteers are working over the course of the day,” said Michel. She said Alan Michaan of the Orinda Theater has been very generous in allowing Orinda Idol to use the theater. Michel also mentioned the strong support from Orinda Intermediate School. “We (Orinda Arts Council) have close cooperation with OIS. Aubyn Severson and Michael Randall (of OIS) support (the Idol) program tremendously and OIS lends us their (production) equipment,” said Michel. For more information, visit www.orindaartscouncil.org.

The winners this year were:

Grades K-2	Jackie Patton of Glorietta Elementary
Grades 3-5	Jocelyn Purcell of Sleepy Hollow Elementary
Middle School	Katie Marino of Campolindo HS, qualified as 8th grader at OIS
High School Groups	Sarah Ames of Miramonte Suvi & Max Duet of Miramonte (Suvi Gluskin and Max Tzannes)
Audience Award	Katie Marino of Campolindo HS, qualified as 8th grader at OIS



Bay Area Drainage, Inc.

“For All Your Drainage Needs”

- French Drains
- Underfloor Drains
- Downspout Systems
- Subdrain Systems
- Sump Pumps
- Retaining Walls



General Engineering Contractor
Locally owned and Operated
Contractor LIC # 762208

925-377-9209

visit our website

www.bayareadrainage.com