

LAMORINDA Seniors

Grapes, Wine, and Friends—A Perfect Mix

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Left to right: Jon Leuteneker, Reg Whittington, Dick Reuther, and John Reed setting up the press Photo Andy Schreck

For two decades Reising has labored and cared for his vines with more than a little help from his friends. In the early days of the vineyard, friends were part of a co-op where they exchanged their time on Reising's hillside for wine produced from the year's harvest. In recent years, Reising has enticed his friends and their wives to assist in the bottling, corking and labeling process with a morning spiked with Bloody Mary's. "That's the carrot," smiles Reising.

Reising admits that it has gotten more difficult for many of his friends to climb up and down the steep hillside, and the wine-making process has become more arduous for him to manage. He has moved much of his wine-making equipment to the garage of a younger neighbor, fellow winemaker Jon Leuteneker as he gradually and happily retires from a life of winemaking to one confined to wine tasting. Over the years, Reising has acquired a vast knowledge of oenology, but he what he likes best to share with his friends is the experience of tasting it together.



Paul Reising measuring sugar for the 2008 Chardonnay

other's company. The group, whose members' now range in age between 65 and 80 years, has met almost every six weeks and tasted countless wines for over 30 years. "We have fun at it," adds Reising. "If the wine is good, it's a bonus."

Twenty years ago, Reising planted 50 vines—one variety, pinot noir—on a south-facing hillside in his backyard. He took classes in oenology at UC Extension and UC Davis and tracked the temperatures in Moraga. "The folks at Davis recommended pinot noir grapes. I like red wine. So that is what I planted," states Reising.

The fact that pinot noir grapes are more difficult to grow and the wine is more difficult to make seemed like just the right challenge for Reising, who could wage this battle on his own land, in his own time, although not completely on his own terms. "Every eighth or ninth batch of wine, I make a real stinker. I really do," admits Reising,

who has won Best of Show for his homegrown wine at tastings in more favorable years.



Gennie Whittington, Phyllis Reed, Anne Dunn hand crushing Paul's pinot noir grapes Photo Andy Schreck

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October at The Stratford

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10am - 2pm
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October 11 & 18: College Planning Days
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October 19: Oktoberfest Brews & Bottles Festival
2 - 5pm
Beers, Wines, Food Pairings, Music

October 28: Moving for Seniors
2pm
Downsizing Planning, Resources & more

October 31: Trick or Treat!
3 - 5pm
Stop by for food & fun

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THE STRATFORD
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All events take place at the Lafayette Community Center, 500 St. Mary's Rd. A minimum \$1 donation at the door would be appreciated.

Lafayette Senior Services Events RSVP (925) 284-5050

Anne Randolph Workshop: Opposing Osteoporosis Friday, 10/24 11:30 AM - 12:30 PM, Sequoia room. Learn how to maintain or possibly increase your bone mass. What are the risk factors for developing osteoporosis; what are some treatments? Get tips on how you can take control and keep your bones in the best shape possible. Call :284-5050 to register.

Following the Anne Randolph Workshop: Free Blood Pressure Screening - John Muir Senior Services At 12:30 pm, No appointments are required. Free Memory Screening (by appointment) - Caring Solutions. Call 284-5050 for an appointment at 12:30, 12:50, or 1:10 pm.

Flu, Pneumonia, Tetanus/Diphtheria Shots Wednesday 10/29, 2:00-3:30pm Live Oak Room. Vaccinations provided by the Contra Costa Communicable Disease Control Staff at our Lafayette Community Center. Cost of a Flu Shot is \$15, Pneumonia shot is \$40 and Tetanus/Diphtheria is \$15. *No one will be turned away for inability to pay. Unfortunately, we are unable to accept Medicare.

The Cemetery Club (a VERY funny play) Performed by the Vagabond Players Friday 11/7 1:30 - 3:00 PM Sweet Ida, feisty Lucille, and priggish Doris have been meeting monthly for tea before visiting their husbands' graves but single fellow Sam the butcher has ideas. The Cemetery Club is a hilarious play by Ivan Menchell.

Exploring Your Sensual Self After the Age of 50 Thurs 11/20 1:30 - 3:00 PM Eileen Zagelow, Geriatric Care Manager, Eldercare Services, will help us explore some of the facts and myths of the aging process and the influence it has on our physical and psychological selves, how our life experiences affect our sensual natures, and how we can overcome societal barriers to gain the confidence to be more expressive sensually.

Positive Living Forum Open Lecture and Discussion Series Thursday, Nov 13 10:30 - noon Moderated by Dr. Bob Nozik, MD, Prof. Emeritus UCSF and Author of "Happy 4 Life: Here's How to Do It." Drop-ins are welcome.

Bi-Monthly Caregiver Support Group By Carol Shenson, Companion Care Mondays 10/20; 11/3, 11/17. Licensed geriatric care manager Carol Shenson, M.A., CMC, offers a bi-monthly support group for family members who are considering or currently involved with the direct care of an older relative. To sign up, call 284-5050. Drop-ins welcome.

Luk Tung Kwen and Yuan Ji Wu Classes. Luk Tung Kwen exercise program and Yuan Ji Wu Dance Exercise program on an every other Friday afternoon basis. Yuanji dance is a mixture of martial art, physical therapy dance and the chi exercise. Luk Tung Kwen - Fridays 1 - 1:50pm. Yuan Ji Wu - Fridays 2pm-2:50pm, 10/17, 10/31, 11/14.

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A Postcard From Bob Frick:



Bob with news friends at the the Alamo Village Movie location 35 miles outside Del Rio, TX Photo provided

As Lafayette septuagenarian Bob Frick (he's 71 years old), cycles through Texas on his bike journey across the lower United States to raise \$71,000 for Habitat for Humanity, he provided an update with a few highlights from his blog...

We are enjoying the ride so far, and Barbara has not tried to run me over with the car for being a pain... We have visited 3 Habitat cities, Phoenix, El Paso and Austin and have 7 more to go. These stops have been the real highpoints of my trip (and emotional) as Barbara and I get to see the money and volunteer work in action assisting real people in need of housing.

Day 31—I had my sixth flat tire today. On the brighter side... We also met three brothers from the L.A. and Phoenix area who were visiting Texas...and they donated to Cycle of Hope in cash on the spot!

Day 33 (Half Way)—It was another great day in the Texas Hills Country riding the rolling hills and enjoying the great scenery. But there were a lot of intermittent winds too! I sometimes wish I had eyelids like a camel to keep the dust out when the wind is blowing. Also do not open your mouth to breath in as you may get some surprises...instead you need to use your teeth as a filter.

Bob's final destination is St. Augustine, FL. To check out his progress and read his blog, go to <http://www.habitatcycleofhope.com>.

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