

◆ Not to be missed ◆ Not to be missed ◆ Not to be missed ◆

**MUSIC & THEATER**

**The Committee for Lectures, Art and Music** at Saint Mary's College welcomes Steve Turre, the man widely considered this generation's finest trombonist, on Wed., Jan. 14th. The performance takes place in the college's Soda Activity Center; curtain time is 8 p.m. Tickets: \$25 general; \$20 seniors (65+); \$12 Saint Mary's College faculty, staff and non-SMC students; \$2 SMC students. For more information or to purchase tickets, please call 925.631.4381 or visit www.stmarys-ca.edu. See article page 7

**Audition now for the East Bay premier women's ensemble!** WomenSing is holding auditions in early January, and by appointment for experienced singers. Altos are particularly encouraged to audition, but all voice parts are welcome. Contact us by email at [audition@womensing.org](mailto:audition@womensing.org), call our voice mail 925.974.9169, or go to [www.womensing.org](http://www.womensing.org) for more info.

**ART**

**Bert Monroy, Master Artist Tribute VIII:** A Digital Artist Paints With Light January 17 – April 5. The Hearst Art Gallery of Saint Mary's College is pleased to present a major survey of the preeminent digital master Bert Monroy, a world-renowned Photoshop artist and teacher, known for pioneering and innovative digital painting technique. On Sun., Jan. 18, at 2 p.m., using software as his brush and canvas, Monroy will offer a public Photoshop demonstration in the Soda Activity Center, followed by a reception. The exhibition opens Saturday, Jan. 17, and continues through Sunday, Apr. 5, 2009. Public Hours: Wed - Sun, 11 a.m. - 4:30p.m. Admission: \$3; children 12 and under free; Gallery members free. 925.631.4379. [www.hearstart-gallery.org](http://www.hearstart-gallery.org)

**The Moraga Art Gallery kicks off the New Year** with a double feature exploring an uncommon theme: The Northern Lights in Moraga. The January 6-March 14 show will highlight artworks by local artists Vivien Hart and Nina Tyksinski. Vivien, who lives in Orinda, creates artful cabinetry knobs and pulls from fused glass, "functional art on a glass canvas."

Lafayette writer-turned-painter Nina Tyksinski is known in the gallery for her large abstracts in acrylic, her recent paintings seek to capture the phenomenon of the northern lights using watercolor while placing them in local surroundings, including the Chapel at Saint Mary's and Mount Diablo. The Moraga Art Gallery is a co-operative gallery of 20 artists in the Rheem Valley Shopping Center, 570 Center Street in Moraga ([MoragaArt-Gallery.com](http://MoragaArt-Gallery.com)). Open Tuesday through Sunday, 12-5 pm, 925.376.5407. Artist Reception for the Northern Lights show will be January 10, from 3 to 5 PM.

**Illuminated Sculpture opens January 11** and runs through February 22 at the Bedford Gallery, Leshner Center for the Arts, 1601 Civic Drive, Walnut Creek. The exhibit will showcase sculptures using a variety of forms of illumination including gases, incandescent light and emerging mediums like laser, plasma, fiber optics and light-emitting diodes (LED). Opening Reception: Sunday, Jan 11, 3-5 pm. Meet this innovative group of light artists, enjoy wine and hors d'oeuvres Free for LCA members, Friends of the Bedford. General admission \$5.

**"Objects of Affection," the new show at the Lafayette Gallery,** 50 Lafayette Circle, opens on Jan. 13th and runs through March 7th, 2009. A festive public reception will be on Feb 6, 2009, from 6:30 to 8:30 PM. The show coincides with Valentine's Day celebrations. The viewer is treated to multiple canvases offering a fine art gift for your object of affection. For this special show, gallery artists create 12"x12" canvases with their personal interpretation of affection in all its many guises. Gallery Hours: 11-5 pm Tue. - Sat. 50 Lafayette Circle, 925-284-2788.

**PERSPECTIVES**

**Green Rheem film night- "The Future of Food"** Jan. 8th 6 pm wine and appetizers and at 7pm the movie starts. The movie offers an in-depth investigation behind the unlabeled, patented, and genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade. Green Rheem is organized by Generation Green, Sustainable Moraga, Sustainable Lafayette, and Parents for a Safer Environment. Rheem Theater, 350 Park Street, Moraga (Rheem Shopping Center) Pre order Tickets for \$14: [www.sustainablelafayette.net/events/green-rheem.html](http://www.sustainablelafayette.net/events/green-rheem.html) or at the ticket office for \$17.

A special program, "How Green is Your Footprint," will be presented by The Association of University Women on Tuesday, Jan 13 from 9:30 - 11:30 am. Special Guest Speakers will be Doug Grandt and Paul Valva who are with Al Gore's Climate Project. There will be valuable tips for those who run households, raise and train children, occasionally mind the grandchildren and have concerns about reducing our carbon footprint. Many tables will be set up with products and representatives who will show you how to go green and with exciting new green project ideas for the future. The public is welcome - do come and wear green. Holy Trinity Orthodox Church, 1700 School Street, Moraga.

**Yesterday and Today: The Church and Anti-Semitism,** Some Historical Perspectives is the title of the talk Professor Johan Snapper will give at the Friday Forum on January 9 in Fellowship Hall at the Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Refreshments served at 1 p.m. with the lectures at 1:30 p.m. Snapper observes that when dealing with the Holocaust we usually focus on the Nazis or on the Jews. "My presentation adds an important third partner, the Christian Church." A retired professor from UC Berkeley, Snapper has lectured on the Holocaust at many universities and conferences in Europe and the United States.

**Health Care For All - California, Contra Costa Chapter,** will be holding its first

monthly meeting of the year on Sun., Jan. 11 from 3 to 4:30 p.m. in the Community Room of the Concord Police Station, 1350 Galindo Road, Concord. Health Care For All - California is a nonprofit organization dedicated to ensuring that all Californians have comprehensive, reliable and affordable health care through a single payer public system. Admission is free and all are invited to attend. For more information contact Pat Snyder at [patsnydr@aol.com](mailto:patsnydr@aol.com) or (925) 962-0379.

**The Commonwealth Club of California presents: Problems with Progress: A Historical Perspective on the Presidency.** Thursday, January 15 at the Veterans Memorial Hall, 3780 Mount Diablo Blvd in Lafayette (6:00 p.m. reception, 6:30 p.m. program.) As the nation prepares to inaugurate the first African-American president, Americans wonder if our country can truly become colorblind. How will Obama's victory shape American history? Join a quintessential American historian as he unveils the pitfalls and triumphs this election has delivered upon the American psyche. Tickets are \$12 for members, \$18 for non-members, \$7 for students. For tickets, visit [commonwealthclub.org](http://commonwealthclub.org) or call (415) 597-6705. See article on page 7.

**The theme for the 2009 presidential inauguration** is "A New Birth of Freedom," commemorating the 200th anniversary of Abraham Lincoln's birth. The community's Martin Luther King Day observance will be held at the Civic Park Community Center Assembly Hall, 1365 Civic Drive from noon to 1:00 p.m. on Monday, January 19. The event is co-sponsored by the Interfaith Council of Contra Costa County, the Mt. Diablo Peace and Justice Center, and the City of Walnut Creek.

**A community celebration to mark the historic inauguration of Barack Obama,** the first African-American U.S. President, will be held Jan. 20th 7:30 to 10:30 am, Leshner Center for the Arts, 1601 Civic Drive, Walnut Creek. The event, which will include a live TV feed of the inauguration ceremony in the Hofmann Theatre, will be from 7:30 to 10:30 a.m. The event is free but seating is limited and registration is required. To register, go online to <http://www.walnut-creek.com/>.

**OTHER**

**Lamorinda Teen Center Meeting.** Parents and middle and high school students are encouraged to attend a meeting to discuss plans for the proposed Lamorinda Teen Center on Jan. 7, 7 p.m. at the Orinda Community Center in Room 7. Tom McCormick, City Council Member, Orinda resident, parent and local attorney, will unveil plans for a Teen Center with the mission to provide a permanent place for Lamorinda youth that promotes mentoring and learning, and offers recreational, entertainment and social options in a safe and healthy environment.

**Paying for college:** A free workshop on getting thousands of dollars for your child's college education will be hosted at the Orinda Community Center Garden Room located at 26 Orinda Way in Orinda on January 15 from 6:30pm to 7:30pm. The speakers will be members of Bay College Planners and cover such topics as how to send your kids to the school of their dreams without going broke; how to triple your eligibility for aid; how to find scholarships and grants you've never even heard of. The seminars will last one hour. Admission is free but seating is limited by the size of the room, so please call 877-924-3726 to reserve your seats now or register on line at [www.baycollegeplanners.com](http://www.baycollegeplanners.com).

**Salsa Dance Classes at the Orinda Community Center,** Salsa dancing is fun, playful, healthy...and easy to learn. No partner required. No experience necessary. Drop-ins are always welcome! Monday evenings. 7pm beginners, 8pm

intermediate. Jan. 5-Feb. 23 6-week series: \$69/single, \$126/couple. Orinda Community Center, 26 Orinda Way Register by calling 925-254-2445, or at your first class!

**Beachcomber Singles-Newcomers Potluck Dinner,** Davies room, Lafayette Orinda Presbyterian Church, Lafayette on Sun., Jan. 18, 6:30 p.m. Bring a potluck dish and beverage to share and \$2. Remember your New Year's Resolution to get out and meet new (nice) people! Call Jerry for more info 510.799.2207.

**Big Band Ball Room Dance,** Friday, January 23 at the Art Deco Rheem Theatre in Moraga, 350 Rheem Blvd. Doors open at 6:30 pm and the dance runs from 7:00pm through 10:00pm. Students from Acalanes High, Campolindo High and Stanley will be featured with the Rossmoor Big Band and students are encouraged to attend the dance. Tickets are \$10.00 and may be purchased at the Rheem Theatre, the Lafayette Chamber of Commerce or the Orinda Chamber of Commerce. Purchase your tickets in advance, as this event has sold out in the past. Space is limited. Call 925-284-7404 or visit [www.lafayettechamber.org](http://www.lafayettechamber.org) for information. See article on front page 1.

**Orinda author Sally Small will discuss and sign copies** of her new novel Two Sloughs. Thursday, January 15 at 4pm. Orinda Book, 276 Village Square, Orinda. 925-254-7606. [www.orinda-books.com](http://www.orinda-books.com)

**The Orinda Woman's Club** is currently welcoming applications for major beneficiaries of the funds of next year's Festival of Trees Event held in November each year. Applicants must conform to specific guidelines and the organization must benefit families, women and/or children Demonstrate that the funds go directly to hands-on care. For details and to obtain an application form, please contact Adeline McClatchie, 925 254 1162 [adeline@mcclatchie.com](mailto:adeline@mcclatchie.com)

**Widowed Persons Support** will be offering a series of six GRIEF SUPPORT GROUP MEETINGS. Saturdays from 10 a.m. to Noon January 10, 17, 24, 31, February 7 and 14, 2009 and will be held in St. Stephen's Church, 66 St. Stephens Drive, Orinda. These meetings are led by trained Facilitators. There is no charge and no need to make a reservation, just walk in. For information call: 510-932-3448.

**The Peripheral Neuropathy Group** will meet on Fri., January 23 from 10 AM to 11:30 AM in the Las Trampas Room at Hillside Club House. This will be a get acquainted and sharing of experiences time. Peripheral Neuropathy is a little known ailment and there has been no cure found. It has been found that people can help each other by sharing their experiences with Peripheral Neuropathy. There is no cost. For questions of any kind please contact Nancy Ostrander at 930-9524 or Carolyn Cash at 254-8195.

**Lafayette Senior Services Events**

**RSVP (925) 284-5050**

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

**Wednesdays Jan 7, 14, 21 and 28th, 12:30-3:00pm**

Enjoy afternoon Tea Dancing and light refreshments, and learn some great new dance moves. Professional dancers Karen and Michael will provide a dance lesson and live DJ services, playing your favorites and taking requests. Live Oak Room, \$2 fee covers refreshments.

**Thursdays Jan 8, Jan 22, Feb 12, 1:00-2:30pm**

Embracing Aging with Story and Movement. Marlys Tobias, InterPlay leader and dancer. Ease, joy, and playfulness can be an integral part of your life. We will share our stories and discover the wisdom of our bodies through movement. All bodies and hearts welcome.

**Thursdays Jan 8th and Feb 12th 10:30 - noon.**

Positive Living Forum presents eminent speakers and a wide range of topics that will stimulate and guide participants towards a more ideal and positive life experience. Drop-ins are welcome.

**Thursday Jan 22 from 10:30 - Noon**

Dr. Elliot Wagner, OMD, LAc, Licensed Acupuncturist, Dr. Wagner will explain in clear, simple language how acupuncture works, how it helps to heal pain, and what health problems it effectively treats.

**Fridays, Jan 16th and 30th. 1 -2:30pm.**

A creative writing workshop based on the themes of self-discovery, aging, and healing will be offered by Izabela Filipiak, international lecturer and writer. Participants will create both semi-autobiographical and fictionalized narratives seeking inspiration from Leonora Carrington's deep, funny, and imaginative novel, The Hearing Trumpet, and other literary masterpieces as well as their own life experiences.

**Friday, Jan 23, 11:30am - 12:30pm**

Come learn how to improve your balance and stop worrying about falling. Losing your balance is usually simply due to poor muscle strength, especially in your ankles. Learn exercises to improve your balance and feel confident walking on any surface. There is no charge. Please call (925)284-5050 to register.

**Tuesday, Feb 10, 1-2:30pm**

Mollie Fujioka will relate what it was like to be traumatically uprooted by order of the United States government to live under harsh conditions at the infamous Tule Lake internment camp in California during WWII. She will cover not only what life was like during those childhood formative years - she graduated from high school there! - but also how she and her family have managed not only to survive but to thrive.

**Friday Feb 20, 1:30 - 2:30pm**

Afternoon Piano Jazz Cafe at the Community Center Featuring Members of the Contra Costa Performing Arts Society on. The music varies from show tunes and jazz standards to original compositions. There is no charge, but, a small donation would be appreciated. Light refreshments are offered. Call Lafayette Senior Services at 284-5050 to let us know you are coming.

**Monday Jan 26, 1:30 - 2:30pm**

Bi-Monthly Caregiver Support Group-Caring for frail older adults in the home often creates great stress and emotional anguish for spouses and family members. 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.

*Lafayette Senior Services Commission meets on the 4th Thursday at 3:30 - 5:30: PM at the Lafayette Senior Services Center. Interested citizens may view meeting agendas at the City of Lafayette office or at [www.ci.lafayette.ca.us](http://www.ci.lafayette.ca.us).*

**RHEEM Theater**  
350 Park Street Moraga  
988-3411

**Coming Soon**

Jan 9  
**BRIDE WARS**  
with Kate Hudson, Anne Hathaway

Jan 16  
**GRAN TORINO**  
with Clint Eastwood

**Still playing**

**THE CURIOUS CASE OF BENJAMIN BUTTON**  
with Brad Pitt and Kate Blanchett

**BEDTIME STORIES**  
with Adam Sandler

**MARLEY & ME**  
with Jennifer Aniston

**All seats Mon thru Thurs all shows \$6.00**

**Independence.**

The days since your parents helped you on your way to independence are long gone.

Now you are faced with helping them

**FREE In-Home Assessment**

- Caring Companionship
- Monitor Food and Diet
- Light Housekeeping
- Errands & Transportation
- Visit Neighbors & Friends
- Attend Events
- Alzheimer's & Dementia Care
- Medication Reminders
- Up to 24-hour Care

**Call 925-376-8000 or visit [www.seniorhelpers.com](http://www.seniorhelpers.com)**

**Senior Helpers®**  
Caring In-Home Companions  
Licensed, Bonded & Insured  
Senior Helpers locations are independently owned and operated.

**WWW.LAMORINDASERVICEDIRECTORY.COM**

**Express Cleaning Services**

Quality & Speed  
Flexible

Free Estimates  
Office & Home Cleaning

**(925) 354-9707**  
Lic. #35586

**T & T PAINTING**

CA License: #616357 and Insured

**FREE ESTIMATES**  
**IMPECCABLE REFERENCES**

**376-3380 MORAGA**  
[steven\\_thaw@yahoo.com](mailto:steven_thaw@yahoo.com)

**ALL FUR LOVE PET CARE**

- Daily Pet Visits while You're away
- Mid-Day Dog Walks
- Barb Pensky, Orinda owner

**(925) 212-7422**  
bonded & insured

**[www.AllFurLovePetCare.com](http://www.AllFurLovePetCare.com)**

**Polite Dogs Are More Lovable**

Holidays are over, time to get back to training. Or start training a new puppy or dog. It's never too early or too late to train for good manners. Manners training in your home where it is needed most. Please visit [www.italkdog.com](http://www.italkdog.com) for more info and other services.

**DOG**  
Denise Collins  
TRAINING COACH

One-on-one coaching  
925-285-9194  
[denise@italkdog.com](mailto:denise@italkdog.com)

**MIKE'S Handyman Services**

**No Job Too Small Senior Discount**

**(925) 708-6053** [mlou812@pacbell.net](mailto:mlou812@pacbell.net)

Call Jim 925-303-0107

Your Satisfaction is Our Goal

**Unique Roof Service**

**Leak Repairs • Gutter Cleaning**  
**Roof Maintenance**

**Jim Clemons - 925-303-0107**  
[urservices@sbcglobal.net](mailto:urservices@sbcglobal.net)

**O'BRIEN FAMILY PET CARE**  
for dogs, cats, horses & exotics

**Dog Walking, Cat Visits, Pet Sitting, Overnight & Nursing Care, Fine Art Pet Portraits**

Insured and Bonded  
**Aimee O'Brien**  
Registered Veterinary Technician with 10+ years experience with animals  
(925) 899-7354  
[www.obrienfamilypetcare.com](http://www.obrienfamilypetcare.com)

**Offer your Services on**  
[WWW.LAMORINDASERVICEDIRECTORY.COM](http://WWW.LAMORINDASERVICEDIRECTORY.COM)  
Standard Rates (printed and online):

	1x	6x	12x	26x
Blk&white:	\$45	\$40	\$35	\$30
One color:	\$55	\$50	\$45	\$40
Full color:	\$60	\$55	\$50	\$45

design included, restrictions may apply  
**Call 925-377-0977**