

OPTIMUM ACCOUNTING
 Monica Casale
 Owner/Bookkeeper

**Are you getting the most out of Quickbooks?
 Would you like to learn more?**
QuickBooks Training & Accounting Evaluation Available

We provide any or all of the following services:
 • Full Charge Bookkeeping • Only A, P or A, R • Payroll processing • Financial Statements
 • Account reconciliation • Year end reporting • Accounting system setup/cleanup • On/Off-site

24 Marston Road • Orinda, CA 94563
 Office: 415.370.4517 • Fax: 925.254.3178 • optimumaccounting@mac.com

LANKFORD & CRAWFORD LLP
 ATTORNEYS AT LAW

Over 30 Years Combined Legal Experience

Estate Planning Wills & Trusts Probate Litigation

2 Theatre Square, Suite 240 Office: 925.258.9091
 Orinda, CA 94563 www.lclaw.com

WADDELL & REED
 Financial Advisors
 Investing. With a plan.

DEANA VICK DAVIDSON
 Financial Advisor
 1390 Willow Pass Road, Suite 470
 Concord, CA 94520
 925-689-9600
 Cell 925-808-8475
 dvick@wradvisors.com
 www.dvick.wradvisors.com

Historical Homes of Lafayette

By Cathy Tyson



The oldest home in Lafayette, Effie Herrick's place at 3306 Moraga Blvd



Barbara and Ray Peters in front of their home on Martino Road Photo Cathy Tyson

And the winner of the 'oldest house still standing' in Lafayette goes to the charming red home that's been sitting comfortably on the banks of the Lafayette Creek for about 149 years. The "Daley House," at 3306 Moraga Boulevard near Carol Lane, looks amazingly well-preserved, although there is some controversy about its actual age. The County Assessors office has 1850 as its origin as a barn, the current owner agrees with that date and notes that in 1860 it was converted into a home – which is also noted on the Assessors records. There is some indication it burned in

1914 and Leroy Stark helped to rebuild it, but that couldn't be verified. Obviously in the intervening 149 years, plumbing, wiring and modern conveniences were installed. Although it's hard to pin down an exact date, the beautiful redwood paneling in the living room has been there for many, many years. Somewhere along the line, more than a few years ago, a homeowner installed a brick patio and small retaining wall in the backyard that is still functioning today, although the earth has shifted under it. Fifteen years ago Effie Herrick was leaving her former home

just a few blocks away with her realtor to go house-hunting in Danville, when she spotted this place with a for sale sign out front. "Stop!" she said, she just knew this was exactly what she was looking for, a perfect home for her expansive collection of country antiques. Three unrelated people have come forward to tell her there is one, possibly two friendly ghosts living in the house. This comes as no surprise, as she's heard very loud scratching in the second story area. "I'm not scared, just curious," she said. She would pound right back thinking it might have been an animal, but the noise continues. Rumor has it there were two deaths on the property.

To put this home in context, the year the original barn was built, 1850, California officially became the country's 31st state. When the barn was converted to a home in 1860, President Lincoln was elected and Pony Express riders stopped in Lafayette for fresh horses.

Perhaps the original owner was on Elam Brown's fourteen family wagon train in 1847, that made it through Donner Pass just days before the party of the same name got stuck. So far no one's talking.

If you ask Ray and Barbara Peters, they believe the Moraga

Boulevard place burned, giving them 'oldest house in Lafayette' status. The weathered original plaque on the front of 1324 Martino Road says "1876 Fred Easton." An immigrant from Italy, Fred Easton built the house, grew and sold fruits and vegetables. The following owner, Nat Martino bought the farmhouse from Easton along with 90 acres in 1919. The original working farm had at one point apples, grapes and pears and more growing on the property.

In addition to the charming house, there is a two story garage with an office on the second floor and a separate shop where Ray keeps all of his tools and some of the original signs from the property. In 1978 when the Peters moved in, the upstairs toilet broke and made quite a mess on the floor below. Barbara, who was "perfectly happy" with their prior home in Pleasant Hill, had some second thoughts at the time. Maybe it was the peeling paint or the pink trim, even their pals at the time commented, "It isn't as bad as it looks."

Fast forward to 2009, there's a large bountiful garden that Barbara tends to, a fully modernized kitchen, and bright, fresh yellow paint. The bathrooms were updated a few years ago by Acalanes woodshop teachers during their summer school hiatus, but still retain farmhouse details.

Marechal Duncan, Vice President of the Lafayette Historical Society, has been an invaluable help in tracking down information on these very special historical homes. "What got me started on this was a water color painting of the Merryman house," (811 Topper Lane), donated to Marechal by one of Joan Merryman's sons. Although the colors used compliment the palate of his living room, he and wife Doris plan to donate it to the Friends of the Library, to be on display in the new library.

Additional information on either of these homes is appreciated; please contact Cathy Tyson at cathy_tyson@yahoo.com or (925) 286-9295.

Senior Softball



Photo Doug Kohen

Lafayette's first annual coed Senior Softball Game and picnic was rained out, but players were greeted on the rescheduled date, May 15, to brilliant sunshine. Lots of food and drink were available for players and fans. Tim Palmer, pictured above, enjoys the catch!

Ageless Tai Chi Ch'Uan – Training For A Lifetime

By Marilyn Cooper



Marilyn Cooper, Low Tiger posture in Stern Grove, 2009 Photo provided

Tai chi is good for everyone, young, old and middle aged, male and female, but has special relevance for people over fifty. After the late twenties, the peak age for recreational and professional athletic performance, reflexes become slower and tissue becomes less resilient. While the mind and spirit can continue to develop, our physical bodies have reached their prime and now need to start to conserve rather than just continue to expend.

Pain, fatigue, and longer recovery time are indicators that it is time to learn tai chi. Tai chi puts you "in the zone" without pounding and straining. It increases circulation, energy, longevity, positive thinking, balance, immunity, co-ordination, bone density, flexibility, and when taught properly, provides protection from injurious assault.

Like its grandmother art – qigong – tai chi's primary function is qi cultivation. The word cultivation describes the way tai chi and qigong practitioners work – methodically, and in accordance with nature -- like the farmer who stores seed, prepares the soil, and rotates crops to preserve sustainability.

Qi is loosely defined as energy, or "the life force that animates all matter." When qi is cultivated, it flows. When it is blocked, it stagnates, like a pool of water with no fresh, incoming source and no drainage. While tai chi cannot replace a need for emergency surgery or psychotherapy, it can provide self-healing factors that reduce physical and/or mental trauma, and speed up recovery if surgery is necessary.

The mind leads the "qi" and blood follows qi. The increased circulation comes from the slowness combined with the sinking of the weight. The growth is from the bottom up, like a building, or like a tree, ring-by-ring, making it rooted, reliable and long lasting.

Once learned, tai chi is fun to practice, and safer than other types of exercise. Like driving on an icy road, if you go slowly, nothing too bad can happen. Tai chi's positive side effects are often unexpected, such as the letting go of old issues. This is from relaxing, opening the channels, and allowing the energy to flow.

Imagine sinking into a warm

bubble-bath, and letting go of all your stress. This is a part of the state you are in while doing tai chi or qigong, except you are fully clothed, standing up and immersed in air, not water. Relaxation is one essential component, but it is the nature of tai chi movement that gives you energy and inner strength - centered, grounded and rooted.

Practitioners enjoy richer, wiser lives from taking the time to learn and practice tai chi. The ease of execution comes from focusing on where you are coming from to get to where you are going, not from trying to be where you are not. You always have to be firmly sunk and rooted on the back leg to achieve the light step on the other leg to advance to the next movement. You can never get ahead of yourself, literally and figuratively.

Ironically, you won't get where you want to be – healthy, calm and youthful – by straining to be as strong as you think you should be, or struggling look as young as you once did. You will achieve this by practicing something that is designed specifically to produce youth and vitality – tai chi.

Haddon
HEATING & COOLING Lic #855456

The Haddon Family, Orinda Residents, Owners/Operators

Do business with a neighbor.

Your comfort is our #1 priority

Haddon Heating & Cooling specializes in
 • residential furnaces • heaters • air conditioners • ductwork
 • repairs • upgrades • maintenance and service.

FREE ESTIMATES • FAST SERVICE

925-521-1380
 5702 Marsh Drive, Suite T. • Pacheco
 Monday-Friday 7am - 5pm (closed for lunch)
 www.haddonheatingcooling.com

Spring Service \$79
Furnace/ A/C Check up*
 *service includes a free standard sized 1" disposable filter. We do offer a variety of pleated and washable filters.

Bob Feole:
"Why did I join BWC?"

- Strong Mortgage Bank with Broker Resources
- Greater Control over the loan process
- More quality financing sources to choose from
- Competitive advantages via use of latest technologies.

BWC
 MORTGAGE BANKING & BROKERAGE
 Broker Number CA DRE #01218426

Serving Lamorinda's mortgage needs since 1990.

Bob Feole,
 Sr. Mortgage Banker & Broker

Phone : 925.254.8848
 Cell : 925.360.4090
 eFax : 925.254.8848
 Email : rrfleole@yahoo.com
 CA DRE#00866775

Your Lamorinda to Rossmoor Connection
ONE STOP SHOPPING
FOR ALL YOUR REAL ESTATE NEEDS

Call today for a personal Rossmoor tour, informational packet and complimentary lunch with us.

1-877-976-7766

Prudential
 California Realty

MARIA EBERLE NANCY GRANBERG CINDY MADDUX JIM OLSON