

In Memory

Cary Dwight Chiappone



Cary Chiappone died peacefully at home on October 13 surrounded by family and friends after a year-long battle with pancreatic cancer. He was 38 years old.

Cary was born in Berkeley on April 28, 1972 to Susan and Robert Chiappone. Growing up in Lafayette, he attended

Acalanes High School where he excelled in academics and was a three- sport letterman in water polo, swimming and basketball.

Cary graduated from UC Berkeley in 1994 with a degree in history. While there he lettered in water polo and was a member of the Phi Kappa Sigma fraternity.

After college, Cary was hired by Charles Schwab as a securities trader, which eventually took him to New York. He returned to the Bay Area in 1999 as an equities trader with Nationsbank Montgomery Securities, later Bank of America Securities. He finished his career with Merriman Curhan & Ford in San Francisco as Senior VP of Trading.

In 2004 Cary married Dana Wentworth, with whom he had two beautiful children, Bianca and Max. They adored his funny, playful manner and his love of laughter.

Cary was a scratch golfer and played as much as his wife would let him. Lucky for him, that was quite often and it paid off in 2008 when he won the championship at Moraga Country Club.

Cary is survived by his wife Dana Wentworth Chiappone and children Bianca and Max; his mother Sue Chiappone Miller and her husband Bob; his siblings Tracy Chiappone, Chris Chiappone and his wife Ann, Craig Chiappone and his wife Nana and a large, loving extended family. He is preceded in death by his father Dr. Robert Chiappone and his grandparents Carlo and Clotilda Chiappone and Paul and Marianne Crowder.

Cary was a wonderful son, brother, husband, father and friend who is missed by all who knew him.

The family would like to send a heartfelt thank you to Dr. Margaret Tempero, Dr. B.J. Miller and their teams at UCSF, as well as Elizabeth Dito, RN, and the Infusion Center Nurses. In lieu of flowers the family requests donations be made to the Cary Chiappone Memorial Fund, UCSF Foundation, P.O. Box 45339 San Francisco CA 94145-0339.

A celebration of his life will take place on Friday, January 28th between the hours of 2 & 6pm at Orinda Country Club.

Lynn's Top Five

I WILL get my Financial House in Order!

By Lynn Ballou, Certified Financial Planner®

Hey, I know --- I'm late to the table! You've already made your resolutions for the New Year. But wait, there's always room for one or two more --- and even though this is Lynn's Top FIVE, don't be put off --- it's really just one broken into five easy steps. Let this be the year you get your financial house in order. Here's how:

1) BALANCE YOUR BUDGET! Guess what --- if you live beyond your means, or right up TO your means, you won't have money to sock away for the future. Assess your situation ---honestly. If you need to cut back, do it! If you need to earn more money, think about ways to retool your education and skill set to qualify for better paying work. Invest in yourself!

2) BUY ONLY WHAT YOU NEED - INVEST THE REST FOR YOUR FUTURE! Did you hear the joke about the millionaire who put 200,000 miles on each of his cars before buying a new one? No? That's because it's not a joke --- for many who have worked hard to grow their net worth, this mind set is how they did it!

3) SHOP AROUND FOR THE BEST PRICES! There

are many apps out there that provide opportunities for you to find the very best prices on everything from clothing to appliances, couches to cars. Use them!

4) FIND INEXPENSIVE WAYS TO PLAY! Wine tasting in Livermore Valley? A bike ride and picnic with friends? A book club with a different dinner host each month? Pot luck Super Bowl parties? Affordable, memorable, very fun. Make a plan to have more fun like this!

5) MAKE A PLAN! You have dreams and aspirations, and best of all, vision about what you hope to accomplish financially. Write your dreams and visions down and then do something to make them a reality. Hire a Certified Financial Planner® to help you, acquire and use financial planning software, or take a class. Here's what we know: those who act on their visions are typically those who succeed.

Wishing you a successful financial journey this year as you put your financial house in order! And don't be shy about reaching out to a pro if you need help --- it's a great way to bring clarity to your life vision and achieve results!

Lynn Ballou is a Certified Financial Planner (CFP®) and co-owner of Ballou Plum Wealth Advisors, LLC, and a Registered Investment Advisory (RIA) firm in Lafayette. Lynn is also a Registered Principal and Branch Manager with LPL Financial (LPL). As such, she is required by securities regulations to add the following information to this column: The opinions voiced in this material are for general information only and not intended to provide specific advice or recommendation for any individual. Securities offered through LPL Financial, member FINRA/SIPC.



Community Service

We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions can be sent to storydesk@lamorindaweekly.com with the subject header In Service to the Community.

What You Need to Know About Disaster Preparedness

Submitted by Rebecca Kunzman

- 1.** In a major earthquake (a M6.9+ on the Hayward fault) Fremont, Hayward, Oakland, Berkeley, Richmond and other cities along the fault will get the most damage and injuries. These cities have much greater populations than the Lamorinda cities and they also have many hazardous facilities (refineries, chemical plants) and critical industries and facilities (airport, Port of Oakland, Silicon Valley, Bay Bridge) that will get first priority. Most of the federal, state and local mutual aid will be directed there. Very little help will come to Lamorinda for 3-7 days or longer.
- 2.** Lamorinda will be on its own during this time. If the earthquake hits at night, we have as few as 6 police officers, 34 fire fighters and 2 local ambulances
- 3.** The Cities and Fire Districts will be severely understaffed and citizens will need to take care of themselves during the first 3-7 days. Many of the first

responders who are not on duty live out of the Lamorinda area and will have difficulty getting to our area.

- 4.** We need to be ready to put out small fires, conduct light search and rescue, perform medical triage and first aid and provide food, water and shelter, for ourselves and our neighbors. To do this, we all need Community Emergency Response Team (CERT) training. CERT is the Department of Homeland Security/FEMA funded program designed to prepare ordinary citizens for this precise job.
- 5.** Why train? Studies show that survival rates for trapped victims decline rapidly with time: 99.3% survive if rescued in 1 hour, 81% in 1 day, 37% in 2 days, 34% in 3 days, 19% in 4 days and 7% in 5 days. We can-

not wait for 3-7 days to get help.

In the last six years, more than 500 citizens of Lamorinda have taken CERT training and many have enhanced their skills by taking additional training in Ham radio communication, Red Cross shelter operations and advance medical training. Join these volunteers and prepare now!

The 2011 schedule of CERT classes in Lamorinda is available at lamorindacert.org. The course consists of 6 classes including training at the Contra Costa Fire Training Center in Concord where you will practice search and rescue, fire abatement techniques and triage/medical skills. New sessions begin in February. During this year, classes will be available at St. Mary's College and at several local venues. Go to www.lamorindacert.org.

Moraga Lions Club Funds Orchestra Travels

Submitted By Diane Moe



From left: Bob Murtagh, President Moraga Lions Club; Lynn Hsu, Lisa Herzig, teacher at Campo and Leo Club advisor; Carol Kitchens, Campolindo Principal and John Baits, Moraga Lions Club. Photo Carola Ziermann

Campolindo High School students Lynn Hsu and Annie Guo were presented with a \$500 donation from the Moraga Lions

Club last week in an informal Leo Club session in Lisa Herzig's classroom. Bob Murtagh, club president, explained that the donation will help fund the school orchestra's upcoming trip to China.

Lynn Hsu, a senior and a flute player in Campo's Symphonic Band, is going with the orchestra on the trip to Beijing. When the Lions were searching for a cause to donate to, she suggested they make a donation to the orchestra's trip fund. Murtagh said the Lions were particularly interested in supporting the orchestra after Annie Guo played piano for the annual Lions Club dinner at the Saint Mary's Soda Aquatic Center. "She is a very talented pianist," he said. Guo, a sophomore in Campo's Symphonic

Band, is also going on the trip.

Campolindo Music Booster President Carola Ziermann attended the ceremony and thanked the Lions Club for its generous contribution. "I know the Lions Club is working worldwide on improving communities. This trip to China will be the experience of a lifetime for our students and it is Music Booster's goal that no student be turned away due to a financial burden. This donation will help ensure that all students will be able to participate. The Lions Club's support is very much appreciated," she said.

To learn more about the Campolindo Orchestra China trip visit <http://campomusic.org/china-trip-info/>.

Girl Scouts Honor Outstanding Volunteers from Lafayette

Submitted by Chrissa Ventrelle



Linda Bailey (left) and Colleen McCarty Photo provided

On November 7, 2010, three outstanding volunteers from the Lafayette Service Unit were honored at the Girl Scouts of Northern California Volunteer Recognition Afternoon Tea held at The Villages in San Jose. Recipient Briana Taylor was awarded the Maud Whalen Continued Exceptional Service Award which is presented to a volunteer who has made a significant impact in two or more areas of the Council operations or policy. Recipients Linda Bailey and Colleen McCarty each were awarded the Appreciation Pin. This is a GSUSA award that is in recognition of significant con-

tribution to council goals and exceptional service beyond the expectation of a volunteer position.

For the 2009-2010 Girl Scout year, GSNorCal is honoring 70 amazing volunteers and partners through Northern California. These outstanding adults, nominated by their peers, are a testament to the leadership and selfless contributions of the volunteers honored this year. Volunteers are the heart of Girl Scouting and we truly are grateful for what they do on behalf of girls. They help build girls of courage, confidence and character, who make the world a better place.

Recycling of "Sharps" Now Available Locally

By Sophie Braccini



Battalion Chief Darrell Lee in front of the recycling bin at MOFD Station 41 Photo Sophie Braccini

The term "Home Generated Sharps" (HGS) is used to describe needles, syringes with needles, and disposable lancets used to either collect a sample or inject medication into a human or animal. They are all considered medical waste. The Central Contra Costa

Solid Waste Authority (CCCSWA) and Allied Waste Services have devised convenient ways for Lamorinda residents to comply with the law that now prohibits putting sharps in the trash or recycle bins.

"Use of home generated sharps is predicted to increase rap-

idly in the coming years, due to the rise in the incidence of diabetes and other maintenance-requiring diseases. Additionally, more people are using sharps to deliver medications to their pets," says CCCWA Program Manager Lois Courchaine, "Until now, Clayton, Walnut Creek and San Ramon were the only alternatives for proper disposal." Her services noted that too many sharps were trashed or improperly recycled. "The Pacific Rim Recycling facility in Benicia experiences both containerized and loose sharps crossing their sorting line regularly, exposing their line workers to potential health hazards," she says.

The solution is two-fold. The first option is to place the sharps in an authorized sharps container (available at CVS) and place them in the collection receptacle installed at the Moraga Orinda Fire District (MOFD) station 41 in Moraga, or the Lafayette Fire station on Mt Diablo Boulevard, or the Orinda Police Department.

The second option consists of disposing of sharps from indi-

vidual homes by mailing special containers to WM's MedWaste Tracker™. The number to call to purchase the container is (925) 935-8900. Once they receive the container, residents fill it with sharps and drop it off at the post office or call the U.S. Postal Service for pick-up. The cost of the containers varies depending on size and starts around \$25.

"The Home-Generated Medical Sharps Disposal Program was designed to provide a convenient and safe disposal opportunity for individuals in our community," said CCCSWA vice-chair and Moraga Mayor Karen Mendonca, "We are delighted to have the full cooperation and support of the fire and police departments in making this option available to Lamorinda citizens."

Recycling Locations:
Lafayette Fire Station - 3338 Mt. Diablo Blvd.
Moraga Fire Station 41 - 1280 Moraga Way
Orinda Police Department - 22 Orinda Way