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OCF Celebrates 1st Year and 2010 Grant Recipients

By Andrea A. Firth



Pictured are Dick Burkhalter, V.P. of the Orinda Community Foundation and Ted Urban a Community Liaison for the Foundation. Photo by Richard Westin

The Orinda Community Foundation (OCF) has awarded over \$23,000 in grants to community organizations and events for 2010. OCF grants helped to purchase two pieces of public art by the Library and Community Center, including the forever in flight frog over the fountain, and also provided funds for the Lamorinda Spirit Van, the Starlight

ater arts education program conducted through Cal Shakes and the Educational Foundation of Orinda, and the City's 25th anniversary celebration and July 4th parade.

The Foundation was established a year ago, because the City no longer had the resources to support these sorts of grants, says OCF President Richard Westin. "The first thing we did last spring was to send a letter to the community to explain the Foundation's mission and to ask for donations," he says adding, "We received hundreds of donations. It was really heartwarming." The Foundation also held a community golf tournament fundraiser in July that attracted over 100 participants and hosted the very popular Norcal Kids Triathlon. The OCF will host its 2nd annual golf tournament at Orinda Country Club on July 25th of this year and the third annual kids triathlon will be held on Saturday, August 27th, 2011.

To celebrate the first anniversary of the founding of the Orinda Community Foundation and its 2010 grant recipients, a reception will be held on Monday February 7th from 4:00 p.m. to 6:00 p.m. at the Orinda Library Gallery. All are welcome. For more information about the Orinda Community Foundation and how to donate, go to <http://orindafoundation.org/> or call (925) 254-0800.

body makeovers
by Sheena

"Within an eight-week period, I lost 22 lbs and eliminated my type-2 diabetes."

I am a 52 year old guy that came to Sheena weighing 208 lbs, which is too much for my 5 ft 10 in. height. I had a big gut with a 37 inch waist. I had recently been to the doctor and had been diagnosed with type 2 diabetes based on a triglyceride level of 379 mg/dl and a glucose level of 115 mg/dl. Given this information my wife and I decided to try the Living Lean program.

We began spinning classes two to three times a week, personnel training twice a week and riding our road bikes or skiing on the weekends. We changed our entire eating habits in accordance with Sheena's guidance.

Within an 8 week period, I lost 22 lbs and reduced my waist size to 33 inches. My recent blood tests indicate that I have eliminated the type 2 diabetes issues with a triglyceride level of 150 mg/dl and a glucose level of less than 100 mg/dl. I feel better than I can ever remember. I feel strong, energized and have an overall positive attitude. My wife has had similar positive results, and it has been very reinforcing to do the program together. Thank you Sheena! – Bill Rudolph

New Location – Orinda Theater Square
Contact Sheena at 925-360-7051 for more information.
Montclair Village and Danville (soon)

- Customized Exercise Plan
- Customized Menu Plan
- Weekly Body Fat Testing
- Weekly Nutrition and Exercise Consultation
- Personal Strength Training
- Personal Cardiovascular Training

www.thelivingleanprogram.com



Orinda's City Council members recently spent some time with new and repeating Governor Jerry Brown while in Sacramento attending the League of California Cities training. Pictured standing are City Manager Janet Keeter and Dean Orr, and seated are (from L) Amy Worth, Governor Brown, and Mayor Victoria Smith. Not pictured is Vice Mayor Steve Glazer who served as photographer.

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LAFAYETTE 4BR 3.5BA exquisitely remodeled custom. Lushly landscaped acre. 1 of a kind! Jeannette Bettencourt 925-253-4600	\$1,425,000
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PLEASANT HILL 4BR/2.5BA. Stunning Grayson Woods home w/ breathtaking view of Mt. Diablo! Jeannette Bettencourt 925-253-4600	\$799,000
ORINDA 4BR 3BA Craftsman style on a private acre w/ park-like lot w/ in-law unit. Maram Bata 925-253-4600	\$1,350,000

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