



Tired of Fighting the Crowds?

Try Star Pilates in Moraga: 20 days for \$20

Quiet studio. Private or group classes. Everything you need to workout, including the best **Cardio Equipment, Spin, Pilates, Zumba, Ballet and Weight Classes.**



1460 Moraga Road Suite F, Moraga, Moraga Shopping Center, behind McCaulous
www.starpilates.com 925-375-7500

- IN HOME HELP -

for you or your loved ones

- Medical Appointments - Medications - Transportation
- Shopping - Errands - Banking - Bill Paying - Forms
- Record Keeping - Insurance - Technology & Computers
- Meal Planning and Preparation - Pet Care - Referrals

Lamorinda Comforts of Home

925.285.6272

Local - Bonded - Insured

www.lamorindacomfortsofhome.com

Career Wisdom Institute, Discovering Inner Design and Wisdom

By Sophie Braccini



Sherry Berman (left) and Julie Gleeson moved into their new Moraga office a year ago. Photo provided

Sherry Berman and Julie Gleeson are a great professional match. Berman, a career counselor with a different spiritual vision, and Gleeson, a coach in natural wisdom, bring to their clients complementary tools to achieve happiness through work. They believe that the journey they propose, made of self-discovery, empowerment and joy, is the most complete for those in transition – from teens wondering what professional path to choose, to adults pushed into early retirement.

Berman believes that we are all born with a design; a purpose; something we are made to achieve, that can infuse us with passion. “Everybody has a special design, they are a unique piece in the world,” says Berman, “there is one thing that people came into this lifetime with and it can’t be tested.” She believes uncovering that design and following it is the key to resilience and success, “By age eight Oprah was already interviewing squirrels in her backyard,” she says.

The next question is—how do you uncover the design after years of family and social pressures that might have directed you down a non-optimal path? Yolanda Mendonza took a six-week class with the Career Wisdom Institute, after she lost her long time corporate job in

sales. She reconnected with her long lost love for photography. But what had been pushing her in that direction and how could she turn it into a new career? “Sherry’s first recommendation was ‘notice what you notice,’” remembers Mendonza, “during the workshop I started paying more attention to what makes me curious or intrigues me. We (the workshop participants) had a lot of homework. As we wrote down everything we wanted to be as children, we put them in categories and started realizing how they are connected.” As a result of the workshop, Mendonza has launched her photography career and started creating a network of professional relationship in the non-profit world that really interests her.

The other piece of the Career Wisdom concept is building the confidence that attracts success. That’s Gleeson’s side of the equation. “There are three principles that apply to all human beings,” according to Gleeson, “the first principle states we have thoughts good or bad rolling through us all the time, and we focus only on the those we’re familiar with. The second principle is that of consciousness, meaning that we’re capable of observing ourselves doing things and thinking things in real time. This allows the application of the third principle, which

is wisdom. It’s this wisdom that exists in all of us, all the time and we just need to recognize its voice.” For example, when someone is engaged in an intense argument with a member of the family and that argument is interrupted by a phone call, let’s say from a good friend, bad feelings can change to good in an instant. The situation has not changed, the annoyance still exists, but the perception was changed. “It’s the thinking that’s messed up, not the circumstance,” says Gleeson. She believes that anyone can come to a healthy state of mind, whatever their circumstance, history or brain chemistry. “Thinking that you’re a victim of the economy, or too old keeps you there,” she adds, “our job is to take people to a vibrant and more resilient place where they can discover their design.”

Gleeson and Berman work from their Moraga office at 1036 Country Club Drive. For more information go to careerwisdominstitute.com, or contact Sherry@Switch-Careers.com, (925) 212-7805 or GleesonJ@aol.com, (925) 408-8422.

Lamorinda Weekly business articles are intended to inform the community about local business activities, not to endorse a particular company, product or service.

business briefs

CoreAlign at Absolute

3658 Mt. Diablo Blvd., Lafayette 925-299-9642; inquiries@absolutecenter.net, www.absolutecenter.net

Katie Santos Co-Owner of Absolute Center, announces a new exercise form called the CoreAlign. Santos works with the company that manufactures the apparatus and is one of only 12 Master CoreAlign Trainers in the world. She has trained a few of her fellow Pilates practitioners in a new exercise form emphasizing upright functional, whole body movement. “Part mind-body, part cardio, part strength, this is totally unique,” says Santos. Absolute is one of only three Bay Area fitness centers to offer this new form of exercise.

New Luxury Magazine, Coldwell Banker Residential

2 Theatre Square, Orinda, 925-253-6300
Coldwell Banker Residential Brokerage announced at the end of March the launch of its online luxury magazine, titled Previews Luxury from the Inside Out. The monthly e-zine, available online at www.PreviewsInsideOut.com, is focused on delivering integrated content of acclaimed interior designers, architects and individuals relevant to luxury homeowners, buyers and sellers.

Putting it all Together: Managing Multiple Platforms Efficiently

A free social media workshop offered by the Lafayette Chamber Wednesday, April 20 at 8am at the Lafayette Library and Learning Center. Success with social media often involves managing communication and network building efforts that cross multiple online platforms and integrate those efforts with traditional marketing ones. In this workshop, we’ll

share strategies for doing just time. The workshop is presented by Robin Fox – Social Media Coach. RSVP to workshops@lafayettechamber.org.

News from the three Chambers of Commerce

Lafayette

- Wednesday, April 13, Monthly Mixer, 5:30pm at Lafayette Physical Therapy, 3468 Mt. Diablo Blvd., Suite B110.
- Sustainable Lafayette and the City’s Environmental Task Force have announced the winners of the 2011 Green Awards. Chow Restaurant and Elmwood Stationers have been chosen from a number of nominees. Both businesses will be recognized by the City Council and Sustainable Lafayette at the Earth Day Celebration on April 23rd. Plaza Park, beginning at 11am.
- The Lafayette Chamber of Commerce and Mechanics Bank are the latest two businesses to complete the Bay Area Green Certification Program.

Moraga

Moraga Community Faire is on May 14; the deadline for participants to register is April 14. Go to www.moragachamber.org.

Orinda

The Orinda Chamber Printed Directory is Coming Soon! A Guide to the Town and Businesses that will list everything about the City, community events, schools, the arts, community organizations, parks, map, important numbers, restaurants, and a directory listing of all Chamber businesses. The 2011-12 Printed Directory will be distributed throughout the area. Firms that want to place an ad in the directory, contact the Chamber Executive Director Candy Kattenburg at info@orindachamber.org or by phone at (925) 254 3909. The deadline for orders is April 22, 2011; the deadline for artwork is May 2, 2011. The Directory will be published in June, 2011.

If you have a business brief to share, please contact Sophie Braccini at sophie@lamorindaweekly.com or call the office 925-377-0977

◆ New Owners

◆ New Attitude

◆ 30 Years in the Industry!

3344 Mt Diablo Blvd in Lafayette
925-284-4440
lamorindaflors.com



MARA CONSTRUCTION

LOCATED IN LAMORINDA AREA
20th YEAR IN BUSINESS



SPECIALIZING IN ALL PHASES OF HOME CONSTRUCTION

- New Custom Builds
- Additions
- Custom Kitchens
- Custom Baths
- Doors/Windows
- Tile/Pavers
- Foundations:
- Re-Leveling
- Structure Repair
- Drainage Systems
- Retaining Wall
- Electrical/Custom Wiring

View projects and style ideas at our updated Website.

510-385-8251 • MaraConst@comcast.net
WWW.MARA.CONSTRUCTION.COM

License # 586512

Keeping Mosquitoes from Bugging Moraga

... continued from page A1

One neglected pool can produce more than one million mosquitoes and affect people up to five miles away.”

CCMVCD’s work is largely preventative. They eliminate standing water, distribute mosquitofish and kill mosquito larva. The agency uses bacterial insecticides, specifically Bacillus Thuringiensis Israelensis (BTI) or Bacillus Sphaericus (BS) to kill mosquito larva. BTI and BS occur naturally, and are effective against mosquitoes, but do not harm mammals, birds and most other insects because they don’t share mosquito cell type, says Bass. Treating mosquitoes as pupa requires Methoprene or a larvicide oil. Occasionally

Duplex, a mixture of the other pesticides, is used to ensure both larva and pupa are controlled. CCMVCD uses only products registered with the Environmental Protection Agency for mosquito control.

Dan Bernie, Moraga’s Public Works and Parks Superintendent, meets with CCMVCD in two weeks. “We work pretty closely with Vector Control,” he says, “and we try to be a chemical-free town. I’ve seen them [CCMVCD] walk by the Hacienda and tip over bird baths [to clear standing water].” Bernie says a local scout troop, in cooperation with the city, has installed bat boxes in key locations to try to keep mosquitoes in check. He also says he just returned from the Delta and saw standing water in places he’d never seen it before. More standing water means more mosquito breeding grounds.

“We all live and work in places where mosquitoes can breed,” says Bass. “Everyone needs to halt their population growth.” In addition to cleaning gutters and keeping pools mosquito-free, she suggests residents:

- Empty standing water from outside toys, wheel barrows, flower pots and tree wells.
- Stock horse troughs with mos-



quitofish. Each mosquitofish devours 500 mosquitoes daily.

- Keep windows and screens repaired.
- Report dead birds to the West Nile Virus hotline at 877-968-2473.

Inspect your property twice weekly to prevent outbreaks. If you have a problem, kill and save a mosquito for CCMVCD to evaluate.

Residents can also sign up to be notified of mosquito spraying online at

<http://contracostamosquito.com> or follow the agency on Twitter: www.twitter.com/ccmosquito.

Contra Costa Mosquito and Vector Control District is an 85 year-old public health agency. “We are a special District – we are not part of the county government,” Bass says. “Our services include [abatement of] mosquitoes, rats and mice, skunks, yellow jackets and ticks...all free.”

schedule your appointment!
(925) 283-5666

- Virus Removal
- Network set up and trouble shooting
- Computer selection advice
- 15 minute appointment minimum
- Evening & weekend appointments available
- Fast, friendly service-we may be nerds but we speak plain English
- 100% money back guarantee

NERD4Rent
Computer Consulting & Training

Nerd4Rent.com

