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Letters to the Editor

Editor:

I write in response to "The War of the Barres," published on March 13th.

I love The Dailey Method (TDM). I love its unique physical and mental practice. I'm not an instructor or studio owner. I'm a client.

For a year and a half, I took three to five TDM classes a week at the Lafayette studio. In mid-November, The Dailey Method Lafayette disappeared overnight, replaced with a new name and a new workout. I did not choose this switch; it switched on me. Without a TDM home, I attended the "old studio" but this was not the same product that I loved.

Thankfully by mid-December, Christine Olson and Kerry Corcoran brought The Dailey Method back in a temporary space where clients like me took classes until the permanent home opened in Lafayette at 3344C Mt. Diablo Blvd.

While the temporary space had a back to basics feel, Christine and Kerry preserved two core aspects of TDM: (1)

The Dailey Method mental and physical regimen and (2) The Dailey Method instructors.

The statement, "The war of the barres started when some of Pecci La Brecque's instructors left her studio," misses a crucial point. The TDM instructors left the old studio because they chose to stay TDM instructors.

The Dailey Method is grounded in hard science, credentialed leadership, and continued research and training. The Dailey Method's rigorous training program requires a significant investment by the future instructor. Once trained, a TDM instructor may teach at any The Dailey Method studio. She also receives advanced training and is connected to the growing TDM community worldwide. Should life require a TDM instructor leave the East Bay, she will find The Dailey Method studio in her new home and if not, she can open one.

As a smart business practice, The Dailey Method requests its instructors promise not to teach a barre class at a "competitor" studio. When it severed its ties with The Dailey Method, the old studio became a competitor thus forcing the instructors into a decision. To teach at the old studio meant abandoning The Dailey Method practice, its core values, its continuing education, and its broader community. Had they remained, they would have lost forever the opportunity to teach at any The Dailey Method studio, anywhere, ever again.

I am proud to support the half-dozen TDM instructors - all local area moms - who honored their commitments to The Dailey Method, to their training, and to clients like me, by keeping The Dailey Method open in Lamorinda. And I am thrilled to support local East Bay - business owner - moms, like Christine Olson and Kerry Corcoran.

Because of The Dailey Method practice, I'm stronger, leaner, and more physically fit. But most important, my life is enriched daily through the friendships I've found in the women making up The Dailey Method Lamorinda community and for that I am forever grateful.

Warmly,
Wendy McGuire Coats
Lafayette

Editor:

Sophie Braccini's The War of the Barres article published Wednesday, March 13 well represents both fitness methods, The Dailey Method & NextBarre, though the title of the article is a bit sensationalistic. I am a professional dance teacher and I've enjoyed being a longtime client of The Dailey Method (TDM) and now NextBarre. Not every body can do the exact same workout with equal success. For my body, NextBarre is a more efficient 1-hour workout. At TDM I took 2 back-to-back classes a day, 4 days a week to get the results I wanted. With NextBarre I only need to take 1 class a day, 4 days a week. But that's my body. I agree that there is room for two barre-based studios in Lamorinda. Both classes are very good and all the instructors are rock-star caliber teachers. Certainly I miss TDM teachers who decided to leave the studio when it changed to NextBarre but I know they are helping others just as they helped me. For many women TDM was a social outlet as well as a workout so I understand their emotional responses to the changeover. For me, it's just about the workout and, at this time, NextBarre is the better fit.

Jennifer Davis
Lafayette

Editor:

An Open Letter to Chief Bradley and the MOFD Board,

We applaud your effort to obtain community opinion on the proposed consolidation of Station 43 with Lafayette Station 16. Unfortunately, we cannot attend your scheduled workshop on Wednesday, March 20th. Therefore, by this letter, we wish to state publicly our strong support for your continued investigation of the feasibility of this consolidation option, for the following reasons:

1. Improved Protection from a major woodland fire coming from Lafayette: We live in the Charles Hill Road area near the border of Lafayette, north of Highway 24. You have stated that studies predict that a major woodland fire during the fire season is likely to start east of Orinda aided by "Santa Ana - like" winds. With Lafayette Station 16 closed and no prospect of it reopening, we feel more exposed to this very real threat. Locating proposed Station 46

on El Nido Ranch Road would provide improved protection for us in the Charles Hill area as well as the residents of Lafayette north of Highway 24. Fires know no city boundaries.

2. Improved District Finances: MOFD cannot walk away from the opportunity of receiving \$1 million annually from ConFire to operate Station 46 for the benefit of Lafayette as well as Orinda. Those residents who contend that considering the consolidation option is "pennywise and pound foolish" have their facts backwards! As you well know, MOFD is faced with a major challenge to fund pension obligations which threaten to reduce future service levels. This added cash flow can most certainly help!

3. No Net Increase in Orinda Response Times: We understand that the relocation of Station 43 to 46 would result in no net increase in Orinda's community wide response times. Yes, some Orinda residents will see their response times increased, but the community as a whole will benefit. In fact, our own response time will increase with the move, but we believe the two positive reasons stated above outweigh this negative for us - and, indeed for all Orinda residents!

Please continue to investigate the consolidation option!

Sincerely,
Kristi & Art Haigh
Orinda

Editor:

Here is an example of a good neighbor:

We live in Orinda and we were away. The sharks were circling. One morning a truck pulled into our driveway. Two men started to find the best way in to our house. Our neighbor Melanie saw what was happening and immediately went out to ask what they were doing. Their answer? The response didn't jive and our neighbor promptly took their license number and went inside to call the police. The two robbers realized they were challenged and drove off. The police were here quickly and praised Melanie Flum for her quick response. All of Orinda can respond to action and challenge people who are trying to break in to homes.

Thank you Melanie for immediately getting involved.

Brian and Ingrid Miller
Orinda

Reach the reporter at: info@lamorindaweekly.com

[back](#)

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