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The Next Step of the Lafayette Food Revolution

By Sophie Braccini



Linda Riebel and husband, Brad Wade, install protection around their tomato plants. Photo Sophie Braccini

Linda Riebel sees her garden as a place to experiment with ways to increase her self-food-reliance, and she strives to make her food choices as harmless to the planet as possible. As a member of Sustainable Lafayette's Food Group, Riebel, along with Allison Hill and Janet Thomas, hope to gather a group of interested Lafayette community members to share knowledge and resources, and to take the next step in the green 'foodprint' revolution.

"The local food group of Sustainable Lafayette started the farmers' market and the community garden. I thought that we needed the community to deal with other as-

pects of sustainability and food," says Riebel. "There are many topics to think about, such as eating less meat, growing more of our own food – or raising it – getting to know local farmers and growers, and more. It is a huge subject and we are launching the Sustainable Food Committee to continue our process."

The group's main objective is to help people wean themselves from industrial agriculture. "I don't expect anybody to be completely free from industrial agriculture," says Riebel, "I don't expect to be completely self-supporting. But we want to move in that direction and also influence industrial agriculture to be less destructive to the environment

and human health." Riebel points to a recent Time magazine cover story about disappearing bees, and how neonicotinoid insecticides could be the culprit.

In her book, "The Green Footprint," Riebel discusses food issues, and how it is impossible to know everything and foresee all the consequences of our consumption decisions in an increasingly complex world. "We want to help everybody to make their food choices, whatever their preference might be," she says, "even if you eat meat or fish, you can do certain things to reduce your footprint."

The first meeting of the committee on Sept. 16 was very productive. "We had an enthusiastic discussion and generated a list of interests long enough to keep us busy for years," said Riebel. The top four topics were the creation of a community of gardeners, organization of regular meals/meetings, tours of local farms, and education.

The second meeting and potluck will be held at Riebel's home around mid-October. The group will also participate in the Lafayette Community Garden Harvest Festival on Sunday, Oct. 20, and link this to the national event, Food Day.

"My goal over the next 20 years is to just continue to progress," says Riebel. Those interested in attending the next meeting should contact Riebel at linda@sustainable-lafayette.org for directions and discussion.

Young Singers Shine in the Spotlight at Lamorinda Idol Finals

... continued from page B1



High school soloist winner Tosca Maltzman Photos Ohlen Alexander

In addition to singing, Becker enjoys swimming for Orinda Aquatics, running for Orinda Intermediate School, and participating in her church group activities. She looks forward to continuing her singing career in the future.

Said Becker, "I would like to [sing in] school musicals, hopefully Lamorinda Idol, and maybe a summer musical theatre camp."

Tosca Maltzman, High School Soloist Category Winner

Sixteen-year-old Tosca Maltzman

has certainly spent her share of time on stage. Having participated in five Lamorinda Idols, being a part of theater groups in and out of school, and managing her school's a cappella group have made the Miramonte High School junior an experienced veteran in the world of singing and acting.

Maybe this is the reason Maltzman was able to secure herself a win in the high school soloist category during the finals. Maltzman, who won last year's Audience Award (granted to the artist that receives the

highest percentage of audience votes but is not a category winner), was elated to receive her first victory in a category this year.

"I felt nervous in an excited way and I tried to use that energy to elevate my performance," said Maltzman.

But unlike any other Lamorinda Idol winner, Maltzman was able to experience both the role of a participant and the role of an organizer of the event, as she also worked as an administrative assistant.

"Working as the administrative assistant for the program has given me a deep appreciation [of] the amount of work it takes to put on a production like this," said Maltzman. "I worked with a committee made up of amazing volunteers who were responsible for all of the facets of the show and everything leading up to it. I was lucky to have a job that supported what I love to do."

Maltzman says she will continue to sing and act, as these are two of her most prominent passions.

"I have been listening to music and singing since before I could talk," said Maltzman.

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Audience Award winner Lleyton Allen

And the Lamorinda Idol 2013 Winners Are ...

More than 200 students from across the Lamorinda area auditioned for Lamorinda Idol this year, and after tallying the votes, the following students were announced as the Lamorinda Idol 2013 winners:

Grades K - 2 Soloist Category: **Mia Polichio (Camino Pablo)**

Grades 3 - 5 Soloist Category: **Elizabeth Becker (Orinda Intermediate School)**

Middle School Soloist Category: **Leah Woodcox (Miramonte)**

High School Soloist Category: **Tosca Maltzman (Miramonte)**

K-5 Group Category: **US2: Kiera Glenn (Orinda Intermediate School) and Maggie Heiskell (St. Perpetua)**

Grades 6-8 Group Category: **Lindsey & Arriana: Arriana Glenn (Orinda Intermediate School) and Lindsey Wallace (Orinda Intermediate School)**

Audience Award: **Lleyton Allen (Camino Pablo)**

Lamorinda Idol 2014 auditions will be held next spring. For details, visit http://www.orindaartscouncil.org/lamorinda_idol_winners.php.

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