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It is not easy to get MOFD's busy female firefighters in the same place at the same time. From the left are firefighter-paramedics Kelly Nichols (*née Morris*) and Katy Himsl, and firefighter Julie Mulliken, with Archer, Savannah and Scarlett Nichols; MOFD firefighter-paramedic Brittany McMahon and fire marshal Kathy Leonard are pictured on the right. Not pictured: Janet Brandi-Roult

Photos Ohlen Alexander

Don't Fence Them In

MOFD female firefighters reject judgments, stereotypes and desk jobs

By Nick Marnell

Talk to any of the female firefighters of the Moraga-Orinda Fire District and you will find that they share one passion: a love of their job. Brittany McMahon, firefighter-paramedic, said in so many words what each female firefighter acknowledged: "This is the greatest job in the world!"

A job with reported high rates of divorce and alcoholism? Sleep deprived, non-traditional hours? Potential life endangering emergency calls daily? Why do these women feel that a job with such severe challenges is so great?

One explanation is that they have successfully confronted

their own special challenges throughout their careers.

"When I was a little girl, they'd say 'Oh, you could be a nurse, or a teacher' but none of that ever appealed to me," said fire marshal Kathy Leonard. "I wanted something more adventuresome." She left a job in the advertising industry and joined an East Bay fire agency, where she felt the pressure of being a woman in the department from the start of her training.

"We had to run up a four story tower carrying 50 pounds, run with hoses, and carry ladders," said Leonard. "One ladder weighed 163 pounds, and it took three of us to move it. They

made the women do the ladder a lot, just to see if we could do it, to see if they could break us."

Engineer Janet Brandi-Roult said that when she started, she felt the silence when she walked into a room full of male firefighters. "You just knew it. It was more offensive to me when it got quiet. So, I tried to lighten things up. It was a boys club, but I've seen it change."

To her point about change, the younger firefighters did not mention internal challenges, but challenges from an outside environment: the public.

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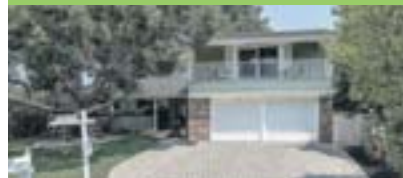


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Synergy Theater Comes to Downtown Lafayette

By Sophie Braccini



Kenn Adams (left), Colleen McCormick and Clayton Dodds in the Big Room Studio Theater at Lamorinda Music. Photo Sophie Braccini

Kenn Adams is an unusual mix of mindful leader and comedian. He is moving his company, Synergy Theater, to downtown Lafayette. With him come 25 years of improvisation experience and a troupe that includes some of the best improvisers in the Bay Area. Their new home is Lamorinda Music, where they will perform the third weekend of every month. Synergy Theater plans to get some big laughs.

"Improvisation is the vibrant spontaneity of the moment," says Adams. "The improviser has to be very rooted in the moment, and open to every nuance coming from his partner." He adds that improvisers should not be thinking ahead and trying to be funny, or carry regret over something that happened in the past. "Then you're not in the now, and that's very dangerous," he

adds. Mindful meditation is indeed a part of the more advanced training and rehearsal work in Adams' troupe.

"Improvisation has three rules," he continues. "Be spontaneous; always make your partner look good - what he says is the difference between improvisation and stand-up comedy; and third, build on your partner's ideas, with no negative humor. Our culture is based on helping other people succeed first and getting laughs by pointing out positive traits."

Adams explains that when improvisers are on stage, they are caught in a paradox. "You are being completely spontaneous, but you also have an artistic goal and are constructing a story," he says. "There is a difference between spontaneity and randomness."

... continued on page A10



Life in Lamorinda B1-B12

A Passion for Poodles ... read on page B2.



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Our Homes D1-D16

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Lafayette Civic News

Public Meetings

City Council

Monday, Sept. 8, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Monday, Aug. 18, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Aug. 25, 7 p.m.
Lafayette Library & Learning Center,
Arts & Science Discovery Center,
3491 Mt. Diablo Blvd.

Check online for agendas, meeting notes and announcements

City of Lafayette:

www.ci.lafayette.ca.us
Phone: (925) 284-1968

Chamber of Commerce:

www.lafayettechamber.org



Lafayette Police Department Incident Summary Report, July 20 to Aug. 2

Alarms 62
911 Calls 9

Animal Cruelty

Palo Alto Dr/Toledo Dr
30 block Lafayette Cir
Diablo Foods
Old Tunnel Rd/Casleton Pl

Burglary, Auto

3200 block Quandt Rd
1000 block Carol Ln
Oakwood Athletic Club (3)
3200 block Marlene Dr
1300 block Summit Rd
500 block Morecroft Rd
3500 block Mt Diablo Bl
900 block East St
Springbrook Pool

Burglary, Residential

600 block Glorietta Bl
1000 block Windsor Dr
900 block Carl Rd

Burglary, Commercial

3300 block Mt Diablo Bl
2nd St/Mt Diablo Bl
4100 block Canyon Rd

Drunk in Public

Lafayette Park Hotel

DUI

Pleasant Hill Rd/Hwy 24

Fireworks

600 block Los Palos Dr
El Charro

Harassment

800 block Avalon Ct

Hit & Run

3400 block Mt Diablo Bl (2)
Mt Diablo Bl/1st St
3300 block Mildred Ln (2)
3700 block Mt Diablo Bl

Petty Theft

3200 block Marlene Dr (2)
1500 block Springbrook Rd
Safeway
Community Center
500 block Morecroft Rd
Pleasant Hill Rd/Hwy 24
1000 block Carol Ln
20 block Gable Ln
10 block Reliez Valley Ct
600 block St Mary's Rd
50 block W Wind Rd

ID Theft

3100 block Rohrer Dr (2)
Reported to LPD

Missing Adult

900 block Dewing Av

Missing Juvenile

3300 block Victoria Av

Prowler

700 block Old Jonas Hill Rd

Panhandling

1st St/Mt Diablo Bl
Mt Diablo Bl/Happy Valley Rd

Public nuisance

Nordstrom Ln/Glen Rd
Dewing Av/Mt Diablo Bl
3900 block Los Arabis Dr

Reckless Driving

Oak Hill Rd/Hwy 24
Pleasant Hill/Hwy 24
Moraga Rd/Mt Diablo Bl
Mt Diablo Bl/Acalanes Rd
Hwy 24/Acalanes Rd



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Meet the New Code Enforcement Officer

By Cathy Tyson

While his job description sounds dry, “enforcing the Lafayette Municipal Code,” the charming newcomer to the position of code enforcement officer, Adam Foster, is perky, professional and friendly – definitely not dry.

He works on investigating and resolving complaints about land use and property maintenance, which can include issues from barking dogs, to abandoned vehicles, to fences and beyond. He’s often the first city employee many citizens talk to, so he’s keenly aware of making a good impression and keeping a positive dialogue going to resolve complaints. Essentially, enforcing the city’s codes can improve the quality of neighborhoods and protect property values; who wants to live next to an abandoned car covered with graffiti or crowing roosters?

His excellent communication skills were honed with stints on the UC Davis student paper “The California Aggie” and at “Baseball America,” a bi-weekly magazine covering, what else, baseball. Foster was inspired by the movie “Moneyball,” his love of the game and talent with statistics, to create algorithms that identify stand-out young minor league players; related stories ran in the print and digital editions of the magazine, and at “Project Prospect” – a scouting and statistical analysis baseball publication.

Foster has been on the job since early June and manages to bike to work most every day, logging roughly 100 miles per week, commuting from Concord. When not working or biking he spends time with his wife Katie and delightful 1-year-old daughter. Having attended Springhill Elementary School, Stanley Middle School and Acalanes High School, he’s intimately familiar with the lay of the land. His grandparents still live in town.

“He brings both enthusiasm and experience to the position, and he’s got a natural likability that is somewhat rare in the code enforcement world,” said City Manager Steven Falk. “People who receive a visit from Adam will meet a smart, pleasant young man who will listen to their side of the story.” Prior to coming to Lafayette, he was the code enforcement officer for Danville.

He also brings a background in planning to the party; he was a temporary planning staffer who worked for various cities around Contra Costa County. Clearly enjoying municipal involvement, Foster wants to run for city council in Concord.

When asked why he likes this position, he responded that it offers the unique opportunity to work with

“multiple layers of city government” like engineering staff, public works, parks and recreation along with the city attorney.

He explains that by starting out on a friendly basis, with a phone call or a knock on the door, recipients of code visits are much more likely to be open to suggestion. He sees the job as kind of like being a “land use therapist” who ultimately creates a vibrant community that people want to be a part of. A-frame signs dotting the sidewalk, junker cars left out, roosters crowing at all hours arguably make Lafayette less loveable.

“We’re working on an electronic implementation system to track complaints,” said Foster. It will be similar to the app that the public works department already uses. “Most requests for code enforcement action come in via phone and email. The app will give residents the ability to submit pictures and location information while they’re out and about.” It will tentatively be up and running later this year. ... continued on page A11



Adam Foster

Photo C. Tyson

National Night Out in Lafayette




Photo Cathy Tyson

Across town a number of folks volunteered to organize events to celebrate National Night Out on Aug. 5, promoting emergency preparedness. Carol Yates stepped up to the plate and spread the word within her complex, Lafayette Pointe on the east end of town. Newcomers to the neighborhood and longtime residents came out to enjoy a glass of wine, a bite to eat at the community pool and rub elbows with police officers and fire personnel, and check out their vehicles’ cool equipment. C. Tyson

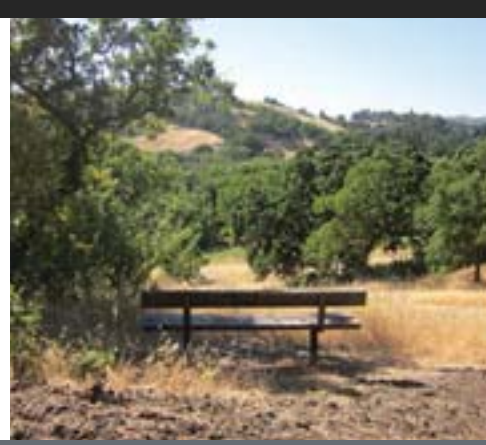
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City Responsibility in Reporting Child Abuse

By Cathy Tyson

After some recently well publicized child abuse incidents, the Contra Costa Civil Grand Jury is asking Lafayette, along with other cities in Contra Costa County, to respond to recommendations about responsibilities regarding reporting child abuse.

According to Grand Jury report 1403, multiple lawsuits alleging child abuse, and the failure to report suspected instances, have revealed that many employees of public entities, including cities, do not understand their duties to identify and report suspected or known instances of child abuse.

The report blames inadequate training of employees and other personnel in "their legal obligation as mandated reporters." Cities are asked to implement an annual training program for staff. Lafayette already has policies and procedures in place addressing this issue. The report makes recommendations about mandated

reporters and clarifies what is reasonable suspicion.

Buried in a lot of legal lingo in California Penal Code section 11166.01 about a mandated reporter who fails to report an incident, the penalty is spelled out: "[They] shall be punished by not more than six months in a county jail, by a fine of not more than \$1,000 or by both that fine and imprisonment." Failing to report abuse or neglect or impeding the reporting of same where great bodily injury or death occurs can be punished with not more than a year in jail and a \$5,000 fine, or both.

Lafayette already has implemented a policy to train its employees and other personnel about their obligation to identify and report suspected cases of child abuse and has determined which personnel are mandated reporters. All employees who are mandated reporters have completed initial training, and Parks and Recreation employee orientation includes mandated reporter training.

Share your thoughts, insights and opinions with your community. **Send a letter to the editor:** letters@lamorindaweekly.com

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Moraga Civic News

Public Meetings

Town Council

Wednesday, Aug. 27, 7 p.m.
Joaquin Moraga Intermediate School,
1010 Camino Pablo

Planning Commission

Monday, Aug. 18, 7 p.m.
Moraga Library, 1500 St. Mary's Rd.

Design Review

Monday, Aug. 25, 7 p.m.
Moraga Library, 1500 St. Mary's Rd.

Check online for agendas, meeting notes and announcements

Town of Moraga:

www.moraga.ca.us
Phone: (925) 888-7022

Chamber of Commerce:

www.moragachamber.org

Moraga Citizens' Network:

www.moragacitizensnetwork.org



Moraga Police Department

D.U.I. 8/03/14 Not very many cars on the road in Moraga after 2 a.m. so the Pontiac cruising down Moraga Road at 50 mph drew the attention of police. The 26-year-old male driver was arrested for driving under the influence, and his intoxicated 17-year-old female passenger was transported to the Moraga Police Department and later released to her parents.

Medical Assistance, 8/04/14 Cops responded to a home on Augusta Drive on a report of a 91-year-old woman who had stopped breathing. MOFD paramedics transported her to Kaiser in Walnut Creek after getting a pulse.

Missing bling 8/02/14 Possibly over a period of several months, multiple items of jewelry have vanished from a home on Paseo Grande, totaling roughly \$7,000. The reporting person didn't want cops to contact anyone regarding the theft at this time.

Couch as litter, 7/29/14 Sometime during the night, an unknown suspect or two left a six foot long couch in the driveway of an apartment complex on Ascot Drive. The reporting person suspected tenants who lived across the street had abandoned it after they moved out. Two days later the couch was relocated to the reporting person's driveway. Payback?

Car burglary, 8/01/14 After parking his car on Canyon Road, just north of Pinehurst Drive, an unidentified person went for a run. Upon his return, he discovered the right front passenger window was smashed out and his fanny pack, stowed under the driver's seat, was missing. Pack contained his wallet and four checkbooks.

Commercial burglary 7/29/14 A school located on School Street was burglarized overnight. A flat screen television from a classroom and several power tools from an outside maintenance shed were taken. No leads at this time.

In addition, the following other crimes were reported in Moraga between July 29 and Aug. 5:

- False Alarms** Moraga Wy
Via Granada
Moraga Rd
Claudia Ct
- Suspicious Circumstances** Sullivan Dr
- Identity Theft** Moraga Wy/Center St

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Via Moraga Concept Approved

Eighteen new homes planned on Moraga Road

By Sophie Braccini

After three years of discussion, the Moraga Planning Commission approved Signature Properties' conceptual map for the construction of 18 single-family homes on the two-acre property located at 489 Moraga

Road – the empty lot across from the Rheem Shopping Center. Prior to giving its approval, the commission requested a major alteration to the plan.

When the meeting started on July

21, it appeared that only commissioner Tom Marnane was prepared to support the current proposal for a development that has been under discussion since 2011. "For single-family homes (this development) is just too

dense," said commissioner Teresa Onoda. "People who come here want to have a yard for their kids to play." Onoda thought that six units per acre would be more appropriate than 10.

... continued on page A11

Dale Walwark, Rooted Moraga Citizen

By Sophie Braccini



Dale Walwark

Photo Sophie Braccini

Dale Walwark was not always Moraga's beloved elder statesman; he was a corporate communications professional working for large organizations. Now in his 70s, Walwark believes that the later part of his life has been at least as fulfilling as his professional life, if not more so. He's done it all in Moraga, from lending a hand at the garden club to serving on the town council, and he still regularly aims pointed questions at current council members during meetings. A passionate lover of the English language, a well-rounded traveler and reader, Walwark, and his wife Penny, are quintessential Moragans – enjoying life and giving back to their community.

advertising agency and soon after met my wife, Penny."

The couple moved to Moraga with their two children in 1976 and quickly became involved in the community.

Walwark suggests that even those without a history of volunteerism try joining a service group, such as Kiwanis, Rotary or Lions; he says the experience will open a new door. "If people take an active role, their lives and the communities they serve are enhanced."

"In my own case, I began by vol-

unteering for the Moraga Parks and Recreation Commission." A few years later, he chaired the commission. "A fellow member introduced me to her husband, and he introduced me to the Kiwanis Club," which he later headed as president. And that led to a successful run for the town council, where his service included representing Moraga on the Central Contra Costa Solid Waste Authority, a body he chaired for a year. He also served on the board of the Moraga Park Foundation.

Walwark does not like to boast about his achievements – as far as he's concerned, teamwork is everything. As a council member from 2000 to 2004, he is proud to have been part of the team that approved the skate park. "I was the swing vote on the council for that decision," he remembers. "The anti-park didn't like me, and the pro-park didn't like me either because I demanded that things be done right, which took more time." Another achievement of that town council was to reduce the build-out forecasted in the 2002 revision of the General Plan by one-third.

"Moraga needs volunteer work because it has a small staff and a small

budget," he says. "I'm sure many citizens think that the town government does everything, but that isn't true."

Walwark hopes the new generation will be interested in supporting the town and he is adamant that this does not mean everyone must shoulder huge responsibilities. "I have dug for the Garden Club, planted daffodils for Kiwanis, grilled burgers for the Park Foundation, knocked on doors for the street tax, and taken abuse as an elected official, but most people prefer to enter volunteerism through a single door with no stairs to climb," he says. "That's OK. Get the books rearranged in the proper order on the library shelves, work at the Oktoberfest, whatever. There are many needs, large and small. If you want to do more, opportunities await."

And, according to Walwark, there is an added bonus – you'll meet great people. "My friends in Moraga are, by and large, those I have worked with," he says. "I admire so many friends who just keep giving year after year, with no particular recognition and certainly no compensation, simply because they recognize needs and find it rewarding to fill them."

TOWN OF MORAGA PUBLIC MEETING

PLANNING COMMISSION

Monday August 18, 2014

7:00 PM

Moraga Library, 1500 St. Mary's Road

The Planning Commission will hold a Public Meeting on the date above regarding the following items:

PUBLIC MEETING	Review and comment on the draft Climate Action Plan and consider a recommendation to the Town Council to submit the draft Climate Action Plan to the Bay Area Air Quality Management District for review and comment.
PROJECT DESCRIPTION	A Climate Action Plan (CAP) is a long-term plan to reduce a community's greenhouse gas emissions. A certified Climate Action Plan can be used for compliance with the BAAQMD California Environmental Quality Act (CEQA) guidelines. The requested action is a recommendation to Town Council to submit the draft CAP to the BAAQMD for initial review and comment. The CAP is not proposed for adoption at this time.
CEQA STATUS	To be determined. An initial study will be prepared prior to approval and adoption.
STAFF CONTACT	Ella Samonsky, Associate Planner (925)888-7042 esamonsky@moraga.ca.us
PUBLIC MEETING	Review and Comment on the Draft 2015-2023 Housing Element update.
PROJECT DESCRIPTION	The Town of Moraga is required by State Law to update its Housing Element for the 2015-2023 planning cycle. The Draft 2015-2023 Moraga Housing Element Update identifies and analyzes existing and projected housing needs. This public meeting introduces the Draft Housing Element to the Planning Commission and provides an opportunity for the Commission to review and comment on the draft.
CEQA STATUS	An Initial Study will be prepared prior to approval and adoption.
STAFF CONTACT	Brian Horn, Associate Planner (925) 888-7044 bhorn@moraga.ca.us

Questions & comments on items before the Planning Commission are welcome any time, but please note the following opportunities to comment: • In writing (email or mail) prior to release of the staff report (generally 3-5 days before the meeting). We encourage you to state your concerns before the staff report is completed so that comments can be reflected in the report.

• After release of the staff report (posted at www.moraga.ca.us)
• At the hearing, during the designated "public comment" period. (Three minute per person limit) See back of notice for mail, email and phone contact.

Persons with disabilities requiring assistance in order to attend and/or participate in this meeting, please contact Town Clerk at 925-888-7022 at least 24 hours prior to the meeting. If you challenge the above-described action in court, you may be limited to raising only those issues you or someone else raised at the Public Hearing described, or in written correspondence delivered to the Town of Moraga at, or prior to, the public hearing.

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Specific Plan Zoning Recommended for Approval

Town Council will review Sept. 10

By Sophie Braccini



Suburban office zoning modified to accommodate higher, denser housing.

Image provided

There are inevitable, causal chains of events that can be complex to follow but are crucial in determining what type of development can and cannot happen in Moraga.

One of the essential links was cre-

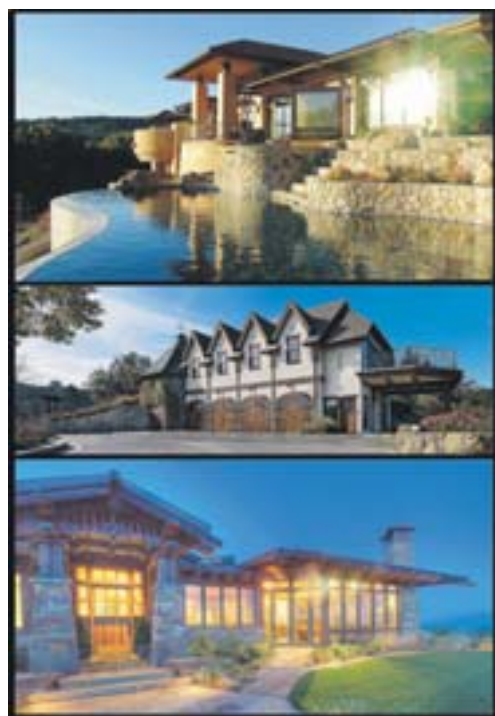
ated on July 21 when the Moraga Planning Commission recommended that the Town Council adopt zoning that accommodates elements of the Moraga Center Specific Plan related to density, height, and type of development in the downtown area, includ-

ing a controversial multi-family home project proposed along Moraga Way.

According to planning director Shawna Brekke-Read, the commission's action was inevitable because there was no alternative other than approval. ... continued on page A11

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Orinda Civic News

Public Meetings

City Council

TBA
Auditorium, Orinda Library,
26 Orinda Way

Planning Commission

Tuesday, Aug. 26, 7 p.m.
Auditorium, Orinda Library,
26 Orinda Way

Finance Advisory Committee

Wednesday, Aug. 27, 6 p.m.
Sarge Littlehale Community Room,
22 Orinda Way

Check online for agendas, meeting notes and announcements

City of Orinda:

www.cityoforinda.org
Phone (925) 253-4200

Chamber of Commerce:

www.orindachamber.org

The Orinda Association:

www.orindaassociation.org

Correction, issue date July 30, 2014:

"Possible Large Candidate Slate" This article incorrectly described Carlos Baltodano as "chair of the Orinda Planning Commission." Baltodano is a former chair of the commission; his term expired last February.



Orinda Police Department Incident Summary Report, July 20 to Aug. 2

Alarms	62
Animal Cruelty	BevMo (2)
911 Calls	11
Auto Burglary	
500 block Dalewood Dr	
Camino Pablo/Los Amigos	
Residential Burglary	
100 block El Toyonal	
400 block Moraga Wy	
Credit Fraud	
70 block Scenic Dr	
Custody Violation	
10 block Arbolado Ct	
Disturbance	
Sleepy Hollow Ct/Tarry Ln	
Ironbark Cr/Orindawoods Dr	
400 block Moraga Wy	
DUI	
Hwy 24/St Stephens Dr	
Health & Safety Violation	
Safeway	
40 block Bobolink Rd	
Harassment	
80 block Davis Rd	
Safeway	
ID Theft	
10 block Dos Posos	
Panhandling	
Camino Pablo/Hwy 24	
Petty Theft	
10 block Lost Valley Dr	
30 block La Cuesta Rd	
30 block Charles Hill Rd	
10 block Moraga Way	
Orchard Rd/Oakwood Rd	
10 block Altarinda Rd	
Public Nuisance	
10 block Calvin Ct	
20 block Mariposa Ln	
500 block Dalewood Dr	
70 block Via Floreado	
100 block Ardith Dr	
40 block Coachwood Ter	
St Stephens/Hwy 24	
Reckless Driving	
Miner Rd/Camino Don Miguel	
Glorietta/Rheem Bl	
San Pablo Dam Rd/Bear Creek Rd	
Restraining Order Violation	
20 block Orinda Way	
Shoplifting	
Safeway	
Suspicious	
Person	15
Circumstance	8
Vehicle	37
Traffic Stops	215
Trespass	
40 block Lost Valley Dr	
Altarinda Rd/Orindawoods	
Vehicle Theft	
Theater Sq	

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Patti Young: An Orindan Sowing Seeds of Preparedness

By Laurie Snyder



Patti Young briefed Orindans about plans for the annual Night Out program at the Orinda City Council meeting July 15.

Photo Ohlen Alexander

later learned how to backpack.

Like many Orindans, she got her civic engagement start with the schools and scouts. She also began taking Community Emergency Response Teams classes, became an instructor, and was then asked to join the Orinda Citizens Corps Council. "You keep branching out from one volunteer thing after another. Working together towards a goal, helping others in the process is fun – and it exercises the brain."

Now co-chair of the OCCC, she holds a radio operator's license, and is active with the Lamorinda Area Radio Interest Group. Young and her fellow CERT members have even helped local cat and dog lovers learn how to incorporate their furry family members into their emergency plans.

"I guess it's just knowing other people will be better prepared so that if something does occur, we will all be able to help one another. And the more people that are trained, the better it will be for everyone. It will make

the next big emergency that much easier to handle." According to the 2007 Working Group on California Earthquake Probabilities, "Scientists have determined that the chance of having one or more magnitude 6.7 or larger earthquakes in the California area over the next 30 years is greater than 99%."

For those still on the fence regarding whether or not they have the time or technical expertise to be of use in emergency situations, Young has this message: "You might not be able to get someone out from under the rubble by yourself, but you can help calm victims of fire or other disasters, and let them know they're not alone." And getting to know your neighbors and your neighbors' neighbors better through Night Out and other similar events can only help make that kind of caring easier when the time comes.

Like Gwendolyn Brooks, Young knows that Orindans "are each other's harvest; we are each other's business; we are each other's magnitude and bond."

Emergency Preparedness Resources

Lamorinda CERT: lamorindacert.org

The Community Emergency Response Team program helps train people to be better prepared to respond to emergency situations in their communities. When emergencies happen, CERT members can give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the community.

K6ORI Lamorinda Area Radio Interest Group: www.groupspaces.com/K6ORI

Emergency communications team serving Orinda and neighboring communities. Volunteers assist with earthquake preparedness training and drills, help to keep crowds safe at Orinda's annual Fourth of July Parade and Moraga's Triathlon and Pear Festival, and work with local amateur radio operators to keep skills fresh and test equipment to ensure readiness in times of emergency. All who are interested in emergency communications are welcome to participate.

Pulse Point: www.pulsepoint.org

Smart phone application which sends an alert when a victim of Sudden Cardiac Arrest (SCA) is in the vicinity and needs help, enabling citizens who are trained in CPR to render assistance until paramedics arrive.

Additional ways to stay connected: Orinda neighborhood sites on Nextdoor.com, the Orinda Police Department's crime tip email address, and Nixle (www.nixle.com), the emergency alert service used by Lamorinda communities to send emergency alerts or breaking news to residents via text message or email. For more information, visit the city's website, www.cityoforinda.org.

Share your thoughts, insights and opinions with your community.

Send a letter to the editor: letters@lamorindaweekly.com

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Orinda Joins National Night Out



Photo Ohlen Alexander

MOFD firefighters taught Orindans of all ages how to be firewise during drought conditions at an Orinda Night Out event in the Lost Valley neighborhood on Aug. 5. L. Snyder

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McCann & Wilbur CalBRE#00946092/01268536

ORINDA \$2,295,900
5/4.5. New Construction. STUNNING two story Spanish home w/open floor plan.
Glenn & Kellie Beaubelle CalBRE#00678426

ORINDA \$3,900,000
4/4.2. Rare opportunity to buy newer estate plus two adjacent lots. Gated, wine cellar, gorgeous grounds w/pool & more!
Elena Hood CalBRE#01221247

ORINDA \$2,285,900
4/4. New Construction. Visit OrindaOaks.com! Lot 3 - Beautiful split level. Close to town & transportation!
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ORINDA \$2,100,000
5/5.5. 4378 approx. sf. Elegant Tuscan villa with top quality finishes and amenities. Pano views.
David Pierce CalBRE# 00964185

ORINDA \$1,295,000
4/2.5. Nestled among the oaks in OCC. Vaulted ceilings, hwd floors, walls of windows. Views!
Bo Sullivan CalBRE#00954395

MARTINEZ \$799,000
3/2. Custom Built Home on the Martinez Pleasant Hill Border offering Space & Privacy!
Maureen Wilbur CalBRE#01268536

LAFAYETTE \$995,000
3/2. Situated on a quiet culdesac, this quintessential Lafayette rancher is convenient to BART and downtown.
Bev Arnold CalBRE#01154860

LAFAYETTE \$1,799,000
6/4. Spacious Custom Home! 5112 sqft on .31 acre lot on a cul-de-sac, large bonus room, gourmet kitchen.
Elena Hood CalBRE#01221247

MORAGA \$799,000
2/3.5. Lovely MCC Townhome. 2,353 approx SF, 2 car garage, 2 story, Extended FR & Laundry.
Jason Evans CalBRE#01887768

ORINDA \$2,398,000
5/4.5. Fabulous Traditional Orinda Home set on 2.5 Acres and Private Cul De Sac.
Finola Fellner CalBRE#01428834

ORINDA \$3,550,000
4/3. By Appt. Only. Serene contemporary villa built in 1990 on 1.3 ac with amazing gardens, vistas & privacy.
The Hattersley's CalBRE# 01181995/00445794

ORINDA \$1,099,000
Lovely updated single level home. 1986 sqft 3 Br. + den, 2 Ba with gardens & great views.
Elena Hood CalBRE#01221247

ORINDA \$1,250,000
4/3. Beautifully remodeled single level home in the Orinda Country Club. Hwd floors throughout.
Zimrank/Neale CalBRE#00469962/01441356

ORINDA \$1,120,000
4/2. Beautiful Contemporary. Bright open flr plan w/2209 sq. ft on .57 acre lot. Quiet setting, close to downtown.
Diane Petek CalBRE#01703677

ORINDA \$2,390,000
4/4. Unique architecture, indulgent amenities, canyons, hills, city lights & Mt. Diablo.
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MORAGA \$995,000
2/2. Pristine remodel with high end Premier appliances, views from gracious living spaces, front and back yard.
Lana Fitzpatrick CalBRE#01805218

ORINDA \$2,395,000
5/3. Gorgeous European inspired villa. Dramatic 2 sty entry. Infinity pool, cabana & wine cellar.
Glenn & Kellie Beaubelle CalBRE#00678426

ORINDA \$1,595,000
4/3. Desirable Orinda Miner Road/Country Club Location ~ One Of A Kind~ Set Among The Oaks!
Maureen Wilbur CalBRE#01268536

MORAGA \$1,140,000
3/2. Lovely one story contemporary with great views. Lrg rear patio, great for entertaining.
Jerry Wendt CalBRE#00178259

LAFAYETTE \$990,000
4/3. Desired single level home in Lafayette Valley Estates. Close to town, trail and schools.
Quinn Berg CalBRE#01872891

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November Election

Candidate Slates Take Shape

As Aug. 8 came and went, so did the cut-off to file papers to be a candidate in the November election. The election code reads in part: "If nomination papers for an incumbent elective officer are not filed by the filing deadline, the filing period for that office is extended 5 calendar days for non-incumbents only." Several of Lamorinda's incumbents did not file; the extended deadline for non-incumbents is 5 p.m. on Aug. 13.

Note: The information below is current as of Aug. 8 – it's possible that additional contenders threw their hats in the ring after press deadline. For updated information, visit <http://www.cocovote.us/campaigns/candidate-filing>.

Lafayette and AUHSD: Familiar and new names on November ballot

Lafayette will see some familiar names on the ballot for local offices, along with a few new ones. All of the races below are non-partisan and unpaid. Don't forget to vote on Election Day – Tuesday, Nov. 4.

The **Lafayette City Council** has two open seats and the two incumbents, Don Tatzin and Brandt Andersson, are the only ones running for those seats.

The **Acalanes Union High School District governing board** has three openings for the traditional four-year term and one opening for a short term, two-year position. There are four candidates vying for the four year term: incumbent school board members Susan Epstein and Nancy Kendzierski, along with two newcomers, parent/volunteer Kristen Correll and retired teacher Robert Hockett. Incumbent Richard Whitmore is the only one running for the short term seat.

The **Lafayette School District**, which represents Stanley Middle School and the city's four elementary schools, has three seats open and three folks interested. Two are incumbents, Teresa Gerring and David Gerson, along with newcomer Suzy Pak. Incumbent Art Kapoor isn't running, which means the deadline for filing was extended.

C. Tyson

Moraga: Council race set; only one school board incumbent files

Look for sizeable turnover on the **Moraga School District governing board** – with four seats open, three of the four incumbents are not running for re-election. Incumbent Parker Colvin will be joined on the ballot by newcomers Heather O'Donnell (parent and marketing consultant) and Jonathan Nickens

(community volunteer). The deadline for filing was extended.

There are three candidates for the two open seats on the **Moraga Town Council**.

Incumbents Ken Chew and David Trotter are seeking re-election. Challenger Teresa Onoda currently serves on the Moraga Planning Commission.

"I want to become a council member to protect Moraga's unique character," said Onoda. "Many new housing developments are being proposed and these have implications not only for our unblemished ridgelines but also for potential classroom overcrowding, increased traffic loads on our streets, and safety. The town council needs to address these issues in a comprehensive manner, not separately without seeing how each affects the other," she explained.

Chew stated, "I have been privileged to serve as your mayor and council member. With your vote, I will continue strong leadership to preserve and enhance our unique quality of life in Moraga, protect our semi-rural environment through thoughtful and sensible growth, and ensure enforcement of the General Plan policies and Moraga Open Space Ordinance."

"Serving as mayor and council member since 2006, I've worked hard to make sensible decisions in the public interest," said Trotter. "There are still things that I'd like to get accomplished. I ask for your continued support and vote in November."

S. Braccini

Orinda: Three incumbents elect not to run in November

In 2014, there were two members of the Severson family heading two of Orinda's major civic governing bodies. After the ball drops in Times Square on New Year's Eve, neither will be in office. Although Orinda mayor Sue Severson and Dr. Chris Severson, current president of the Orinda Union School District's board of trustees, both "pulled papers" – the process by which candidates obtain the requisite paperwork to have their names placed on the ballot – neither filed that paperwork by the deadline.

"When I was elected eight years ago, that was my intention from the beginning," said Sue Severson of her decision not to seek another four years. "I'm not saying it's true for everyone, but I just feel like two terms are enough to bring your strengths and perspectives to whatever board you're serving on." Severson also cited her desire to spend more time with her 18 grandchildren and cherished volunteer activities that she has had to put to the side due to the demands of life as an elected

Orinda official.

OUSD incumbent Tyson Krumholz will also not be on the November ballot.

The filing periods for both the city council and OUSD board contests remain open through today.

There are six candidates for the three open seats on the Orinda City Council. Incumbents Dean Orr and Amy Worth are being challenged by Carlos Baltodano (building safety consultant), Linda Delehunt (education administrator), Eve Phillips (technology entrepreneur), and Bob Thompson (investment adviser).

Four candidates will vie for the three seats on the Orinda Union School District board of trustees – incumbent Juliane Rossiter, Carol A. Brown (children's advocate/manager), Jason Kaune (government ethics attorney), and Hillary Shayne Weiner (education advocate/parent).

Moving forward, Orindans will have at least two chances to hear directly from the candidates regarding their views on key issues. Orinda Association president Bill Waterman has confirmed that the OA plans to conduct two election forum nights in October – one for those vying for city council seats and one for OUSD governing board candidates.

L. Snyder

MOFD: Wyro won't run

John Wyro, president of the Moraga-Orinda Fire District board of directors, will not seek re-election to his Division 4 seat in November.

Wyro was a director of the Orinda Fire District and he was instrumental in the 1997 formation of MOFD. He served as the district's first president.

"I have so much invested in this district that I did not want to take the chance that (my seat) would go to just anybody," said Wyro. "I didn't want to just walk away." When he found out that Brad Barber – who worked on the passage of Measure J, which raised money to fix Orinda roads – filed papers to run for the Division 4 seat, Wyro said he jumped in his car, drove to Barber's house and talked to him about the issues in the district. "I checked with others who knew him," said Wyro. "I was satisfied that he was the right guy."

In Division 1, Moraga venture capitalist Nathan Bell will challenge incumbent Kathleen Famulener. Bell applied to fill the MOFD seat vacated by Frank Sperling in 2013 but the board chose Famulener at a special district meeting.

Steve Anderson will run unopposed for the Division 3 seat.

N. Marnell

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Letters to the Editor

Share your thoughts with our community! Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and city/town of residence -- we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters should be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. **email: letters@lamorindaweekly.com**; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Editor:

Thank you for your thorough reporting on the process for the Housing Element and associated EIR in Orinda. Yes, there are many thoughtful Orinda citizens with balanced and nuanced views who respect the public process and speak in a civil manner.

Many of these speakers asked the Council to "broaden Orinda's housing options." I therefore note the great irony of the advertisement directly above the housing element article, called "Orindans Envision Their Future." The ad is for two townhouses for sale in Beacon Ridge, a lovely townhouse community in Walnut Creek near Acalanes High School. It is very unfortunate that many Orinda seniors, lacking 94563 options, must "envision" their future outside their home town.

Carol Penskar
Orinda

Editor:

If any Lamorinda resident has actually read the Moraga 2002 General Plan and had it create an image in their mind of a future Moraga with its openness and rurality in tact and then held up the image created by the proposed Moraga Town Center Homes Project's story pole/rope silhouettes against it for comparison, you might come away confused.....and perhaps a bit angry.

I came into this late, but having nearly ran off Moraga Way upon seeing those story poles for the first time. I first came to Moraga in 1966 to attend St Mary's College and it was definitely an "out in the country", "off the beaten path" kind of place. No space here fore elaborate descriptions, but it was RURAL. Moved here in 2005, and now, nearly 50 years later, things have grown, but tastefully with a few exceptions.

Now rumors are flying about collusion between the landowner, the developer and members of the Moraga Town Council, in order to shove this albatross down our collective throats. From what I have heard, I do not think our Country Club members/residents are pleased at all. I am not at all certain how this project got so far along in the 'process' as it sits right in the middle of one of our precious 'Scenic Corridors'. I am not anti-development, but I cannot imagine what the Building Department is thinking to even consider such an eyesore where the view is critical to preserve.

"The most beautifully designed structures become aesthetic atrocities if placed illogically." (George Schell, Civil Engineer and my Grandfather)
This may be a great design, but it is in the wrong place!

Fritz Stoop
Moraga

Editor:

We need changes Moraga can be proud of ... and the City Venture townhomes development is not it

Moraga has had the advantage of seeing the destruction left behind from the high density housing in Lafayette, Orinda and Walnut Creek. Building housing next to public transit or a fire station is just not smart development. Nothing good comes of it.

Most of us would like to see the town revitalized and changes we can be proud of - but the City Ventures Townhomes next to the fire station training facility on Moraga Way is not it and it's not smart development.

This proposed three story development will impact most of the town residents in one way or the other. Not to mention property values that translates to bank accounts. The Planners tell us we do not have to approve development, but it is merely "setting the table" to comply with the state. For the past two years we have asked our town employees and elected officials 1) how lost hillside views, 2) massive buildings backed on to our scenic corridor as you enter Moraga, 3) compromised fire dept. employee training, 4) crowded roads for us and neighboring cities, 5) increased school classroom sizes and other jeopardized town infrastructure will benefit Moraga and even the MCSP. If you put the 16,000+ Moraga residents together - who would really think this is a quality project that we can all be proud of in years to come?

Moraga, California is known as a picturesque hillside community with a renowned university, a top ranking high school in the one half percentiles and recently found to be one of the safest communities in California. Moraga is not the perfect community, but why are we even considering this out of character development in such an inappropriate location? Moraga can do better. Seeing all the changes going on in Lamorinda and how quickly they happen – Moraga residents should be concerned. Tell your planning commission and the town council this development will not make the people of Moraga proud.

Denise Coane, John Pearson
Moraga

Editor:


I am writing in response to the letter written by Caroline Wood in the July 30th Lamorinda weekly.

The story poles on Moraga Way/Country Club Drive are unsightly and in my opinion unnecessary! We have lived in Moraga for 40 years, and have seen the development on these beautiful hills and valleys during that time. Moraga doesn't need two story buildings blocking the view of what is left of the beautiful rolling hills!

"Enough is enough!"

Please stop filling ALL empty spaces with buildings and instead use that space to build parks and gardens with walkways for people to enjoy.

Thank you,
Jeanne S. Corse
Moraga



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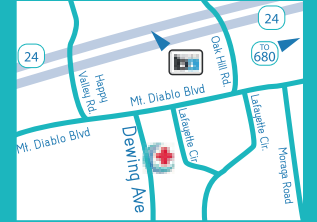
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Home Fires Keep Burning

By Nick Marnell



Photos courtesy MOFD



Two early summer structure fires put Lamorinda on high alert as it rolls into the peak of fire season during the driest year in recorded California history. A June fire destroyed a house on Tarry Lane in north Orinda, and in July firefighters put out a three-alarm fire on Monticello Drive in Lafayette. The two fires caused an estimated \$1.5 million in damage.

"The public is concerned with service cutbacks, the heat and the drought," said Lafayette fire commissioner Bill Granados, "as they should be." He cautioned that the resources of the Lamorinda fire agencies will be heavily challenged this season.

Nearly equidistant from both incidents is the site for proposed fire station 46, a joint venture between the Contra Costa County Fire Protection District and the Moraga-Orinda Fire District. The new station would replace closed ConFire station 16, and

MOFD station 43 in north Orinda.

"We know there is a need for a better located resource in that area, so we are working as quickly as possible to get the station going," said ConFire chief Jeff Carman. "So while this incident is a good example of the potential in Lafayette and the hills nearby, it hasn't changed how fast we are trying to work on the station." Negotiations between the two districts continue, with a formal proposal for station 46 expected to be presented this fall to both fire district governing boards.

Traci Reilly, co-chair of the Lafayette Emergency Services Task Force, said that the need for station 46 is understood, or it would not even be on the table. "This is exactly what has played out these last few weeks," she said, speaking of the Lamorinda fires. "We anticipated something like this and we are certainly doing everything we can to try to prevent it."



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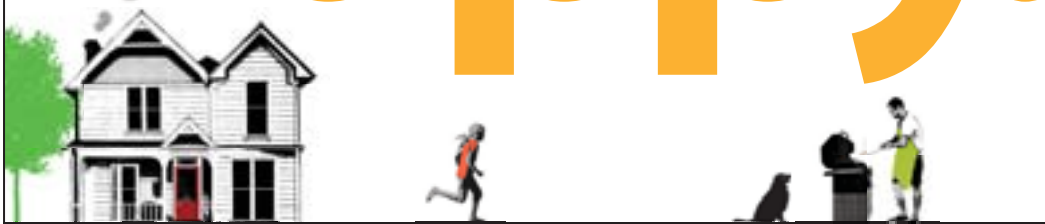
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 **Moraga-Orinda Fire District Board of Directors Meetings**

Next meeting:
Wednesday, Aug. 20
check website for updates
(Go to www.mofd.org as the meeting date approaches for location and more information)

 **Contra Costa Board of Supervisors Meetings**

Next meeting:
Tuesday, Sept. 9
Board Chamber room 107, Administration Building, 651 Pine St. Martinez
(Agenda at <http://ca-contra-costa-county2.civicplus.com/4664/Board-Meeting-Agendas-and-Videos>)

Synergy Theater Comes to Downtown Lafayette

... continued from page A1

He further explains that improvised storytelling is spontaneity in the shape of a story, with a beginning, middle, and end. That's what Adams has devised and published; a process that helps improvisers understand, at an organic level, the dramatic structure so they can do two things at one time – be spontaneous, filtered through the lens of dramatic art.

Adams grew up in New York and says he always knew he would be on stage, or somewhere around it. In high school and college he acted, directed and wrote plays. "Then one day, in college, I discovered improvisation and knew I had found my calling," he remembers.

Soon his desire to tell full stories led him to ask the question, "Why

don't we do this for more than a few minutes?" Nobody presented full-length improvisational plays at that time, so he practiced and developed a concept, eventually putting it in writing. His book is called "How to Improvise a Full-Length Play; The Art of Spontaneous Theater."

Adams' life in the Big Apple was all about improvisation, until love took him to California where he now resides.

The first Synergy Theater was in Concord, but Adams and his family live in Lafayette and he wanted a performance venue closer to home. You may have caught a show at the Lafayette Community Center. He met Colleen McCormick, who owns Lamorinda Music, and the two agreed that her downstairs theater

would be a great space for the troupe. Lamorinda Music is located at 81 Lafayette Circle – with a cornucopia of wonderful restaurants nearby, "We are perfectly located for this," says McCormick.

Local guy Clayton Dodds, now the troupe's marketing manager, first fell in love with Synergy Theater as a spectator. "My co-worker Ben (Piper) is a performer here and he asked me to come (to a show)," recalls Dodds. "I walked in with no idea of what I was getting into. It was hilarious! The audience interaction was really cool. I got hooked."

Adams explains that Synergy Theater's shows have many formats. Saturday evenings will feature "a completely improvised two-act play, at the mercy of the public's sugges-

tions," he says, and on Sundays there will be matinee performance called "Spontaneous Combustion," which is built on the life story of a local person or business. A volunteer will come on stage and tell stories about his/her life, and the actors will create comic improv scenes based on the stories. "This will be funny, but we won't poke fun at our guests," he promises, adding that he wants to make the shows a reflection of the local community. "The idea is that everybody's life is rich and valuable if you take the time to explore it."

Synergy Theater makes its debut at Lamorinda Music this week – at 8 p.m. on Saturday, Aug. 16 and 3 p.m. on Sunday, Aug. 17. The September performances are scheduled for Lafayette Art and Wine Festival weekend, Sept. 20-21. Can't wait? Snippets can be found on YouTube and Facebook. For tickets and information about shows and classes, visit www.SynergyTheater.com.

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

Mark Borsuk Opens Practice 3186 Old Tunnel Road, Lafayette (925) 979-8326

www.markborsuk.com

Mark Borsuk is a chiropractic doctor, specializing in the treatment of traumatic injuries and elite athletes, who has added to his practice the techniques of applied kinesiology; he is certified by the International College of Applied Kinesiology. He recently relocated to Lafayette from Australia to be close to his parents, who live in Rossmore. Applied kinesiology and muscle testing are alternative medicine techniques that have been developed by Dr. Michael Lebowitz for food sensitivities, toxic metals, chemical and electromagnetic field sensitivity, chronic illnesses and emotional problems. "I use the muscle testing technique to find out what the root issue it," says Borsuk. He describes applied kinesiology as working with proprioceptive imbalances. "In our muscles and ligaments we have receptors giving us proprioception; they sense pain, temperature, touch, vibration," he explains. "Those receptors are choreographed to work appropriately together, but when there is trauma, those receptors can have problems communicating with each other, and when they do you will have range of motion issues, or pain issues." To understand what is going wrong in the interaction of the different muscles and the brain, Borsuk might rub, pinch, scratch, vibrate or tickle each muscle group, getting biofeedback from a non-impacted muscle, until he gets a good picture. The same techniques of muscle testing can also be used to detect allergies to food toxins (like solanine in the nightshade vegetables), but also heavy metals, parasites, or molds.



Mark Borsuk Photo provided

New GM for Moraga Country Club 1600 St. Andrews Drive, Moraga www.moragacc.com

Andrew Scott was recently hired to replace Frank Melon as general manager of the Moraga Country Club. Scott arrived in Moraga at the beginning of the month from the greater Los Angeles area where he was the general manager of the Manhattan Country Club.

Moraga Employee of the Month



From left: Kevin Reneau, George Hall, Peggy Hall and Debbie Roessler
Photo provided

George Hall, the office manager for the Moraga accounting firm Hall of Taxes, has been named the Moraga Employee of the Month for July. Along with the award, Hall will receive gift cards for Safeway and Chef Chao at the Moraga Rotary luncheon Aug. 19. The program is sponsored by Rotary and the Chamber of Commerce.

News from the Chambers of Commerce

Lafayette

Save the date: The Lafayette Art and Wine Festival, Sept. 20-21.

Moraga

Chamber/Community Barbecue: 5:30 p.m. on Aug. 26 at the Moraga Commons Park. The event is sponsored by Safeway. RSVP to Kathe Nelson, kathe@moragachamber.org.

Orinda

Chamber Mixer: 5:30 to 7 p.m. on Aug. 19 at Casa Orinda, 20 Bryant Way.

If you have a business brief to share, please contact **Sophie Braccini** at sophie@lamorindaweekly.com

Celebrating an Anniversary?

If your business is celebrating a significant anniversary (5, 10, 20 years or more ...) send us a photo of your business, the owner(s) or the staff with specific information about your business and what you're celebrating, and we'll include it in an upcoming issue.



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Civic News Moraga

National Night Out in Moraga



Photo
Andy
Scheck

Eric Dausman (right) addresses residents of the Rheem Valley Manor neighborhood who gathered for National Night Out Aug. 5. The event, which drew more than two dozen neighbors, police, fire and civic attendees, was designed to provide an introduction on ways to keep a neighborhood safe. *C. Dausman*

Specific Plan Zoning Recommended for Approval

... continued from page A5

“The amendment to the suburban office district zoning is intended to implement the Moraga Center Specific Plan,” said associate planner Ella Samonsky. Brekke-Read explained that the Moraga Center Specific Plan and the General Plan, as amended to match the Moraga Center Specific Plan, set the development rules – while the zoning code implements the rules. Since the rules have changed, the zoning code needs to be brought into alignment to allow for the density, height, and uses permitted by the Moraga Center Specific Plan.

Moraga resident Dick Olsen pointed out the commission that this item was listed on the agenda under a cryptic description that did not allow most residents to understand what was at stake.

Chair Christine Kuckuk said she was concerned by the comment, but recognized that the commission is not a policy-making body and is tasked only with implementing the rules. In addition, she noted that the town’s pol-

icy-making body, the Moraga Town Council, will make the final decision regarding new zoning and residents will have the opportunity to express their opinions when the council considers the issue. She asked staff to word the item explicitly when it appears on the council’s agenda so residents will understand what is at stake.

The change of zoning will address the southern border of the Moraga Center Specific Plan and allow for offices, professional and personal services, high-density residential, certain recreation, education and public services. Most parcels are located in the Moraga Center Specific Plan area, with six additional parcels along Rheem Boulevard.

The change in zoning was recommended for approval on a 4-1 vote.

The target date for the council to consider final approval of the zoning changes is Sept. 10. The amendment targets only parts of the Moraga Center Specific Plan; other zoning modifications still need to be made.

Via Moraga Concept Approved

... continued from page A4

“I think this should be a location with more density,” said commissioner Stacia Levenfeld. “What Moraga needs is more high density close to its commercial district to revitalize it.” She said that townhomes would be more appropriate there.

The piece of land in question has been vacant for years. It was once home to a bowling alley; in the years since that business closed, many ideas have been floated to occupy the property, and the one that garnered the most support from the planning commission and design review board was this proposal for two-story, single-family homes of 1,900 to 2,500 square feet, with two-car garages on very small lots; a new concept for Moraga.

Planning Commission chair Christine Kuckuk argued that the plan’s large, U-shaped road, starting and ending on Moraga Road, was not appropriate. “I don’t mind that it’s ‘small lot single-family residential,’ but I don’t want it to look like it is in the middle of our commercial dis-

trict.” She conditioned her approval on the creation of a single driveway and a loop road.

Levenfeld and Marnane concurred with Kuckuk, while Onoda and commissioner Frank Comprelli maintained their opposition to the project.

All of the commissioners praised the work done by Signature Properties to create architectural design details and an extensive landscaping plan, and to increase the set-back to 31 feet to match existing constructions along Moraga Road. The commission approved the conceptual plan and the environmental impact report on a vote of 3 to 2.

The commission also approved the rezoning of the lot, which had been designated as limited commercial. The Moraga Town Council will review the zoning recommendation on Aug. 27. The next step for Signature Properties is to present a general development plan to the town before applying for a building permit.

Civic News Lafayette

Meet the New Code Enforcement Officer

... continued from page A2

Got a code issue and are nervous about rattling out your neighbors? There’s a confidential code enforcement complaint form available online at www.lovelafayette.org/complaint. The city also has a handy code enforcement brochure that spells out what organizations are responsible for a variety of issues along with frequently asked questions. Although he’s well versed in an array of civic topics, not all issues are

handled by Foster. Swarm of bees? Best handled by the Mt. Diablo Beekeepers Association. Dead deer – that would be Animal Control. Foster is all over noise, businesses in residential areas, signs, storage, tree removal, RV parking and more. To see a complete list, or read the brochure, go to www.lovelafayette.org or reach the code enforcement office by phone (925) 299-3207.

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November 19: Three Ways to Sleep Better
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Drive Carefully - School Starts Soon

If you have kids, you're probably immersed in the dubious pleasure of back-to-school shopping and dreaming up new and exciting items to pack in that lunch box ... 180 times. If you don't, you might just be wondering when school starts so you can avoid getting stuck at the end of the long line of cars waiting to drop off students. Whichever population you fall into - be sure to slow down, Lamorinda; school starts soon!

Moraga School District: First day of school is **Monday, Aug. 25.**
Elementary schools: The school day starts at 8:25 a.m. and ends at 3:05 p.m. except on Wednesdays, when students are dismissed at 1:50 p.m. Younger students have shorter schedules. Joaquin Moraga Intermediate School: School starts at 7:50 a.m. and ends at 2:24 p.m. for most students; seventh graders taking an extra period are released at 3:13 p.m.

Lafayette School District: First day of school is **Tuesday, Aug. 26.**
Elementary schools: There is a small schedule change for Lafayette's elementary schools this year to allow time for staff collaboration on Wednesday afternoons. The school day starts at 8:30 a.m. and ends at 2:42 p.m. except on Wednesdays, when students are dismissed at 1:42 p.m. Younger students have shorter schedules. Stanley Middle School: School starts at 8:15 a.m. except on Wednesdays, when the first class begins at 9 a.m. Dismissal time is 2:53 p.m.

Orinda Union School District: First day of school is **Tuesday, Aug. 26.**
Elementary schools: The school day starts at 8 a.m. and ends at 2:50 p.m. except on Mondays, when students are dismissed at 1:55 p.m. Younger students have shorter schedules. Orinda Intermediate School: School starts at 8:45 a.m. and ends at 3:30 p.m. except on Mondays, when students are dismissed at 2:45 p.m.

Acalanes Union High School District: First day of school is **Monday, Aug. 25.**
Most high school students attend classes from 8 a.m. to 3:05 p.m.
Note: The schedules above are for regular school days. "Minimum Day" schedules will be different. Many schools have detailed schedules posted on their websites, which are accessible from the district sites:
www.district.moraga.k12.ca.us, www.lafsd.k12.ca.us, www.orindaschools.org, www.acalanes.k12.ca.us.
- Compiled from various school websites by L. Borrowman

From Front Page

Don't Fence Them In

... continued from page A1

"They don't know what to call me," said firefighter Julie Mulliken. "Wow! You're a fire lady!" Or, "You're tall. You could pull me out of a building." Mulliken, who grew up in Moraga, faces a unique challenge in her dealings with the public. "My biggest fear is that the next emergency call could involve the mother of one of my friends," she said.

McMahon talked about an incident from her days as a firefighter in Southern California. "I was in San Diego, getting a physical, and the nurse asked me why I was there," she said. "She did not believe that women should be doing this job."

"A patient may say, 'You're too cute to be a firefighter.' Or, 'Are you strong enough to carry that gurney?'" said Katy Himsl, firefighter-paramedic and the 2004 Carondelet High School Athlete of the Year. Firefighter-paramedic Kelly Nichols, Mulliken's sister, recalled a scene in the Moraga Safeway parking lot. "I was with Katy, and people were giv-

ing her a hard time about how tiny she was."

Brandi-Roult resents the thinking that she was given an entry break because of her gender. "That's offensive," she said. "People think I have to take a lighter test? Do you want females to be less capable than men? I trained for this myself. Community college and a gym are available to anyone."

"I never think about being a girl in the fire service," said McMahon. "Being a female has nothing to do with it. We've all met the physical requirements, and the emotional ones. We're not doing this job to prove a point."

Each firefighter said that she is doing the job so that she can help others, and they all said they feel fulfilled by the work that they are doing. Besides Leonard only Nichols, out on disability from the 2012 Highway 24 accident, expressed any interest in leaving the front line and moving into management. "Before I was even done with my probation, I was taking

chief officer classes," she said.

The Bureau of Labor Statistics reports that women make up 3.4 percent of the nation's firefighters. MOFD ranks at nearly three times that national average, of which Himsl said she felt proud. "It can be very empowering to see moms with their kids, saying 'Oh look, there's a girl driving the fire engine!'" she said.

A year ago MOFD captain Mark DeWeese brought his 3-year-old daughter Dylan to visit fire station 41. While he met with the fire chief, Dylan toured the station with Himsl, and afterward DeWeese asked his daughter, "So, would you like to grow up and be a firefighter like daddy?"

"Daddy," she said. "I want to be a firefighter like Katy."

Note: Lamorinda's other fire agency, the Contra Costa County Fire Protection District, also employs female firefighters at a higher rate than the national average. However, none are currently assigned to either Lafayette station.

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Cal Shakes' 'Pygmalion' a Summertime Pleasure

By Lou Fancher



Irene Lucio as Eliza Doolittle and Anthony Fusco as Professor Henry Higgins.

There are five – if not more – very good reasons to see California Shakespeare Theater's uproarious, upstart rendition of George Bernard Shaw's "Pygmalion."

Number one, the story of a

screaming, yowling, Cockney flower seller named Eliza Doolittle is familiar. Adopted as a linguistic project and transformed through perfected parlance into a lady by two gentlemen

betters, phonetics professor Henry

Higgins and his buddy, Colonel Pickering, fans of Greek mythology will recognize the "sculptor falls in love with sculpture, which then comes to life" roots for the 1912 play. Musical theater and film aficionados know the story as "My Fair Lady."

A second argument for spending just over two hours at Orinda Bruns Amphitheater sometime before Aug. 24 – the production's last performance day – stands in opposition to the first: Artistic Director Jon Moscone's decidedly feminist take on class, gender and matters of choice. Some will be surprised by cords that run start-to-finish throughout the production and counter – even disrupt – the musical's and film's cozy endings that had Eliza falling in love with a cold fish, but melting Higgins. Instead, Eliza's bullish independence prevails in the play's hyper-realistic final scenes; as does Higgins' stubborn refusal to grow beyond or soften his bludgeon-like commentary, equating Eliza with "bilious pigeons" or "a cabbage" or various insects. The less sentimental treatment is worthy of consideration and will be welcome or worrisome, depending on one's sensibilities and attachment to romantic notions.

While familiarity and surprise do battle in this "Pygmalion," the cast is reason three for rapture. Anthony Fusco (Higgins) is as curmudgeonly as expected, but his undercurrent is all youthful swiftness. There's a frothy delight in how he bounds up the wrong side of set designer Annie Smart's marbled railing with curlicues stairway, and there's joust-worthy

vigor in his exacting echoes of various accents – no doubt coached to effervescent perfection by dialect and text coach Lynne Soffer, who deserves her own curtain call.

Irene Lucio's slouching insouciance in opening scenes, where her Eliza sprawls casually on Higgins' leather sofa, perks into heady delight when Pickering addresses her as "Miss Doolittle." It isn't solely a practiced portrayal of a person raised in poverty: it's the equivalent of well-digging, with Lucio smartly plumbing the depths of lower-class vulnerabilities before shooting for the stars with heroic humanity. It's a commanding performance infused with comedic agility that might cause women in the audience to not only admire the actor, but depart the theater determined to be more like her character.

And likability runs rampant through the rest of the cast. L. Peter Callender (Pickering) plays as genteel, but shades his role enough to be believably in collusion with his cohort. (They are, after all, plucking a human being out of her environment, toying with her features, then abandoning her to the winds of fate and society.) A most conscientious Catherine Castellanos (Mrs. Pearce) unearths such nuances of indignation, pride and compassion as Higgins' housekeeper, her too-few moments on stage remain an unforgettable marvel. James Carpenter (Alfred Doolittle) and Sharon Lockwood (Mrs. Higgins) hit the sweet spot of parental nobility – regardless of their respectively dusty and dignified birthrights.

... continued on page B5



From left: Anthony Fusco as Henry Higgins, Catherine Castellanos as Mrs. Pearce, and Irene Lucio as Eliza Doolittle in California Shakespeare Theater's production of "Pygmalion," directed by Jonathan Moscone. Photos Kevin Berne

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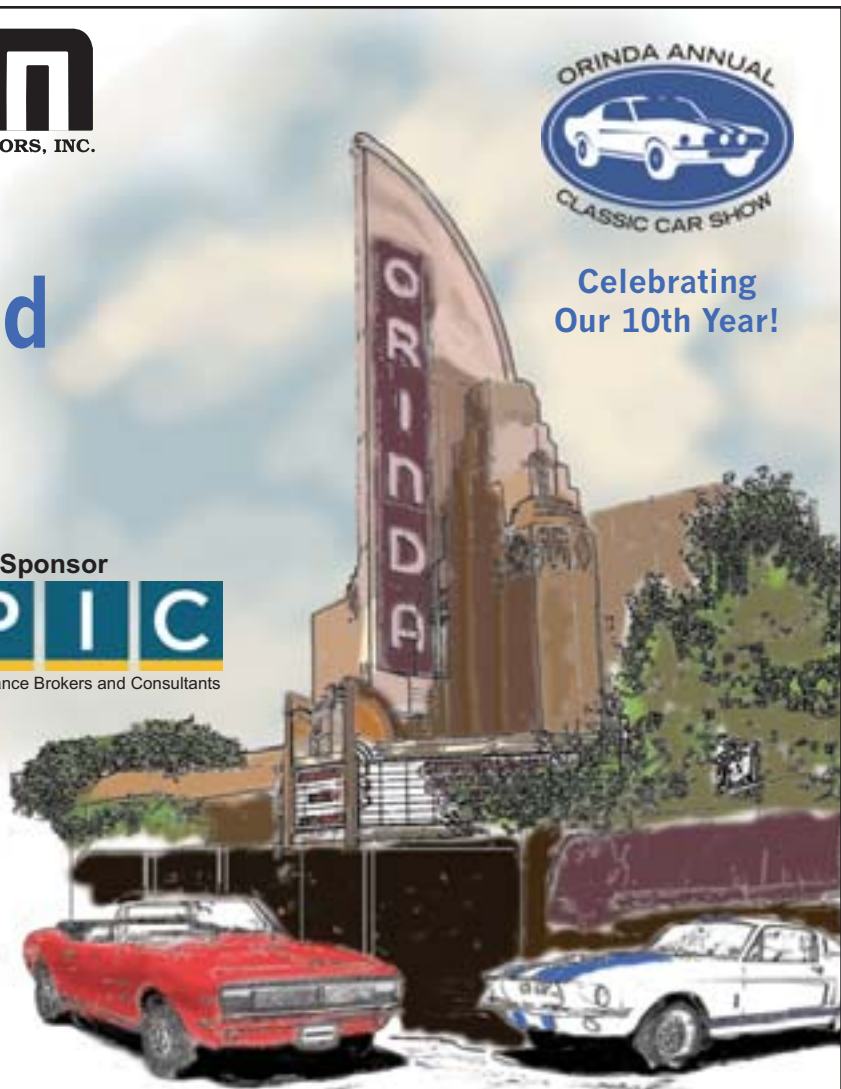
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Oodles of Poodles Mean Love for Lafayette Resident

By Diane Claytor



Patty Moulthrop, NorCal Poodle Rescue founder, with her own award-winning standard poodle, Spenser. Photos provided

It started many years ago with a routine visit to a local vet; it developed into a passion for poodles and grew into both a successful standard poodle breeding business and a well known nonprofit rescue organization. For Patty Moulthrop, a longtime Lafayette resident, it's all family.

The Moulthrops always had rescue dogs. After seeing an ad for a litter of standard poodle puppies, Moulthrop brought one home. That was more than 35 years ago. Life hasn't been the same since. "They are bright, beautiful, sensitive, and such graceful dogs," she said.

Moulthrop soon became interested in dog shows. A friend had a female standard poodle that she wanted to breed, so Moulthrop took on the challenge, forming Blue Skies Standard Poodles. The new company delivered its first litter in 1980. "I loved having the puppies, working with them, showing them and often winning." But Moulthrop soon realized that "I couldn't, deep down, justify breeding these dogs, knowing there were poodles in shelters that needed homes." So she printed cards, placing them at local vets, shelters, and

groomers and soon began rescuing poodles out of her Lafayette home. Any poodle that came in was cared for and quickly placed in a loving home.

Moulthrop remembers that she was getting 20-30 calls a day and it became overwhelming. She was interviewing people, going to their homes, and finding placements for each dog. "It got to be too much," she said. She contacted friends who had received Moulthrop-bred poodles and they happily joined in the rescue efforts. From this came NorCal Poodle Rescue (NCPR), "dedicated to rescuing poodles and enriching the lives of those who adopt them."

As Moulthrop explains, poodles are often the first dogs to be euthanized in shelters. Poodles have hair, which tends to tangle and mat when not regularly and properly groomed. "When they arrive in a shelter," Moulthrop said, "they're usually a mess. Dirt is clinging to the mats. They have to be bathed and groomed and, unfortunately, most shelters don't have the time, money or skill to make these dogs presentable, and thus adoptable."

NCPR "understands the breed and we are uniquely qualified to rescue, rehab and rehome poodles," Moulthrop said. Each poodle that comes through NCPR is spayed or

neutered, vaccinated, micro-chipped and groomed before being placed for adoption. Additionally, if needed, extensive medical care and training is provided. The adoption process is designed to match the perfect poodle with the perfect parent.

As the organization grew, Moulthrop realized they needed more space. They leased a small kennel in Walnut Creek, and built and fenced a yard so the dogs have room to exercise. They can house 12 dogs at one time; they annually rescue 120 poodles and poodle mixes and, since its inception, NCPR has re-homed more than 2,400 dogs.

As wonderful and fulfilling as this is, Moulthrop wants so much more. She has found a building in Concord that she describes as "perfect" for achieving her dream of being able to rescue even more poodles. "If this comes to fruition, we'll be able to house at least 24 dogs, possibly more," she said.

Even when Moulthrop is not working at NCPR, she's surrounded by poodles. She currently has six adult dogs and seven new puppies at home; she's keeping one of the new

puppies to show and the others already have homes they'll go to when they're old enough.

And then there's Moulthrop's Blue Skies Standard Poodles, where she breeds award-winning black standard poodles that she shows throughout the west coast. She has had five multiple all-breed Best in Show winners. In fact, in 2000, Moulthrop had the highest-ranking poodle in the U.S., with 52 all breed Best in Show wins. "A show dog has a certain attitude, carriage, an air about them," Moulthrop explained. "Think about a thoroughbred horse with its huge reach and stride, beautiful upright carriage. That's what a show dog poodle looks like."

Moulthrop's husband of 63 years, Bud, said that when they got their first poodle all those years ago, "we didn't know a poodle from a frog. Patty got into both the breeding and the rescue work because she loves the dogs, loves showing them and seeing them — whether pure-bred or rescues — go to good homes."

For information on how you can volunteer or adopt a dog, go to www.NorCalPoodleRescue.net.



Some of the wonderful NorCal Poodle Rescue "parents" with their dogs.

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A Century of Living

By Cathy Tyson



Homer Thiele with his wife, Patricia

Photos provided

Homer Thiele jokes that he was born just a few days after World War I broke out, Aug. 1, 1914, back when Woodrow Wilson was president. In his estimation, it's been a "wonderful life" with unimaginable changes over the course of 10 decades that all started in tiny Orofino, Idaho. Friends, family and neighbors celebrated his birthday with a get together at Atria, a senior living facility in Lafayette recently. He stays busy as president of the Residents Council.

When he was a toddler, his family moved to Grandview, Wash., a small town in the Yakima Valley. Thiele started mowing neighbors' lawns for the princely sum of 25 to 50 cents per lawn, and saved up enough to purchase a bicycle, which he then used as a paper boy, delivering three different newspapers per day, which earned him \$5 a week. He attended the University of Washington during the Depression, but "dropped out, and didn't have any money so I went to work as a junior clerk for American Mail Lines."

He eventually joined the Navy and worked as a supply, disbursing and commissary officer in Port Angeles, Wash., when the Japanese bombed Pearl Harbor in 1941.

He met his future wife Patricia Clapp, proudly reporting that she was the Apple Blossom queen of Wenatchee, on a trip home to Washing-

ton state. After knowing each other a total of 23 days, they married in 1944, because Thiele had to report to Oak Knoll Naval Hospital in short order. Thiele was 30, Patti was 22 at the time – they remained married for 68 years, until his wife's death in 2012. They had four children.

A variety of assignments moved the family to a number of bases, from Oakland to Brooklyn, to his favorite, a 15-month stint at Kwajalein Island, part of the Marshall Islands in 1956 – a minuscule atoll in the middle of the Pacific Ocean. "I really enjoyed it there," said Thiele. At that point he had risen to Lieutenant Commander in the Navy and had a young family that enjoyed the tropical lifestyle the island offered.

After eventually retiring from his naval career, Thiele worked for Cutter Labs in Berkeley. The family settled into a lovely home on Valencia Drive in Orinda, where they stayed for the next 17 years. During that time all the kids graduated from Miramonte High School. As empty nesters, he and Patti moved to Rossmoor, then to Atria, where she passed away two years ago.

Asked if he has any advice for reaching the century mark, Thiele replied: "I don't feel qualified," and shrugs. "I've tried to live a good life." Adding, "I've made a lot of mistakes, but lucky to be where I am."



**Submit stories and story ideas to
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"First Century Club" Members Have One Thing in Common: Staying Active

Submitted by Debbie Fuchs



From left: Anna Bowman, Ermina Dykstra, Margaret Dugan, Rita Stirnus, Ruth Kelly, Sara Alchermes, and Vera Miebergen

Photo provided

There's a running theme among those who are 100-plus years old: stay active and have a positive outlook on life. No matter their background, those in the First Century Club at Kisco Senior Living's Byron Park community in Walnut Creek have experienced more than 100 years each of good and bad times and have kept a bright outlook on life. There are seven members in the First Century Club at Byron Park, and a few others on the cusp of three digits: Vera Meibergen, 104, regularly participates three times a week in Tai Chi classes and attended water aerobics until she was 100; Rita Stirnus, 105, stays sharp by playing card games and other "brain games;" Ruth Kelly, 101, is former Miss Hermosa Beach, 1929; Sarah Alchermes, 100, is one of the original members of the Industrial Workers of the World (IWW) and is still very involved in the community through Grandmothers for Peace; Margaret Dugan, 104, is a great example of the power of maintaining close ties – she's a former first grade teacher from the Midwest, who had one of her former students travel to California just to visit her; Ermina Dykstra, 100, stays mentally active by enjoying a good mind game like Scrabble; and Anna Bowman, 100, studied at Yale School of Music and keeps her music skills sharp by continuing to play the piano. Kisco Senior Living communities offer independent lifestyle options for seniors, as well as licensed assisted living and memory care in some locations. For information, visit www.kiscoseniorkiving.com.



Samira Says

Samira Davi is a Nurse Liaison for ManorCare Health Services in Walnut Creek. Samira has over 10 years of experience working in health care in Contra Costa County, which has gained her a wide view of what is important to the health care consumer. She will be posting common questions and comments in each issue of the Lamorinda Weekly. You are welcome to contact Samira directly at 925.270.8766

Exercise Tips!

Staying active and fit is a great way to improve and maintain mental and physical aptitude. It is especially important during the later stages of life. As people get older they typically engage in less physical activity for a number of reasons including, fear of falling or general safety, a lack of transportation, and limited equipment or facilities. It is important to realize, however that exercise does not have to be backbreaking to provide substantial benefits. Walking, gardening, dancing, or swimming are great ways to get exercise- and don't take too much of a toll on the body. As people get older, they tend to lose physical performance in four main areas: strength, balance, flexibility, and endurance. Exercising for a short time every day can seriously reduce the rate at which these attributes diminish over time.

Some benefits of physical and mental benefits to exercising and staying active include:

- Better sleep!
- Enhanced brain activity!
- Improved blood pressure!
- It feels good!

Just like with any exercise program, it is important to make sure that certain precautions be taken prior to starting. Here are some tips for starting your exercise plan.

If you have mobility issues, try joining a class where there are supervisors who can help you. Make sure to do a 5-10 minute warm and stretch before every workout.

Try to exercise at least 3 times per week.

Make sure to drink enough water before and after exercise so that you don't get dehydrated.

Eat a healthy diet to support your exercise plan. Make sure to eat fruits and vegetables high in water, foods with protein to help rebuild muscles, and dairy or juices that contain calcium to sustain bone mass.

We at ManorCare Walnut Creek and ManorCare Tice Valley are happy to provide you with these exercise tips.

As always, we at ManorCare offer post-acute medical and rehabilitation care for those recovering from surgery, illness, or injury. The continuum of care provided by our experienced and committed team members (including physical, occupational, and speech therapist) helps our patients to successfully transition back to home.

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Words That Change Our World

Former SMC guard speaks about perseverance and the book 'Open'

By Lou Fancher



Matthew Dellavedova

Photo Tod Fierner

Former Saint Mary's College Gaels guard and Cleveland Cavaliers basketball player Matthew Dellavedova can't remember which SMC coach handed him a page printed from Andre Agassi's autobiography, "Open," but he's never forgotten it.

"I had to get the book, and then, I couldn't put it down. He was so honest. You felt like you were right there with him, riding the highs and lows of his career," Dellavedova said.

One week before returning to Moraga to coach in the first Gaels Basketball All-Star Classic and fresh off his rookie season with an NBA team, the soon-to-be 24-year-old Australian playmaker is definitely riding a career high of his own. The Gaels' all-time leader in scores, assists, and games played left the college in 2013 with a psychology degree and a raging thirst to go pro. He had draft workouts with 12 teams, didn't get picked, went to the summer league with the Cavs, flipped back to his homeland to play and train, then returned to Cleveland after getting a partial-guarantee for fall training camp. A full contract arrived in January and now, about to enter his second year, Dellavedova said sleeping is the key to success in the NBA.

"There's so much travel and playing three to four days a week and practicing; you sleep a lot more than a normal person," he said.

He also hydrates, eats, stretches, foam rolls and "prehabs," not "re-habs," his body – anticipating and preventing injuries by jumping ahead of them. Strength work for hips, knees and ankles; balance work for the all-essential fundamentals of a sport that has players more off-kilter than on – he said the biggest challenge is not letting emotions get too high or too low.

"You can't get too excited because there's another game coming tomorrow. And you can't be too frustrated or depressed for the same reason. Staying level and trying to see it as a long process helps."

Which brings up the question: why did a book written by a radical tennis player known for his volatility and wild hair as much as for his talent, appeal to Dellavedova?

The first page of "Open" includes: "I play tennis for a living, even though I hate tennis, hate it with a dark and secret passion, and always have." Agassi resents the push he receives from his father, roils against media who underestimate him, curses

at players who beat him – not to mention his berating clay or grass surfaces, court officials, and importantly, his own body as it ages or fails to perform perfectly.

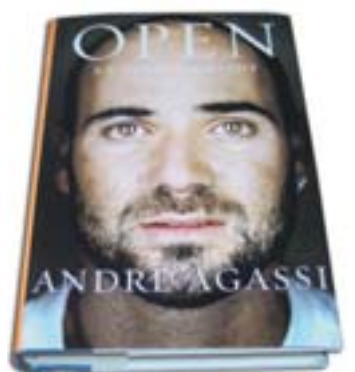
After all, Dellavedova had supportive parents who drove him everywhere, but never pushed him. In an interview during his SMC playing days, Coach Randy Bennett said about Dellavedova, "I don't know a player who plays harder. Anything that requires hard work to get, he's got it. You've gotta' kill him to beat him."

Bennett's comment contains a kernel of the connection between Dellavedova and Agassi. Hard work was a hallmark of the tennis wonder, who writes in his book about turning around while driving to his hotel after a long day of training. Dissatisfied with his practice, Agassi knew there'd be no peace of mind if he tried to lay his head on a pillow and forget about it. It's Dellavedova's favorite part of the book.

"When you train hard and do everything you can do, that's when you can sleep easy," he said. "I always have confidence in my abilities, but yes, like Agassi, I feel a bit underestimated. When I'm discouraged, in a game, I just have to move onto the next play. When you're unsuccessful, like not being drafted, you just have to use that as motivation."

Dellavedova said he's not sure if he'd ever want to write his own life's story. If he did, it would center on not limiting one's dreams and working hard to achieve. He's hoping to play as long as his body holds up and he's having fun. "I'm figuring I have a long time to figure out what comes after, but coaching is definitely where I'll head."

When he does, it's likely he'll come across a young player, perhaps a kid who operates just out of the spotlight, a kid who shares his love of reading. Dellavedova knows already how to inspire that boy or girl to press on: he has the perfect book.



Submit stories and story ideas to storydesk@lamorindaweekly.com

Senior Writing Course Opens Doors to the Past

By Amanda Kuehn



Seniors participate in a recent writing seminar at the Lafayette Community Center.

Photo provided

“Dinner hour on the day of my seventh birthday is a local legend,” writes 71-year-old Janet Clark in the opening paragraph of her essay “Friends for Dinner.” The first piece in a spring anthology of senior writing, Clark’s essay depicts a special memory from her childhood. She worked on the story while attending “Document Your Life Story,” a semester-long writing course offered through Lafayette Senior Services.

The course, which provides instruction in the craft of writing personal essays and memoir, was facilitated by Saint Mary’s Master of Fine Arts graduate Yuska Lufti. “I believe that they have so much wisdom and so many life lessons to share with us,” Lufti said of his students. “This wisdom and these life lessons need to be written down and documented.”

“Document Your Life Story” was dreamed up by Maureen Neumann, Senior Services coordinator at Lafayette Parks and Recreation. Neumann had documented the stories of seniors in a previous position and had seen how valuable that act of sharing can be. “That’s how I came up with the idea,” she said. “I had the seniors and we had a writing group, but they weren’t documenting their life stories, they were just writing.”

Neumann made a call to the MFA program at Saint Mary’s in July of 2012 and explained what she was looking for in terms of instruction. Coordinator of student services Candace Eros Diaz was tickled. “One of our original goals was to do more social justice with the program,” said Diaz. “It was just one of those opportunities that we couldn’t pass up.” Diaz recruited MFA candidate Michael Caligaris and connected him with Professor Marilyn Abildskov, who had experience with teaching writing to seniors.

“I always wanted to teach, and figured there was no better situation than this – one where both student and teacher would be learning from each other,” said

Caligaris. “I was so green coming in. But by the end I felt in control, had a handle on the material and was blown away by the responses I received.” The first session, which Caligaris believes will be the anchor for every class he teaches in the future, consisted of roughly 10 classes offered every other week.

The second session was led by Lufti the following spring and gave the additional opportunity of attending regular “craft talks” on the Saint Mary’s campus. “[The seniors] ask these really cool questions and add a really unique layer to our craft conversations,” remarked Diaz. The second session also included a class blog (which can be found at <http://lafayetteseniors.wordpress.com/>) and a printed anthology for students who chose to participate. “Every year it gets better and better,” said Diaz.

“The partnership is such a win-win,” added Neumann. “Anytime we can partner with anyone else in the community there’s a mutual benefit. It gives us a wonderful instructor and gives the students a vehicle for being involved in the community.”

In addition to personal and professional development, that kind of involvement often leads to relationship. “As I got to know [the students] through their writing, I realized that all of them had gone through so many tragedies but kept on going,” said Lufti. “I think they showed me the true meaning of growing old gracefully.”

Roughly 50 seniors have participated in the course so far. The response has been overwhelmingly positive. “You feel very comfortable,” said Joan Wahl Countryman. “A lot of us are a little shy about putting ourselves out there, but you have that feeling of being secure.” Countryman has seen her writing improve since joining the class. “You’re never too old to learn,” she said. Janet Clark agreed, stating, “The more you do it the better you get.”

Cal Shakes’ ‘Pygmalion’ a Summertime Pleasure

... continued from page B1

Discovering fourth and fifth articles of persuasion for seeing the production requires nothing more than coming full circle to “uproarious” and “upstart.” Humor and sarcasm present themselves at every turn, including in costume designer Anna Oliver’s story-in-textiles, which runs the gamut from Mrs. Pearce’s water-splashed smock that puts a smirch on a lower-class person’s bathing habits to a ridiculous, post-transformation, boat-sized hat adorning Eliza’s very upper-class, coiffed head. And Moscone, prone to stepping off the beaten path, marks his “Pygmalion” with contemporary

ambiguity. Are we witnessing an upstart? A production leaving us to contemplate whether or not we’ve moved forward, backward, or are rooted in stasis when it comes to class and gender? Finding the way to your answer – and sharing it, should you choose, through Cal Shakes’ multiple digital platforms – promises long-lasting, summertime pleasure.

For information about California Shakespeare Theater, at the Bruns Amphitheater, 100 California Shakespeare Theater Way (off Highway 24), Orinda, call (510) 548-9666 or visit www.calshakes.org.

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Burgers galore!

By Amanda Kuehn



Sliders at Table 24, from left: beef, fried chicken, and pulled pork

Photos Amanda Kuehn

Summer is in full swing and back yards are sizzling with the sound of simmering beef. It has long been debated who first came up with the idea of slipping a juicy patty of meat in the center of a flaky white bun, but ever since Americans picked up the hamburger at the 1904 St. Louis World's Fair, they haven't been able to put it down. Though vegan and vegetarian diets are on the rise, the hamburger remains one of America's national staples. And there are plenty of places to get one in the Lamorinda Area. Here's a sampling of a few:

At recently-opened **Roam Artisan Burgers**, located in Lafayette's La Fiesta Square, the buzz behind the bar is quality choices. "We specialize in sustainable, organic food for people who want to eat healthy without paying premium price for it," said general manager, John Munn. Munn suggested starting with a ground-beef "Classic," a simple, basic burger comprised of 100 percent grass-fed ground beef topped with butter lettuce, tomato, onions, house-made pickles, and house sauce. "With The Classic you can get an idea of what our food tastes like and go from there," said Munn. Roam's menu includes four types of burger – beef, turkey, bison and veggie – and eight suggested

styles ranging from the Heritage Burger, which features applewood smoked bacon, Fontina cheese, butter lettuce, tomato, caramelized onions and herb mayo, to the Chalet Burger, topped with Swiss cheese, Cremini mushrooms, watercress, tomato, and a special house sauce. Or, if you're really adventurous, you can create your own. Roam is located at 23 Lafayette Circle. For information, call (925) 385-0798 or visit roam-burgers.com.

The newest edition to La Fiesta Square dining, **The Cooperage American Grille** offers slow roasted chicken prepared in a glass-encased rotisserie, New York steak, and beef tenderloin. Their signature burger, though, has been one of their biggest sellers. "Our beef is house-ground right here and you can order it lots of ways," said co-owner Marilee McCormick. Starting with eight ounces of Angus beef, the Cooperage burger is served on a toasted bun with red-onion bacon jam and all the fixings, including lettuce, tomato, stone ground mustard, gourmet ketchup, a crispy fried onion ring the width of a thumb. Stacked together, the burger is a lot to get your chops around. McCormick suggests adding Gruyere or blue cheese, and washing it down with a nice cold beer or a Lonsdale cocktail, her favorite of Cooperage's specialty drinks. The Cooperage is located at 32 Lafayette Circle. For info, call (925) 298-5915 or go to thecooperagelafayette.com.

Five months following some sizable changes, Orinda's **Table 24** is cranking out flavor like a well-oiled machine. Executive

chef Jason Yerbick is always up for a tasting adventure, even when it comes to a new twist on burgers. In addition to their classic Angus beef burger, they offer eight burger styles ranging from a Cowboy burger served with bacon, cheddar cheese, barbecue sauce and a crispy onion ring to an Atomic burger featuring pickled jalapenos, cilantro, red onion, pepper jack cheese and habanero salsa. Table 24 also offers a selection of sliders, including fried chicken, beef, pulled pork, buffalo chicken and fried fish variations. Choose any three or you can order them individually. There's a burger style and selection for any palette or appetite. Table 24 is located at 2 Theatre Square, Suite 153, in Orinda. For information, call (925) 254-0124 or visit www.table24orinda.com.

Moraga's **Shish Kabab Show** takes innovation on the hamburger one step further with their kofta kebab burger – seasoned ground meat that is half beef and half lamb, served in your choice of a pita pocket or a tortilla wrap and topped with hummus, lettuce, cucumber, tomato and onions. It is a traditional Middle Eastern dish that is the equivalent of the American hamburger. The meat is pressed into long sausage-like cylinders rather than pattied and is seasoned with traditional Mediterranean spices, giving a bit of flair to your standard ground round. Occasionally Shish Kabab Show will serve kofta sliders, but typically they stick to the traditional method of plating. Shish Kabab Show is located at 376 Park Street in Moraga. For info, call (925) 388-0351 or visit www.shishkababshow.com.



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A Literary Life

Saint Mary's graduates create new literary journal

By Ryan McKinley



Jeff Chon

Photo Ryan McKinley

Saint Mary's College adjunct professor Jeff Chon is something of a renaissance man. Chon is equally knowledgeable in baseball and comic books as he is in Alice Munro's use of the retrospective narrator. At heart Chon is a writer, and he holds a Master of Fine Arts degree in Creative Non-Fiction Writing from Saint Mary's. In between teaching and writing Chon's newest venture is as the editor in chief of The East Bay Review, an up and coming literary journal.

Like many storytellers Chon started writing at an early age, "I remember being eight and writing Spider-Man fan fiction," Chon said. However, it wasn't until high school, when he read "The Stranger" by Albert Camus, that he knew he wanted to be a writer. "The simplicity of the language really hooked me. Until then I thought writing was really complicated poetic language [but] seeing a story told straight forward like that opened my eyes."

After graduating from Washington State University, Chon moved to Los Angeles in hopes of becoming a professional writer but his plans fell through. "I was working in a museum warehouse processing invoices in a tiny cubicle."

Several years later Chon decided to apply to graduate school. "I realized maybe it's time to shift gears and do what I want to do," he said. Initially planning on studying in LA, a last minute trip changed his mind. "I was visiting Northern California and on a lark I came [to Moraga]." He walked around the Saint Mary's campus and met the creative writing faculty. "This area it gets in your blood and by the time I left I knew I was coming to [Saint Mary's]."

Chon graduated in 2013 but continued a close relationship with his classmates. "The program gave us these valuable resources, the most important of which is each other," he said. This past winter, Chon and his former classmates joked about found-

ing a literary journal. "Which I imagine is how a lot of journals start," he said with a laugh. And The East Bay Review was born.

The staff of the journal is made up of a dozen graduates of Saint Mary's Creative Non-Fiction MFA Program. Along with Chon, the main editorial staff includes Maria Judnick, Michael Sakoda, Alex Herrington (all class of '13) and Michael Caligaris ('14). "It's a great group of people and they're all great writers in their own right," Chon said. "We see this journal as an extension of the MFA program for us."

Like any business, collaboration is a big part of what makes the journal work. "We have such different sensibilities and skill sets," Chon said. "There is a diversity of ideas that we've managed to make cohesive. We trust each other intensely and we know we can work together to make something great."

The East Bay Review, subtitled "this is the epicenter," is designed to showcase the East Bay and beyond. Aside from the stories, essays, and poetry there is also a section of the journal, titled "dispatch," that aims to focus on East Bay life and culture.

Currently published online, the first issue was released in June. The second issue will be released later this year featuring writers from places as far as Quebec and close as Berkeley, as well as a greater number of female authors. The staff is also in talks to create a print version of the journal.

In the end Chon hopes that The East Bay Review will help the public discover new authors and foster the local literary community. "When you read The East Bay Review, if you like these authors please go buy their books. These are local writers, I feel like we should support the local literary community the way we would support any local business."

To read, and submit manuscripts to The East Bay Review visit <http://theeastbayreview.com>.



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Velvet Waterfalls: Orinda Jazz Festival, Aug. 17

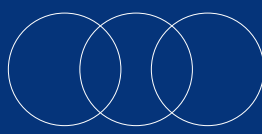


Multi-award winning vocalist Amikaeyla Gaston will perform at the upcoming Orinda Jazz Festival. Photo provided

Music lovers will be groovin' again on a Sunday afternoon when the Fourth Annual Orinda Jazz Festival kicks off at 2 p.m. Aug. 17 at the Orinda Library Auditorium. Headlining from 5 to 6 p.m. will be Amikaeyla Gaston, a multi-award winning vocalist whose style is "like listening to velvet waterfalls," according to MTV. Christened by NPR as one of the "purest contemporary voices," Gaston will present a free "Power of Sound" workshop for aspiring singers prior to her main performance.

The always sold-out event, which receives rave reviews annually for its eclectic range of offerings, will benefit the Orinda Arts Council. Other

headliners scheduled to appear include two-time Grammy winner Mads Tolling; Carnegie Hall and Lincoln Center flutist and vocalist Carol Alban; Marc Levine, who backed Dionne Warwick on bass; and Ben Flint, an ivory tickler for Isaac Hayes. Major sponsors include: the Orinda Community Foundation and Orinda Park and Recreation Foundation, Whole Foods Lafayette, Diablo Magazine, Orinda Chamber of Commerce, Aspen Consulting, Premier Cru, The Orinda News, Lafayette Park Hotel and Spa, and UPS (Lafayette, Moraga, Orinda). Tickets range from \$13 to \$50. Purchase online at: www.OrindaJazzFestival.org, or call (925) 255-5164. L. Snyder



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Eight Orinda Students Receive High Honors from Johns Hopkins CTY Academic Talent Search

Submitted by Wendy Meckes



Wagner Ranch Elementary School student Alex Meckes was one of eight Orinda students from the U.S. and around the world who earned High Honors for their exceptional performance on an above-grade-level test as part of the 2013-14 Johns Hopkins University Center for Talented Youth (CTY). Other students included Thomas Boneysteele (The Seven Hills School), John Mark Holbrook (Orinda Intermediate School),

Manu Prabandham (Sleepy Hollow Elementary), Chinmai Srinivas (OIS), Gautum Srinivas (OIS), Jeffae Schroff (home school) and Jerrae Schroff (home school). These students, who scored exceptionally high and were invited to a special award ceremony, also qualified for CTY's residential summer programs, online classes, and family academic programs. For more information about enrolling in the CTY Talent Search, go to www.cty.jhu.edu.

Alex Meckes with his High Honors certificate

Photo provided

THE APP RAP

By Alex Pawlakos

App: Any.DO by Any.DO
For: iPhones and Android phones
Price: Free

Many smartphone owners use their phone as a "to-do" list, not just for appointments, but also to remember other tasks and things they want to do or accomplish. There are several good apps that enable you to organize and prioritize a to-do list, but the best of the bunch is an easy to use, very handy free app called, *Any.DO*. This very popular app will not only remind you of appointments, meetings and commitments, but it will keep you aware of tasks that you need to do over the course of a day, a week, or even longer. Also, *Any.DO* can be set to activate at times you prescribe. As you scan through your scheduled list of upcoming duties, you have the ability to move upcoming events and responsibilities to "later" if your schedule changes. Within the category of "later," you can move the job forward to any time period you choose, includ-

ing tomorrow, next week, or even "someday." The app makes it easy to reschedule and reprioritize duties and responsibilities in a matter of seconds. If you like being organized and utilize to-do lists, you will love *Any.DO*.



Alex Pawlakos enjoys biking, weightlifting, and tutoring in his spare time. He is a reporter on *Express Yourself!*™ Teen Radio.

TEEN SCENE

Positivity Power

By Caie Kelley

What is the power of positivity? I was trying to explain to my friend the value of considering different perspectives when looking at an issue. I have definitely found myself on certain nights – I won't say how many – complaining to my friends about little things that aren't a big deal but feel vitally important to me. But I've found when I've broken those negative patterns and chosen to talk about what's working, I quickly realize how much I have to be grateful for. So now I think a little differently. Yes, sometimes I'm a little stressed about not having enough time to check off every item on my to-do list, yet I am healthy, I have a wonderful group of family and friends, and I find my work fulfilling. These are all positives and it doesn't get any better than that.

Beyond my personal experiences, how do other Lamorinda teens approach positivity?

Mariel S., an incoming senior, explained that her secret to a positive outlook lies in not taking life too seriously: "Sometimes, it's a matter of spending time with my friends watching chick flicks and giggling about Channing Tatum – I try to surround myself with friends who make me laugh."

Julia D., a Miramonte June graduate, echoed Mariel's sentiment when she said, "I've gotten to the point where I know what matters to me, like talking to my dad, and so I do that often. I also avoid uncomfortable social situations that can hurt my positive outlook." Sommar V., an incoming junior, pointed to her father as a source of stability as well. "I enjoy long car rides home with my dad, because we have one-on-one time to talk which I really value," she said.

For most Lamorinda teens, focusing on these simple moments help them retain a positive outlook. "I find swim coaching rewarding because teaching kids is

something that I love to do, and because I'm working with people I admire. I feel positive," said Katie L., a senior at Campolindo High School. Similarly, "Riding horses is fulfilling because it is such a mental game. It requires my full attention and stops me from stressing about other things, and it is easy to see when I am making progress," added Sasha H., a local teen who attended Athenian.

Whether it's a movie night or an extracurricular activity, these teens tend to look on the bright side. We have a choice of seeing a glass half full or half empty. Attitudes are contagious. Is yours worth catching?



A recent Miramonte graduate, Caie Kelley, is a gold medal swimmer, piano teacher, VP of Club BSYA, co-host/reporter on the radio program, *Express Yourself!*™, and award winning speaker/debater.

The opinions expressed in Teen Scene are those of the writer and not necessarily those of the Lamorinda Weekly.

Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to storydesk@lamorindaweekly.com, and include "Celebrations and Remembrances" in the subject line.

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Two Lamorinda Beehives Part of National Study on Colony Collapse

By Amanda Kuehn



A pollen trap was installed at this hive entrance to collect pollen for the study. Photo Andy Scheck

There's been a recent buzz about bees. According to annual reports issued by the USDA, honeybee loss has averaged at 29.6 percent over the past eight years, a rate that the U.S. government deems economically unsustainable. Bees are responsible for pollinating a third of all crops, making them crucial for agriculture.

"It's called colony collapse disorder," said environmental toxicologist Joseph Sullivan. "Nobody really un-

derstands what's causing it." This mystery has led to a number of new studies, one of which involves local hives.

The study, directed by the University of Florida and funded by Bayer Crop Science, will evaluate pollen and nectar samples taken from hives in urban and suburban areas. Selection was a tiered process based on interest and location. One of the 15 Bay Area hives selected is located in Mor-

aga, another in Orinda.

"I've kept bees about seven years," said Mike Vigo, local bee keeper and owner of The Bee Ranchers, LLC. Vigo feels the urban/suburban area is ideal for honey bees. "Generally speaking we're not using pesticides," he noted. "Four of my aviaries [including the two in Lamorinda] are part of the study. I'm very much looking forward to the conclusion."

Sullivan will collect samples using a pollen trap. "The pollen will indicate what sort of pesticides the bees are bringing back," he said. Pollen samples will be sent to a lab in North Carolina. Nectar samples will also be collected and sent to the USDA for analysis. "The goal is to identify what lawn and garden pesticides might be in pollen and nectar," said Sullivan.

The first samples were collected in mid-July and will be collected once a month for a year. Results should be published sometime afterward next fall.

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.

Moraga Boy Scout Troop 212 Alaska Canoe Trek

Submitted by Dick "Dr. T" Terry



Photo provided

Thirty scouts and dads from Moraga Troop 212 went on an incredible 12-day canoe and fishing trek on the Swan Lake and Swanson River Canoe Trails on the Kenai Peninsula near Anchorage, Alaska. This lake system is one of two premier National Canoe Trails in the United States. Besides canoeing on over 14 lakes, including over 22 portages with 70 pound packs and carrying

canoes, the group did plenty of fishing – on one lake, they caught 30 fish in 40 minutes. Catch-and-release was the plan until dinner, when a few beautiful Rainbow Trout or local Dolly Varden were cooked over an open fire for a special treat. In all, they caught over 250 fish, several scouts catching their first fish ever, many in the 20-inch range. On the final day, the group took three

float planes, flying over an immense glacier out to a large lake, fishing for Sockeye Salmon at the outlet of a stream. They had to share the spot with a total of 12 Grizzly bears that fished for themselves, often only 15-20 yards from the boats. The group was very successful, eventually shipping home over 250 pounds of frozen salmon fillets.

Lafayette Resident Runs Marathon in Memory of a Friend

Submitted by Scott Rubenstein



Scott Rubenstein (left) smiles with teammate Greg Kiryakakis, who is a two-time survivor of Acute Myeloid Leukemia. Photo provided

In 2011, there were an estimated 302,800 people living with leukemia in the United States. For Lafayette resident Scott Rubenstein,

however, it took one to motivate him to help fight it. That single motivating person was a close family friend and former high school star football ath-

lete, David Freedman, who died in 1987 from Chronic Myelogenous Lymphoma. A graduate from the University of Arizona, Rubenstein is a 35-year-old metal recycling buyer who has joined Team In Training of the Leukemia and Lymphoma Society, the world's largest voluntary health agency dedicated to blood cancer that raises money for blood cancer research and support while training athletes to run marathons. Its mission is to cure leukemia, lymphoma, Hodgkin's disease, and myeloma, as well as improve the quality of life of patients and their families.

Rubenstein is training for the 26.2-mile Bank of America Chicago Marathon in October and has pledged to raise a minimum of \$2,400 by the marathon date, but his goal is to raise \$10,000. As of now, he has raised \$6,600. Even though the running makes him anxious, meeting his goal makes him more worried. "It's a lot of money to fundraise, but I have a lot of generous friends," he said. To learn more about Rubenstein's involvement, visit <http://pages.teamintraining.org/gba/chicago14/rubenstein>.

For more information on LLS, visit www.lls.org. For more information on Team In Training, visit www.teamintraining.org.

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Siblings Support One Another to Pursue Their Dreams

By Amanda Kuehn



Brother and sister, Dan and Katie Batlin, at Buono Vino. Photo Amanda Kuehn

Moraga native Katie Batlin has realized some pretty lofty dreams. Longtime basketball player, and graduate of Miramonte High School and Saint Mary's College, she has recently returned from an international adventure.

After playing a final year of college basketball with San Francisco State University, Batlin was recruited to play professionally with the Southern Peninsula Sharks in the Big-V League in Victoria, Australia. After five months away, she's back in California and standing by her brother Dan Batlin's side, helping him to realize the dream he's been chasing ever since an extended stay in Italy: to open an Italian-style retail tasting room.

Buono Vino, located in downtown Walnut Creek, is exactly what Batlin had hoped for: an establishment created to "change the way Americans enjoy wine." A 2004 graduate of Campolindo High School, Batlin boasts strong Italian roots and has honed his wine prowess in both Tuscany, Italy and the Napa Valley.

After four years at Chico State, where he majored in business and Spanish, Batlin left his job at Lafayette's Pizza Antica to stay with family friends in Florence. "That's where I first encountered this kind of shop," he said, referring to the retail tasting room. "I said to myself, 'One day I'm going to do this in America.'" And so he has, and he's brought his sister along for the ride.

"Katie has been with me from day one," said Batlin, who has always wanted to start a business. "She brings the creativity."

Katie Batlin, who majored in sports and recreational management at Saint Mary's, took additional classes in business and Italian while she was at San Francisco State. Having fulfilled her dream of playing professionally, she's now all about supporting her brother.

"Dan and I are really proud for each other," said Katie. "It gives us a special connection." She recounted a time when she was struggling with her situation in Australia and Dan encouraged her, stating, "If it were easy, everyone would be

doing it."

The siblings have been in this together from the start. "We would drive around in Dan's car, checking out different places and asking, 'Are these the kind of people we're trying to target? Can we see them walking into our business?'" Katie recalled. The Batlins looked at over 100 different places. Dan negotiated on 10, all of which fell through. Buono Vino made its first appearance at the Walnut Creek Wine Walk back in September 2013, and moved into the shop on Locust Street shortly thereafter.

Dan opened Buono Vino April 11, 2014. Katie joined him as soon as she returned from Australia, where she had already been working on the company's social media promotion. Both brother and sister credit their friends and family for being extremely supportive. "I don't think I could adequately put into words how incredible our family is," said Katie Batlin. "[Our parents] made it safe for us to pursue our dreams and encouraged us to take risks. ... Pursuing our dreams is a testament to that."

Much like the Batlin family, Buono Vino is one of a kind. "It's a tasting room," Dan explained. "Not a bar, not a kitchen." Clients can stop by on their way to a party or as they're coming home from work, sample a few of the wines and select one for the evening. The Batlins will fill the bottle right there in the shop. There's also a large back room available for special occasions. It has already seen quite a bit of traffic.

Dan's primary objective is to pair people with wine, giving them something they can take home and enjoy. "It's about relaxing, family and friends," he said. "All of my favorite things."

Dan and Katie could go on for hours discussing their aspirations and mutual excitement. "We've always been a part of each others' dreams," said Katie Batlin. And now they're inviting the entire Bay Area to join them.

You can find Dan and Katie Batlin at Buono Vino from 12 to 8 p.m. Wednesdays through Sundays at 1545 Locust Street. Stop by and sample a dream turned reality.

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ART

The Summer Art Show at the Jennifer Perlmutter Gallery Aug. 2-31 will include the following artists: biological abstractions by Julia Rymer; alla prima oils by Gregory Vasgerdian; and shaped mixed media on wood by Jeffrey Sully. These three artists bring an eclectic, textural and colorful show of impressionistic and non-objective art together. The Jennifer Perlmutter Gallery is located at 3620 Mt. Diablo Blvd., Lafayette. For info, call (925) 284-1485 or visit www.jenniferperlmuttergallery.com.

The Skull Show, which includes work by over 90 artists and highlights the human skull as an iconic image in the contemporary arts, runs through Aug. 31 at the Bedford Gallery at the Leshner Center for the Arts, 1601 Civic Dr., Walnut Creek. Closing Reception: 6 to 8 p.m. Thursday, Aug. 28, featuring beer from Calicraft Brewing, wine, and skull themed crafts led by a Skull Show artist. For info, visit www.bedfordgallery.org.

The Orinda Library Gallery is pleased to feature the work of Leslie Swartz, artist; Wenda Pyman, photographer; and the Clay Arts Guild through the month of August.

Saint Mary's College Museum of Art's annual summer landscape exhibition, "By Invitation Only: Revealing the Landscape." On view will be more than 80 works of art – paintings, drawings, photography and sculpture – by 29 artists. An additional exhibit, "The Native American Collection of Roger Epperson," will feature additional works from Epperson's collection not yet exhibited. Museum hours are Wednesday through Sunday, 11 a.m. to 4:30 p.m. Admission: Adults \$5; members and K-12 graders free (parking free). For info, call (925) 631-4379 or visit stmarys-ca.edu/museum.

MUSIC

Join your neighbors on Thursday evenings at the Moraga Commons for a relaxing free concert in the park. Bring your picnic blanket or lawn chairs to the grassy hillside in front of the band shell. Enjoy the music while your children enjoy the park. The volunteers of the Moraga Park and Recreation Foundation will even cook dinner for you with the Snack Bar opening at 6 p.m. The final concert will be Aug. 14 from 6:30 to 8:30 p.m. featuring Chris Gardner Band - Country Western.

The Fourth Annual Orinda Jazz Festival comes to the Orinda Library Auditorium from 2 to 8 p.m. Sunday, Aug. 17. The one-day event benefiting The Orinda Arts Council - Community Programs will feature well-acclaimed international, regional, and local musicians and artists. Open to all ages, this is an event where people come to see, to be seen, and most importantly, to enjoy the company of friends and relatives while enjoying great music. All tickets are available for purchase at the festival's website OrindaJazzFestival.org. For more details, email OrindaJazz@gmail.com or call (925) 255-5164. (See story page B7)

Experience the joy of singing in a community of talented and dedicated women! In its 49th year, WomenSing's 2014-15 season is the culmination of a three-year exploration of Latin-American repertoire, and will feature an exciting collaboration with the San Francisco-based Quinteto Latino, a woodwind quintet. WomenSing is holding auditions Wednesday, Aug. 20 and by appointment for experienced singers. All voice parts are welcome. Scholarships are available for qualified singers. For info, email audition@womensing.org, or go to www.womensing.org.

Voci Women's Vocal Ensemble, directed by Anne Hege, will be holding auditions for experienced choral

singers in all voice parts through Sept. 13. Voci is a 24-voice, auditioned ensemble, which performs classical music from a wide variety of historical periods that rehearses Wednesday evenings from 7:30 to 10 p.m. in Orinda. Rehearsals begin Wednesday, Aug. 20. Additional retreats and/or rehearsals are scheduled during the season. The audition consists of the performance of a prepared solo piece a cappella and various ear-training and sight-singing exercises. For more info or to schedule an audition, contact artistic director Anne Hege at anne@annehege.com. To learn more about Voci, visit www.vocisings.com.

THEATER

Cal Shakes presents George Bernard Shaw's "Pygmalion" through Aug. 24. The play is one of Shaw's best, delivering the sexiest, strongest, and most charming of heroines, with some of his most incisive political commentary to boot. For more information and to purchase tickets go to www.calshakes.org. (See story page B1)

Role Players Ensemble presents Tennessee Williams' "Cat on a Hot Tin Roof," directed by George Maguire: opens at 8 p.m. Sept. 5 at the Village Theatre in Danville and runs through Sept. 20. For ticket info, visit www.villagetheatreshows.com.

LECTURE & LITERATURE

Restoring Movement – Improving Function-Free Community Lecture series: Preventing Injuries in Our Youth from 7 to 8 p.m. Tuesday, Aug. 26 with Dr. Nirav Pandya, MD at Lafayette Physical Therapy, 3468 Mt. Diablo Blvd., Ste. B110, Lafayette. Seating for lectures is limited; call (925) 284-6150 to RSVP and reserve your seat.

The Lafayette Library and Learning Center's Distinguished Speaker Series presents author Paul Madonna at 6:30 p.m. Friday, Sept. 19 in the Library's community hall. Madonna writes and draws "All Over Coffee," the weekly series published in the San Francisco Chronicle and on TheRumpus.net and is the author of two books, "All Over Coffee" (City Lights 2007), and "Everything is its own reward" (City Lights 2011), which won the 2011 NCBR Recognition Award for Best Book. He is the Comics Editor for TheRumpus.net, has taught drawing at the University of San Francisco, and frequently lectures on creative practice. He holds a BFA from Carnegie Mellon University, and was the first (ever!) Art Intern at MAD Magazine, for which he proudly received no money. Tickets: \$20 at tinyurl/LLLCFPaulMadonna.

KIDS, PARENTS & TEENS

Free family fun for parents and young children! Republic of Cake in Orinda's Theatre Square is hosting Kid's Club events once again this summer. Come for a half hour of children's music with Melita from Octopretzel, followed by a half hour of story time with Lin Look from the Orinda Library. The fun takes place right outside the bakery, with shaded seating provided. Free. Kid's Club dates and times are from 11 a.m. to noon Aug. 21.

OTHER

Walk to End Alzheimer's Kick-Off Rally – a fun, informative meeting about forming a team for the Walnut Creek Walk to End Alzheimer's Thursday, Aug. 14 from 6 to 8 p.m. at Heather Farms, 1540 Marchbanks Dr., Walnut Creek. Bring a family member, a friend or co-worker and learn how you can raise money and awareness for Alzheimer's care, support and research while enjoying appetizers and wine. RSVP at http://wcwalk.eventbrite.com.

Saint Mary's College and the Alumni Association invite you to campus for an afternoon of wine tasting, delicious appetizers and fun from 2 to 5 p.m. Sunday, Aug. 17 in the Soda Activity Center. Tickets: \$60 –

includes all tastings, appetizers and SMC logo wine glass. \$15 per designated driver - includes appetizers, non-alcoholic beverages and souvenir glass. Attendees must be at least 21 years of age. Proceeds from ticket sales and the silent auction support student scholarships at Saint Mary's.

Free Doggie Ice Cream Social at the Lafayette Pet Food Express from 11 a.m. to 3 p.m. Saturday and Sunday, Aug. 16-17, 3610 Mt Diablo Blvd in Lafayette. Your pooch can sample the following flavors: bacon/peanut butter, banana/peanut butter, pumpkin. Healthy toppings: USA Chicken breast, freeze-dried beef, pumpkin cookies, duck cookies.

Iron Filmmaker Contest 2014. Do you have what it takes to be a filmmaker? Contestants will have 24 hours to create a complete 3-minute short film. The film must include the secret ingredients that all participants will be given at the kick-off. Grand prize \$400. Kick-off 9 a.m. Saturday, Aug. 30 at the Rheem Theatre in Moraga. Film turn in 10 a.m. Sunday, Aug. 31. Entries will be shown at 10 a.m. Saturday, Sept. 13 at the Rheem Theatre. For info, visit CAIFF.org.

Vermicomposting (Worms!) and Bin Building Workshop from 10 a.m. to noon Saturday, Sept. 6 at Civic Park Community Center in Walnut Creek. All worms and bin supplies included. Cost: \$20 per household. Twenty-five household max capacity per workshop. CCCSWA service area residents only. Registration form and payment must be submitted by Aug. 21. Visit www.wastediversion.org for registration form and more info.

Pilates: Introduction and Demonstration. Please join Gaby Diskin and Bridget McCarthy of the Pilates Wellness Center in Orinda for an introduction to Pilates – an amazing movement program which uniformly develops, strengthens and restores the body – at 2 p.m. Saturday, Aug. 30 at Orinda Library. Learn and practice some Pilates movements and principles to experience the benefits for yourself!

For the fourth year in a row Sustainable Lafayette will be hosting a summer film series at the Lafayette Library and Learning Center's Community Hall, continuing Aug. 13 with the showing of "Watershed." For movie descriptions and event info, visit http://www.sustainable-lafayette.org/our-events/summer-film-series/. Free snacks, cookies, coffee, and refreshments will be served. Cost: \$10 donation requested; \$5 for students.

Friends Corner Bookshop Half-Price Sale from 9 a.m. to 5 p.m. Saturday, Aug. 30, 1st Street and Golden Gate Way, Lafayette.

Volunteer opportunity: English tutors needed. English need not be your first language, no teaching experience required. Workshops will be held from 9 a.m. to 1:30 p.m. Saturday, Sept. 6 and 13, at the Good Shepherd Lutheran Church, 4000 Clayton Rd., Concord. You must attend both sessions. There is a nominal fee to cover the training and material costs. Adult volunteers typically give one or two hours per week. For more info, visit dvlc.tripod.com. To register, call and leave a message at (925) 685-3881 or email DVLC4ESL@gmail.com.

A second annual Sustainability Fair will be held from 10 a.m. to 3 p.m. Saturday, Sept. 6 at our demonstration garden in Walnut Creek. This free community event is designed to share information about how we can all do our part to help the environment. Partnering with Sustainable Contra Costa, there will be presentations, informal demonstrations and many vendors from the area. Learn about smart watering, composting, losing your lawn, beekeeping, growing vegetables and much more.

... continued on next page

please...



...thanks

◆ Not to be missed ◆ Not to be missed ◆ Not to be missed ◆

SENIORS

Lafayette Community Foundation's 6th Annual Senior Symposium "Aging by Design" will include a morning symposium and conversation, with over 40 vendors, experts on aging, and local experts on local choices and updates. Registration opens at 8 a.m. and the program runs from 9 a.m. to noon Saturday, Aug. 16 at the Lafayette-Orinda Presbyterian Church, 49 Knox Road, Lafayette. Free. For more info, and to pre-register, please visit www.lafayettecf.org or call (925) 284-8214.

Positive Living Forum ("Happiness Club"), moderated by Dr. Bob Nozik, MD, professor emeritus UCSF from 10:30 a.m. to noon on the second Thursday monthly at the Lafayette Community Center. Brighten your day and take part in this interactive gathering which features speakers on a wide range of topics that guide participants toward a more ideal and positive life experience. Drop-ins welcome. Sequoia Room (Aug. 14), Elderberry Room (Sept. 11). Fee per class: free for Senior Services members; \$5 non-members.

Sons In Retirement - Las Trampas Branch 116 – luncheon meeting at 11:30 a.m. Monday, Aug. 18 will feature a performance by SIR, Paul King, and his singing partner, Mr. Terry Shields at the Walnut Creek Elks Lodge, 1475 Creekside Dr. They perform locally as members of the Jump-In band with music from the '50s and '60s, similar to that of the Kingston Trio and the Limelinters. Cost of lunch is \$15. Guests are welcome and may make reservations by calling (925) 322-1160 by Wednesday, Aug. 13.

The SIRs Branch 116 Hiking and Walking Group, also known as the Amiable Amblers, meets the second and fourth Fridays of most months. This is a couple's event to promote good health and friendship among the members. Each walk is coordinated by one of the members, to whom reservations are made. These one-hour walks generally start at 8:15 a.m., and are followed by coffee and/or breakfast at a convenient local spot selected by the coordinator. Most of the walks follow an "out and back" route so that people of all levels of physical ability may participate at their own pace. For information about

SIR activities for retired men, please visit www.Branch116.org.

Arthritis: Physical Therapy Presentation with Anne Randolph, RPT, who has been practicing physical therapy for 35 years, providing outpatient therapy in Lafayette and specializing in the care of those 55 and over. Understand the challenges and changes arthritis brings on and find practical solutions to make daily activities easier from 11:30 a.m. to 12:30 p.m. Friday, Aug. 29 in the Sequoia Room, Lafayette Community Center. Free for Senior Services members; \$5 non-members.

Don't Miss the California Independent Film Festival

Submitted by Lindsay Pirkle



Opening night film, "An Evergreen Christmas"

Photos provided

This year the 17th Annual California Independent Film Festival begins with the most spectacular opening night in festival history. The opening night film, "An Evergreen Christmas," a family film directed by Jeremy Culver, will have more expected cast members than ever before. Expected to attend includes Robert Loggia ("Jagged Edge," "Scarface," "Big," "An Officer and a Gentleman"); musician and composer Charlene Closshey ("A Thousand Cuts"); Booboo Stewart ("Twilight Saga: Eclipse," "The Twilight Saga: Breaking Dawn Part 1&2," "X-Men: Days of Future Past"); Jake

Sandvig ("Easy A," "Sky High, Weeds"); and Greer Grammer ("Awkward," "Life Partner"). Culver will also be in attendance, as well as producer Kim Waltrip and director of photography Jeffrey Osborne. Opening night takes place Sept. 11 at the Rheem Theatre. The reception begins at 5:30 p.m.

Film Screenings will take place at both the Rheem and Orinda theatres, but this year's screenings will be extended to the Castro Theater in San Francisco on Friday and Saturday, Sept. 12-13. There will also be special events happening at the Castro Theater such as a 30th anniversary screening of "Sixteen Candles" with celebrity guests Justin Henry, Debbie Pollack, and Gedde Watanabe as well as "To Wong Foo Thanks For Everything, Julie Newmar" with special guest Julie Newmar, who will be receiving the CAIFF Lifetime Achievement Award.

A special event happening at 7 p.m. Saturday, Sept. 13 at the Orinda Theatre will be a screening of "Kramer vs. Kramer" with celebrity special guest, Oscar nominee Justin Henry.

Closing night will take place on Sunday, Sept. 14 at the Orinda Theatre with a screening of the romantic dramedy "Putzel." The reception begins at 6 p.m., with catering provided by Shelbys of Orinda.

There is a wide selection of films to choose from at all three venues. Be sure to read through the program, or visit www.CAIFF.org for film schedule and synopses.



Closing night film, "Putzel"

Please submit events to:
calendar@lamorindaweekly.com

Service Clubs Announcements



Explore Lamorinda Rotary clubs The heart of Rotary is our clubs- dedicated people who share a passion for both community service and friendship. Learn about Lamorinda's Rotary clubs.



Please join us at our new location **THE LAFAYETTE PARK HOTEL** on Friday mornings at 7am. For more info, please email us at lamorindasunrise@gmail.com

August 15:

Edy Schwartz will present an exciting preview of the 17th Annual California Independent Film Festival coming up Sept 11-14th!

August 22:

Acalanes senior, Marc Davis will share his recent experiences from Rotary's Camp Venture – a 5 day camp for future entrepreneurs.

Please join us for breakfast and a great speaker!

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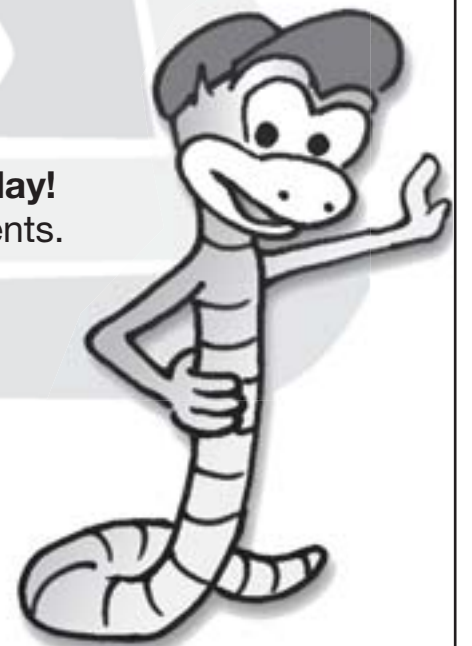
Last day to register: August 21st

Visit www.wastediversion.org to download registration form.

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Lamorinda Weekly

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Montclair 6211 Medau Pl Oakland

Sonoma 201 West Napa St

Napa 1380 Napa Town Center

Auburn 372 Elm Ave

Breakfast Tastes Better with Mrs. Reimer's Almond Coffee Cake

By Susie Iventosch



Mrs. Reimer's Almond Coffee Cake

Photo Susie Iventosch

Dough

INGREDIENTS

- 2 1/2 cups all-purpose flour
- 1 package active dry yeast (or 2 1/4 teaspoons)
- 3/4 cup milk
- 1/4 cup sugar
- 1/2 stick unsalted butter
- 1 teaspoon salt
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup sliced almonds for garnish

Filling and Icing recipes below

DIRECTIONS

Place 1 1/2 cups flour and the yeast in a large bowl and set aside. In a small saucepan, heat butter, sugar, salt and milk until butter is almost melted, but milk does not boil, approximately 115-120 degrees on a candy thermometer. Add to mixture along with egg and vanilla and beat well with a large wooden spoon until thoroughly integrated. Add remaining flour, a little at a time, until it turns into a soft dough.

Turn dough onto a floured cloth or board and knead, using additional flour as needed, for about five minutes or until dough is elastic and pops back when poked. Place dough in a greased bowl and turn once. Cover with a damp cloth and allow to rise in a warm place (but not the oven) until doubled, approximately 1 to 1 1/2 hours. Punch dough down and let rest for 10 minutes, or so.

On a floured board, divide dough in half and roll each half of dough into a large 13 x 9 inch rectangle. Spread rectangles evenly with filling and roll each into a log, beginning with the

long end, so the logs are 13 or so inches long. Seal and form into circles in greased cake pans, placing seam sides down. With scissors, snip little air holes in the top of the pastry every couple of inches. Let rise again for about 30 minutes, or until the roll is nearly doubled in diameter.

Bake at 350 degrees for 20-25 minutes, or until golden brown on top and dough is done. Remove from oven and cool completely. When cooled, drizzle icing over coffee cake and sprinkle with sliced almonds.

Filling

INGREDIENTS

- 1 12.5 ounce can of *Solo Almond Cake and Pastry Filling
- 2 tablespoons butter, at room temperature
- 1 teaspoon almond extract

DIRECTIONS

Mix all of the ingredients until well-integrated. Spread half of filling over each rectangle, covering the entire rectangle of rolled out dough, before rolling into a log.

* Solo Almond Cake and Pastry Filling can be elusive, but I know that Diablo Foods carries it and most grocers can special order it for you, if they don't regularly stock it. I just ordered a whole case from my local grocer!

Icing

- 1/2 cup powdered sugar
- 2 teaspoons (more or less to arrive at desired consistency) milk
- 1/2 teaspoon almond extract

Mix well and drizzle over cooled coffee cake.

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Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net.

Susie can be reached at suziventosch@gmail.com.
This recipe can be found on our website:

www.lamorindaweekly.com.
If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.

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LAMORINDA SPORTS

Shark Attack

OCC wins OMPA meet

By Scott Wu



After the Girls 9-10 50-yard Breaststroke, Ginny Vazquez-Azpiri of OCC celebrates with Natalie Ung of Orinda Park. Photos Gint Federas

The Orinda Moraga Pool Association's Annual Championship Swim Meet is a unique place where sharks, piranhas, and stingrays can swim together in one body of water. For the 58th year, OMPA swim clubs gathered to compete for a team title. This year, nine clubs braved the infested waters at Soda Aquatic Center. Powerhouse Orinda Country Club's Sharks claimed their 14th straight championship title at the meet held Aug. 8-10.

Friday night featured the finals of the Individual Medley races. OCC started off the meet strong and collected two new meet records behind Ginny Vazquez-Azpiri, 10, and Sophia Kosturos, 13. The energy at the beginning of the weekend was electrifying, and something meet director Lucy Dendinger called "incalculable."

"Every splash in the pool was met with cheers from thousands of parents, friends, and teammates," Dendinger explained.

The support for these swimmers starts before the meet. Like many swimmers last weekend, Max Murphy, 15, of Sleepy Hollow, cut time from his IM race.

"I've done well in my OMPA career because since the beginning, my coach Matt Ehrenberger has believed in me and pushed me to make the most of my swimming ability," said Murphy, who improved on his pre-swim ranking of 13th to a final ranking of sixth.

On Saturday, there were more exciting swims in freestyle, breaststroke, and the medley relays. The highlight of the day belonged to Meadow's 13-14 boys' medley relay team, who broke the OMPA record by two seconds.

Meadow coach Connor Byrne has seen over 15 OMPA championship meets and was still astonished at Saturday's races. "The swims, especially freestyle, were among the fastest they've ever been. The field is deep and there are kids of all ages and clubs who are having phenomenal

racers," said Byrne.

After two days of racing, Sunday's races played a deciding role in the awards, and OCC swam fast to take top honors. The backstroke, butterfly, and free relays events took place on what was surely the most exciting day of swimming.

The high point winner of the 15-18 boys' category came down to the 50-yard butterfly. Jordan Hoover, 16, of Moraga Country Club, Henry Baer, 17, of OCC, and Scott Zurnacian, 16, of Campolindo Cabana Club were all battling for the award. In the end, Zurnacian won and was given the honor of the best individual 15-18 boys' swimmer.

While many swimmers were tense and nervous throughout the weekend, Sean Cunningham, 6, of Meadow reminded us what OMPA is really about: fun.

"Swimming with my friends was definitely my favorite part of this weekend!" said Sean.



Anthony Bradley of Sleepy Hollow was a high point winner with 72 points.



Sophia Kosturos of OCC broke three individual records this weekend.

Results:

1. Orinda Country Club	4,170.5
2. Sleepy Hollow	3,354
3. Orinda Park	2,734
4. Moraga Country Club	2,722.5
5. Meadow	2,703.5
6. Moraga Valley	1,822
7. Moraga Ranch	1,720.5
8. Miramonte	1,356
9. Campolindo Cabana	1,069

High Point Winners:

- 6 & Under:** Girls: Natalie Mak, Miramonte, 48 points
Boys: Charlie Hwang, OCC, 48 points
- 7-8:** Girls: Natalie Aiken, Sleepy Hollow, 72 points
Boys: Bronsen Trunzo, Miramonte, 72 points
- 9-10:** Girls: Ginny Vazquez-Azpiri, OCC, 72 points
Boys: Will Fuller, Moraga Valley, 68 points
- 11-12:** Girls: Eloise Engs, OCC, 72 points
Boys: Anthony Bradley, Sleepy Hollow, 72 points
- 13-14:** Girls: Sophia Kosturos, OCC, 72 points
Boys: Sam Ayers, Meadow, 66 points
- 15-18:** Girls: Tori Yee, OCC, 72 points
Boys: Scott Zurnacian, Campolindo Cabana, 69 points

Heidary Sportsmanship Award: Orinda Park Pool

Records:

Ginny Vazquez-Azpiri, Girls 9-10, 100 IM, 1:07.99 (previous record 1:08.55) and 50 Breast, 34.05 (previous record 35.09)
Sophia Kosturos, Girls 13-14, 100 IM, 59.43 (previous record 1:01.56), and 50 Free, 24.11 (previous record 24.58) and 50 Fly, 25.84 (previous record 26.82)
Katrina Drake, Girls 13-14, 50 Back, 27.52 (previous record 28.34)
Anthony Bradley, Boys 11-12, 50 Fly, 27.56 (previous record 27.56)

Relay Records:

Sleepy Hollow, Girls 7-8, 100 Medley, 1:06.82 (previous record 1:09)
Swimmers: Mollie Appl, Maren McDonald, Natalie Aiken, London Menard
Orinda Country Club, Girls 13-14, 200 Medley 1:53.44 (previous record 1:54.27)
Swimmers: Charlotte Wu, Kathy Larsen, Katrina Drake, Sophia Kosturos
Orinda Country Club, Girls 13-17, 200 Free, 1:24.34 (previous record 1:42.74)
Swimmers: Katrina Drake, Katie Lyons, Ryan Hagglund, Sophia Kosturos
Meadow, Boys 13-14, 200 Medley, 1:44.07 (previous record 1:46.101) and 200 Free 1:31.52 (previous record 1:32.78)
Swimmers: Samuel Ayers, Michael Dakis, Max Younger, Eli O'Brien
Sleepy Hollow, Boys 11-12, 200 Free, 1:43.74 (previous record 1:46.12)
Swimmers: Grayson Meckfessel, Anthony Bradley, Dominic Bradley, Jackson Oxner

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Lafayette Swim Conference Celebrates Friendly Competition

Springbrook finishes with a 'Three-Peat'

By Scott Wu

Signs, banners, and painted cars have been seen throughout Lafayette for the past few weeks in anticipation of one of the biggest swim meets of the summer. On Aug. 2-3, caravans of painted cars and legions of strong swimmers congregated at Acalanes High School's Heaston Aquatic Center for the 2014 Lafayette Swim Conference Championship Meet.

"The meet is exciting for many of the swimmers because it is the first exposure to a meet of this size, with many competitors, big blocks and their names in lights on a big scoreboard," said meet director Lisa Pasalacqua.

Swimmers from six different teams raced with the intent of dropping times and scoring points for their respective clubs. Each morning there were preliminary trials, and in the afternoon, competition heated up with the finals. Finishing second and third last year, both Sun Valley and Rancho Colorados hoped to knock off last year's champions, the Springbrook Swim Club. However, Springbrook took the title for the third year in a row.

Springbrook came out strong in Saturday's finals of freestyle, breaststroke, and the medley relays. Swimmers from Springbrook took first place in over half of the freestyle events.

Still, competitors from all six clubs were dropping time from their individual records. It was a common to see beaming swimmers rise out of the water after shaving seconds off of their previous personal bests. "In addition to the competitive team atmosphere, dropping time is the best part about the Lafayette Championship Swim Meet," said Sun Valley swimmer Jakob Eaton, 13. Eaton, who still has a year left in his age group, dropped over a second on both freestyle and

breaststroke, his main events.

At the start of the second day, both Sun Valley and Rancho Colorados continued to fight to edge out Springbrook. Rancho Colorados trailed Springbrook by fewer than 500 points. Three of their relays broke LSC Meet records to push them closer to the point leader. The Sun Valley Rays also continued to swim fast with 60 percent of their swimmers recording personal best times. In the end, Springbrook won with 4,143.5 points.

Springbrook and Rancho Colorados won Outstanding Relay Awards. Springbrook's 6-and-under girls and Rancho's 7-8 boys broke both the freestyle and medley relay records. The Hogs' Sadie Suppiger, 6, Ella Del Rosario, 6, Clara O'Connor, 6, and Addison Dankworth, 6, broke the previous medley relay record by a whopping three seconds.

Emily Gebhardt, 13, of Springbrook broke two meet records for the second year in a row, an outstanding feat. "I felt like I was quick on the dive and on the walls, which helped me race much faster," said Gebhardt. With Gebhardt's help, Springbrook Swim finished 788.5 points ahead of second place Rancho Colorados' 4,143.5.

While Springbrook took the title, other teams were rewarded as well. The Sun Valley Rays earned the Spirit Award. The Oakwood Sharks and Marlins were the most improved club, nearly doubling their point total from last year.

Overall, the Lafayette Conference Championship Swim Meet was a both competitive and fun. Not only did over 64 percent of all swimmers drop time, but also the community atmosphere seemed to add extra excitement.

"It's just fun to get every club out here swimming together," Eaton said.



Jack Avery, of Springbrook, swims the 100 freestyle.

Photos Gint Federas



Olivia Williams, of the Sun Valley Rays, was a high point winner.



Evan Clark, of Springbrook, competed in the boys 11-12 50 breaststroke.



Caitlin Smith, of LMYA, is a high point winner for the second time.



Springbrook celebrates winning the LSC meet for the third straight year.

Results:

1.	Springbrook Swim Team	4,932
2.	Rancho Colorados Swim Team	4143.50
3.	Sun Valley Rays Swim Team	3,229
4.	LMYA Dolphins Swim Team	2,442
5.	Pleasant Hill Dolphins	2,117
6.	Oakwood Sharks and Marlins	851.50

High Point Winners:

6 & Under:	Girls: Sadie Suppiger, Springbrook, 72 points
	Boys: Mason Schlehr, Springbrook, 69 points
7-8:	Girls: Olivia Williams, Sun Valley, 72 points
	Boys: John Mendelsohn, Rancho Colorados, 72 points
9-10:	Girls: Caitlin Smith, LMYA, 72 points
	Boys: Jack Wood, Springbrook, 72 points
11-12:	Girls: Sophie Lurie, Sun Valley, 72 points
	Boys: Zach Kuo, Springbrook, 72 points
13-14:	Girls: Emily Gebhardt, Springbrook, 72 points
	Boys: Riley Smith, LMYA, 69 points
15-18:	Girls: Lucy Fellner, Rancho Colorados, 68 points
	Boys: Jack Avery, Springbrook, 69 points

Records:

Emily Gebhardt, Girls 13-14, 50 Freestyle, 24.71 (24.99 previous record) and 50 Fly, 27.23 (previous record 27.26)

Sophie Lurie, Girls 11-12, 50 Breast, 32.71 (32.76 previous record)

Relays:

Springbrook, Girls 6 & Under, 100 Medley, 1:33.72 (previous record 1:36.21) and 100 Freestyle Relay 1:21.37 (previous record 1:22.84)
Swimmers: Sadie Suppiger, Ella Del Rosario, Clara O'Connor, Addison Dankworth

Rancho Colorados, Boys 6 & Under, 100 Medley, 1:35.79 (previous record 1:35.98)
Swimmers: Blake Robison, Dylan Felson, Jasper Brock-Utne, Nikoloas Tzorbatzakis

Rancho Colorados, Boys 7-8, 100 Medley, 1:12.16 (previous record 1:12.49) and 100 Freestyle, 101.80 (previous record 1:02.71)
Swimmers: Sammy Lee, Jon Mendelsohn, Walker Smith, Paul Kuhner

Lafayette Pétanque Team Wins National Championship

Submitted by Agnès Girard



Lafayette Triple men's team. From left: Gilbert Sonet, Noah Sonet, Pascal Gravier Photo Agnès Girard

The Lamorinda Pétanque Club hosted both the 2014 Federation Pétanque USA (FPUSA) Men's and Women's National Triples Championships and the World Qualifiers on Aug. 2-3. The Lafayette Triple men's team won first place in the 2014 FPUSA Cup after beating 14 teams that had traveled from across the country. The team is composed of Lafayette resi-

dents Pascal Gravier, Gilbert Sonet and his 11-year-old son, Noah Sonet. "I think that our adversaries underestimated my son, Noah," said Sonet, who added that Noah was the only youth in the championship. With the win, the team qualified to represent the U.S. in the 2015 World Championships in New Caledonia.

680 Takes Second

Submitted by Jeffrey Fara



Back row, from left: Dylan Fara (Campo), Reiner Lueth, Michael Bull, Jack Brown, Sam Torigino, Vincent Chappey, Matthew French; front row: Coach Matt Head, Garret Felix (Campo) Spencer Tagg (Campo) Daniel Gong, Scott Zurnacian (Campo) Yurii Hanley (Campo) Liam Williams, Coach Miles Price (Campo) Photo provided

Water polo club "680" finished in second place in the Boys' 18-and-Under division at 2014 Boys' National Junior Olympics tournament on July 29.

The team is comprised of Lamorinda athletes. 680 beat Newport Beach 8-7 in the semifinals, but they lost to Corona Del Mar 7-8 in the finals.

LLL Defends Title

Submitted by Suzanne Smith



Front row, from left: Dante Montgomery, Luke Souza, Kyle White, Evan Malmquist, Graham Smith, Sam Winkles, Will Berrien, Jack Wood; back row: Mike Castelli, Graham Oh, Will Stryker, Cade Finegold Photo provided

Under a hot July sun, the Lafayette 'Necks defended their crown and captured the title in the 10-year-old division of the Second Annual Buckeye Classic on July 26-31. The team finished undefeated in the tournament,

completing its title run with a 12-2 victory over Moraga. In addition to an impressive display of hitting and pitching, the 'Necks also set the tournament record for snow-cone consumption.

Nothing "Sleepy" About It

Submitted by Carrie Waechter

Sleepy Hollow Swim and Tennis Club hosted the 28th Annual "B" Invitational swim meet. On July 27, "B" swimmers from nine teams within the Orinda Moraga Pool Association competed for high point honors.

High Point Winners:

- 6 & under girls - Margaret Meckes, OPP
- 6 & under boys - Jason Ma, Miramonte
- 7/8 girls - Lexie Popper, Meadow
- 7/8 boys - Damian Wyszynski, SH
- 9/10 girls - Cassie Charlton, Miramonte
- 9/10 boys - Griffin Brown, Meadow
- 11/12 girls - Lauren Owens, OPP
- 11/12 boys - Charlie Baker, SH and Nate Isaeff, OPP
- 13/14 girls - Sydney Vranesh, MCC
- 13/14 boys - Zach Flagg, SH
- 15-18 girls - Meghan Rogers, MVP
- 15-18 boys - Max Vukelich, SH



Margaret Meckes



Jason Ma



Lexie Popper



Damian Wyszynski



Griffin Brown



Lauren Owens



Charlie Baker



Nate Isaeff



Sydney Vranesh



Zach Flagg



Meghan Rogers



Max Vukelich

International Competitors

Submitted by Linda Bower



From left: Yara Elian, Daria Torba, Taylor Fair, Lauren Simonelli, Sophia Kong Photo provided

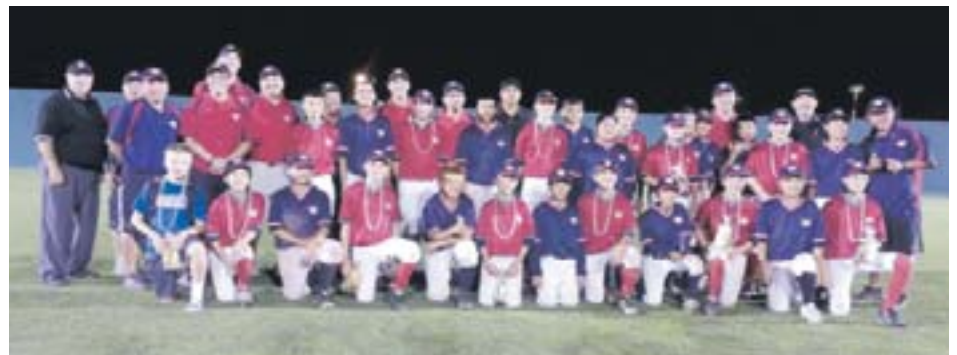
Two Lamorinda athletes will represent the Walnut Creek Aquanauts and the United States at the UANA Pan American Games in Riverside on August 11-16. The competition will be the highlight of the competitive year for national-level athletes and will feature the top synchronized swimming prospects from North, South and Central America.

Sophia Kong of Moraga is a fifth grader at Camino Pablo Elementary School. Earlier this summer, Kong was a two-time silver medalist at the 2014 Age Group Nationals in team and duet.

Daria Torba of Orinda is a sophomore at Miramonte. She has been named to the National Team three times.

'Rock'-ing Cooperstown

Submitted by Dennis Wong



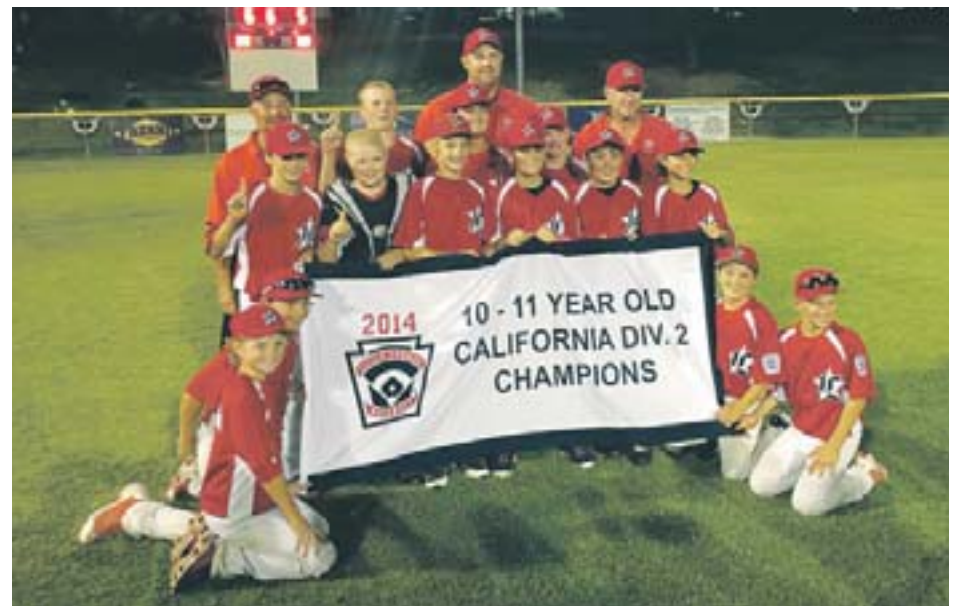
Orinda Rock players pose for a photo with the Hawaii Cyclones. Photo Shirley Wong

The 12U Orinda Rock completed a successful run at the Cooperstown Dreams Park in New York. It competed against 104 teams from around the country

during the week of July 19-25. The Rock finished 4-2 in pool play, ranking 39th overall. The team won its first playoff game, before losing to the 26th seed.

LLL Wins State Championship

Submitted by Matt Delaney



Front row, from left: Brady Huchingson, Tucker Gannon, Duke Varrellmann, Cole Murgia; middle row: Jack "JT" Byers, Jason Vorhauer, Mitchell Franklin, Sam Heyman, Drew Davidson, Patrick "PT" McLin; back row: coach Nick Murgia, Jake Delaney, John Kalil, coach Jason Vorhauer, Thatcher Hurd, manager Jim Huchingson Photo provided

Lafayette Little League's 11-year-old All-Star team made history this summer, winning the program's first ever Northern California divisional title on July 25. This is the first time in history that a Lafayette Little League team has won the Sectional Championship as well as the State Championship. Lafayette finished with a record of 15-2. The team outscored its opponents 147-55. Lafayette beat River Park twice in the State Championship and beat Petaluma Valley twice in the Sectional Championship.

courageous performance on the mound by Jake Delaney, who was also the starting pitcher in the Sectional Championship game.

Seven players combined for 21 home runs, led by Sam Heyman (nine home runs, 32 RBIs), Brady Huchingson (three home runs, 18 RBIs), John Kalil (three home runs), Mitchell Franklin and Duke Varrellman (both with two home runs), and Drew Davidson and Jake Delaney (each with one home run).

Kalil, Delaney, Heyman and Jack "JT" Byers anchored the pitching staff with Cole Murgia, Tucker Gannon and Patrick "PT" McLin providing relief on the mound.

The 11-year-old boys finished solid with a

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Lamorinda OUR HOMES

Lamorinda Weekly Volume 08 Issue 12 Wednesday, August 13, 2014



Digging Deep with Cynthia Brian ...read on page D13

High Tech Gadgets Help Seniors Stay Safe at Home

By Cathy Dausman



A heat sensor mounted above the oven can alert Justin Pickering if his father has left the burner on.

By all accounts Roger Pickering, 72, is an active senior who still lives on his own in the East Bay. But his son worries about his widowed father, al-

though he lives just 10 minutes away in Lafayette. Is his father awake or asleep? Did he take his medication on time? Did he leave a door open? Did he fall in his house or did he sim-

ply fall asleep watching TV?

Pickering has bad knees and his house has “a lot of steps,” says his son, Justin Pickering. Falls are the leading cause of fatal and non-

fatal injuries in U.S. adults over 65 (40 million), according to the Centers for Disease Control and Prevention; one out of three people in that age range falls each year.

Justin Pickering has also worried more since his mother died in 2012, leaving his father alone. “Yeah, I’m the sole caregiver [for my dad],” he said. He wasn’t actively searching for a way to keep an eye on his father, having briefly considered using a baby monitor system, but when he stumbled across the SafeinHome technology, he knew he was on to something.

SafeinHome is a smartphone app where sensors are placed unobtrusively around the senior’s home, explained company representative Shelly Gordon. She said it is just “one example of the exploding ‘aging in place’ tech market that Aging in Place magazine said will reach \$30 billion by 2018.”

High tech interfaces between the senior population and their baby boomer children allow the older generation to remain at home longer and more safely.

... continued on page D4

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Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	19	\$583,500	\$2,450,000
MORAGA	22	\$455,000	\$1,692,000
ORINDA	28	\$478,000	\$2,650,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

LAFAYETTE

3299 Beechwood Drive, \$810,000, 2 Bdrms, 1278 SqFt, 1950 YrBlt, 7-16-14;

Previous Sale: \$515,000, 05-30-02

12 Dianne Court, \$1,895,000, 5 Bdrms, 2697 SqFt, 1975 YrBlt, 7-10-14

3954 El Nido Ranch Road, \$1,520,000, 4 Bdrms, 3459 SqFt, 1981 YrBlt, 7-17-14;

Previous Sale: \$1,295,000, 06-28-06

42 Knox Drive, \$1,005,000, 3 Bdrms, 1657 SqFt, 1978 YrBlt, 7-17-14;

Previous Sale: \$805,000, 02-25-09

750 Los Palos Drive, \$1,375,000, 3 Bdrms, 1674 SqFt, 1951 YrBlt, 7-11-14;

Previous Sale: \$560,000, 01-12-12

3181 Lucas Drive, \$998,500, 4 Bdrms, 1675 SqFt, 1963 YrBlt, 7-16-14

4049 Marianne Drive, \$1,040,000, 4 Bdrms, 2067 SqFt, 1941 YrBlt, 7-7-14;

Previous Sale: \$307,500, 04-30-96

1403 Meadowlark Court, \$2,450,000, 4 Bdrms, 3745 SqFt, 1959 YrBlt, 7-8-14;

Previous Sale: \$1,750,000, 07-14-04

675 Moraga Road, \$1,670,000, 4 Bdrms, 4674 SqFt, 1981 YrBlt, 7-1-14;

Previous Sale: \$935,000, 02-20-13

3305 North Lucille Lane, \$1,020,000, 4 Bdrms, 1964 SqFt, 1951 YrBlt, 7-15-14;

Previous Sale: \$830,000, 04-03-08

1089 Oak Hill Road, \$1,325,000, 3 Bdrms, 1337 SqFt, 1951 YrBlt, 7-11-14

3181 Old Tunnel Road, \$1,240,000, 3 Bdrms, 1736 SqFt, 1953 YrBlt, 7-11-14;

Previous Sale: \$425,000, 03-19-99

420 Read Drive, \$912,000, 3 Bdrms, 1476 SqFt, 1957 YrBlt, 7-7-14;

Previous Sale: \$317,000, 12-20-95

2 Shreve Lane, \$765,000, 7-2-14

3426 Stage Coach Drive, \$2,300,000, 5 Bdrms, 4289 SqFt, 2012 YrBlt, 7-8-14;

Previous Sale: \$1,979,000, 05-24-13

1903 Via Ferrari, \$1,286,000, 4 Bdrms, 2612 SqFt, 1984 YrBlt, 7-3-14;

Previous Sale: \$1,140,000, 03-28-08

995 Victoria Court, \$965,000, 3 Bdrms, 1509 SqFt, 1970 YrBlt, 7-1-14;

Previous Sale: \$260,000, 05-17-88

1208 Vacation Drive, \$920,000, 3 Bdrms, 1450 SqFt, 1957 YrBlt, 7-17-14;

Previous Sale: \$287,000, 08-27-93

26 White Oak Drive, \$583,500, 4 Bdrms, 1874 SqFt, 1959 YrBlt, 7-9-14

... continued on page D8



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High Tech Gadgets Help Seniors Stay Safe at Home

... continued from page D1

The list of technologies either currently available or under development include toilets that test for urine sugar levels, body fat, and blood pressure, “smart spectacles” that aid the vision impaired to navigate their homes, beds that monitor a patient’s vital signs, video games that detect early signs of dementia, and even stoves that turn off when their owners forget to (<http://aginginplace.com/mini-2/technology-for-aging-in-place/3/>).

In the Pickering home, ceiling mounted sensors about the size of smoke alarms track Roger’s progress throughout the house and notify Justin when anything unusual happens. SafeinHome and similar technologies, including Lively and Quiet Care are passive systems, designed for a caregiver to monitor. Other systems like personal emergency response (PERS) buttons, use a pendant or wristband and require user activation. Gordon said some seniors don’t use the PERS button either because they misplace the button or “don’t want to bother anyone.”

Father and son agree their system gives them peace of mind.

“It’s cool,” Justin Pickering said. “It takes the worries off my shoulders.” Roger Pickering, who used to work in the Information Technology field, likes the system too, and reminds his son to check its operation often.

“It gives me a sense of assurance,” the older Pickering said. The possibility of falling or being immobilized without anyone knowing was a regular topic of discussion among the members of Pickering’s senior support group, but he said his research on help-in-home systems was limited to reading about them in AARP magazine. Now Roger Pickering uses his system to monitor “comings and goings” at his own house. By consulting his smart phone, for example, he can be away when the house cleaners are working, and know exactly when they leave.

“I didn’t know I needed it,” Justin Pickering said. “Now I can’t live without it.”



Roger Pickering points out the black antenna that receives wireless information from the SafeinHome sensors around his house.

High Tech Help

Technological devices and interfaces help seniors age in place, and offer a way for caregivers to monitor loved ones from afar. For example, GrandCare Systems (<https://www.grandcare.com/>) uses the Internet and the senior’s TV to communicate, with wireless sensors to monitor wellness, including motion, body temperature, door position, blood pressure, weight, and other programmed, customized variables. For information about additional resources, visit the following websites:

<http://www.safeinhome.com/>

<http://www.mylively.com/>

<http://www.careinnovations.com/about/>

Rest Assured Telecare: <http://www.rescare.com/homecare-services/rest-assured-telecare/>

For information about how a PERS works, visit:

http://www.caregiver.com/channels/tech/articles/PERS_faqs.htm.

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63 Bacon Court is approximately 1664 sq. ft. with four bedrooms and two full baths. Not included in the square footage is a 120 sq. ft. bonus room which has been a great office but could easily be a child's play room. Also not included in the square footage is a spacious separate laundry room with a separate entrance. The kitchen, with a stylish breakfast bar, opens to the dining area and adjacent family room with access to the large inviting level back yard. This charming home is perfect for family life, indoor/outdoor living and entertaining. Just minutes to highway 24 for an easy commute and top rated Lafayette schools. **Come live the Ridge life!**



www.63BaconCourt.com

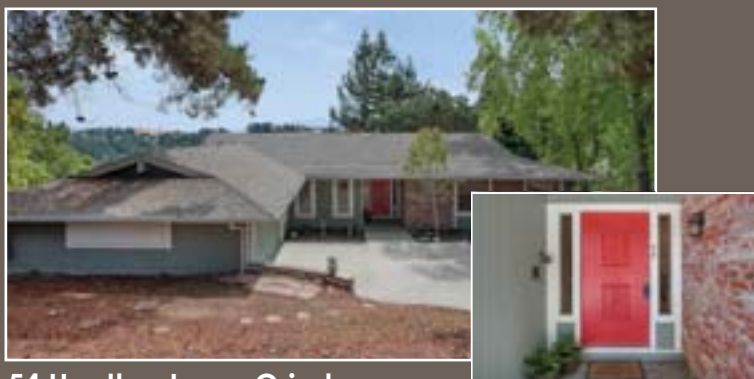
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New Listings by Alex Gailas



54 Heather Lane, Orinda

Charming house, beautifully remodeled with a wonderful floor plan, 1877 sq.ft., 3 bedrooms, 2 baths with bonus in-law unit on .77 acre premium lot, walls of glass capturing majestic views of hills and Mt. Diablo, quiet street, just minutes to Meadow swim and Tennis club, Glorietta Elementary School, Downtown, Bart and Freeway. **\$1,150,000**



87 Loma Vista Drive, Orinda

A story book 1715 sq.ft. house on 0.50 acre lot, includes 2 formal lots of .23 and .26 of an acre, which are both combinable. The house has beautiful serene woodsy views and old world charm. Totally private with terraced areas for kids to play, relax and entertain. Large in-law unit is a bonus with living room, bedroom, kitchen and full bath. Unique opportunity to build another house or expand existing one. Great location, close to Shopping, Bart and Freeway. **\$1,049,000**

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Nestled in the heart of desirable Happy Valley on almost an acre, this beautifully updated traditional home with crisp white trim and detailing has timeless style and classic design. Complete with a thoughtfully planned single story floor plan, high ceilings, walls of glass, bay and double hung windows, the home beautifully integrates light and spaciousness with seamless indoor/outdoor living. With a gated driveway entrance, this special property has a charming front entry with traditional white fence and railing, brick lined pathways to brick front porches, level yards, a patio with an outdoor used brick fireplace, and lush natural landscaping.

The location is ideally situated close to Happy Valley Elementary School, walking pathways, trail to Briones Regional Park, vibrant downtown Lafayette, and easy BART and highway access.



*Per Seller Plans **Per Tax Records



Lamorinda Home Sales recorded

...continued from Page D2

MORAGA

1977 Ascot Drive #4, \$630,000, 3 Bdrms, 1792 SqFt, 1985 YrBlt, 7-8-14

2026 Ascot Drive, \$455,000, 3 Bdrms, 1687 SqFt, 1972 YrBlt, 7-10-14; Previous Sale: \$335,000, 06-01-09

599 Augusta Drive, \$1,440,000, 2 Bdrms, 1991 SqFt, 1984 YrBlt, 7-11-14; Previous Sale: \$1,100,000, 06-01-07

613 Augusta Drive, \$710,000, 2 Bdrms, 1262 SqFt, 1977 YrBlt, 7-2-14; Previous Sale: \$409,000, 06-29-01

720 Augusta Drive, \$730,000, 2 Bdrms, 1743 SqFt, 1974 YrBlt, 7-16-14; Previous Sale: \$615,000, 06-22-12

907 Augusta Drive, \$1,185,000, 4 Bdrms, 3424 SqFt, 1989 YrBlt, 7-3-14; Previous Sale: \$967,000, 07-24-09

316 Calle La Montana, \$1,600,000, 4 Bdrms, 2340 SqFt, 1972 YrBlt, 7-1-14; Previous Sale: \$225,000, 10-01-85

1392 Camino Peral, \$555,000, 3 Bdrms, 1348 SqFt, 1971 YrBlt, 7-1-14; Previous Sale: \$565,000, 05-13-05

32 Carr Drive, \$1,175,000, 4 Bdrms, 2578 SqFt, 1973 YrBlt, 7-9-14; Previous Sale: \$529,000, 05-29-96

682 Carroll Drive, \$859,000, 3 Bdrms, 1589 SqFt, 1958 YrBlt, 7-10-14; Previous Sale: \$789,000, 07-22-04

93 Danefield Place, \$1,200,000, 3 Bdrms, 2354 SqFt, 1964 YrBlt, 7-9-14; Previous Sale: \$429,000, 01-12-95

1701 Del Monte Way, \$1,100,000, 3 Bdrms, 1863 SqFt, 1967 YrBlt, 7-8-14; Previous Sale: \$760,000, 07-15-10

11 Del Rio Court, \$1,225,000, 4 Bdrms, 2640 SqFt, 1969 YrBlt, 7-8-14

92 Gaywood Place, \$865,000, 4 Bdrms, 1839 SqFt, 1967 YrBlt, 7-17-14; Previous Sale: \$64,000, 05-10-74

157 Hodges Drive, \$1,130,000, 4 Bdrms, 2485 SqFt, 1963 YrBlt, 7-2-14

6 Lamp Court, \$1,692,000, 4 Bdrms, 3732 SqFt, 1985 YrBlt, 7-9-14; Previous Sale: \$664,000, 12-16-87

38 Lenelle Court, \$1,025,000, 6 Bdrms, 3360 SqFt, 1968 YrBlt, 7-15-14; Previous Sale: \$96,000, 04-01-77

83 Lynwood Place, \$1,365,000, 4 Bdrms, 2325 SqFt, 1963 YrBlt, 7-8-14; Previous Sale: \$550,000, 01-11-90

... continued on page D11

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The Feng Shui of Front Entrances

By Michele Duffy



The inviting front entryway of this Lamorinda home is clutter free, and invites vibrant energy into the home. Photos provided

With gardens in full bloom, late summer is a good time to step back and analyze the curb appeal of our homes, and the feng shui of the “power area” of the front entrance.

The front entrance is called the “First Pillar” or power area since it is the “mouth of Qi” or “doorway to prosperity;” it plays a huge role in the overall feng shui of the entire home by bringing abundant, healthy, vibrant energy or Qi to the front entrance, and welcoming it into your home and life. If the feng shui at the front entrance is healthy then the entire home will also have ample Qi or energy throughout to nourish the nine life areas of the Feng Shui Bagua map.

First, is the front door easily accessible? If the front door is difficult to locate, then visitors, luck, opportunities and money will also have difficulty finding us. Pretend that you are a visitor and critically analyze the ease with which you can locate your front door. Adding welcome signs with arrows pointing to your walkway leading

to the front door may do the trick, or making sure house numbers are easy to see, but there are other simple, creative feng shui solutions for those homes with hard-to-find front entranceways.

The front door in the front entranceway always resides in one of the three areas along the door wall of the Feng Shui Bagua map: the far left area (Self Knowledge and Cultivation); the middle area (Career and Money); or the far right area (Helpful People). Those three front entranceway areas are ruled by the earth, water and metal elements so having a good mix of these elements near or around the front entrance is good feng shui.

Make sure the front yard and front entrance is neat and clean, free of clutter, debris and broken items, and toss your old welcome mat, replacing it with a fresh one that is functional, clean, and attractive.

... continued on page D12

Lamorinda Home Sales recorded

...continued from Page D8

MORAGA ... continued

1056 Sanders Drive, \$975,000, 4 Bdrms, 2067 SqFt, 1961 YrBlt, 7-14-14; Previous Sale: \$1,000,000, 04-22-08

91 Shuey Drive, \$925,500, 3 Bdrms, 1449 SqFt, 1964 YrBlt, 7-16-14

473 Tharp Drive, \$1,250,000, 4 Bdrms, 2759 SqFt, 1965 YrBlt, 7-9-14

532 Woodminster Drive, \$581,000, 2 Bdrms, 1620 SqFt, 1974 YrBlt, 7-1-14; Previous Sale: \$240,000, 09-27-99

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24 Altamount Drive, \$1,050,000, 3 Bdrms, 1877 SqFt, 1948 YrBlt, 7-16-14; Previous Sale: \$335,000, 05-19-94

108 Barbara Road, \$1,500,000, 4 Bdrms, 4116 SqFt, 1998 YrBlt, 7-1-14; Previous Sale: \$180,000, 03-24-97

73 Brookwood Road #8, \$478,000, 2 Bdrms, 1020 SqFt, 1962 YrBlt, 7-3-14; Previous Sale: \$195,000, 06-12-98

3 Canyon View Drive, \$2,000,000, 4 Bdrms, 3872 SqFt, 1976 YrBlt, 7-10-14; Previous Sale: \$935,000, 11-20-96

4 Carisbrook Drive, \$1,035,000, 2 Bdrms, 1552 SqFt, 1959 YrBlt, 7-11-14; Previous Sale: \$339,000, 01-23-97

36 Charles Hill Circle, \$2,225,000, 5 Bdrms, 4168 SqFt, 1959 YrBlt, 7-9-14; Previous Sale: \$2,250,000, 11-18-04

46 Citron Knoll, \$1,357,000, 7-8-14

100 Claremont Avenue, \$825,000, 3 Bdrms, 1520 SqFt, 1962 YrBlt, 7-1-14; Previous Sale: \$580,000, 05-20-03

134 Crestview Drive, \$1,325,000, 3 Bdrms, 2999 SqFt, 1948 YrBlt, 7-3-14

45 Don Gabriel Way, \$1,115,000, 3 Bdrms, 2331 SqFt, 1950 YrBlt, 7-10-14; Previous Sale: \$410,000, 05-31-90

174 Glorietta Boulevard, \$1,170,000, 4 Bdrms, 2164 SqFt, 1952 YrBlt, 7-7-14; Previous Sale: \$390,000, 02-27-98

58 Hacienda Circle, \$1,440,000, 3 Bdrms, 3617 SqFt, 1942 YrBlt, 7-15-14

25 Las Vegas Road, \$979,000, 4 Bdrms, 2093 SqFt, 1952 YrBlt, 7-16-14

1 Lavina Court, \$785,000, 3 Bdrms, 1290 SqFt, 1952 YrBlt, 7-17-14; Previous Sale: \$776,000, 05-31-06

320 Miller Court, \$2,332,000, 7-15-14

645 Miner Road, \$2,650,000, 6 Bdrms, 4741 SqFt, 1955 YrBlt, 7-15-14; Previous Sale: \$2,637,500, 06-29-05

19 Monterey Terrace, \$2,325,000, 3 Bdrms, 4597 SqFt, 1997 YrBlt, 7-1-14; Previous Sale: \$190,000, 11-30-94

159 Moraga Way, \$967,500, 3 Bdrms, 1816 SqFt, 1939 YrBlt, 7-15-14; Previous Sale: \$555,000, 12-21-00

177 Moraga Way, \$945,000, 3 Bdrms, 2514 SqFt, 1940 YrBlt, 7-11-14; Previous Sale: \$837,000, 06-23-11

125 Sleepy Hollow Lane, \$1,445,000, 5 Bdrms, 3492 SqFt, 1950 YrBlt, 7-3-14; Previous Sale: \$1,160,000, 01-11-10

259 Sundown Terrace, \$1,980,000, 4 Bdrms, 3241 SqFt, 1988 YrBlt, 7-1-14; Previous Sale: \$877,500, 07-31-91

528 Tahos Road, \$2,262,500, 5 Bdrms, 5050 SqFt, 1965 YrBlt, 7-2-14; Previous Sale: \$1,275,000, 06-09-05

618 Tahos Road, \$1,804,000, 4 Bdrms, 3567 SqFt, 1968 YrBlt, 7-3-14; Previous Sale: \$1,400,000, 10-02-08

5 Valley View Lane, \$2,450,000, 3 Bdrms, 2875 SqFt, 2003 YrBlt, 7-3-14; Previous Sale: \$743,000, 07-25-01

8 Via San Inigo, \$1,120,000, 4 Bdrms, 2840 SqFt, 1960 YrBlt, 7-3-14; Previous Sale: \$405,000, 07-03-97

41 Vista Del Mar, \$1,300,000, 5 Bdrms, 3245 SqFt, 1962 YrBlt, 7-3-14; Previous Sale: \$1,065,000, 05-04-11

1 Westwood Court, \$1,050,000, 3 Bdrms, 2982 SqFt, 1984 YrBlt, 7-3-14; Previous Sale: \$375,000, 08-07-85

32 Wild Plum Way, \$1,343,000, 7-18-14

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The Feng Shui of Front Entrances

... continued from page D10

Next, ensure that the front of the property is sufficiently lit, such as the walkways leading up to the front door, as well as the lights that flank the front door itself. Always make sure to replace burnt out light bulbs immediately. Lighting has obvious safety benefits but also represents the fire element in feng shui which encourages inspiration, creativity and action.

Ample healthy plants, or pots of brightly colored, flowering, and fragrant plants represent life force. Adding red or bright flowers attract positive Qi to our front entranceways. Blossoms of Myer lemon or protection orange trees, even the miniature varieties, symbolize “bearing fruit” in the specific Bagua area they are planted.

To really activate the front entranceway, consider adding a water feature; it will work to bring the healthiest life force to the First Pillar of the front entrance and en-

courage us to pause and reflect. While there are many options, not all fountains are good feng shui – especially if the water spout or water flow directional points downward. The feng shui water feature must include a water flow that travels upward initially and then the water cascades down over the sides of the fountain. Many local nurseries like Orchard and McDonnell are great sources for outdoor fountains, and many will deliver and set it up for you as well.

After making these changes to the front entranceway, take a moment to see if things shift in your life now that this important area of the First Pillar is addressed, adjusted and activated. Remember, feng shui isn't a one time or once a year adjustment, and tweaking is a huge part of the fun!



Enhance a specific Bagua area by planting Jasmine or a Meyer lemon tree.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. For more info, visit www.mandalafengshui.com, email spaceharmony@gmail.com, or call (520) 647-4887.



Digging Deep-Gardening with Cynthia Brian

Romancing the Stone

“When all the water has gone, only the largest stones will still remain in the riverbed.” –African proverb



If you want color around your river, nasturtium, dahlia, petunia, and baby roses brighten the landscape.

Fifty-eight percent of California is now experiencing exceptional drought conditions considered by experts to be worse than the droughts of 1924 and 1977. If we have learned anything from our state history, it is that water is a precious commodity. There is not enough water to subsidize our landscapes and many people are wondering how we can win the fight to minimize our usage of H₂O and still have an attractive garden. One solution is to romance the stone.

I'm not talking about replacing your landscaping with the tacky white gravel of the '70s, but instead installing an arroyo seco or dry creek which works not only as an alternative to a water feature, but becomes a useable water way when winter rains finally fall. Also called a rain garden, a dry brook will absorb and filter storm water preventing flooding, contamination, and soil erosion in winter while looking beautiful in the dry summer months.

Building a Dry Creek or Arroyo Seco

To be effective, a completed arroyo seco needs to mimic a small flowing river so that it is not only esthetically pleasing but can structurally channel run off water to an area where you need it. The finished goal is to have it look as natural as possible. In nature, streams twist, turn, and

curve, formed by a mixture of large river rocks, big boulders, smaller pebbles, driftwood, and plants.

Before you begin, ask yourself a few questions:

Why do you want an arroyo seco?

What are your expectations for the results?

Where is the optimum location?

How long and how wide will it be?

Will it work with the overall style of your home and current landscaping?

Will it have to be engineered or is this a DIY project?

How much can you budget?

Steps for DIY

Building a dry creek is remarkably simple. You may need some help with labor and lifting, but the rest is a pleasurable do-it-yourself project.

1. Observe natural creeks or streams. Take lots of photos. You'll notice that they don't follow any pattern, but meander.
2. Begin and end in an area that could realistically be a creek bed.
3. Determine the size, making sure to make some areas are wider and that the flow is sloping downhill.

... continued on page D14



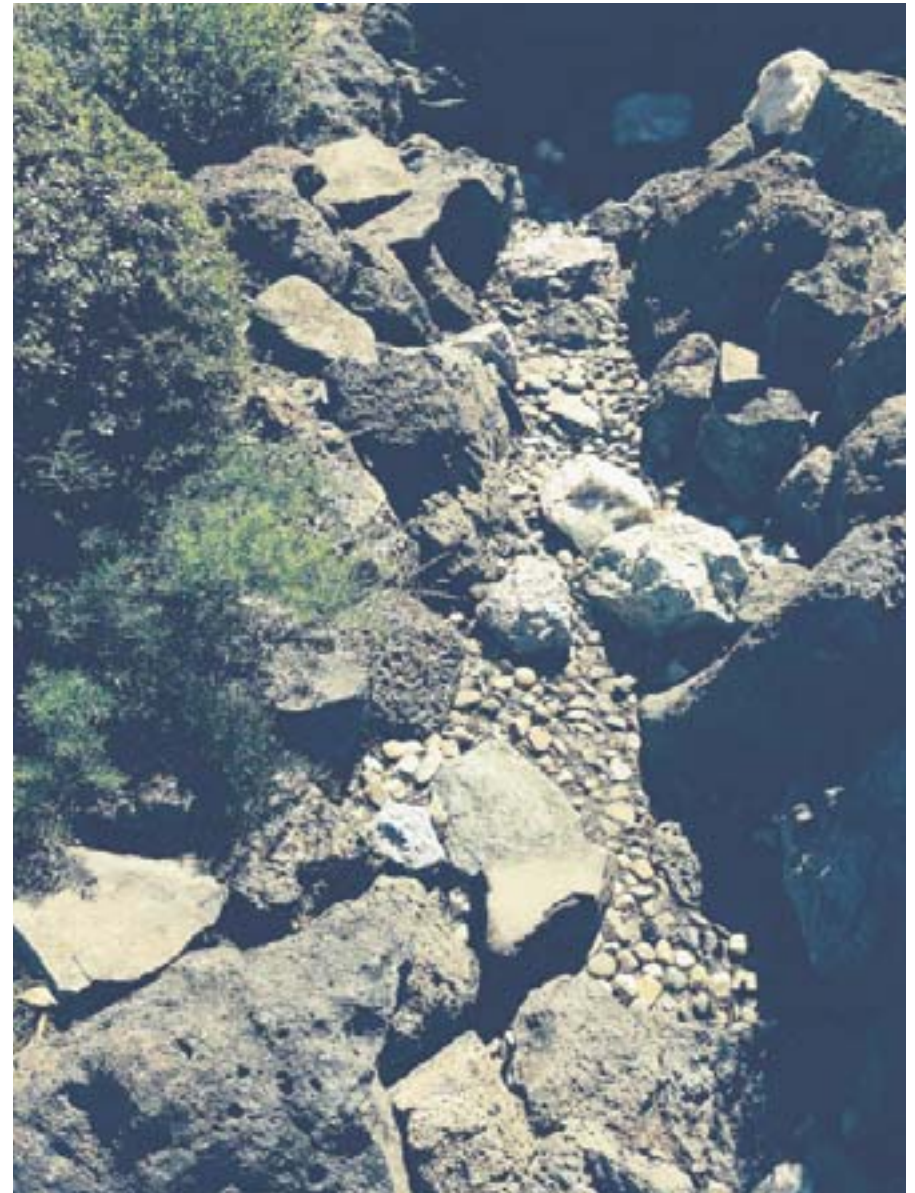
A dry creek planted with sage, lavender, and New Zealand Flax.

Digging Deep-Gardening with Cynthia Brian

Romancing the Stone

... continued from page D13

4. Remove any lawn and other vegetation. (Check with EBMUD if you are removing grass as you may qualify for a rebate by replacing your lawn with the new dry creek.)
5. Mark your design with landscape paint, flour, or spray paint.
6. Dig the creek bed twice as deep as it is wide. It's easiest to shovel the dirt from the middle to build up the sides of the banks.
7. Tap the soil down firmly several times until it is solid.
8. Line the channel and sides with landscape cloth. You can purchase landscape cloth in rolls that are 4 feet by 50 feet for about \$30 at hardware and garden centers. Attach the cloth to the dirt with inexpensive landscape pins, which cost about \$6 a bag.
9. Cover the cloth with pea gravel and/or sand. I use sand as a base, then gravel on top as it doesn't wash away easily.
10. Visit a local quarry, masonry supplier, or landscape center that carries rocks and boulders to choose the various sizes to add to your creek. You will need to walk around and decide on the color and types of rocks you want. Again, think natural looking.
11. Order gravel, sand, rounded river rocks, lava rocks, and boulders for delivery. There is normally a delivery charge, but check around.
12. Fill the channel and sides with the various sizes of rounded river rocks. Add a few boulders randomly throughout.



Lava rocks anchor this arroyo seco while river rocks, pebbles, and quartz add interest.

13. Finish the installation with the creek ending in a spillway of gravel and rocks that segue to your landscape naturally or if you have a pond, end your creek here.
14. Tuck reeds, grasses, bulbs, and flowers into crevices on the topsides and add whatever other plants fit your design and color desires.
15. If appropriate, add a flagstone bridge, or large stepping stones to walk across the stream.
16. Solar lights are a terrific enhancement for nightscaping.



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Plants

The plants you choose will depend on your sun and shade exposure, water needs, size of your creek, location, and landscape design. You can make your dry creek elegant, woody, wild, or a combination. Slip a fern between the rocks and allow for cascading blossoms from lobelia or lantana to soften the system. Choose specimens of interest from this minimal selection.

Ornamental grasses	Pussy Willow
Succulents	Crocus
Iris	Cat Tails
Wild Strawberry	Mexican Bush Sage
Ferns	Calla Lilies
Hosta	Canna
Astilbe	Dahlias
Lantana	Horsetail
Lavender	Corabells
Nasturtium	Bleeding Heart
Baby roses	Lamb's Ear
Daylilies	Sago Palm
Sedum	Peony
Society Garlic	Natives
Trailing Rosemary	Annuals (petunias, zinnia, cosmos, etc)
Shasta Daisy	

Trees that complement a dry creek may include willow, Japanese maple, Birch, and Weeping Cherry.

By improving our water conservation, water use efficiency, and getting creative with our water recycling, landscaping, and runoff prevention techniques, we will be able to weather the storm. Installing an arroyo seco addresses many of these sustainable strategies while beautifying our environment.



Happy Gardening! Happy Growing!

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56 La Vuelta Country Club Contemporary 2,472sf hm offers bright, open living spaces & gorgeous views. Well appointed 4 bdrms & 3 baths. Kitchen/fam rm layout inviting & ideal for entertaining. **\$1,028,500**

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62 Van Tassel Lane Charm abounds in this 4bd/3.5ba, 3422sf traditional on .68ac in Sleepy Hollow. Formal LR & DR; eat-in kitchen/ family combo; master retreat w/large separate office; and den/study room. **\$1,295,000**

ORINDA



36 Linda Vista Country Club neighborhood beauty & convenience combine in this 5bd/5.5ba of over 3098sf incl. "Nanny" unit & sep. 1bd/1ba cottage. Beyond belief sunset views + incredible design style. **\$1,439,000**

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7 La Encinal Move in ready 4bd/3ba w/large rooms + great light, abundance of windows. Vaulted ceils, hdwd flrs + updated kitchen & baths. Fam. rm off kit. opens to level area. Great deluxe master suite. **\$1,455,000**

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2 Los Altos Road Experience living on private .27ac lush setting in sought-after Country Club area. Remodeled 4bd/2.5ba of apx. 3035sf. Vaulted ceils, kitchen/fam rm, deluxe master ste. Beautifully landscaped. **\$1,549,000**

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81 Mossbridge Lane Beautifully updated apx. 4700sf, 6bd/5.5ba Traditional Orinda Downs gem! Form meets function in this exquisite home perched on a private lane. The home you have been waiting for! **\$2,650,000**

MORAGA



633 Augusta Drive Fabulous end unit twnhm in tranquil location adj. to lagoon yet easy walk to MCC swim, tennis & golf. Dramatic high ceiling liv.rm, formal din., great mstr + gigantic 3rd bd for ofc or playroom. **\$739,000**

MORAGA



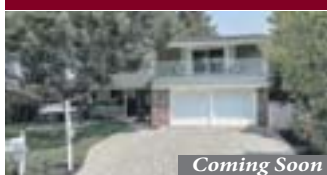
267 Paseo Bernal Spacious & sophisticated 3bd/2.5ba end-unit near shopping & restaurants. Bright & airy with vaulted ceilings & windows on three sides. Lovely private patio. **\$739,000**

MORAGA



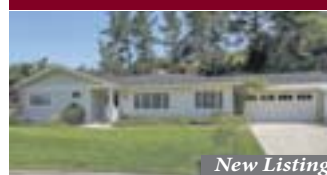
621 Augusta Drive Moraga Country Club 3bd/2.5ba End Unit Townhome w/new carpet, fresh paint, great outdoor living space, lagoon setting & close to tennis courts & Clubhouse. **\$835,000**

MORAGA



53 Rick Court Traditional 4bd/3ba cul de sac home on a level .42 acre lot close to top K-8 schools. Amazing kitchen/great room! **Call for Price**

MORAGA



1125 Larch Avenue Light & bright fully remodeled 4bd/2.5ba, 2367sf rancher on .42ac w/serene master retreat getaway. Gourmet kitchen/family rm combo overlooking backyard. Perfect for in/outdoor living. **\$1,249,000**

MORAGA



259 Corliss Drive Incredible 4bd/2.5ba remodel on half acre w/privacy, newly landscpd yd, paver patios, storage shed. High end chef's kit., oversized master suite. Walk to town, trails, park, library, transportation. **\$1,349,000**

LAFAYETTE



1023 Windsor Drive Beautiful renovated 4+bd/3ba with incredible attention to detail! Remodeled chef's kitchen & fabulous master suite, office/ gym, gleaming hardwood floors & great outdoor living with pool. **\$1,396,000**

DANVILLE



544 El Capitan Drive Great curb appeal! Spacious traditional Danville Station home w/large master suite, formal dining room, living room w/vaulted ceilings, family room w/fireplace & wonderful patio and lawn. **\$899,000**

WALNUT CREEK



20 Rodrigues Lane Gorgeous custom contemporary 3800sf home built in 2005, on private lane on Lafayette border w/over 1400sf of decking & covered patio. Views. Fully automated communications system. **\$1,995,000**



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