

LAMORINDA WEEKLY

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MORAGA CHAMBER OF COMMERCE
 4th Annual
Golf & Tennis Tournament

Monday September 21
 at the Moraga Country Club.
 Driving Range Practice 10:30am
 Lunch 10:30am - noon, Golf Scramble 12pm
 Tennis: Start Time 1pm
 www.moragachamber.org **open to non-members**

26,000 copies delivered biweekly to Lamorinda homes & businesses

FREE



A juvenile swallow waits for a meal from mom or dad at the Wilder sports complex in Orinda. You know that it's a juvenile, according to birder Erica Rutherford, because of the yellow lines across its bill. Soon it will fledge and leave the nest. Photo Chris Lavin

Protecting The Wild Things at Wilder

By Chris Lavin

With civilization encroaching on lots of land throughout Lamorinda, it's no surprise that a protected band of cliff swallows has taken up residence at the sports complex in the Wilder housing development in Orinda, seeking out their personal territory. They

are living right over bathrooms, not something humans would necessarily choose, but it suits their needs just fine.

"This Spanish architecture is perfect for them," said Erica Rutherford, a birder who lives in Oakland but frequents the Wilder territory. She started pointing out the supports for the

roof of the bathroom and the substructure, getting about as excited as one of the swallows flying by her head. "This emulates exactly what their natural environment would be, on a cliff, protected by an overhang."

... continued on page A14

Advertising

LAMORINDA WEEKLY

News	A2 - A14
Life in Lamorinda	B1 - B10
Not to be Missed	B8-B9
HOW TO CONTACT US	B9
Food	B10
Service Directory	B10
Sports	C1 - C3
Classified	C2
Shop Orinda	C4
Our Homes	D1 -D12
This Week Read About:	
Saranap Village Gets Smaller	A3
Lafayette Considers Sales Tax Increase	A2
Moraga Marquee Controversy	A5
Adobe Restoration Inches Forward	A6
New Orinda Council Member Chosen	A6
Pension Reform Discussed	A13
SMC Teacher Summit	B4
Lafayette Little League	C2



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PACIFIC UNION CHRISTIES

Helping Others is in Firefighters' Blood

By Nick Marnell



Daniel Andrade at Alta Bates Summit Comprehensive Cancer Center in Berkeley. Photo provided

For firefighter Daniel Andrade, donating his blood stem cells to an anonymous patient was not much different from his standard job procedure.

"It's just like running a call," said the Contra Costa County Fire Protec-

tion District firefighter. "You don't know anything about the people that you are helping. You help them no matter who they are. When you sign up to be a firefighter, it's totally in your DNA to help others."

After Andrade and the rest of the

Academy 47 firefighters completed a group training activity, they stopped at a booth sponsored by Be The Match, a bone marrow transplant registry, and entered their names. A representative swabbed the inside of Andrade's mouth for a DNA sample and after his tissue type was tested, he became nationally registered as a bone marrow donor.

Two months later, he received a phone call at work. "It was a rep from Be The Match," he said. "A gentleman needed a marrow transplant, and my DNA and his matched." The recipient was a 57-year-old male leukemia patient. "It hit home," said Andrade, whose dad is 58, and who saw a firefighter recently retire from ConFire because of leukemia.

People remain on the registry for 10, sometimes 20 years, before they are matched. "But two months? Wow! Those are crazy odds," he said. "My first thought was, OK ... let's do it!"

Andrade said that his ConFire peers were probably more excited than he was and offered to cover all of his missed shifts.

"I hadn't even thought about the risks," he said. But Andrade, having never been admitted to a hospital, did make one confirming phone call about the procedure. "My sister is a nurse. She said it was cool."

After physicals and blood tests came five days of blood preparation at Alta Bates Summit Comprehensive Cancer Center in Berkeley. Andrade received daily filgrastim injections to increase the number of blood stem cells and move them from his marrow into the bloodstream. "They didn't hurt too bad, but my joints filled up with marrow," he said. "My hips and knees swelled. I was completely worn out." His stay at a hotel in Berkeley, along with all of his medical and travel expenses, were paid for by the national program that operates the registry. ... continued on page A8

Civic News A1-A14

Moraga Planning Commission approves Via Moraga development project – page A4.

Fire Districts A8

Union questions station 46 joint venture – page A8.

Life in Lamorinda B1-B10

Volunteers pick up the pieces after garden vandalized – page B2.



Sports C1-C3

Local clubs in Water Polo Junior Olympics Championship Division – page C1



Our Homes D1-D12

Vintage pieces the perfect addition for home décor – page D1.

