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WEEKLY

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Luuu Lunch: 11:45 a.m.

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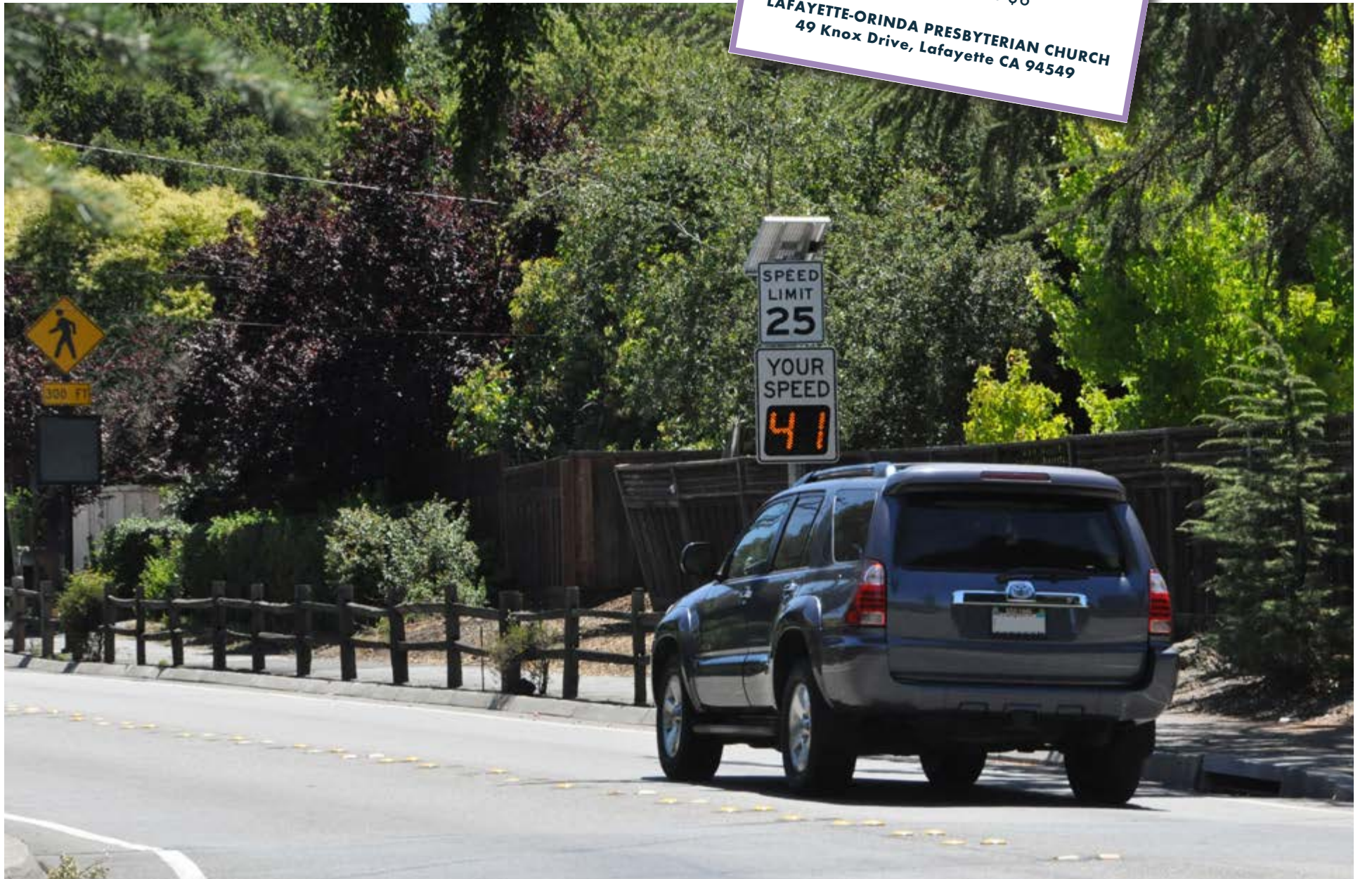
Adults \$12/Kids \$6

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Electronic speed signs like above on Moraga Road in Lafayette help to build awareness among drivers. Many drivers hit the brakes when approaching the sign last Saturday. Photo Andy Scheck

PDs Three Words: Slow Down Lamorinda!

By Sophie Braccini

A happy summer in the suburbs should mean sun, fun, friends and relaxation. No one wants increased traffic speed, inexperienced drivers and carelessness to lead to more accidents.

This is why the three Lamorinda police departments are reviving the Slow Down Lamorinda campaign that started in June of 2007 in the aftermath of three local speed-related

deaths. The three police chiefs say they'll be happy if this leads to zero infractions, because the campaign is about prevention and keeping people of all ages and in all modes of transportation safe.

Lafayette Police Chief Eric Christensen still remembers when his department received a call of an accident on one of Lafayette's long winding roads along the Orinda border a cou-

ple of years ago. The call was about a car into a tree, with several people trapped inside the vehicle and at least one person ejected from the vehicle. When officers responded, they found that the driver had lost control of the car, packed with seven kids. "The majority were transported to the hospital with injuries and I imagine they are still suffering the consequences of that day," says Christensen. ... continued on page A12

Lamorinda

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ORINDA ASSOCIATION PRESENTS - ORINDA JULY 4th PARADE

10:00 AM – PARADE STARTS

11:00 AM – PARTIES ON BOTH SIDES OF ORINDA

MORE INFORMATION AT ORINDAASSOCIATION.ORG

ConFire Chief: Reach Out, He'll Be There

By Nick Marnell



Jeff Carman Photo provided

The Contra Costa County Fire Protection District was in dire need of strong leadership. The district had closed four fire stations after a failed 2012 parcel tax initiative, the labor group had tuned

out management, property tax revenue was flat and according to the county administrator, the district was headed toward bankruptcy. Lafayette, a city that accounted for more than \$8 million a year in tax revenue, threatened to detach from the district after the closure of one of its fire stations and plans for a replacement station stalled. If that weren't doom and gloom enough, a consultant warned the county that the ConFire business model was unsustainable.

It was the exact opportunity that Jeff Carman, a 29-year veteran of the Roseville Fire Department, had been seeking.

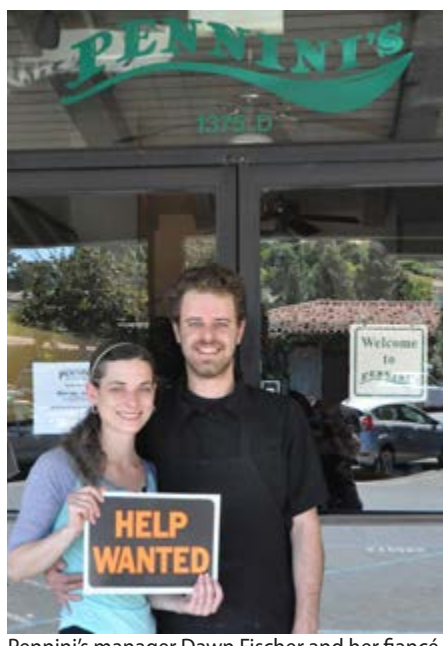
"I was ready for the challenge," said Carman, who took over as chief of the \$100 million district in October 2013. "They wanted someone who would look

at things differently. ConFire is much bigger than Roseville, so it was a little intimidating. I knew it wasn't a boutique fire department," – over 240 ConFire suppression personnel respond to 45,000 calls a year out of 25 staffed fire stations – "but I was up for it."

Carman, 52, in good enough shape that he recently took up snowboarding, started as a junior firefighter for the city of Grass Valley. As soon as he turned 18 he went to work for an ambulance company. He rose to assistant chief of operations at Roseville, leading the largest all-hazard fire district in the second-most industrialized county in California. There he faced his most difficult decision as an incident commander. ... continued on page A8

'Help Wanted' is Becoming a Familiar Sign in Moraga

By Jennifer Wake



Pennini's manager Dawn Fischer and her fiancé sous-chef Declan Johnston are looking to hire. Photo Andy Scheck

Walk the promenade at Moraga or Rheem Valley shopping centers and you'll see a common window display: help wanted signs.

In Moraga, Bianca's Deli, Mucho Wraps, Pennini's, and Moraga Hardware and Lumber, Across the Way, Lamorinda Pizza, Moraga Produce, Mountain Mike's, Tangelo and Graze all sport various signs in windows seeking extra help. Orinda and Lafayette seem less impacted, but signs can still be found at Jamba Juice, Chipotle, and Yogurt Shack near Whole Foods or at McCaulou's in all three Lamorinda locations. ... continued on page A9

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<p>Moraga Road to stay four lanes – page A4</p> <p style="background-color: red; color: white; padding: 2px;">Fire Districts</p> <p style="background-color: red; color: white; padding: 2px; float: right;">A8</p> <p>MOFD debating disparity in Orinda tax – page A8</p>	<p>Woman from Orinda is ordained as "Catholic" priest. – page B1.</p>		<p>Rio-bound synchronized swimmers practice at Soda Aquatic Center. – page C1.</p>		<p>Airbnb's are thriving in Lamorinda. – page D1.</p>		



Public Meetings

City Council

Monday, July 11, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Tuesday, July 5, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, July 11, 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 May 29 to June 11

Alarms	74
911 Calls (incl hang-ups)	13
Noise complaints	16
Traffic stops	87
Suspicious Circumstances	10
Suspicious Subjects	24
Suspicious Vehicles	25
Abandoned Vehicle	
3200 block Ameno Dr.	
St. Mary's Rd./Glenside Dr.	
3300 block St. Mary's Rd.	
Helen Ave./Betty Ln.	
School/Spring Streets	
Chestnut St./Dewing Ave.	
Animal Cruelty	
3600 block Mt Diablo Blvd.	
Animal Control	
Mt Diablo Blvd./Risa Rd.	
Barking dog	
3300 block Johnson Rd.	
Battery	
3300 block Betty Ln.	
Burglary, Auto	
3900 block Cowan Rd.	
1000 block Upper Happy Valley Rd.	
4000 block Mt. Diablo Blvd. (2)	
1000 block Blackwood Ln.	
3300 block Mt. Diablo Blvd.	
1000 block Woodbury	
Burglary, Commercial	
3100 block Camino Diablo (2)	
1000 block Blackwood Ln.	
3500 block Mt Diablo Blvd.	
Civil Problem	
Moraga Rd/Hamlin Rd.	
3500 block Brook St.	
Dispute, Verbal	
3500 block Mt Diablo Blvd.	
3300 block Mt Diablo Blvd.	
Disturbing the Peace	
3400 block Mt Diablo Blvd. (2)	
1200 block Pleasant Hill Rd.	
Drunk in Public	
50 block Lafayette Cir.	
Excessive speed	
800 block Rosedale Ave.	
Fare Evasion	
3200 block Apache Ct.	
Fraud	
3700 block Mt Diablo Blvd. (2)	
Harassment	
3900 block Quail Ridge Rd.	
30 block Bacon Ct. (by phone)	
Hit & Run	
Old Tunnel Rd/Pleasant Hill (2)	
3600 block Highland Rd.	
Mt. Diablo Blvd./First St.	
Police/Fire/EMS response	
1200 block Pleasant Hill Rd.	
10 block Dianne Ct.	
Public Nuisance	
600 block Lancaster Dr.	
1800 del Rey St.	
900 block Janet Ln. (2)	
Victoria Ave./Moraga Blvd.	
600 block Murray Ln.	
Murray Ln./Michael Ln.	
Promiscuous Shooting	
Acalanes Rd./Hwy 24.	
Reckless Driving	
Mt Diablo Blvd./First St.	
Moraga Rd./Mt Diablo Blvd.	
500 block St Mary's Rd.	

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Size of Saranap Development Still a Sticking Point

By Cathy Tyson

When the initial vision of the proposed Saranap Village project was unveiled in May 2013 by Walnut Creek-based Hall Equities, it received a fair amount of criticism from neighborhood residents in unincorporated Contra Costa County, just outside of Lafayette.

The developer has since downsized the project, reducing the number of housing units by 22 percent to 196 units and cut the amount of retail space in half from the original version. The project is spread over three sites around the intersection of Boulevard Way and Saranap

Avenue with a traffic circle in the center, and includes infrastructure modernization, bike and pedestrian improvements.

Paula Santi of the Saranap Homeowners Association says the reduction in height isn't enough. She's concerned that if this is approved it opens up the possibility of more dense, tall development on Boulevard Way and the proposed project is not in harmony with the existing neighborhood.

Some neighborhood residents are still concerned about the overall size, and have no love for the bulky six-story parking garage. The

tallest building has shrunk from 75 feet to 62 feet tall, which is still almost double the allowed height in the existing zoning.

Since Saranap is in unincorporated area, it is governed by the county Board of Supervisors. There was a county hearing on Monday, June 20 on the draft environmental impact report where comments were accepted both pro and con. Principal planner Will Nelson reports that there were two people commenting in favor of the project and six people opposing the project, with more attendees in the audience.

However, he said, in general over

the years he's been working on Saranap Village, he's noticed a recurrent theme – residents recognize that the area needs an upgrade, but are frustrated with the scale of the project.

The Saranap Village review will continue with a county planning hearing in September. After that, Nelson is anticipating an appeal, which will likely occur if the project is approved or denied. If it's denied, presumably the developer will appeal; if it's approved, a neighborhood group may appeal.

Ultimately it will go before the Board of Supervisors sometime in November or December.

City Turning Pavement into a Pair of 'Parklets'

By Cathy Tyson

After a trial run at the Art and Wine festival, city leaders approved a four-month pilot program to evaluate two "parklets" downtown. Lafayette is the first city in Lamorinda to be joining other municipalities including Berkeley, San Francisco, Seattle and Philadelphia that have embraced the popular concept.

The test drive will repurpose existing public parking spaces at two locations, one in front of El Jarro restaurant and the other in front of Oyama Sushi, Panache Caffé and 360 Gourmet Burrito. They will be transformed into public gathering spaces with seating platforms that are flush with the sidewalk, planters, and, of course, a barrier to separate the space from traffic. The bare bones parklets are slated to be installed on July 1 and remain through Nov.1 to gain data on their usage in a variety of weather conditions and to see if they can be a viable public amenity.

While adjacent business owners are looking forward to the casu-

al garden spots, they are not meant to be used exclusively by those business. Instead, pedestrians, dog walkers, folks strolling by with a coffee or ice cream, along with take-out food patrons, are welcome to sit, relax and enjoy the parklet.

Young Yoon is the owner of Panache Caffé, and she said she and the managers of Oyama Sushi and 360 Burrito have come together and agreed to water plants and keep the space tidy. There's a mutual interest for the city and adjacent business owners to maintain the spaces. If it turns out the experiment is a bust, the city can always pull the plug, and remove one or both parklets, if necessary.

Materials were donated last year by a Lafayette resident for the demonstration parklet which will be reused. Railings, pressure treated redwood decking, on-street protection and seating are estimated to be less than \$5,000 for the second parklet. City staff visited Martinez and worked off of its design as a template.

"It's kind of like building a puzzle," said Adam Foster, Lafayette's code enforcement officer and assistant planner who has been working on the parklet project along with transportation planner James Hinkamp. He explained that a sturdy frame is drilled into the as-



Photo provided

phalt and component deck tiles are inserted into the framework.

"That makes perfect sense to me," said council member Traci Reilly about the parklet that will be installed in front of 360 Burrito and the two adjacent businesses. The isolated parking spots are located at the awkward Dolores Drive and Mountain View Drive intersection near Trader Joe's, where the cross streets jog to the left.

Landlord Jim Dudum wrote a letter supporting the trial parklet that will be installed in the right-of-way in front of his building at the corner of Mt. View Drive, calling it a nice addition that adds to the beauty and uniqueness of the property.

One resident who is a frequent visitor at San Francisco's parklets

came to the June 13 city council meeting to voice his support. "You can't be a community at 35 miles per hour," he said.

Burton Valley resident James McFadden also chimed in that adding parklets will make the downtown more pedestrian-friendly for more residents. "I think it's really important."

Parklet organizers are planning to update the city council around Oct. 1 with feedback on the trial run. Time will tell if the fresh new parklets add vibrancy to the neighborhood, and encourage drivers to slow down. Mt. Diablo Boulevard cuts a wide swath through the city, offering more space for cars than for pedestrians. Is Lafayette ready to add a bit more space for people?

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Reporter Wanted

Lamorinda Weekly is looking for an Lafayette City Reporter

Job Description:
Beat reporter for Lafayette. Attend 2-4 meetings per month in the town assigned. Maintain relationships with city officials and community leaders. Write 1-2 articles per week covering subjects such as decisions made at City Council or Planning Commission meetings, community events, citizen profiles, police activities, or other interesting news items.

Required Qualifications:
Excellent writing and communication skills. Ethical and professional. Live or work in the Lamorinda area and have the ability to write balanced, researched, well-structured articles. Prior newsroom experience helpful, but not required.

Compensation: Compensation is made on a per meeting/article basis.

Contact: Lamorinda Weekly, PO Box 6133, Moraga, CA 94570, (925) 377-0977, wendy@lamorindaweekly.com
Attn: Wendy Schreck

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Cleaner Energy Option Coming to Lafayette

By Cathy Tyson

For the first time ever, energy choice is coming to Lafayette.

To announce the community choice energy program and educate residents, provider Marin Clean Energy is sending a series of five colorful mailers, in the form of post cards and letters, announcing the program over the summer. The first batch of 11,000 mailers went out to every electricity customer within the city of Lafayette during the week of June 20. The months-long outreach program is geared to give residents a complete picture of what greener power means, and how it works, prior to the September start date.

After thoroughly researching the issue, local lawmakers decided it was best to give residents a choice of where their energy comes from, and the opportunity to easily reduce their carbon footprint. MCE is a not-for-profit electricity provider that gives all PG&E customers the choice of having their power supplied from clean renewable sources like solar, wind, geothermal and hydroelectric. MCE partners with PG&E by generating the electricity, but PG&E continues to provide delivery and billing services. The utility still owns and reads their meters and is responsible for maintenance and repair services.

An MCE employee was working at the Lafayette city offices the week of the initial mailing, and city staff members have been trained about the program so they can answer questions for customers who come in to the city offices at 3675 Mt. Diablo Boulevard. Residents with questions can still visit the city offices, but they can also call or email provider MCE, or navigate the easy-to-use MCE website for more information.

“We want people to be informed, we don’t want to upset anyone,” said Jamie Tuckey, director of public affairs for MCE. People take energy for granted, they don’t really think about the impacts on the environment, she said.

One of the biggest differences between MCE and PG&E is that MCE is a public agency — there are no shareholders and no dividends, so revenue is reinvested in projects, programs and rebates that are paid to customers who generate

more energy than they use through rooftop solar panels. Electricity that MCE buys is fed onto the statewide shared electric grid and is delivered to homes and businesses.

Starting on a rolling basis in September, Lafayette customers will be automatically enrolled in MCE’s Light Green 50 percent renewable energy service, but can upgrade to Deep Green 100 percent renewable energy or Local Sol – 100 percent locally produced solar energy. There will be an exit fee for leaving PG&E, however. It’s also possible to opt out of MCE and use PG&E’s standard power that has 30 percent renewable content.

According to Tuckey, a typical household would see less than a \$1 difference in their monthly bill for those that do nothing and simply roll into the light green energy option, in addition to the exit fee. For customers that choose Deep Green power, the difference in price would be about \$5 more per month.

The benefit of renewable non-polluting electricity from MCE is the elimination of over 122,000 tons of greenhouse gas emissions to date, for a cleaner planet, MCE says. As MCE grows, it has committed over \$500 million to build wind, solar and waste-to-energy projects in California that also produce local jobs.

MCE was founded in 2008 and currently serves over 170,000 customers in Marin and Napa counties, along with Richmond, Benicia, El Cerrito, San Pablo. Lafayette will join Walnut Creek, Napa, American Canyon, Calistoga, St. Helena and Yountville, who are also starting service in September. It’s a total of approximately 93,000 new customers.

In 2002 the energy market changed when state legislators approved the California Community Choice aggregation law, which transferred the default status of an investor-owned utility to a local CCA when available. MCE is California’s first operating CCA program. The legislation mandated that customers living in a service area would automatically be enrolled, unless they opt out. For more information, visit www.mce-cleanenergy.org/Lafayette.

City Flies LGBT Flag in Support of Orlando




Provided by Steven Falk

For the first time ever, a gay pride flag was flown at half-staff, just below the American flag at Plaza Park recently, as a gesture of support for the victims in the Orlando, Fla., mass shooting.

In addition, before the June 13 city council meeting started,

long-serving council member Don Tatzin, filling in for the mayor and vice mayor who were both out of town, asked that everyone at the Community Hall at the Lafayette Library and Learning Center observe a moment of silence for the victims of the attack. — C. Tyson

Are you interested in becoming a School Board member? The Lafayette School District has two governing board positions up for election in November. To learn more about the role of a governing board member, please attend an informational workshop at 1 p.m. on Thursday, July 14 in the Lafayette School District Board Room, 3477 School Street. Contact Sharon Carman at (925) 927-3502 for additional information.







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Moraga

Public Meetings

City Council

Wednesday, July 13, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission

Tuesday, July 5, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Design Review

Monday, July 11, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

School Board Meetings

Moraga School District
TBA
Joaquin Moraga Intermediate School Auditorium
1010 Camino Pablo, Moraga
www.moraga.k12.ca.us
See also AUHSD meeting page A2

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 Report



Child custody issue 6/13/16:

An Ascot Drive resident's wife left for Toronto, Canada, with their 6-year-old-daughter after a verbal dispute. The father has been unable to get his daughter back to Moraga. The distraught Dad has been in telephone contact with his daughter, and doesn't want to pursue criminal charges against his wife. Police are referring this to an outside agency.

Traffic stop 6/11/16:

Police checked the California ID that a suspect had and performed a records check. The driver was found to have an outstanding misdemeanor warrant out from a nearby county, and was driving on a suspended license. The fellow was arrested and his vehicle was towed.

Hit-and-run 6/11/16:

Moraga cops came to Campolindo to assist an "outside agency" at 3 a.m. with a hit and run investigation. Cops located the suspect vehicle in the school parking lot. The male juvenile occupant was highly intoxicated and was in possession of numerous alcoholic beverages and marijuana. He was arrested for possession of pot and alcohol, being drunk in public and released at the scene to a parent. Coincidentally, this occurred at the very end of grad night.

Missing person 6/8/16:

Officers responded to Calle La Montana on a report of a runaway juvenile who has a history of running away. He hadn't come home and was presumed to have run away again. He was last seen at high school

Stolen truck 6/7/16:

A Camino Peral resident reported her gold Ford F-150 truck stolen from the parking lot at the complex. No one had permission to take the vehicle, and it didn't drive itself. No information on possible suspects at this time.

Other crimes occurring in Moraga from June 7 - 14:

False alarm - Fernwood Drive, Moraga Way, Greenfield Drive, Paseo Grande, Joseph Drive.

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Council Changes Direction, Keeps Moraga Road Four Lanes

By Sophie Braccini

Moraga Road between Corliss and Donald Drives will retain its current four lanes.

After deciding earlier this year that the segment of roadway would be reconfigured to three traffic lanes and one turning lane, the town council voted against that option. Concerns over possible congestion and a desire to compromise led to the flip.

During a well-attended council meeting on June 22, each argument for three or four lanes was met by an opposing justification.

Proponents of three lanes argued that the lack of left lane turn was making the segment dangerous. "Three people have died here," said resident Ravi Singh, explaining that when people stop on the left lane to make a left turn on either Devin or Draeger Drives cars waver between lanes at high speed. Others noted how dangerous the fast moving car lanes and lack of dedicated space are for runners — including the very active Campolindo Track team — and bicyclists.

On the four-lane side of the issue, the main argument was traffic flow. Randi Rosso reminded the audience that Moraga Road had been expanded to four lanes because of lack of capacity. The level of service at peak hour would indeed have an impact over time, confirmed traffic consultant Tom Krakow from DKS. Krakow's position was nonetheless in favor of the three-plus-one left turn lane configuration because he explained that what causes congestion are capacity, stops and turning opportunity with no left turning pockets. "It's the unexpected activities that causes ... congestion," he added.

The biggest discrepancy appeared over the residents' different input over the three years the plan developed. A first group of interested residents participated in workshops and study sessions and, along with staff and the different town commissions, reached a consensus for the three-plus-one configuration. The second group comprised residents who were subsequently polled with a survey, and they rejected the idea of reducing the number of travel lanes south-bound by a very large majority.

Interestingly enough, a discussion involving about 60 residents grew on Nextdoor.com after council member Teresa Onoda proposed to take interested Moragans to a walking tour of the area. "I changed my vote because I walked it," said Dr. Susan Bittner who had favored the four-lane option before observing traffic and people forcing their way in the main traffic lane from what is Corliss' right turning lane.

Council member Roger Wykle was the first to withdraw his former support for the three-plus-one configuration. "The town might not be ready for it yet," he said before proposing to maintain four traffic lanes but still construct a multi-use path and bike lane. Onoda, who had also been a champion of the three-plus-one, decided that what Wykle had proposed was the way to go. Vice-Mayor Trotter had always opposed reducing the number of travel lanes.

By the end of the meeting, only Mayor Metcalf stood for the creation of a turning lane. "What we are talking about here is just changing about 750 feet of road," he said. Metcalf explained that the traffic issue was not how much

wane capacity, but the interruption of flow due to the lack of turning lane. He said that the survey had created controversy and showed contradictory findings. For example, as Onoda noted, 74 percent of the respondents had agreed that the three-plus-one option was safe for drivers. "There may be an election coming up... but I have not found a reason to change my mind," said an unwavering Metcalf.

The objective of the Moraga Livable Road plan is to improve the north-south connection and the safety for all users, from Campolindo to the Commons Park. It includes other less controversial changes along the corridor such as a new traffic light at the Corliss intersection. The council approved the plan option proposed by vice mayor Dave Trotter.

Planning Director Ellen Clark explained after the meeting that the implementation would start during the summer. "We will take advantage of the resurfacing of Moraga Road that is scheduled for the summer to change the striping," she said. Clark added that a continuous pedestrian sidewalk may not be possible to set, but she was confident that the continuous multi-use trail would be delineated.

"We will close as many gaps as possible," she said, adding that the undergrounding of PG&E lines along the segment will also help free space for common use. As far as a new light at the Corliss intersection, she said that her department will prepare the plans and that funding, in the form of grants, will be sought. She does not see that new light being installed before the 2017-18 fiscal year.

The Mystery of Moraga's 'Corporate Yard' Solved

By Sophie Braccini



Photo Mina Lucacher

Did you think that the big trucks and equipment parked next to the church at 155 Moraga Rd was the Palos Colorado development staging to start grading the site? Not so.

Neighbors across the street complained to the town and the mystery was solved. The culprit is Central Contra Costa Sanitary District and its contractor KJ Woods, parking its trucks there to be used in Lafayette. The agency is now working out its situation with the town.

At a planning commission public hear-

ing at the beginning of the month, Central San came to explain that there is no place for them to store the equipment in Lafayette and that the church at 155 Moraga Rd. has rented them the space until the end of October. The fleet consists of vehicles, a backhoe, flatbed trucks, materials, precast concrete, pipes, fittings and equipment storage, compressors and generators. The equipment is being used to complete the pipeline renovation project in various locations of Lafayette. No work

is done on site and no hazardous material is stored there.

The neighbors across the street complained to the town about the unsightly yard, and about the noise that according to them starts before 7 a.m. Central San's contractor replied that they have to start moving their equipment early to be on their Lafayette site on time and meet their schedule, but the representative challenged the fact that movement and noise ever occurs before 7 a.m.

Planning commissioner Ferenc Kovac asked the contractor if no site could be found in Lafayette, since it did not make a lot of sense to him that someone would drive the narrow winding road with heavy equipment at commute time, rather than parking closer to the construction site. He added that he would like to see more sensitivity to the needs of the neighbors on the part of the contractor.

The planning commissioners agreed to grant a use permit for the construction staging area but asked that no noise be heard before 8 a.m. They also required more visual screening along Moraga Road. The contractor added that it hopes to complete the work by the end of August.

Town and MSD To Share Facilities At No Cost

By Sophie Braccini

The history between the Town of Moraga and the Moraga School District has not always been one of a cooperative nature. In spite of joint projects such as the town restoring the Camino Pablo playing field, the two agencies sometimes behaved like competing entities, charging each other heavy fees for the use of each other's facilities.

But that's all changing. MSD Superintendent Bruce Burns, along with town staff and council members, will now share their facilities at no cost for the benefit of the residents.

"The winner is the community," said Jay Ingram of the town's parks and recreation department when he presented to the town council in May the Memorandum Of Understanding (MOU) that the two entities have now adopted.

Ingram recalls how over the past decade the district and the town established and regularly increased rental fees, instituted reservation restrictions and charged commercial rate fees to each other. For example, one of the justifications

to construct new Town Chambers at 335 Rheem was the fee the town was charged by the school district to use the middle school's auditorium for its council meetings.

The bigger impact will be on the parks and recreation department and its ability to offer sports activities. The 2007 Parks and Recreation Master Plan states that Moraga residents are underserved with community center facilities and park acreage as compared to other local jurisdictions and national standards. This is the reason why an ad hoc Joint Facilities Planning Subcommittee was created in 2014, with representatives of the town, schools and groups of facilities users.

The committee recommended as a first step the discussion of MOUs between the town, Saint Mary's College, MSD and Acalanes Union High School District. AUHSD expressed no interest in sharing facilities, but the town recently signed an MOU with the college; then it was the local school district's time.

"It is a win-win," said Ingram who knows that the town will now be more competitive; the high rental cost restricted the recreation department's options to using only the two public parks for sports classes. The capacity and amenities of both the Commons and Rancho Laguna parks limit dramatically what the town could offer.

When the MSD board discussed the topic, Burns defended the MOU saying that the spirit of the agreement is to make facilities available to the public, without the barrier of discouraging fees. "This is a positive step," he said reassuring his board that reasonable service or operational fees will still be charged if the use generates an expense to the district, such as custodial service.

By the same token, the town will be able to use the four schools facilities and the district can now use town facilities at no cost. This includes the Hacienda de las Flores, the two public parks, the community meeting room, and the electronic community sign.



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With Town's Help, Volleyball Courts No Longer 'Moraga Pond' Again

By Sophie Braccini



Photo Andy Schreck

The truth must be told: for years Moraga's sand volleyball courts at the Commons were barely usable.

"Drainage was clogged and the sand was from the delta, so it had a lot of dirt in it, making it hard packed," recalls Rob Browning, head volleyball coach at Saint Mary's College. In winter, water would stagnate in the sagging courts, getting it its nickname of "Moraga Pond."

The sorry state was going to sign the death warrant of the courts, as they were scheduled to be removed. That is, until the college took an interest in them and started, sometimes painfully, to use them.

Saint Mary's has had a beach volleyball team since 2012 and needed two courts in order to host an NCAA match, "and we only have one court on campus," Browning said. In order to make the courts usable the team would have to till the sand to make it soft enough to play on, and if it rained it became a mess again.

Because the NCAA has adopted women's beach volleyball as a championship sport, beach volleyball for girls is growing rapidly. "Saint Mary's team has done extremely well," says Browning, "We have been one of the best teams in Northern California." The town decided to do its part to support the local athletes and decided to renovate the courts.

Parks and Recreation Director Jay Ingram consulted with Browning on design issues. "They wanted some input on the sand, standards, court size, etc.," said Browning. A construction contract was awarded to Integra Construction Services, Inc. to complete renovations in the amount of \$133,422, including the high-quality sand the college recommended.

Because of the MOU signed between the town and the college (see article about shared facilities) Saint Mary's does not pay to use the courts. But others do, and according to the Kimberley Nelson, Park and Recreation Coordinator, other groups have been renting the location and it is booked throughout the summer. "There are people playing there now all the time, even during the concerts," she said. Nelson adds that the hourly rental fee for the courts is \$24 for individuals, \$18 for nonprofits and \$35 for commercial entities.

To see the real competitive games, like against Stanford and Cal, residents will have to wait for March and April during the competition season. The Saint Mary's team does not use the beach courts at all in the fall because they play indoor volleyball at that time. They will use them starting in January for some practices. That's when the team will see how the courts really do, and sometimes in inclement weather.

"By all appearances and having watched the construction process it looks like they've done everything they needed to do," added Browning.

For the first two seasons Saint Mary's Beach Volleyball record was 19-4 with multiple wins over Stanford, Cal, Santa Clara, San

Francisco, Pacific and all other Norcal teams. They also sent a pair to the national championships those first two seasons. This past season SMC's record was 17-6 with wins over Stanford, Santa Clara, San Francisco, Pacific, and Oregon. The team finished second in the WCC championships and were the only team in the WCC to

win matches against Pepperdine, which was ranked second in the nation when the lady-Gaels played them. The Lady Gaels also swept the WCC Player of the Year awards with Player of the Year Dalas Clara, San Francisco, Pacific, and Dodd, Freshman of the Year Lindsey Knudsen, and Defensive Player of the Year Mary Hernandez.

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Rare Rash of Robberies Alarm Moraga Residents

Moraga police are working on evidence to identify suspects in four residential robbery attempts that occurred in a 24-hour period around June 21 on Draeger, Woodford and Buckingham Drives. The rash of events is highly unusual in normally peaceful Moraga.

Two of the events were thwarted when the would-be robbers heard homeowners, and wisely decided to depart. In two of these incidents, the suspects entered through unlocked doors or windows.

There's no information linking coincidental robberies in Orinda that occurred on the same day, said acting Police Chief Jon King. "This

is an extremely safe community and a great place to live."

He urges residents to take simple precautions to prevent these crimes of opportunity - lock your windows and doors, and if you have a home alarm, turn it on.

On June 9, Moraga police reported that in the first five months of 2016, burglaries are down nearly 61 percent and thefts were down over 20 percent over the same time period in 2015.

Anyone with information about these incidents should call the Moraga Police Department at (925) 888-7055. — C. Tyson

Closure of Rheem Boulevard Now Scheduled for July 5

The major repair of a section of Rheem Boulevard between Moraga Road and St. Mary's Rd was supposed to start on June 15. Even the signs posted at both access to the arterial said so. But no work has started yet.

Moraga Public Work Director Edric Kwan confirmed that Summerhill had the permission to close the road since they had all of the needed approvals. "The town is requesting for Summerhill to update their signage and have it be clearer on the closure location," said Kwan.

Summerhill confirmed that they had agreed to schedule the road closure to start on June 15. "Summerhill and the town worked together to finalize some design components, which took longer than expected," said Summerhill's John Hickey. This was completed around June 21 and the contractor is now tentatively rescheduling the road closure to start on July 5. Hickey promised that the road closure signs would be covered temporarily until they can be updated.

"We'll also ask the town to provide an update on their website," he said. How much will this delay affect the completion of the road rehabilitation has not been clarified yet. — S. Braccini

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Orinda

Public Meetings

City Council

Tuesday, July 5, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Planning Commission

Tuesday, July 12, 7 p.m.
Sarge Littlehale Community Room,
Orinda Library

Citizens' Infrastructure

Oversight Commission

Wednesday, July 13, 2016, 6:30 p.m.
Sarge Littlehale Community Room,
City Hall, 22 Orinda Way, Orinda

School Board Meetings

Orinda Unified School District

TBA
Regular Board Meeting
8 Altarinda Rd., Orinda
www.orindaschools.org
See also AUHSD meeting page A2

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



Orinda Police Department Incident Summary Report May 29 to June 11

Alarms	61
911 Calls (incl. hang-ups)	1
Noise complaints	7
Traffic stops	48
Suspicious Circumstances	14
Suspicious Subjects	10
Suspicious Vehicles	15

Abandoned Vehicle

70 block Meadow View Rd.

Animal Cruelty

Safeway

Battery

100 block Moraga Way

Burglary, Auto

200 block El Toyonal

Civil Problem

40 block Muth Dr.

Death, non-criminal

500 block Miner Rd.

60 block Via Floreado

Dispute, Verbal

80 block Brookwood Rd.

70 block Orinda Way

Disturbance

Brookwood/Spring Rd.

Donald Dr./Hall Dr. (2)

Lavenida/Donna Maria Way

Safeway

Glorietta Elementary

DUI

Oak Hill Rd./Mt Diablo Blvd.

Moraga Way/Glorietta Blvd.

Lombardy Ln./Miner Rd.

Hwy 24/St. Stephens

Theatre Square

Fraud, credit

60 block Moraga Way

Hit & Run

Safeway

Miner Rd./Camino Pablo

Camino Pablo/Los Amigos

10 block Orinda Way

Miramonte High School

Ordinance Violation

10 block Spring Rd.

Police/Fire/EMS response

10 block Altarinda Cr.

Tahos Rd./Wanda Ln.

50 block Tara Rd.

10 block Camino Encinas

Bear Creek/San Pablo Dam Rd.

Possession Stolen property

Safeway

Reckless Driving

Moraga Way/Valley View Dr.

Moraga Way/Glorietta Blvd.

Rheem Blvd./Zander Dr.

Camino Pablo/Camino Sobrante

Camino Pablo/Monte Vista

Moraga Way/Camino Encinas

Camino Pablo/Hwy 24

Lombardy/Van Ripper Lanes

Suicide

10 block Irwin Way

Theft, Petty

100 block Glorietta Blvd.

10 block Theatre Square

Library

10 block Moraga Way

Theft, ID

20 block El Patio

Theft, Vehicle

10 block La Fond Ln.

Trespass

Orinda Country Club (2)

Vandalism

Wagner Ranch Elementary



Maureen Wilbur

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Orinda's Downtown Parking Action Plan Stalls

By Victor Ryerson

Table 1. Parking Inventory by Zone

	Total	UNMARKED	10 MIN	20 MIN	1 HR	2 HR	3 HR	4 HR	ADA	FLZ	PLZ	1 HR MC
Zone1	87	0	0	0	0	84	0	0	0	3	0	0
Zone2	124	1	1	2	0	33	11	70	2	2	2	0
Zone3	185	44	0	0	0	48	0	93	0	0	0	0
Zone4	130	2	0	14	70	36	0	0	5	2	0	1
Zone5	48	26	0	0	0	10	0	12	0	0	0	0
Total or Average	574	73	1	16	70	211	11	175	7	7	2	1

Table provided

Although a consultant's study into downtown Orinda's parking issues provided some interesting facts and insights, it appears to fall short of the actionable plan of pragmatic measures to solve Orinda's parking problems called for by the city council when it commissioned the study.

TJKM, the consultant that conducted the Downtown and Affected Neighborhoods Parking Study for the City of Orinda, presented its preliminary findings and recommendations at a community meeting on June 13, following nearly six months of data collection and analysis.

It will present its final report to the city council at an unspecified future date and no additional community meetings are planned, but public comments may still be

submitted for consideration to tgilmore@cityoforinda.org.

For the present, TJKM's specific recommendations are limited to four measures to increase the management of existing parking inventory in the downtown and immediately adjacent neighborhoods.

Chris Kinzel made the presentation on behalf of TJKM, briefly explaining the methodology that was used and the findings made before outlining the recommendations. Essentially, the downtown and adjacent neighborhoods were classified into five zones. A total of 574 parking spaces were identified in these five areas. On the data collection date, Thursday, Feb. 25, parking occupancy and duration were recorded hourly at 8, 9 and 10 a.m. and at 3, 4, and

5 p.m. in each of the zones. Curiously, no data was reported for the midday period from 11 a.m. to 2 p.m., when there is a perceptibly high volume of downtown parking and turnover related to banking, restaurant, library, Community Center use, and retail activity, a feature of the study that Kinzel did not explain.

Of the total inventory of spaces in the study area, 13 percent are not currently subject to a time limit, 37 percent are subject to a two-hour limit, 30 percent to a four-hour limit, and 12 percent to a one-hour limit. On average, the occupancy rate for all spaces for the day was found to be 48 percent, varying from a low of 32 percent during the 8 a.m. hour to a high of 57 percent at 3 and 4 p.m. These percentages are bro-

ken down in further detail in the study. High demand areas were identified on Orinda Way, Santa Maria Way, Bates Boulevard, Brookwood Road, and in the Theater Square area.

TJKM also conducted an online survey on the city's website to identify the purpose and duration of trips involving downtown parking, and received 420 responses, 88 percent of which were from Orinda residents. Fifty-eight percent cited shopping and errands as the reasons for making their trips, but BART was given as the reason in 13 percent of the responses. On the other hand, 42 percent responded that their perception is BART parking is the reason for Orinda's high parking demand.

... continued on page A12

Orinda Council Happy with Bargain Mini-Park

By Sora O'Dogherty

After years in the planning, the conceptual design of the Orinda mini-park came back to the city council recently, with a price tag knocked down from \$400,000 to \$100,000, and the council was happy with the bargain.

The Orinda Community Foundation has committed to dedicating up to \$150,000 for the renovation of the mini-park, which is located at the intersection of Camino Pablo and Brookwood Drive. It is in need of attention because redwood trees planted to screen the back of Theatre Square are causing problems for PG&E. The trees are directly beneath high voltage transmission lines and, according to PG&E, must be removed. The city has agreed, and has been working with the utility for over four years to arrive at a plan for removing the trees and refreshing to look of the area. Other problems include the non-functional fountain and landscaping at the end of its lifespan.

The city has been working with the OCF, local garden clubs and Gates and Associates to develop the conceptual design for the mini-park. There have been six public hearings on the matter. When last considered by the council in February of 2015, the recommended preferred design was estimated to cost between \$350,000 to \$450,000. The council requested that staff come back to them with a project reduced to approximately \$100,000.

The new recommended conceptual design uses the existing pathways, and updates the landscaping and event sign. In addition, an Orinda monument sign will be installed on the corner.

PG&E has assured the city that the tree removal will be scheduled only shortly before work on the re-landscaping begins, and that is hoped to be in the fall. PG&E has had its share of difficulties regarding the removal of trees in other communities, the company stated that it is compliant with statutes, such as the Migratory Bird Act, and has a 40 page document on wildlife issues dated December

2015, which is available to the public on its web site.

At the June 21 meeting, council member Darlene Gee asked if the replacement trees would be evergreen and received assurance from city

staff that such is the plan, although the exact species of tree is not yet known, and was also told that PG&E has specifications for the maximum height of trees planted below high voltage transmission lines.

Council member Dean Orr complimented staff on managing to scale back the project and expressed the hope that the city can tie all the construction projects in the area together and have a single grand reopening.

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Orinda Starlight Village Players '16: Two Funerals and an Audit

By Sora O'Doherty



From left, Lisa Marie Taylor and Linda Ellinwood in "Murder on the Nile." Photo provided

Now in its 33rd season, the Orinda Starlight Village Players are currently performing an Agatha Christie play, "Murder on the Nile." It is the tradition of the purely voluntary group of thespians to open every season with a play by the prolific Christie, whose works have stood the test of time.

At the same time, OSVP are rehearsing their next production, "Aria's" by Robert Merrill. The play is described by its author as "a heart-warming look at how change affects our lives. Marie struggles to keep the family business and live her own life after her husband's unfortunate — though comic — death . . . against a backdrop of urban redevelopment." This will be the Bay Area premier of

this romantic comedy. You can meet the author on opening night.

Closing out the OSVP season — and the summer — will be a rollicking farce, "Sex, Lies and the IRS," written by Billy Van Zandt and Jane Milmore. It may not be nice to fool the IRS, but apparently it can be very funny.

The outdoor theater is located at 28 Orinda Way in Orinda Community Park. Reservations can be made on line; tickets are available at the door. Regular admission is \$16, Senior admission is \$8 and Season Tickets can be had for \$35 regular, \$21 senior.

There are light refreshments for sale, or you may want to bring a picnic and eat in the park before the performance.

Agatha Christie's "Murder on the Nile"

June 3 through July 2
8:30 p.m. Fridays and Saturdays
8 p.m. Thursday June 30
4 p.m. Sunday June 26

Robert Merrill's "Aria's"

July 22 through August 13
8:30 p.m. Fridays and Saturdays
4 p.m. Sunday August 7
8 p.m. Thursday Aug. 11

Van Zandt & Milmore's "Love, Sex and the I.R.S."

September 10 through October 1
8:30 p.m. Fridays and Saturdays
4 p.m. Sunday Sept. 18 and 25
8 p.m. Thursday Sep. 29

As Official Results Near, Measure L Winning Comfortably

By Sora O'Doherty

Although Contra Costa election results are still not certified by the County Registrar, it is fairly certain that Orinda's Measure L — a \$25 million bond issue dedicated to roads and drains — will pass comfortably. As of June 24, the fifth update to the election results posted by the County, yes votes on Measure L were at 68.52 per cent

while no votes were at 31.48 per cent. As a bond revenue measure, it is required to pass with a two-thirds majority.

To raise the \$25 million approved by the bond issue, the best estimate of the total debt service, including principal and interest, required to be repaid if all the bonds are issued and sold is approximate-

ly \$36.7 million. The annual cost to Orinda property owners is estimated at slightly over 2 cents per \$100, which translates to approximately \$20 per \$100,000 of assessed property value, or approximately \$200 additional tax per \$1 million.

This will be in addition to the \$12 parcel tax for the San Francisco Bay restoration that was not

avored by Contra Costa voters but passed with sufficiently high numbers in the other affected counties to become law. The first ever parcel tax in the history of the state to be levied throughout an entire region encompassing multiple counties, the nine-county parcel tax for the Bay will expire in 2037.

City staff had asked County

Elections to not assign the road bond measure the letter L to prevent confusion with Orinda's 2012 Measure L half-cent sales tax, but, as luck would have it, in 2016 Orinda was again Measure L on the ballot, leaving Orinda with two concurrent Measures L: the half-cent sales tax, in effect until 2022, and the new Measure L bond issue.

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Elena Hood CalBRE #01221247



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Vlatka Bathgate CalBRE #01390784



ORINDA \$2,975,000
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Laura Abrams CalBRE #01272382



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5/4 BEAUTIFUL horse property on 1.31 acre with stable and approx. 4000 sq. ft custom home.
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MORAGA/CANYON \$2,595,000
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Elena Hood CalBRE #01221247

PENDING



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Finola Fellner CalBRE #01428834

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Rick & Nancy Booth CalBRE #01388020



LAFAYETTE \$1,935,000
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Kim McAtee|Megan Wilson CalBRE #01349169



LAFAYETTE \$1,550,000
4/3 Very private on over 1/2 acre. Wonderful yard with pebble-tech pool & expansive lawn.
Jim Ellis CalBRE #00587326



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Steve Stahle CalBRE #01861509



ORINDA \$1,267,000
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Finola Fellner CalBRE #01428834

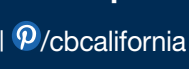
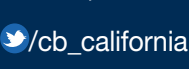


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Fire Districts

Public Meetings

Moraga-Orinda Fire District Board of Directors
Wednesday, July 6, 7 p.m.
Go to website for meeting location
For meeting times and agendas,
visit www.mofd.org

ConFire Board of Directors
Tuesday, July 19, 1:30 p.m.
Board Chamber room 107,
Administration Building,
651 Pine St., Martinez
For meeting times and agendas,
visit
<http://alturl.com/5p9pu>.

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Despite Surplus, Moraga-Orinda Fire District Still Bogged Down By Budget Sticking Points

By Nick Marnell

Even as the Moraga-Orinda Fire District projected a general fund surplus of nearly \$250,000 for fiscal year 2016-17, Fire Chief Stephen Healy warned that the district still struggles with employee recruitment and retention, and the firefighters union complained about district income inequality.

The district board approved a budget June 15 that included general fund revenue of \$20.4 million, a 4.6 percent increase over the prior year thanks in large part to a 6.3 percent increase in property tax revenue, with general fund expenses increasing 7 percent to

\$20.2 million. Much of the expense increase was due to higher salaries and benefits, including retirement contribution costs and health insurance charges.

"Recruiting and training firefighters is very expensive," the chief told the board earlier. "We need to remain competitive in the regional job market." Healy noted that the improved economy in the Bay Area is adding pressure for public agencies to stay competitive, with agencies that offer the best pay and benefits pulling tenured employees away from other agencies.

"Our firefighters have never asked to be the highest paid in the area, but have only asked to keep pace," Healy said, pointing to an internal salary survey which found that the MOFD firefighters are paid more than 20 percent below the Bay Area average of comparable fire districts. "We must retain the high quality employees that we currently have," the chief said.

The firefighters union added its own take to the salary discussion by lashing out at the district board over the chief's 4.5 percent pay increase, which pushed his salary to \$229,000 effective July 1.

"If you go back 10 years ago to July 2006, the signed contract for the chief position included a base salary of \$173,000," Local 1230 representative Mark DeWeese told the board, noting that the 32 percent increase for the chief's salary far exceeded the 12.5 percent pay increase for the rank and file over the same period.

"Income inequality is a major national political issue and we have a similar problem here in our district," DeWeese said.

Tax Disparity in MOFD is Still a Hot Issue in Orinda

By Nick Marnell

Orindans frustrated with a perceived tax funding inequity perpetrated by the Moraga-Orinda Fire District made their case to the district board June 15, and for once the directors promised to fully investigate the residents' concerns.

MOFD is funded mainly through two distinct revenue sources: the ad valorem 1 percent tax on real property and the special district-assessed parcel tax, called the fire flow tax, roughly billed at six cents per square foot of a residence. For fiscal year 2016-17, MOFD projects property tax revenue of \$18.5 million and fire flow tax revenue of slightly more than \$1 million.

Though all residents of the district pay the 1 percent tax to Contra Costa County, the amount of the tax allocated to the fire district varies by municipality. Again roughly speaking, more than 22 cents out of the Orinda property tax dollar goes to MOFD,

while 19 cents per tax dollar is delivered to the district out of Moraga.

This uneven percentage distribution, which is based upon allocations determined under Proposition 13, is one aspect of the Orindans' perceived funding inequity. Another is assurance of the use of Orinda tax dollars only in Orinda, which some perceive as a promise made to Orindans before the 1997 merger of the Orinda Fire Protection District with the Moraga Fire Protection District. MOFD has operated as a consolidated district since 1999, with all services provided on an integrated basis, so somehow the script went sideways and the district veered off track, according to Orinda resident Steve Cohn.

"The framers of the merger from the Orinda side did make their intentions very clear with regards to the 22.8 percent of Orinda's ad valorem property taxes going to MOFD," Cohn said. He cited mate-

rial printed in the voters' pamphlet endorsing the measures for the creation of MOFD, which stated that one of the driving forces for the creation of the new district was to "insure that fire protection dollars Orindans pay will stay in Orinda."

But statements made in voter pamphlets are not binding whatsoever, said Dick Olsen, then-vice chair of the Moraga Fire Committee. "Whatever was presented is immaterial," he said. Comments in voter pamphlets are merely a form of free speech, and they carry no official weight.

Yes, a tax disparity existed at the time, said director Brad Barber of Orinda, but it apparently was not of interest to the district founders or to the voters, or nobody knew what to do about it.

"We never discussed property tax equity then. There were too many other things going on," said Gordon Nathan, one of the early MOFD directors.

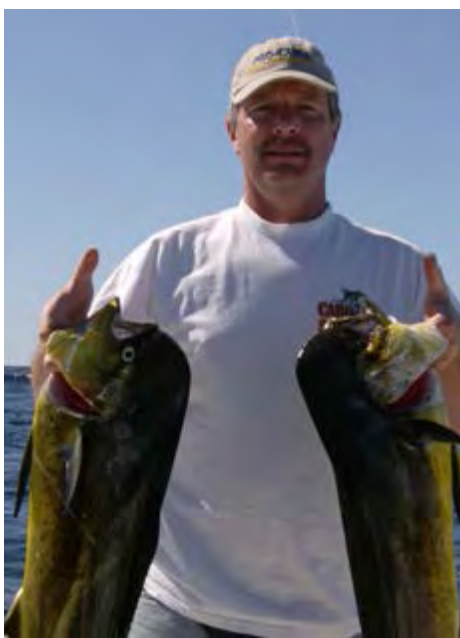
Solutions were in short supply, with Vince Maiorana of Orinda suggesting that MOFD raise the Moraga tax allocation rate to 22 percent, something the district has no authority to do. Moraga director Fred Weil, long critical of the Orinda complaints, again emphasized that what is relevant is not the revenue distribution but the service provided by the district.

Nevertheless, unlike abjectly dismissing the Orindans' concerns as they had in previous years, the directors agreed to continue the discussion of all aspects of district funding at a full board session, likely later this summer, with the intention of formalizing a policy decision on tax equity.

"Either it's equitable and here's why, or let's answer the question and do all the math, no matter how long it takes, until we resolve it," said Alex Evans, a director from Orinda.

ConFire Chief: Reach Out, He'll Be There

... continued from page A1



The Chief off duty in Cabo Photo provided

A fire in a tank car holding 270,000 gallons of propane forced the evacuation of nearly 5,000 homes in the city of Lincoln. "A two-mile blast if it exploded, seven to eight thousand fatalities," Carman said. "It would have killed more people than any incident I've been in." How to keep the rail car cool enough so it wouldn't blow up, with temperatures rising to 1,000 degrees, was the challenge. "If it hit 1,200 we knew it would explode. It was the toughest decision I ever made: should we just let this thing blow, or deal with it? The group agreed — we had no choice. We had to go in. We sent firefighters into the blast zone for 36 hours, pumping 5,500 gallons of water a minute, until the car ran out of fuel."

That was the decisive leadership ConFire desperately sought, and Carman quickly got his chance to exhibit that leadership.

Jumping Right In

A consultant told the fire board that the struggling district should take two engines out of service in select companies and re-

place them with three, two-person squads, since more than two-thirds of the district calls were medical related. "But what about the third that are fire responses?" said Carman, who fought the proposal and secured agreement from his directors. "The board gave me the latitude to do what I saw was right, and it has paid off."

"He was open and transparent with us serving on the fire board, and also with our employees and labor groups," ConFire board chair Candace Andersen said.

The chief took off from there. The district hadn't hired firefighters in five years. Mandatory overtime racked the staff, which was down 40 positions. "We had an internal clash with human resources. They weren't working fast enough. We started meeting and broke down the barriers," Carman said. The district filled three fire academies in 18 months and today is nearly fully staffed.

"We didn't get along with the sheriff's department," the chief said. Again he reached out. "My first day on the job I had a meeting at the sheriff's office," said assistant chief of operations Lon Goetsch. "We talked about partnering to use their helicopter for fire rescue in addition to law enforcement." The departments struck a deal, and ConFire now has a dedicated budget for an aerial rescue program. The helicopter crew recently helped ConFire rescue a collapsed hiker in the Lafayette hills.

Building Morale

After the parcel tax defeat, the rank and file felt betrayed by the public, and they did not trust the fire and county leadership. "Carman built morale. He visited every station, consistently, a couple a week. He asked for feedback," said Vince Wells, president of International Association of Fire Fighters Local 1230. "In our contract negotiations, during conflict with the negotiating team, instead of the usual standard of the chief

staying out of it, he spoke up and advocated for us to get a deal done."

The city of Lafayette, bitter over the closure of fire station 16 at the western end of the city, threatened to detach from the district. Carman held things together by meeting with city officials and task force members and updating them on ConFire's progress. "I had to show the public that we're worth what they're paying for. The firefighters do some incredible work, and they just go back to their stations and don't talk about it. On the one hand, I admire that. But, you've got to let people know what you're doing." In May, the ConFire board approved a total rebuild of station 16.

Carman's legacy with ConFire will likely be tied to his integration of nearly the entire county emergency ambulance transport system into the fire district. A non-traditional revenue source, yes, for a district that sorely needs revenue; but by absorbing the ambulance system into ConFire, where he can control dispatch, Carman saved the duplication of an engine and a private ambulance response, easing wear and tear on the engines and keeping them available for fire emergencies. It was a first-of-its-kind amalgamation in recent California history.

"Carman always gave me a heads-up before a controversial subject, like, starting the ambulance business," Wells said. "He wanted our buy-in before he even approached the board." Added Goetsch, "He used his industry contacts and pulled all of that expertise together. He reached out to fire chiefs throughout the county, then to his boss and then the board."

The chief said his ambulance deal is his favorite. "We were able to take the money that was going to the private company and use it to enhance our local medical system."

Working with MOFD

Even a deal that fell through did not stain Carman's image: the fire station 46

joint venture between ConFire and the Moraga-Orinda Fire District. Carman inherited the project, an attempt to save each fire district \$1 million annually in operating costs by consolidating two stations at the Orinda-Lafayette border.

"The 46 project was a little frustrating," Carman said. "It looks so good to the public, like it's so easy to do, but it involved two drastically different agencies and putting them under the same roof. I never think anything is impossible, but that was going to be problematic."

MOFD chief Stephen Healy praised Carman's efforts through the tedious, time-consuming negotiation process. "He was always very respectful toward our organization, which I really appreciated," Healy said. "We're still friends and have since worked together on a number of other projects."

A County Leader

Bankruptcy is no longer mentioned. Neighboring agencies have reached out to ConFire, for help with everything from additional mutual aid to station construction. Impenetrable walls barely exist between ConFire and other county departments. Tax revenue increased, and after years of zero spending on capital projects, the district unveiled a 5-year, \$36 million capital improvement plan. "I've never worked harder than I am now," Goetsch said. "We've revitalized our organization."

"I am enjoying my job every day," Carman said. "It has its challenges but we seem to be solving them and that is satisfying. I appreciate the support we get from the community."

Lafayette fire commissioner Bill Granados summarized maybe best of all the respect the chief has garnered.

"Every decision the guy has made has been the right one," he said.

Letters to the Editor

CV Development is Not What Moragans Want

The City Ventures (CV) development by the fire station is not a “done deal.”

The town is giving away for free approximately 20’ over three acres of public easement on Moraga Way to City Ventures. Moraga is in major debt and giving land away, so the developer can make more money and build a project that is too big for the lot!

CV violates at least 16 clauses in the General and specific plans. It violates the minimal space between buildings, setbacks and height. Other projects were turned down for height and setbacks much larger than these. Why is CV exempt from the same standards?

There are 6-foot setbacks, three stories, and 10 feet between buildings! It is too large for the lot, so they are building 20 feet into the road easement for free! A planning commissioner was horrified by this and voted against CV. A design review board member abstained from voting because it violates the scenic corridor.

This has already set a precedence for other developers to violate the plans. Now three stories, smaller building separations and smaller setbacks are “standard.”

CV traffic report is absurd: 90 parking spaces, they claim it will only add 16 cars in the morning, and 19 cars in the evening commute! If it was 20 or more cars, Moraga is supposed to report it to Orinda and Lafayette!

The town never did a separate traffic report. No specific EIR was done.

The entire process of this project has been questionable. A planning commissioner is challenging one part now.

Fifteen hundred concerned people of a town of 4,000 registered voters signed a petition for the right to vote on rezoning the lot. We ask the town to listen to its residents, and to honor the fire department’s rejection. The town should represent the view of the residents, not developers.

We want the town to honor its’ own codes, character and plans.

If CV had been reasonable with two-story, single family homes that fit the lot, the residents would have accepted it.

Please write to your town now.

Margaret Gee
Moraga

A Thanks from Orinda’s Roads Committee

Fix Orinda Roads Now sincerely thanks the Orinda community for approving Measure L, a \$25 million bond to continue progress in repairing our roads and drains. Also, we extend our sincere appreciation to the many volunteers who helped us reach out to citizens to inform them about the benefits of supporting Phase 3 of the Orinda Road and Drainage Repair Plan. To receive updates on road repairs, please sign up for the City of Orinda’s e-newsletter, Orinda Outlook, by going to the City website home page (www.cityoforinda.org) and the Fix Orinda Roads periodic newsletter updates by visiting www.fixorindaroads.org.

With gratitude,
Brad Barber, Bob Burt, Mark Roberts and Sue Severson
Co-Chairs, Fix Orinda Roads Volunteer Committee

Help Wanted

... continued from page A1

Moraga 7-11 owner Samir Saleh says the biggest challenge is finding employees from within the community. “I think it’s more difficult due the community being too small and the cost of living [being] very high, so everyone would rather reach out to the city or somewhere where it pays better.”

He said he had to reach out to stores outside the area, like Concord and Antioch, where they get more applicants. “Moraga, being far from the freeway and BART, makes it difficult for people to keep jobs in Moraga.”

Ted Fulmer opened his Moraga café, GRAZE, in the Rheem Valley Shopping Center a year ago, and says finding an employee with experience is tough – and finding an employee with experience in your industry is rare.

Fulmer says the Moraga labor pool has few people over 25 looking for a job.

“The over-25 people either work out of town and not in retail, or don’t work, and the labor pool has very little people 18 and under looking for a job. In the year I have been open, I have had only three people apply that were 18 or under,” he says. “The majority of the younger population does not need to work; they choose to work, and a lot of them choose not to work. The labor pool is tiny for the labor demand.”

Since many of the retail businesses pay minimum wage, and those jobs are currently plentiful in other areas, like Concord, people can find work closer to home and don’t need to come to places like Moraga for a job.

Fulmer says it is rare that someone will drive through Orinda or Lafayette to work in Moraga. “In Orinda, Walnut Creek and Lafayette, the pay is more competitive, the tips are higher, and the commute is shorter,” he says.

Saleh says pay scale plays a big factor because businesses in Moraga are not busy enough to offer the higher pay that’s expected, and nearby cities have a higher minimum wage as well.

Some businesses, like McCaulou’s and Dover Saddlery offer discounts on merchandise to entice workers, but turnover can be high for many businesses offering part-time minimum wage jobs, which currently pay \$10 per hour in Moraga.

“I have had only one employee that has lasted more than a few weeks that has driven through Orinda or Lafayette to work at my business,” says Fulmer.

If someone wants to work, Fulmer says another issue arises, namely scheduling.

One Moraga Shopping Center retailer, who asked not to be named, said she has had applicants who are parents of school-aged children who only want to work when their kids are in school. “They don’t want to work on weekends and want the summers off,” she says. “That doesn’t work for retail.”

Fulmer says the younger employees want to work on their own schedule, which often conflicts with the needs of the employer. “They’ll say, ‘I’m only available in the summer, weekends only, I will be gone for a month. I can work only two to three hours a day.’”

And the job experience of these younger employees is lacking, he says.

“Virtually all of my applicants are between 19 and 25. Most of them have never worked or had one brief job experience,” Fulmer says. “Teaching someone how to sweep, clean, chop, and basic customer service is not something you have to do with new employees in other areas.”

The current unemployment rate in Contra Costa County is 4.4 percent, according to the U.S. Bureau of Labor Statistics, but Saleh says he’s not sure if the low unemployment rate plays a factor in finding qualified help. “I do know one thing: at this current time, there are more jobs than people applying.”

“Moraga has its own economic, social, and demographic realities,” Fulmer says. “It just happens to be in Contra Costa County.”

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. Visit www.lamorindaweekly.com for submission guidelines. **email: letters@lamorindaweekly.com**; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570



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Orinda Mom's Accidental Culinary Successes

By Diane Claytor

Sitting across the table from Sharon McGinnis Girdlestone, eyeing her flawless skin, beautiful long blonde hair, and fashionable outfit, it's easy to guess that she's a model. Once she starts talking with her lilted voice and English accent, thoughts shift; maybe she's an actor. When she says she spent many years working as a fashion designer, a bulb goes off; now that makes sense. But when the Orinda resident explains what she does now — and how she accidentally fell into her job — surprise sets in. She certainly doesn't look like a cook or the successful owner of My Sustainable Table.

Born in Northern England, Girdlestone's family moved to Southern California when she was a teenager. In 2005, she moved back to England "so I could see what it was like to live in my home country as an adult," she explains. It appears to have been a wise decision; she met a handsome Englishman, married him and had their first son, Lennon, there. Three years later, Girdlestone says, "we returned to California because I wanted to be back in the sunshine." With family still in Southern California, that was their first choice; but a job transfer to the Bay Area sealed the deal.

At 4-years-old, Lennon made a request: he wanted a dragon cake. "I had no idea where to get one," Girdlestone remembers. "I had never made a cake in my life. But I figured I had two days, my sister could help and I'd just do it. I made an unbelievable mess," but the end result, she said, was a huge, bright green dye-filled cake that everyone loved. People started talking about this incredible cake, sharing pictures on social media and soon she was getting orders for custom cakes.

Girdlestone insists she was never a cook. In fact, she said with a smile, her husband would say she was a terrible baker. "I made him muffins once that were as hard as rocks and tasted like salt," she claims. But with orders for her custom cakes increasing, she obtained a cottage license, formed Lovely Little Cakes, and baked up to 10 custom cakes per week from her home kitchen.

Believing that some behavioral issues could be the result of food dyes, Girdlestone, who acknowledges that Lennon's dragon

cake was anything but healthy, began teaching herself about healthy foods. She researched everything she could and learned about baking cakes with no gluten, dyes, casein or refined sugar. And the orders kept coming.

Soon requests for healthier meals started coming in. "There was one woman who asked me to make a paleo lunch every day for her family of six. Then she wanted paleo dinners," Girdlestone says. Again, a simple plan snowballed and more and more people began asking for healthy meals. "I absolutely hadn't planned on doing this," Girdlestone states unequivocally. But again, she did her homework, consulted with a nutritionist, learned "everything I could about healthy eating and then just went for it."

She rented space in a commercial kitchen and launched My Sustainable Table, delivering good-for-you meals throughout Lamorinda and, by affiliating with other healthy food providers, beyond the immediate area.

Every meal Girdlestone produces is clean and wholesome. All ingredients are locally sourced, seasonal, organic, gluten and GMO free. There's something for every diet, Girdlestone says proudly. "It's clean eating all the way. There's absolutely no rubbish." She creates her own menus and develops her own recipes. A glance at her website is enough to make any mouth water. Meals offered during a week in early June included organic plum, chia almond flour muffins, gluten free caprese, turkey quinoa bake, organic dill sauerkraut; organic basil and cashew chicken, and coconut macaroon almond granola. My Sustainable Table caters



Sharon McGinnis Girdlestone and her helpers, Lennon (left) and Finn (right) Girdlestone and Sage Balducci pick fruit for muffins baked for My Sustainable Table.
Photo Jennifer Balducci

approximately 200 meals per week. And Girdlestone does it all. She has one helper and between the two of them, food is purchased, chopped, prepped, cooked, individually packaged and readied for pick up and delivery. And she still bakes approximately three healthier custom cakes every week, although these she typically makes at home so "I can see my family; so they know who I am," she said laughingly.

Like most young kids, her two boys want to eat junk food. They once told her she was a "mean, horrible mommy because I was making them eat gluten-free," Girdlestone admits. "I just teach them and hope they'll remember what's good for them."

An avid supporter of the Bay Area Crisis Nursery, Girdlestone donates a percentage of her profits to the organization.

Girdlestone can't help laughing at herself, admitting that her

"accidental career" story is hilarious. "I never cooked. I never baked. And here I am with two businesses. I love what I do and feel great because I know that I'm helping people eat healthier. What we put in our bodies matters."



Plum paleo muffins baked by Sharon McGinnis Girdlestone for My Sustainable Table.

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As Seen in Lamorinda What's in 'a' Truck?



Raymundo Reyes delivers for Amazon Photo Sophie Braccini

Raymundo Reyes is a hard worker. The 63-year-old man works for Amazon, delivering small- and medium-sized packages to the Lamorinda area and beyond. He says he could work up to 60 hours a week but works only 50. A conscientious driver, he turns off the engine of his small white truck with the famous "a" emblazoned on one side, for security reasons, he says, every time he delivers a package.

The distribution center is located in San Ramon and deliveries in Amazon trucks in Lamorinda started three months ago, according to Reyes. — S. Braccini

Business Bites

Compiled by Vic Ryerson

Venture Quality Goods honored at Annual Small Business Awards Luncheon



Rosylyn and Tom Stenzel in front of their store

Photo A. Scheck

Tom and Rosylyn Stenzel, owners of Venture, a men's and women's clothing store they started during the recession, were honored May 6 at a luncheon, along with recipients of this award from other cities in Contra Costa and Alameda Counties. The event was hosted by the East Bay Leadership Council.

Venture offers quality clothing produced here in California. Tom Stenzel's years of experience in the apparel industry (including a long gig with Levi Strauss) helped him understand their target audience, and the Stenzels have been creative in their marketing, embracing many non-traditional ways to appeal to the community. Their efforts have paid off, as they have beat the odds of starting the business at a risky time.

Moraga Country Club's Joel Dantoc Named June Employee of the Month

Moraga Rotary and Chamber of Commerce will honor Joel Dantoc, a food server and bartender at Moraga Country Club, as Moraga's June Employee of the Month. He will be presented with his award, as well as with gift cards for Moraga's Safeway and Pennini's Restaurant, at the Moraga Rotary lunch at Saint Mary's College on July 19.

Dantoc has been serving MCC patrons for the past 12 years, consistently receiving solid reviews from customers and co-workers alike. MCC General Manager Andrew Scott describes him as "a true team player," offering to work longer shifts or extra days when necessary. "He does whatever job ... needs to be done."



From left: Wendy Schreck, Moraga Chamber President, Angie Rosenberry, Moraga Country Club Food & Beverage Manager, Joel Dantoc, Roger Gregory, Moraga Rotary President
Photo Kevin Reneau

Fitbody Boot Camp

Moraga's latest entrant into the local fitness scene is Fitbody Boot Camp, which has taken over Karate Fitness USA's space in Moraga Shopping Center. A nationwide franchised fitness business with locations elsewhere in California, Fitbody Boot Camp offers a fitness and fat loss workout program emphasizing 30 minute High-intensity Interval Training (HIIT) sessions conducted by certified trainers in a group setting.

Further information is available at (925) 794-6048 or info@fitbody-moraga.com.

From the Three Chambers

Lafayette Chamber of Commerce

www.lafayettechamber.org (925) 284-7404

The Lamorinda Small Business Forum will present Protecting Your Business -- Robbery/Recovery/Emergency on Thursday, July 14, 5:30 – 7 p.m., at the Bank of the West Lafayette Branch, 3583 Mt. Diablo Blvd., Lafayette. The program is open to all businesses throughout Lamorinda.

Moraga Chamber of Commerce

www.moragachamber.org (925) 323-6524

Orinda Chamber of Commerce

www.orindachamber.org (925) 254-3909

If you have a business brief to share, please contact storydesk@lamorindaweekly.com



Hometown Fun Highlights July Fourth Celebrations

By Peggy Spear



Photos provided by Orinda Association

There will be loud noises coming from Lamorinda on the morning of the Fourth of July, but it won't necessarily be coming from fireworks. That will be happening later in Moraga.

No, the sounds emanating throughout the Independence Day morning will be from the many musical groups participating in the Orinda Fourth of July Parade.

Now in its 33rd year, the popular event, sponsored by the Orinda Association, will have "more music than ever before," says association spokesperson and treasurer William Waterman. The musical groups will range from garage pick-up bands to the renowned Concord Blue Devils Drum and Bugle Corp. There will be three different Dixieland jazz bands, Waterman says, the East Bay Banjo Band, music students on floats and performances by the youth theater company, the Peter Pan Foundation.

And of course these musical attractions will be joined by other floats and roving bands of whimsical entries — in the past there have been wheel barrel dancers and the famous lawnmower brigade. All in all there will be about 60 floats carrying bands, representatives from preschools, local pools and sports teams, and even political parties.

"We call it the Best Hometown Parade in America," Waterman says.

The parade kicks off at 10 a.m. and runs from Brookwood Road near the Orinda Theatre, up Moraga Way to Camino Pablo, then skirts off to Santa Maria Way then up Orinda Way to the Community Park.

However, Waterman is quick to point out that even before the parade starts there is a lot of activity, from the 7:30 a.m. pancake breakfast to Haley's "Color" Run for a Reason. Beginning at 8 a.m., this is the 12th year this two-mile and five-mile fundraising run will benefit SUDC (Sudden Unexplained Death of a Child), and this year features splashes of color being thrown at contestants for a technicolor run. To sign up visit www.sudc.org/haleysrun.

After the parade there will be games and booths — including beer gardens — at the community park, as well as food and drinks for sale at Theatre Square.

Waterman says that his and the other organizations are being fully supported by local law enforcement officials to help with road closures, and "an army of volunteers."

Meanwhile, up in Moraga, the famous fireworks over the Country Club will be preceded by a day of fun. There will also be a Fun Run supporting Campolindo Track beginning at 8 a.m. with a Kiddie Run, and five-mile and two-mile runs beginning at 8:30 a.m. For registration and course maps, visit www.campolindotrack.com.

After runners finish the grueling race, from 8 to 10:30 a.m., they can take advantage of the Pancake Breakfast, which kicks off a full day of fun at Moraga Commons. Community booths will be open on the Commons from 9 a.m. to 1 p.m., and also at 9 a.m. is the popular dog parade (sign up at the bandshell), and at 10:30 a.m. the annual children's bike parade (sign up at the flagpole). At 11 a.m. there will be old-fashioned kids' games at the bandshell, and from 12:30 to 1 p.m. a family magic show. Inflatables will be set up from 10 a.m. to 4 p.m., and food, wine and beer booths open from 11 a.m. to 8 p.m.

Music will begin with the National Anthem at 6:45 p.m. with the Mayor's Welcome at 6:50. Finally, the stars of the evening — the fireworks — will take off at dusk over the Country Club Gold Course, but officials are warning that there will be no hanging out on the course to watch due to security risks.

If residents would like to "Buy a Rocket" to help defray the cost of the \$27,000 fireworks show, they can send a donation to the Town of Moraga, 2100 Donald Dr., Moraga, 94556, or donate online at www.moraga.ca.us.

Both Orinda and Moraga are encouraging residents from neighboring communities to come and enjoy their hometown festivities.



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Lamorinda Weekly Photographer Retires With Honors



From left, Lamorinda Weekly editor Peggy Spear gives Ohlen Alexander his CNPA First Place plaque.

camera able to take high resolution photos, some people might consider themselves to be photographers, but they would be wrong," says former Lamorinda Weekly Editor Jennifer Wake. Few can pull off the artistry of a photograph like Ohlen Alexander."

The photographer, who has lived in Orinda for 30 years with his wife, Juanita, says he enjoys taking portraits of people even though "It's hard to capture the spirit of a person in a photo."

But in his years with this newspaper, he captured not only the spirit of the community — whether it was people or owls — but he did it with enthusiasm and professionalism.

Between his time in photography he has worked as a professor at the California State University Maritime Academy teaching primarily math and physics. He said he would be spending his newfound free time studying Italian at the Orinda Community Center. — P. Spear



The award winning photo was on our front page on April 22, 2015


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Ohlen Alexander started his newspaper career at age 13 as a paperboy for the Philadelphia Evening Bulletin. He is ending it as an award-winning photographer for the Lamorinda Weekly.

Alexander was recently awarded First Place in the California Newspaper Publishers' Association's Better Newspapers Contest for a photo he took at the 2015 Earth Day celebration at the Wagner Ranch Nature Area. (See the award-winning photo at right.)

"These days, with every smart phone containing a

Slow Down Lamorinda!

... continued from page A1



Moraga interim Chief Jon King with the Slowdown Lamorinda banners and the Slow Down Lamorinda bumper sticker. Photo Sophie Braccini

pay more attention on their routine routes.

King and Christensen met with Orinda Chief of Police Mark Nagel and decided to revive the Slowdown Lamorinda program that had not been activated last year.

The program consists of dedicating five to six police officers that will work all summer long, choosing one day a week, in different places each time, to conduct hours of enforcement. Nagel says that the main purpose of the program is to bring awareness to drivers on the dangers of driving at high rates of speed and distracted driving.

King adds that the police forces have no hidden agendas, they just want to keep the streets safe, and since they are about prevention, the three departments are making sure people know about the campaign and won't be taken by surprise by the surge of enforcement.

King ordered banners that will be displayed in the three cities that recommend slowing down and stop distracted driving. The three chiefs are also using Nextdoor, their city's newsletters, and other media to end complacency over high speeds on local roads.


This program is not the only time the three police departments work together. They routinely assist each other monitoring common DUI checkpoints, training together with active shooter drills, and on a daily basis, depending on the severity of calls for service, assisting each other for backup when necessary.

Slow Down Lamorinda will continue until the end of summer and might resume for the holidays. People wanting to support the program can go to their police department, take the pledge of following traffic laws and get a bumper sticker that says "Slow Down Lamorinda."

He says that summer and freedom from schools mean that more young or less experienced drivers socialize with their friends, in cars that can go very fast. Moraga Interim Police Chief Jon King adds that speed is a contributing factor to the seriousness of accidents and that recent complaints have made his department aware that speeding is again becoming more prevalent. For example, in mid-May the police caught a driver doing 76 mph on a 35 route, and the citations for the first five months of the year have increased by 15 percent from 317 last year to 362 in 2016, with the same amount of enforcing.

King also knows that public works departments typically take advantage of the summer to conduct various road repair projects, and that drivers should

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Downtown Parking

... continued from page A6

In reality, the relationship between BART and Orinda's parking issues remains unknown. Kinzel referred to an informal contact he made with BART concerning use of the Orinda station lot, and found that most of the users were from the "greater Orinda area," which includes both Orinda and other communities in the Highway 24 corridor. All of the lots fill up by 7:45 am. Not a lot of Orinda users come from outside, he said, and the percentage from Richmond and El Sobrante is in the single-digit range. One thing is certain: Orinda cannot expect to receive any assistance from BART, as "the likelihood of BART doing anything to increase its parking spots is very, very low," he said.

Kinzel exhibited no familiarity with the casual carpooling area next to Theater Square and its relationship to Bates Boulevard parking, and was confused by the fact that the curb is also marked as a two-hour parking zone. When a member of the audience explained the casual carpooling arrangement, he responded, "Is that a good thing?"

While the study results appear to raise more questions than provide solutions, TJKM does recommend four short-term measures to improve the management of existing parking spots in the study area. The first is to improve

enforcement, a measure favored by 89 percent of the survey respondents to maintain free parking. The consultant recommends that the city allocate one full-time employee for this purpose, funded by citation revenues.

The second recommendation is to change time limits for all four-hour spaces to two-hours, with effective enforcement.

The third is to issue Employee Parking Permits for Study Zones 1 and 2, and the fourth is to consider Residential Parking Permits on selected streets with documented long-term parking.

The study also suggests less specific longer-term measures to reduce parking demand, such as encouraging the growth of bicycle and motorcycle use, and for increasing parking supply by building or sharing parking lots, perhaps coupled with shuttle service.

One measure that TJKM specifically does not recommend is the implementation of parking meters.

The timing of the meeting conflicted with Game 5 of the NBA Finals, a circumstance that could not have been predicted in advance, said Tonya Gilmore, the city's public information officer, and it was sparsely attended. A video of the meeting — albeit of poor quality in some places — can be viewed on the city's website, www.cityoforinda.org.




Womenpriests Ordain First Orinda Woman Catholic Priest

By Sora O'Doherty



Joanna Truelson

Photo Sora O'Doherty

Joanna Truelson took a big step in her spirituality last when the Orinda resident was ordained a Roman Catholic womanpriest at a ceremony at the Orinda Community Church June 25.

The ordination, the first of its type in Orinda, was under the auspices of Roman Catholic Womenpriests, an organization founded in 2002 in Germany. The officiant was womanbishop Olivia Doko of San Luis Obispo, who was ordained a womanpriest in 2006 and a womanbishop in 2010. During the ordination Bishop Doko stated, "We are not restricted by the past."

The Roman Catholic Womenpriests describes itself as a renewal movement within the Catholic church that began in Germany with the ordination of seven women on the Danube River in 2002. After the ordination of the first priests, women have also been ordained womenbishops so that, according to the Roman Catholic Womenpriests, they continue to ordain priests in the Apostolic succession.

Roman Catholic Womenpriests claims that the ordinations they perform are "valid but illicit," as they are in violation of Canon Law. But they believe that they are in conformance with Apostolic Succession. RCWP has members in 28 states of the United States and Europe, Canada, South America and South Africa. RCWP says it has four ordained womenbishops, (and an additional two retired), 10 womendeacons and approximately 90 ordained womenpriests.

Of course, none of this is accepted by the Roman Catholic Church. When asked to comment on the ordination of Truelson, Helen Osman, Interim Director of Communications for the Oakland Diocese said the ordination "may be in the geographical area of the diocese, but this ordination has nothing to do with the Roman Catholic Diocese of Oakland, just as an ordination for any other church within the geographical area of the diocese has nothing to do with the Roman Catholic Diocese of Oakland."

According to the Center for Applied Research in the Apostolate, which collects statistics on Catholicism in the United States, in 2015 there were 37,578 Catholic priests in the U.S. for a total Catholic population of 68.1 million. There were 3,533 parishes that had no resident pastor and the number of active diocesan priests per parish has been steadily declining from two in 1965 to one in 2015.

Truelson was raised in New York and studied nursing at Belle-view Hospital. After moving to California, she obtaining a BSN degree, and a master's from the University of California San Francisco, with a major in Mental Health Nursing Administration. She worked as a medical surgical pediatric coordinator for 24 years. Following a year in which her father died and she got divorced, with two young children, age two and

five, she changed her profession to realtor, which allowed her to spend more time with her children.

Truelson found a program called "A Course in Miracles." First she took the course; now she acts as a facilitator. She followed Matthew Fox from Holy Names College to his own University of Creation Spirituality, and in 2000 obtained the degree of Doctor of Ministry. (Fox was an ordained Catholic priest who was expelled from the Dominican Order and later became an Episcopalian priest.) Truelson later attended the Chaplaincy Institute in Berkeley, and was ordained an Interfaith Minister, also in the year 2000.

Since then, she has traveled all over the world on volunteer missions. She attended the Parliament of World Religions in South Africa and has worked with Airline Ambassadors International (AAI), a registered charitable nonprofit organization that donates and distributes millions of dollars in aid to clinics, schools, orphanages and programs in 52 countries. With AAI she went on a medical mission to Haiti, and has traveled on such medical missions to South East Asia, Russia and Siberia.

Now Truelson feels that she has found her home in the RCWP.

Truelson has been a Womenpriest deacon, and is a founding member of Namaste Catholic Community in Orinda, which meets for Mass on the second and fourth Saturdays of each month at the Orinda Community Church.

Truelson imagines that, had she been alive at the time of Luther, she probably would have followed him. The Catholic church changes, she thinks, when enough people leave, and she thinks that now people are leaving the church. She also believes that Pope Francis, although he has stated that "the door is closed" to the ordination of women priests, is working for small changes that may, eventually lead to the acceptance of women priests.

Truelson admits that she has tried the Episcopalians, but, although they have been ordaining women priests for 40 years, she found them too restrictive. For example, she said, some accept gays, and some do not.

Ultimately, she says, her desire to become a Roman Catholic priest is about standing up to power. And the Womenpriest movement adheres as closely as possible to the conventional route to priesthood so that, someday, perhaps, when the Catholic church decides to accept women priests, they will be ready.

But what will happen when she is excommunicated? Truelson laughs. "When I first got divorced, I was told that I could no longer receive the sacraments" she recalls. She went to the Newman Center in Berkeley then. But when she wanted to remarry, the Newman Center would not perform the ceremony. She parted with the Newman Center and shortly thereafter she parted

from her second husband. "We make mistakes" she said, "and we forgive ourselves and others."

According to Truelson, her religion is all about love and inclusiveness. If you find that a religion is about judgments and fear, she said, you are on the wrong path. She believes in the resurrection, but as to an afterlife, her views are unconventional. "I believe that heaven is here right now," she said, and that is about loving each other and connecting.



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Sustainable Lafayette Summer Film Series Kicks Off Tuesday, July 12

Submitted by Melinda Krigel

Sustainable Lafayette will be hosting its sixth annual summer film series at the Lafayette Library & Learning Center, featuring recently released documentaries and short films. This year's film selections focus on clean energy, land preservation, East Bay trail restoration, the Grand Canyon, bicycle travel, and sustainable ranching. The series opens on July 12, continues on July 26 and concludes on August 2. All movies will begin at 6:30 p.m. in the Community Hall of the Lafayette library, 3491 Mt Diablo Blvd. in Lafayette.

The films are as follows:
"Catching the Sun" – Tuesday, July 12



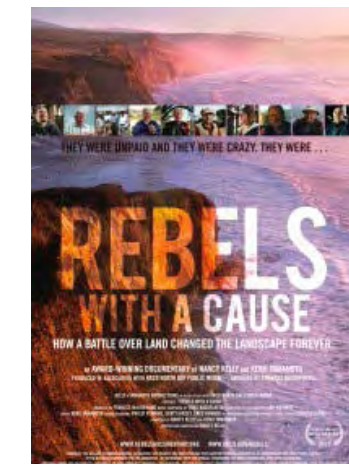
Images provided

An unemployed American worker, a Tea Party activist, and a Chinese solar entrepreneur race to lead the clean energy future. But who wins and who loses the battle for power in the 21st century? Through the stories of workers and entrepreneurs in the U.S. and China, "Catching the Sun" captures the global race to lead the clean energy future. Their successes and failures speak to one of the biggest questions of our time: will the U.S. actually be able to build a clean energy economy?

Actor/activist Mark Ruffalo says this about the film: "An eye-opening look at workers and entrepreneurs on the forefront of the clean energy movement that will

transform and enliven the way you see the future. What is clear is the wonderful opportunity the transition to clean energy represents." (75 minutes)

"Rebels with a Cause" – Tuesday, July 26



This is the story of a regional California effort that grew into an astonishing system of fourteen National Seashores - the result of garden clubs, ranchers, farmers, conservationists, politicians from both parties, widows, and volunteers working together through compromise and negotiation, with the American public coming up as the winner.

It's a fascinating example of a hard fought campaign to preserve something important to all of us - our public land. And it is a powerful tool to illustrate that the personal is political, and the local is global. "Rebels" is a feel-good cinematic experience that conveys an inspiring truth about how ordinary individuals have the power to change the rules. (74 minutes)

Four Short Films – Tuesday, August 2

"Trailhead" – A documentary

film project from OaklandTrails.org about the magnificent trail system that covers most of the East Bay. (20 minutes)

"Martin's Boat" – Martin believed the best way for people to understand the importance of preserving the Grand Canyon was to have them experience this secret world from the river – but not in just any boat. (24 minutes)

"Comes with Baggage" – A lighthearted history of bicycle travel in the Americas that makes you want to sell your possessions, quit your job and escape on a bike. (18 minutes)

"Soil Carbon Cowboys" – These ranchers have learned how to regenerate their soils while making their animals healthier and their operations more profitable. (13 minutes)

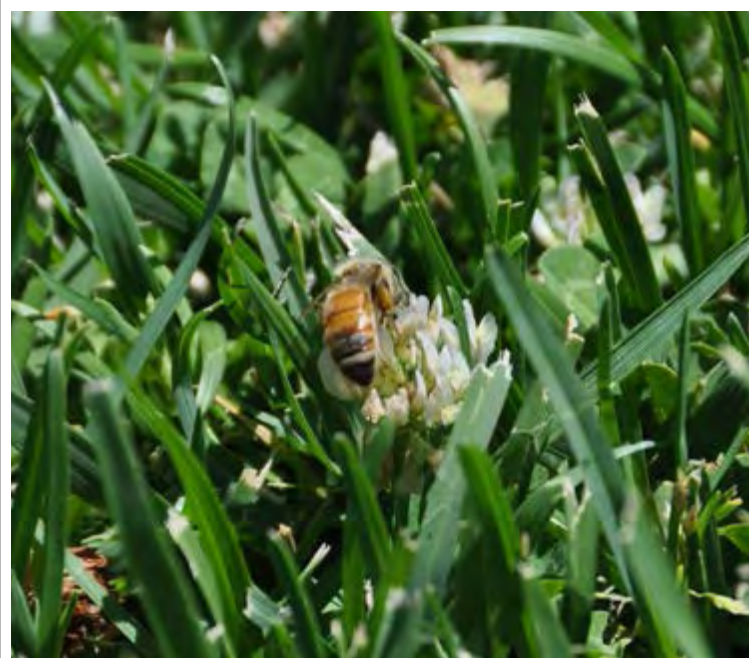
A \$10 donation is requested, with \$5 for students. Cookies, snacks, coffee and beverages will be served.

Visit www.sustainablelafayette.org for more information.



Bee Stings Can Be a Painful Part of Summer

By Cathy Dausman



Honey bee on clover flower could sting when stepped on Photo Andy Schreck

Summer is a time of lazy, hazy, crazy days as Nat King Cole once sang. But going barefoot in the park or poolside might include an unwanted rebuke from a fuzzy flying insect known as the honey bee.

Bee stings, as well as stings from other animals often mistaken for the honey bee (hornets, wasps and yellow jackets, for example), contain a small amount of venom that causes a local toxic reaction in all people and an allergic reaction in those previously sensitized. According to the Centers for Disease Control and Prevention thousands of people are stung by insects each year, while an estimated 90 to 100 people in the United States die as a result of allergic reactions.

Here is the buzz on how to avoid getting stung, and what to do if stung:

European honey bees are not native to North America but have wholeheartedly adapted to this continent. As the sun warms their hive, they're out for the day gathering pollen, searching for sweets to convert into honey. It takes two million flower visits to produce a pound of honey. Normally single-minded enough to allow curious humans to approach if they remain calm and quiet, a bee can be distracted by the presence of sweet drinks, fruit or food stains on clothing. They

may also mistake your loose hair for a honey-stealing furry animal, so wearing a hat could help. Bees trapped inside straws, soda cans, under morsels of food, under clothing or underfoot quickly object and make their presence known.

A small stinger at the wound site confirms the culprit was a honey bee. Bees sting once, lose their barbed stingers and die within 15 or 20 minutes; hornets, wasps and yellow jackets are repeat offenders who retain their stingers. Moraga-Orinda Fire District firefighter-paramedic Jeff Keena says the frequency of bee stings does pick up this time of year, although MOFD is usually involved only when the victim has a moderate to severe reaction. Symptoms of such a reaction may include swelling of the lips, eyes or throat, elevated heart rate, nausea, wheezing or difficulty breathing. If this happens, call 911. Paramedics and those with serious allergies carry what Keena calls the "big ticket" item — epinephrine; which when administered brings relief within 60 seconds.

If the bee sting reaction is confined to the site and consists only of a mild rash or itching, first aid treatment is to move away from where the sting occurred, remove the stinger by scraping it out (a credit card works well), washing the wound area, applying ice and

treating it with over the counter medications like antihistamines or aspirin substitute.

Dogs as well as humans are at risk for bee stings. Moraga's Nancy Bennett has both a husband and a dog with known bee allergies.

"Peter (Bennett's husband) keeps an epi-pen, and Snowball (their golden retriever) had difficulty breathing after getting stung. We had to take him (Snowball) to the vet," she said. Dogs are usually stung on their nose or paws, said Four Seasons Animal Hospital veterinarian Dana Schaffer. A stung dog may try to rub the affected area, and may develop swelling or pain around its muzzle. Dogs, too, can be treated with epinephrine, but the dosage must be prescribed by a vet and administered by owners only after proper instruction. Schaffer suggests those who plan to hike with their dog off leash carry a proper dosage of antihistamine prescribed by a vet for Rover. She recommends that any dog who has been stung be taken to the vet.

Beekeeper Rusty Burlew says that the sting from a European honey bee packs a punch. The blogger, columnist, speaker and director of the Native Bee Conservancy has been called as an expert witness in alleged bee sting court cases. She says honey bees often get a bad rap, having been confused with yellow jackets or wasps, whose population swells in the fall. Honey bees are drawn mostly to nectar and pollen while yellow jackets and wasps are carnivores who feed on the insects surrounding fallen, rotting fruit. That is why Burlew suggests those with bee allergies avoid orchards in the fall, when yellow jackets and wasps are out in full force. In those cases, Burlew says it's almost always a wasp that stings."

For more information, visit these websites: www.honeybeesuite.com; www.diablobees.org; www.veterinarypartner.com; www.insects.about.com/od/antsbeeswasps/a/10-tips-to-avoid-bee-stings.htm

“Make Music Day” Celebration is a Rollicking Hit for Lafayette Residents

By Adam Blake



Photo Adam Blake

Canopy tents, tie-dye tapestries, and colorful blankets garnished Lafayette’s Plaza Park lawn as locals braved the heat to come together and celebrate live music. Lafayette was not alone however; people from all around the world took part in the festivities for international “Make Music Day” on June 21.

The Lafayette Chamber of Commerce and Lamorinda Music organized the event, which included mini-ukulele lessons, music crafts, izzyA’s frozen custard truck, free popcorn, and of course live music. Lamorinda Music storeowner Colleen McCormick also arranged for live acts to play at eight restaurants and two senior living facilities around town to expand the celebration.

“I think it went well considering that it was a Tuesday night and super hot outside,” McCormick said. “It seemed like a good turn out for a first time event with very short lead time since we only decided to do it a few weeks ago.”

Make Music Day’s origins go back 34 years to France where the Ministry of Culture established the national holiday to celebrate free, live music throughout the country. “Fete De La Musique” has since spread throughout the world and is celebrated in over 700 cities across 120 countries.

Three weeks prior to the event, McCormick suggested Lafayette participate in the holiday to Executive Director of the Lafayette Chamber of Commerce Jay Lifson and Lafayette City Manager Steve Falk.

“We both were enthusiastic and said, ‘of course.’ This is Lafayette. This is a music town,” Lifson said.

At the center of the festivities was local Tom Petty tribute band The Big Jangle, who served as an energetic, highly entertaining backing group for live Karaoke. Lifson initially came up with the idea of doing live

Karaoke last year and seized this opportunity to bring it to life. Karaoke singers (and musicians) signed up from a list of 100 songs the band could play—Lifson referred to friend and lead guitarist Paul Cotruvo as “the human jukebox.”

Twenty-five brave souls took the stage including several local celebs such as Stanley Middle School Music Teacher Bob Athayde and founder of BAM (Bay Area Music) Magazine Dennis Erokan. Lifson got to experience five minutes of rock-stardom himself with a nostalgic rendition of “U.S. Blues” by the Grateful Dead.

“Yes, I am just an old Dead Head and wanna-be hippie,” Lifson said.

The night seems to have succeeded in bringing out many community members’ “inner-rock star” and according to Lifson there has already been talk of Lafayette celebrating the event again next summer. Even Falk got into the spirit of the evening, crooning in his fedora hat.

Colleen McCormick shared that her highlight of the night was when local journalist Mike Zampa and Falk led the audience in a cheerful sing-along, capturing the communal essence of Make Music Day.

“I loved when the folks in the plaza stood up and all sang together, especially God Bless America. Mike Zampa is really good at getting a crowd excited about singing,” McCormick said.



Lafayette’s Mike Zampa and City Manager Steve Falk get in the spirit of Make Music Day. Photo Peggy Spear

Making Homes Safe for Those Who Suffer From Alzheimer’s Disease

By Linda Fodrini-Johnson

Having a dementia like Alzheimer’s puts more people at risk when living alone or living with a family member. Early in this journey, often the only risk is forgetting an appointment or maybe taking the trash out on the right night. But, as this disease progresses, risks start to increase from forgetting to take important medications, to remembering how to use appliances including garden equipment safely or cooking appliances that could cause a fire.

For those living alone, the following tips can help reduce some of the risks associated with loss of memory, sequencing, and judgment:

1. Using technology that notifies you when someone leaves the home, uses kitchen appliances, uses the bathroom, and takes medications can be very helpful in the early stages of dementia. Technology can also let you know if they are doing the “normal activities of daily living” with timely alerts.
2. Early on in the process you might want to remove from the home ladders, garden equipment, poisons used in and around the home and maybe even some dan-

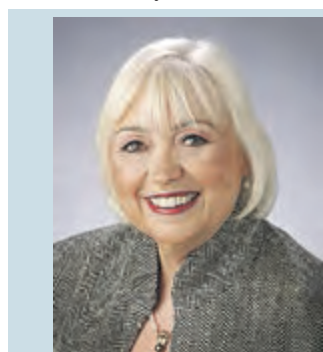
gerous tools.

3. Having meals delivered prevents accidents while cooking. A main meal that is provided for lunch allows for more finger foods in the evenings. Monitoring the refrigerator is good at this stage – it lets you know if they are still getting good nutrition.

Some more tips for those living with a companion or spouse:

1. Remove all sharp knives and scissors from eyesight. You might need to take the knobs off the stove and only put them on when you are cooking.
2. Medications should be kept in a locked cabinet and given only as directed by the primary caregiver.
3. Showers need to be adjusted for temperature before the person steps in. Often using a shower seat and a hand held shower wand is preferred for safety. A Care Manager can help you create a safe way to bathe your family member.
4. Wandering can be a big problem with dementia. Early on provide your family member with the Alzheimer’s Association bracelet. GPS devices are becoming more frequently used – the Alzheimer’s Association has a store for these items on their website.
5. Black mats in front of doors sometimes turn people away from the door – they see the mat as a hole in the floor. Delay egress systems with a buzzer can alert you to those coming and going. Some families have put signs on the back of doors that say “this is not an exit,” and that can deter escaping.
6. Driving is an issue that can come up earlier in the disease due to disorientation, reaction times, and the likelihood of getting lost or being involved in an accident. If driving is an issue, we have an excellent booklet from the Hartford Insurance Company – call our office for that information or a copy of the booklet.

The other major issue on keeping those with dementia safe is to provide activities that keep them engaged without frustrating their abilities. Daycare programs are a good solution providing activities and giving family respite, as is having a personal assistant trained in dementia care activities.



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She is the Founder of Eldercare Services, a full-service care management and home care company doing business since 1989. Linda’s new e-book “7 Steps to a Healthy Life for You and Your aging Parents” can be found on Amazon.com.

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Alamo, CA 94507

A Cool Way to End Finals

Submitted by Kindra Sampson



Campolindo High School STEM Club members, from left: Lauren Sampson, Devon Wood, Sophie Cortese and Emma McGonigle. Photo provided

Campolindo High School STEM (Science, Technology, Engineering, Math) Club took a break from studying for finals to fundraise for the local charity, Trust in Education (www.trustineducation.org). Trust in Education is a grass-roots organization, providing educational, economic and health assistance to villages in Afghanistan. The STEM Club decided on an ice cream sale after finals and was aided by Loard's Ice Cream, which donated all the ice cream for their event.

Bookmark Contest a Success

Submitted by Kay Pekrul



Pictured, back row, from left: Pierre Jolin - St. Perpetua, Isabella Bartos - Stanley; middle row: Aarushi Jain - Stanley, Kaitlyn Yasumura - Happy Valley, Ava Curletto - Happy Valley, Sofia Bartos - Burton Valley, Kiley Schmidt - Stanley; front row: Lillian Polkinhorn - Burton Valley, Ella Del Rosario - Springhill, Sofia Cepeda - Lafayette Elementary, Hudson Cahoon - Lafayette Elementary, Lucas Dissman - Happy Valley. Photo by Frances Wallace

The Friends of the Lafayette Library and Learning Center's Bookmark contest was a resounding success with about 500 entries. Twelve winning students from Lafayette schools were honored at an Award Ceremony earlier this spring for their art work.

Three outstanding artists, Kaitlyn Yasumura and Isabella and Sofia Bartos, who have won in the past, are honored in the Hall of Fame this year.

The winning bookmarks are framed, compliments of Anthony Ruiz of FAST-FRAME of Lafayette, and are on display in the Lafayette Library and in the Friends Corner Book Shop. The business again offered to frame the winning bookmarks for the participants free of charge.

The winners each received gift certificates equal to \$10 from Friends Corner Book Shop and a \$25 gift certificate to Orinda Books.

Art and Animals Benefit from Girl Scout Silver Awards

Submitted by Yuka Akera



From left, Stephanie Friese, Makenna Ferguson and Chantal Hummel. Photo Mary Friese

Troop 32300 had several Girl Scouts who earned their Silver Award, which is the second-highest award that can be earned in Girl Scouting.

Chantal Hummel's project "Mosaic Stairs" was designing and installing a mosaic tile display on the stairs at Orinda Intermediate School. The mosaic depicts a river flowing down the stairs leading to the blacktop.

Makenna Ferguson and Stephanie Friese's project supported animal rescue to the benefit of Animal Refugee Response in San Pablo. They organized a weekend work party to clean and paint the indoor dog kennels. Both girls individually designed and built cat towers for the cat area.

Stephanie, who attends Miramonte, and Makenna, who attends Campolindo, have been in scouting for 10 years, and Chantal, from Miramonte, has been in scouting for eight years. All are rising sophomores.

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 may be sent to storydesk@lamorindaweekly.com with the subject header In Service to the Community.

Odyssey of the Mind Teams Show Their Stuff

Submitted by Karin Husch



The Lafayette Rotary-sponsored Odyssey of the Mind Team celebrated after taking third place in a division at the recent World Competition in Iowa. Photo provided

The Lafayette Rotary Odyssey of the Mind Team took third place in Problem 5 (Fins, Furs, Feathers, & Friends) at the Odyssey of the Mind World Competition in Ames, Iowa, on May 28. Orinda Rotary Team No. 42350 took fourth place in Problem 4 (Stack Attack!). The team Coach is Ian Kallen. Team Members in alphabetical order are Amin Edraki, Aneesa Edraki, Julia Husch, Jonah Kallen, Kate Kintner, Peter Kintner, and Sophie McGlothlen.

Orinda Academy Sends Off its Graduating Class of 2016



The Orinda Academy said goodbye to 22 graduates earlier this month. The graduates are heading off to colleges such as Cornell, CSU Chico, Liberty University, California Poly Pomona, California Maritime Academy, Saint Mary's, University of Arizona, Whitman College, Penn State University, Boise State University and University of Redlands.

Orinda Academy is a college preparatory school for students in grades 8 through 12 who are bright and creative but might learn differently. It has been serving a diverse population of Bay Area students since 1982. Its mission is to provide a structured, supportive college preparatory education that compassionately engages all learners as active members of its diverse community and empowers them to achieve their potential as successful, confident, self-reliant individuals.

Here are the members of the graduating class:

- Michael Bell from Antioch
- June Borgese from Pleasanton
- Inna Broadbent from Alameda
- Paula Fogel from Richmond
- Chris Hanna from Benicia
- Cameron Home from Moraga
- Michael Humphrey from Danville
- Alain Javier from Oakland
- Samantha Levy from Danville
- Michael Miller from Moraga
- Nicholas Mizin from Walnut Creek
- Julissa Molina-Vega from Oakland
- Ivan Monastirev from Concord
- Aniyah Morris from Oakland
- Junyi "Jimmy" Ruan from China
- Isaiah Salesian from Berkeley
- Dylan Seidler from El Cerrito
- Taylor Ungson from Albany
- Tereza Vankova from Czech Republic
- Karolina Vodrazkova from Czech Republic
- Siwei "Alex" Wang from China
- Peter Wright from Lafayette

Girl Scout Receives Silver Award

Submitted by Yuka Akera



Photo provided

Annie Hillhouse, from troop No. 31361, recently completed her Silver Award. She has been a Girl Scout for 10 years, and is currently a rising sophomore at Campolindo. Her Silver Award project was providing toiletries for the homeless. She collected items such as shampoo, conditioner, deodorant, toothbrushes, toothpaste, lotion, soap, and razors from friends and neighbors. These were then packaged for individuals to receive from the Monument Crisis Center. Annie oversaw the collection, packaging and distribution of the items. Annie says she is excited about continuing in Girl Scouts through her high school years, and is in the process of planning her Gold Award Project.

AED and Quick Thinking Save Life of 24 Hour Fitness Client

By Sophie Braccini



Kevin Paulsen and Kiley Yeaman with MOFD responders Photo provided

It was a normal day of early spring at 24 Hour Fitness. In the front of the facility, rows of clients of all ages, led by the gym's optimistic mood music, were expending calories on treadmills and stationary bikes, while in the back a mostly masculine crowd was studiously working on developing their muscle mass.

Then, what no gym manager ever wants to see happen took place — a young man collapsed, struck by a sudden heart attack. Luckily for him, both the manager on the floor and two patrons did not lose their cool and, using an automated external defibrillator (AED), were able to resuscitate him as paramedics got to the scene.

Kiley Yeaman, the club's young operations manager, remembers the high pressure of the situation. When the young patron fell, two club members, Kevin Paulsen and Michael Bellotti, started manual CPR while another called for her assistance. As soon as she got to the weight training area and assessed the situation, she understood what was going on and rushed to get the AED that is installed at the club, and decided to use it on the client. She had never done it before, other than on a mannequin during a CPR certification class.

Under the stress of the situation, Yeaman was not scared, but rather felt the situation was somewhat surreal. She added that she felt lucky afterward to have been able to put her emotions aside and focus on what had to be done. At some point a patron asked her if she really knew what she was doing, but remembering her training, she was confident enough to proceed.

Yeaman grabbed the detachable paddles, put them on the young man, then the machine detected the irregularity and advised her what to do next. She says this was easy enough. The machine told her to shock the patient and she did, twice.

What she later learned is that the survival rate using CPR alone is 10 percent, while it is 60 percent when an AED can be used.

Another worker had called 911 and Moraga-Orinda Fire District paramedics were on the scene as she applied the second shock. The patient was taken to the hospital and completely recovered.

The young man's brother came back to the club to thank everybody, but Yeaman was

not present.

The Moraga Town Council wrote a proclamation to thank Yeaman, Paulsen and Bellotti, for their bravery. At the meeting where they were presented the document, MOFD Capt. Vince Matulich said that it was an excellent example of the community-based approach to heart attacks that helps the emergency responder do their job. AED, and early CPR increase the effectiveness of professional advanced measures.

Yeaman is a fulltime employee of 24 hours Fitness as well as a fulltime biology student at Las Positas College in Livermore. She says that the experience she had has given her the push to declare biology as her major and to study toward a profession in the healthcare sector.

She says she felt humbled by the experience — for her it shows the importance of being trained because anyone can learn it and it can make a difference.

AEDs are portable devices that check the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. AEDs are used to treat sudden cardiac arrest. Yeaman says that all the branches of that gym are equipped with AEDs and that the units include pediatric pads. AEDs are found in more and more public places and businesses, including some that were recently installed at Moraga Commons.



Kiley Yeaman at her work at 24 Hour Fitness, next to the AED unit. Photo Sophie Braccini

Venture Forth from Lamorinda for an Adventurous Culinary Tour

By Fran Endicott



Grilled avocado Photos Fran Endicott

We are lucky to live in one of the most food-centric places in the nation. Our seaside proximity delivers us the freshest fish. The artisanal farms and dairies of West Marin provide us with impossibly delicious cheeses and meats. And the innovations and influence of Silicon Valley seem to have rubbed off on many of the area's top chefs.

In the past couple of years that I've been covering local restaurants, I've encountered several dishes and drinks that elicit oohs and aahs and closed-eye, heavy sigh satisfaction. And thus, I've compiled my first ever "best list" — here below, in no particular order. To experience some of these noteworthy items might require stepping out of a comfort zone, but I guarantee, each bite or sip will be worth it.

Best start to a meal: Philipponnat Reserve Brut Rose, Nico, San Francisco (Pacific Heights). Each night, the Nico staff open a magnum of this gorgeous pink elixir; a civilized start to any meal.

Best beer selection: Sessions at the Presidio, San Francisco (Presidio). More than 100 selections with varying alcohol counts, under categories such as 'fun,' 'exciting,' 'classic,' 'crisp,' and 'big.'

Best Bloody Mary: The Ritz Carlton, San Francisco (Nob Hill). The Ritz's decadent Second Sunday Brunch features a mix-it-yourself Bloody Mary bar with a choice of mixers and garnishes including bacon, cucumber, celery, green beans, olives, or lemon slices.

Best cocktail for a cause: Bluestem Smash, Bluestem Brasserie, San Francisco (SOMA). During happy hour, \$1 from each order of the bar's namesake drink - a refreshing blend of St. Germain, vodka or whiskey, muddled seasonal fruit, mint, lime and sparkling wine - is donated to UCSF cancer research.



Margarita

Best margarita: The Copita Margarita at Copita y Comida, Sausalito. Made with 100% agave blanco tequila, agave nectar, and fresh lime juice, it's shaken at the table and poured over a singular large ice cube. One is likely not enough.

Best martini: Top of the Mark, Mark Hopkins Hotel, San Francisco (Nob Hill). It's not that their version is particularly superior; it's the view. Nowhere else can you experience this skyline vista while deciding if you want yours shaken or stirred.

Best namesake cocktail: The Steph Curry, Dosa, San Francisco (Fillmore District). Inspired by the energy and fortitude of the NBA all-star and made with Four Roses Single Barrel Bourbon, curried nectar, spiced agave, lime juice and Tempranillo.

Best low-octane cocktails: Myriad Gastro Pub, San Francisco (Mission District). You won't miss the hard stuff in Myriad's cleverly named cocktails made with creative, low alcohol ingredients.

Best use of avocado: Grilled avocado, Bird Dog, Palo Alto. One perfect avocado, peeled, sliced in half, and warmed on the grill, served with ponzu and wasabi. So un-

complicated and so good.

Best appetizer: The 'breaking bread' course at Haven, Oakland changes daily. An example: basket of homemade breads and crackers, olive oil drenched burrata, chicken liver mousse, charred scallion hummus, Monterey squid, and Oregon Dungeness crab fritter.

Best pate: Duck Liver Mousse, Hillside Supper Club, San Francisco (Bernal Heights). Incredibly luscious and creamy and served in a small canning jar with a huckleberry gelee glaze.

Best side dish: Carciofo, Poggio Trattoria, Sausalito. Smoky and tender grilled artichoke with lemon vinaigrette and basil pesto aioli.

Best fish dish: Ora King Salmon, Little Gem, San Francisco (Hayes Valley). A large, perfect piece on a bed of quinoa with almonds and Kalamata olives. Simple yet so flavorful.

Best chicken dish: Roasted Mary's Chicken at Delfina, San Francisco (Mission District). This succulent, salt-brined breast and leg served with King Trumpet mushrooms and olive oil mashed potatoes is the definition of soul-satisfying.

Best Swedish meat balls: Köttbullar at Volta, San Francisco (SOMA). If your definition of Swedish meatballs is derived from those at a certain retailer of ready-to-assemble furniture, try Volta's version - small spheres of beef/pork/veal served with potato puree, cream sauce, and fresh lingonberry.

Best pizza: Boot and Shoe Service, Oakland. Perfect fire blistered crust topped with fresh, seasonal ingredients.



Ramen

Best ramen: Any of the choices at Shibu Ramen, Emeryville Public Market, Emeryville. Light or creamy broth with varied ingredients such as bean sprouts, soft-boiled egg, pork chashu, bamboo shoots, green onions, microgreens, grilled kabocha squash, corn and green onions.

Best steaks: Alfred's steakhouse, San Francisco (FiDi). California grass-fed beef, dry-aged and mesquite grilled to order. Choose from Filet Mignon, Ribeye, Porterhouse, or New York cuts.

Best vegetarian dish: Carrot and Red Quinoa Salad, The Keystone, San Francisco (SOMA). Served with cashew cheese, serrano chili, crispy ancient grain and berbere spiced citronette. So delicious that the meats will not be missed.

Best Eggs Benedict: Eggs Benedict 'Carbonara,' Locanda, San Francisco (Mission District). Two perfectly poached eggs and crispy prosciutto cotto on Locanda's signature pizza bianca (a light focaccia), smothered in a light hollandaise 'cacio e pepe.'

Best dessert display: Sunday Q Brunch Club, Quattro Restaurant, Four Seasons Hotel Silicon Valley at East Palo Alto. A dizzying array of all-you-can-eat house-baked pastries including pumpkin cake, peanut butter cake, raspberry chocolate brownies, tiramisu, maple pot de crème, and homemade cookies.

In Memory

Gertrude Elaine Hogg Sonnichsen



Gertrude Elaine Hogg Sonnichsen, beloved wife of Thomas Henry Sonnichsen, died on May 30 at the age of 87. Everyone called her Trudy. She and Tom were residents of Lafayette and prior to that, they lived in Rossmoor.

Trudy was a world traveler and began her life in Pennsylvania. Her relatives from England and Scotland were Quakers; They arrived in the new world at the time of William Penn. They were farmers and involved in the beginnings of our government (at the time of the Indian Head Penny and the Mason Dixon Line).

Trudy left her home in Oxford, Penn-

sylvania for Bucknell University. She married Thomas Henry Sonnichsen, who had just returned to Bucknell after serving in the Ghost Army in WWII. They had three children, Linda Bevard, Jamie Bonetto and Jennifer Robinson.

Because of her husband's job, Trudy and the family moved many times. Their moves included seven years in Europe (France, Holland and Italy). This enabled her to return home and open her own travel agency in Mountain Lakes, NJ.

Due to the success of her travel agency, Boulevard Travel, she was one of the first travel agents to be invited to Mainland China when it opened its doors to the west in the 1970s.

She and her husband were residents in Mountain Lakes for 40 years and married for 68 years. She was well loved and is survived by her husband, Thomas Henry Sonnichsen, age 93, and her two remaining daughters, Jamie Bonetto and Jennifer Robinson; six Grandchildren and 14 great-grandchildren.

Express condolences at oakparkhillschapel.com.

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Lamorinda's Religious Services



Lafayette United Methodist Church

955 Moraga Road 925.284.4765 thelumc.org
 Sunday 10am Worship and Faith Formation for all ages
 Opportunities to Love God, Love Others,
 and Serve the World

St. Anselm's Episcopal Church

A Loving Community

Sunday Services: 8 and 10 AM

In-church Youth Zone, 10 AM Nursery Childcare
 682 Michael Lane, Lafayette, 284-7420, www.stanselms.ws

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH

Join us for Aloha Sunday, July 17, 2016



- Worship 9:00 & 10:30 a.m.
- Luau Lunch 11:45 a.m.
- Lunch tickets Adults \$12 / Kids \$5
- No 'Ohina Hawaiian Band and Dancers
- Bring Family and Friends
- Share the Aloha Spirit
- Contact Matt@ILOPC.org for more info

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ORINDA CHRISTIAN SCIENCE CHURCH

24 Orinda Way (next to the Library) - 254-4212

Sunday Service and Sunday School 10 - 11 am
 Informal Wednesday Meeting 7:30 - 8:30 pm
 Reading Room/Bookstore M - F 11 - 4; Sat 11 - 2
 www.christianscienceorinda.org



Worship the Lord!
 Sunday Mornings at
 9:30am during the summer

10 Moraga Valley Lane | www.mvpc.today.org | 925.376.4800

Holy Shepherd Lutheran Church

433 Moraga Way, Orinda, 254-3422
 www.holy shepherd.org



SUMMER WORSHIP SCHEDULE
 9:30 a.m. Worship Service
 Coffee Fellowship at 10:30 a.m.
 Childcare available for ages 5 and younger

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9am Sunday School &
 Communion Service
 in the SMC Chapel



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 traditional liturgy +
 inclusive theology



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 "No matter who you are, wherever you are on life's
 journey, you are welcome here!"
 Join us Sundays at 10 a.m. | Sunday School 10 a.m.

Not to be missed

ART

Jennifer Perlmutter Gallery
presents: Painting with Light
 — Photography and Watercolor
 from through July 9. Photographers:
 Maude Pervere, Stephen Elbert,
 Suzanne Engelberg, Tanya Knoop,
 and Watercolorist Julie Cohn. (925)
 284-1485 www.jenniferperlmuttergallery.com

Valley Art Gallery presents
their new show, "A Summer Place,"
 which runs through July 30. "A Summer
 Place" is "your place" visualized by
 gallery artists — the places we visit,
 activities we enjoy. It features over
 300 new works of art as warm and
 wonderful as our summers in the
 Diablo Valley, including works from
 the best East Bay artists, for sale or
 rent. Plus, there are beautifully
 crafted, ceramic, wood and glass
 pieces, and original designer jewelry.
 www.valleyartgallery.org

The Moraga Art Gallery's
new show is "Porcelain Poetry/
Textile Treasures," featuring
 beautifully-crafted, functional
 pottery by member artist Donna
 Arganbright of Lafayette and a
 selection of vibrant quilts created
 by guest artist Denise Oyama
 Miller. The show runs through
 Aug. 13. The Moraga Art Gallery
 is located at 522 Center Street,
 Moraga; (925) 376-5407.

The new Lafayette Library
Art Gallery Exhibit features
 oil paintings by Geoff Meredith,
 pastels and watercolors by Dalia
 Alekna, and ceramics by Olga
 Jusidman. The Exhibit runs
 through Aug. 31.

MUSIC

The MFA in Dance Program
at Saint Mary's College presents
 Coalesce, an original and
 distinctive dance work that
 explores universal themes of
 culture, community, spirituality,
 family and the physical body
 within the context of distance
 and proximity. Coalesce is
 presented at 4 and 8 p.m. on
 Thursday, June 30 at Saint
 Mary's LeFevre Theatre, 1928
 St. Mary's Road, Moraga. Cost:
 general, \$15, senior and SMC
 Community, \$10, Buy online
 at stmarys-ca.edu/forms/mfa-
 dance-concert.

Orinda Summer Concerts in
the Park Series continues from
 6:30 to 8:30 p.m. Tuesdays at
 the Orinda Community Park.
 July 5: Floorshakers, Funk Soul/
 Rock n' Roll, with El Ranchero,
 taco truck; July 12: What the
 Funk!, R&B/Soul/Disco/Rock
 with Streetdogs, Chicago style
 hot dogs; July 24 (Sunday):
 Opera in the Park with Solo
 Opera, 4-6:00 p.m. Food Trucks
 will not be available that day.

Thursday evening concerts
continue 6:30 to 8:30 p.m.
 at Moraga Commons Park:
 June 30 Moonalice, Bay Area 60s;
 July 14 Spill the Wine, Jack-
 son 5 to Maroon 5. Picnic on
 a blanket or lawn chairs on the
 grassy hillside in front of the
 band shell.

A free outdoor concert honoring
our Veterans and saluting
 our troops from 5:30-8 p.m.
 on Saturday, July 16 at the
 Lafayette Reservoir's stage will
 feature the Big Band of Rossmoor
 and The Shakey Zimmerman
 Acoustic Trio. Bring a blanket
 and a picnic.

THEATER

Cal Shakes presents a debut
of Pulitzer-prize winning
 playwright August Wilson's
 "Fences" July 6 through July
 30. For show times and to
 purchase

tickets see www.calshakes.org.

KIDS, PARENTS & TEENS

Summer Movies in the Park
Series - movies begin at dusk
 on Thursdays at the Orinda
 Community Park. July 7: "Hotel
 Transylvania 2"; July 21: "Cinderella."

Isabel Azam will be hosting
 their second annual Lamorinda
 Kid's Fashion Show at Hacienda
 de las Flores, 2100 Donald
 Dr. Moraga, from 5 to 7 p.m.
 on July 20. Come out and enjoy
 fashion, fun, music, special
 guest and activities for the kids.
 We will be holding a book drive
 and are collecting items for our
 charity. Tickets are FREE! We
 just ask that you and your
 family RSVP by visiting,
 www.lamorindafashionshow.
 eventbrite.com.

OTHER

Fourth of July in Lamorinda:
Parade in Orinda at 10 a.m.;
 races, booths, food, games,
 and music in Orinda and
 Moraga until early afternoon;
 concert and dance party at
 Moraga Commons at 7 p.m.
 followed by fireworks at 9:30
 p.m. See page A11.

Enjoy Ice Cream in a Bag and
Sun Tea at 1 p.m. on Thursday,
 July 7 at the Moraga Library.
 Do some kitchen chemistry
 and make ice cream in a bag to
 celebrate National Ice Cream
 Month. Then harness solar
 energy to make sun tea. Staff
 will help kids cool off during
 this STEAMy Summer and be
 ready with these cool recipes
 for the next NPS camping trip!

Celebrate ARF's 25th birthday
by growing your family
 by four feet. Through June 30,
 all dogs, cats, puppies, kittens
 at ARF have \$25 adoption fees.
 There's no better time to meet
 a new best friend. Stop by
 ARF at 2890 Mitchell Drive in
 Walnut Creek to meet your
 perfect match, or browse pets
 online to find your favorite
 furry face. Standard adoption
 criteria apply.

Online Privacy Class on
1 p.m. Thursday, June 30.
 Join Jeremy Gillula, staff
 technologist at the Electronic
 Frontier Foundation, to learn
 how sketchy companies (and
 shadowy government agencies)
 track you everywhere you go
 online, often without your
 permission. The class will
 cover how tracking works,
 why companies do it, and what
 tools do (and don't) work to
 protect yourself. A Summer
 Reading Festival event at the
 Moraga Library.

Happy July Fourth from the
CC4C kitties! Come on down
 to see us at our adoption
 event from 1 to 4 p.m. Saturday
 and Sunday, July 2 and 3,
 at Pet Food Express in Lafayette
 and Pleasant Hill, and Petco
 in Walnut Creek. For more
 information see
 www.communityconcernforcats.org.

The City of Berkeley presents
4th of July @ the Berkeley
 Marina from noon to 10 p.m.
 on Monday, July 4, at Berkeley
 Marina, 201 University Ave.,
 Berkeley. Fireworks at 9:30pm.
 This free event features live
 bands, a kid's stage, food trucks,
 Sumo soccer, pony rides, and
 dragon boat rides. An alcohol-
 free event. Cost: Free Admission;
 Parking \$15. For more info
 see http://www.anotherbullwink-
 kelshow.com/4th-of-july/ or
 call (510) 548-5335 or email
 Lisa@AnotherBullwinkelShow.com.

Hair care professionals and
massage therapists needed!

Hospice East Bay provides care
 to terminally ill patients and
 their families in their homes
 or facilities throughout Contra
 Costa County. Many of our
 patients benefit greatly from a
 haircut or hair set or from the
 gentle and compassionate touch
 of a massage therapist. If you
 would you be interested in
 volunteering a few hours a
 month to provide comfort to
 our patients, please contact the
 volunteer department at
 Hospice East Bay, (925) 887-
 5678 or volunteers@hospiceeastbay.org.
 License and/or Massage
 Certification required.

Marin Headlands and Muir
Woods: Exploring the "Wild-
 erness Next Door" at 1 p.m.
 on Thursday, July 14. Join
 Ken Lavin, hike leader for the
 Sierra Club's Mount Diablo
 Group, on an armchair tour
 of the Marin Headlands and
 Muir Woods. His talk will
 include some fascinating but
 little known anecdotes about
 the land and people in this
 "wilderness next door." An
 NPS Centennial Celebration
 event at the Moraga Library.

The Central Contra Costa
Sanitary District (Central San)
 will be hosting an Open House
 from 10 a.m. to 2 p.m. on
 Saturday, July 16, at their
 headquarters and treatment
 plant location, 5019 Imhoff
 Place, Martinez. The free,
 family-friendly event will
 include live music, free food,
 giveaways, games, exhibits,
 big truck displays, tours of
 the treatment plant, and
 much more. For more
 information, go online to
 www.CentralSan.org/70.

Beyond the Shower Bucket:
Water-Smart Living from 6:30
 to 8:30 p.m. on July 20 at
 Rodgers Ranch Heritage
 Center, 315 Cortsen Rd.,
 Pleasant Hill. The drought
 continues despite El Nino
 rains. Learn conservation
 methods, including using
 low flow fixtures and
 appliances, tankless water
 heaters, grey water systems,
 rain catchment methods,
 drip irrigation, lawn
 replacement/sheet mulching,
 etc. \$20. Register at
 www.sustainablecoco.org/
 workshops.

Lights! Camera! Environmental
Action! Sustainable
 Lafayette will be hosting its
 sixth annual summer film
 series at the Lafayette Library
 & Learning Center, featuring
 recently released documentaries
 and short films. This year's
 film selections focus on
 clean energy, land
 preservation, East Bay
 trail restoration, the Grand
 Canyon, bicycle travel,
 and sustainable ranching.
 The series opens on July
 12, continues on July 26
 and concludes on August 2.
 All movies will begin at
 6:30 p.m. in the Community
 Hall of the Lafayette
 library, 3491 Mt. Diablo
 Blvd. in Lafayette. July 12:
 "Catching the Sun."

SENIORS

Take the Smart Driver four-
and-a-half-hour refresher
 course from 9 a.m. to 1:45
 p.m. on Thursday, July 21
 in the Sequoia Room,
 Lafayette Community
 Center. This abbreviated
 refresher course is for
 those who have taken an
 AARP driving course
 within the last four
 years. Refine your
 driving skills, develop
 safe, defensive
 techniques, and
 possibly lower your
 insurance premium.
 Send check, made
 payable to AARP,
 to Lafayette Senior
 Services, 500 St.
 Mary's Rd., Lafayette,
 CA 94549. Important:
 Prior to sending
 check, please call
 284-5050 to
 determine space
 availability. \$15
 for AARP members/
 \$20 non-members.

Summer Session Enrolling Now!

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Film Clips 'Free State of Jones' is Another Triumph for McConaughey

By Derek Zembrak



Photo provided

"Free State of Jones" is based on a novel by Victoria E. Byrum that hit the bookshelves in 2003. The movie begins in 1862 during the Civil War. It tells the story of a poor, rebellious Southern farmer and Union sympathizer, Newt Knight, from Jones County, Mississippi. Knight, portrayed by Oscar-winner Matthew McConaughey ("Dallas Buyers Club"), and his extraordinary armed rebellion banded together with other small town farmers and local slaves to launch an uprising against the Confederate Army that resulted in Jones County Mississippi seceding from the Confederacy.

The movie continues with Knight taking his struggles into the Reconstruction Era that includes facing off with the Ku Klux Klan.

Writer and director Gary Ross ("Seabiscuit") delivers a straightforward depiction of the Civil War period and a subject matter that is neglected in many Civil War discussions. Ross consulted with many Civil War experts, including Eric Foner of Columbia University and Martha Hodes, a professor at NYU. His research resulted in a detailed, riveting history lesson. Ross reportedly spent 10 years researching the truth before bringing "Free State of Jones" to the big screen. The movie illustrates three periods of US history: The Civil War, the Reconstruction Era and 1948.

As with many Hollywood movies of this genre, some of the characters are fictional: e.g. Daniel, the boy that Newt tries to protect during the Battle of Corinth. According to History vs. Hollywood, Daniel is a composite of various 7th Battalion men in real

life. Always the cruel Confederate soldier, Lieutenant Barbour (Bill Tangradi) is also a fictional character.

McConaughey's performance of Newt is outstanding and he will receive attention during award season. His performance is also raised when surrounded by a strong supporting cast such as Golden Globe-winner Keri Russell ("Felicity") as Newt's first wife Serana and his common-law wife, freed slave Rachel played by the stunning Gugu MBarha-Raw ("Concussion").

"Free State of Jones" is rated R for strong, graphic violence battle scenes and sexual references. It has a total running time (TRT) of two hours and 19 minutes.

Playing this week at Lamorinda Theatres:
Rheem: "Independence Day: Resurgence," "Finding Dory" and "Now You See Me 2"
Orinda: "Free State of Jones," "Finding Dory" and "Love & Friendship"

Upcoming Events at Lamorinda Theatres:
7 p.m. July 14 – FREE Movie Night at Orinda Theatre – "Stand By Me"
7 p.m. July 23 – Live Music at the Rheem with Eileen & Brett
7 p.m. July 30 – Charlie Chaplin Festival. Come see the 1921 classic, "The Kid," with a live baby-grand piano score by Patti Lie-decker.
2 p.m. July 20 – Moraga Movers Classic Movie Day – "The African Queen" hosted by Larry Swindell.

Service Clubs Announcements



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Senior Symposium Planned for Aug. 6

Submitted by Doreen de Roque

The eighth annual Senior Symposium, "Aging by Design," sponsored by the Lafayette Community Foundation, will be held from 8:30 a.m. until noon on Saturday, Aug. 6, at Lafayette Elementary School, 950 Moraga Road. This free event is a most informative resource fair for seniors in the Lamorinda community, with more than 40 booths sponsored by local vendors of services to seniors, as well as many nonprofit organizations that serve seniors in the community.

There is plenty of parking in the back of the school on the black top in the play-area, or across the street in the city lot, or in the lot of the old library.

Advanced registration qualifies for a special raffle prize. Either call (925) 284-8214 or visit the Lafayette Community Foundation's website, www.lafayettelcf.org. There is no charge for attendees. The vendors will set up the courtyard under the trees, and the speakers will be conveniently in the gymnasium.

Speakers will include:

Dr. Sandra Karpenko, John Muir Health's Medical Director of Palliative Care;
Anne Ornelas, the executive director of the Lam-

orinda Village, with an update on this community based program to help seniors age in place;
The Lafayette Senior Commission, with information on programming for seniors available through the city of Lafayette and the work of the commission.

Ann Thomas, president of Hearing Loss Association of America Diablo Valley Chapter, speaking on hearing health.

Annie Goglia, of Life Fire Workshops and Coaching, presenting Laughter Yoga.

This free event provides the most up-to-date resources for Lamorinda seniors and helps to raise funds for the Lafayette Community Foundation, which has historically supported many local organizations since its inception in 1999 with "Excellence Grants" of over \$370,000. Over the years LCF has helped Meals on Wheels, Contra Costa Food Bank, Senior Helpline Services, and the Senior Transportation Program's Spirit Van, among others. The LCF is best know for raising \$14 million to build the new library, and more recently worked with Rotary to build the stage at the reser-

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Thoughtful Food

Enjoy a Strawberry Shortcake That's Long on Good Taste

By Susie Iventosch



This Strawberry Shortcake is a summer delight. Photo Susie Iventosch

the way it tasted. One of our guests has celiac disease, so I made her shortcake with Krusteaz Gluten Free All Purpose Flour, which you can substitute on a cup for cup basis, without having to add any other ingredients. While the gluten-free version looked much different than the rest (the top was much more crackled and the color was slightly darker), it tasted very similar. The texture of the gluten-free version was also a bit grainier, which seems to be the case with anything I've ever made with non-wheat flour.

Serve any extra strawberry glaze in a pitcher or bowl.

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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My husband hosted his entire work team for a couple of dinners this past week and I was given the fun task of planning and carrying out the menus. Dessert is always a great way to put an exclamation point on the evening, and at the grocery store, I spied a beautiful display of fresh and juicy strawberries. "Okie dokie," I thought, "Strawberry shortcake it shall be!" This is such a great dessert to

serve to a large group (we had 16 people that night) and some of the guests helped form an assembly line when it came time to serve dessert. This makes it much easier, since there is a bit of assembly required with strawberry shortcake.

When it comes to strawberry shortcake, making a delicious biscuit is crucial and I found this recipe from Fine Cooking and made a few adjustments. We really loved

Strawberry Shortcake with Strawberry Glaze

Shortcake

(Makes about 1 dozen)

INGREDIENTS

- 2 cups all-purpose flour
- 6 Tbsp. granulated sugar
- 2 ½ tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 1 stick (4 ounces or ½ cup) butter
- 1 egg
- ¼ cup whipping cream
- ¼ cup sour milk (milk with ½ tsp. cider vinegar mixed in)

DIRECTIONS

Preheat oven to 425 degrees. Spray or grease a baking sheet, or cover with parchment paper. In a large bowl, mix flour, sugar, baking powder, baking soda and salt. Cut the stick of butter into small pieces and add to dried mixture. Using finger tips or a pastry cutter, cut butter into dried mixture until butter is blended in and crumbly. In a large glass measuring cup, or a small bowl, beat egg with cream and sour milk, and stir wet mixture into dried with a large fork until well-blended. Gather it into a large ball and turn out onto a floured cutting board. Roll out until about ¾ inches thick. Cut into 12 round biscuits with a biscuit cutter. Dip cutter into flour as needed to keep from sticking. Place biscuits onto prepared baking sheet and bake for approximately 12-14 minutes, or until golden brown on top. Remove from oven and cool on a cooling rack until ready to use. Can be prepared a day or two ahead.

Strawberry Glaze

INGREDIENTS

- 2 cups fresh strawberries, stems and leaves removed
- 1 cup water
- 3 Tbsp. cornstarch
- ¾ cup granulated sugar

DIRECTIONS

Place strawberries and water in a sauce pan. Bring to a boil and boil for about 4-5 minutes. Turn off heat, and mash berries with a large spoon. Pour mixture through a sieve, scraping the fruit through the sieve to get as much flavor as possible. Discard any leftover strawberry pulp that won't get through the sieve. Use a spatula to scrape the bottom of the sieve, because there is a lot of good stuff that will accumulate there. Add it to the sieved liquids. Mix cornstarch with about 1-2 tablespoons of hot water, in order to make a paste. This prevents the cornstarch from getting lumpy. Add cornstarch-water and sugar to the strawberry mixture. Bring to a boil, and continue on a rolling boiling for a few minutes, stirring occasionally, until mixture thickens and coats the back of a spoon. Remove from heat and cool completely. Refrigerate until ready to use.

Strawberries

- 2 pints of fresh strawberries (Reserve 1 fresh berry per serving for garnish.)
- 3 Tbsp. powdered sugar
- 1 tsp. vanilla extract

Remove stems, leaves and any bad spots from the strawberries. Cut into bite-sized pieces and toss together with powdered sugar and vanilla. Refrigerate until ready to use.

Whipped Cream

- 1 cup heavy whipping cream
- 1 tsp. vanilla
- 2 Tbsp. powdered sugar

Whip cream until stiff peaks. Fold in vanilla and sugar.

To Serve:

Cut shortcakes in half horizontally. Place a spoonful of berries over the bottom half. Then add a large spoonful of the strawberry glaze and a dollop of the whipped cream. Place top half over the bottom portion and repeat the process. Garnish with a whole or half strawberry on top! Serve extra glaze in a bowl for added flavor.

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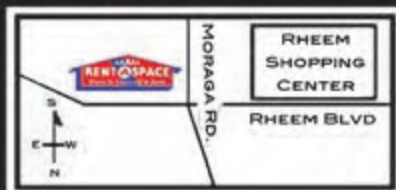


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LAMORINDA SPORTS

Getting in Sync for Rio

By Cathy Dausman



Photos Cathy Dausman



From left: Mariya Koroleva and Anita Alvarez

Breathe, and slip beneath the water's surface. Remain there and perform a gymnastics-like routine. Strike a pose and hold it. Stay focused. Stay in absolute sync with your swim partner's moves. Burst from the water and submerge again. And again. And again. Six hours daily, six days a week. All for the sake of one technical and one free-style water routine, each lasting under four minutes.

Such is life for Mariya Koroleva and Anita Alvarez, a U.S. synchronized swimming duet bound for the Games of the XXXI Olympiad in Rio de Janeiro this August where they will compete against 23 other countries in the duet synchro swim competition. But for now, many locals can catch these Olympic-bound swimmers practicing at Campolindo's Soda Aquatic Center.

The Rio Olympic website calls synchronized swimming "pool-based gymnastics" and "spectacle and sport" as well as "aquatic ballet," saying this women-only discipline has delighted Olympic audiences since the 1984 Los Angeles Olympics.

Synchronized swimming is one part agony, one part ecstasy. Those on land might see athleticism, control, grace and power, but participants strain to take in enough air as their lungs and muscles scream from oxygen deprivation.

"You have to remember to breathe," Koroleva says of the mental aspect of their training. Although the hours are grueling and the athletes end up feeling perpetually tired, Alvarez says there is always so much to do. The pair willingly deprives themselves of sleep, family and leisure activities — for

now, at least.

Koroleva and Alvarez arrived to train at the Soda Aquatic Center in the fall of 2014. Between daily water rehearsals, land drills (dry land practice), ballet, Pilates and weight lifting routines, the women were on a 30 minute break; Coach Lolli Montico made it clear they could only spare half that time.

Because her mother was a synchro swimmer Alvarez decided at age five to become one. The 19-year-old from Buffalo, N.Y. moved to the Bay Area three years ago, initially living with host families. She is leaving her East Bay apartment to prepare for the rest of summer. The swimmer has put it all on hold for now — higher education, a job search and family time — as she pursues the Olympic dream. Alvarez won't be alone during her Olympic journey, though, as her whole family — mother, father, brother and grandmother — is making the trip to Rio to watch.

Koroleva, 26, moved to the East Bay with her family from Russia when she was nine. She be-

gan synchro swim training with the Walnut Creek Aquanauts. The swimmer holds an undergraduate degree from Stanford and is two classes shy of earning a master's degree from University of San Francisco in sports management. Koroleva returns to compete in her second Olympics; she placed 11th in the duet event at the London games four years ago. Koroleva's mother, brother and boyfriend will be her support in the Rio grandstands.

Alvarez and Koroleva have given their passports a good workout in the past six months. The pair has traveled to Italy (Rome and Savona), Germany (Bonn), France (Paris), China (Wuhan) and Rio. With less than two months remaining before their Aug. 14 Olympic competition they move to U.C. Riverside and then to Puerto Rico for two final weeks of an intense training camp.

"You can't take it easy or coast (right now)," Koroleva says. After Rio both athletes will take a few weeks off and relax with their families. Koroleva plans to finish her master's and hopes to put her degree to work. She doesn't plan to compete at the Olympic level again, but Alvarez may continue to train. When asked if she would like to return to the 2020 Tokyo Olympics, she says quietly "I think so..."

For more details, go online to: www.rio2016.com/en/synchronized-swimming, www.teamusa.org/usa-synchronized-swimming/athletes/Mariya-Koroleva, and/or www.teamusa.org/usa-synchronized-swimming/athletes/anita-alvarez.



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Lamorinda Rowers Help Propel Oakland Strokes at Nationals

By Karl Buscheck



Oakland Strokes Women's Varsity 4+ Boat wins a Gold Medal by Open Water at the 2017 U.S. Rowing Nationals on June 11 at Mercer Lake, West Windsor, NJ. Photo provided

There was a common thread among the three Oakland Strokes boats that medaled at the US Rowing Youth National Championships. All of them were powered – at least in part – by Lamorinda rowers.

“There have always been Lamorinda kids at the heart of our varsity boats,” said Strokes managing director Dana Hooper, who rowed for the East Bay powerhouse as a Miramonte student in the 1990s. “We always get good kids from that area. I don’t know why it is, but there always seems to be really good athletes coming from that area.”

The Women’s Varsity Four team was one of two Strokes boats that claimed a gold at the national championships held in West Windsor, NJ on June 11 and June 12.

The boat, which smashed the competition on its way to the top of the podium, featured four local athletes in Jill Lundstrum, Caroline Ricksen and Riley Eversole of Miramonte and Limor Dubrovsky of Acalanes.

“It was just an incredibly aggressive, courageous race that they went after,” said Hooper. “And (they) just kind of decimated the field from early on.”

What made the decisive victory even more impressive was that the women’s team had finished more than a boat length behind the River City Rowing Club – the boat that raced in second at nationals – just a month-and-a-half earlier.

“They just trained their hearts out and got themselves a boat length up, which in rowing terms, as soon as you can get a boat length up you feel really good about yourself,” explained Hooper.

The Men’s Varsity Eight, which included Brendan Purtill and Nikita Lilichenko of Miramonte and Cole Ortiz of Campolindo, was the Strokes other gold medal winning boat.

“We’re pretty proud of it. For the men’s

side, it’s definitely the premier event. So, it’s one that you want to win,” said men’s varsity head coach Brian de Regt after his top team secured its second consecutive national title and capped an undefeated spring season.

“To go up against everyone in our region and everyone in our country and not lose in the spring I think is pretty great,” de Regt said. “We’re very, very proud of the guys.”

The coach was equally proud of the Men’s Lightweight Eight boat, which shattered its preseason expectations by earning a silver medal.

“There’s a lot of pressure trying to repeat a championship,” de Regt said of his varsity squad. “So, it’s a relief to do it. Where with the lightweights, who didn’t even make it to the national championship last year, [earning a medal] is almost a bonus.”

The Lightweights had a pair of Lamorinda rowers in Drew Barber and Calvin McDonald of Miramonte.

“Medaling was not something that we expected to happen at the beginning of the year,” admitted de Regt. “To see them come down in a medal position behind a really incredible boat from Miami’s Belen Jesuit Prep School, it was surprising and thrilling and a lot of fun to see.”

From the back-to-back golds for the Varsity boat to the surprise silver for the Lightweights, 2016 ended up being a banner season for the men’s Strokes program.

“It’s the best spring that the Oakland Strokes men have ever had,” de Regt said. “So, we’re extremely pleased with the way the guys have been performing, the way they’ve bought into the program and how hard they’re working. It’s very satisfying as a coach to see their hard work get the end results and see them get what they deserve.”

Orinda Intermediate School Golf Team Earns Back-to-Back Titles

By Karl Buscheck



The championship OIS golf team.

A stroke of good fortune played a big part in the rise of the Orinda Intermediate School golf team.

“We’re so lucky to have Eric Jones,” team manager Denice Gant said of the former Stanford golfer who is one of the squad’s co-head coaches along with Tanya Chantara. “That was just a gift that fell in our lap.”

As Gant tells it, Jones had emailed her before the season start asking if she wanted any help running the team. After taking one look at Jones’ resume, the answer was a resounding “Yes.” Jones is not just an OIS parent, but also a two-time World Long Drive Champion and Northern California PGA Teacher of the Year.

“He is the reason we were able to take this (program) from 20 (players) to 36,” Gant said of Jones’ impact in his first season with the team. “We could not have done it without him.”

When Gant initially took over as team manager two seasons ago, the OIS team consisted of 12 athletes. This season, there were 36 players on the roster – including 23 boys and 13 girls.

In each of the past two seasons, OIS has rolled through the East Bay Middle School Golf League schedule with an unblemished record in match-play. The Bulldogs have also won the league’s championship match in back-to-back seasons, besting Stanley at Buchanan Field Golf Course in Concord on both occasions.

With such a sprawling roster, there are plenty of logistical challenges to navigate for Gant, Jones, Chantara and the team’s crew of volunteer coaches.

“We never have all 36 players together because we would crush a facility if we sent 36 players (to the same place),” Gant explained.

Instead, the program is split in two.

There’s the competitive team, which consists of the top six golfers, and the development squad which includes the rest of the players.

The Bulldogs practice at Buchanan Fields on Mondays and at Moraga Country Club on Tuesdays. On Wednesdays, the team plays its match of the week. The home matches take place at Buchanan Fields, while the away matches are hosted at a variety of courses across the East Bay, from Boundary Oaks to Diablo Hills to Tilden Park to Redwood Canyon and Lake Chabot.

“It’s basically golf immersion for 10 weeks,” Gant said. “They’re playing three days a week. So, they’re playing 30 times in 10 weeks. It’s pretty amazing. You see this transformation from these kids from the beginning to when they’re done. So, it’s really awesome.”

The burgeoning team has also played its way onto a few of the premier courses in the area.

“We do have a number of kids who are members at private clubs,” Gant said. “And their clubs have opened their doors to us. We had invitations and we played invitationals at Orinda Country Club, Claremont Country Club and Moraga Country Club. The support of the local country clubs has been incredible for our team.”

Next spring’s group will look noticeably different from the current championship team. According to Gant’s calculations, 18 players will be graduating from the program – many of whom will go on to play at Miramonte.

Even with the turnover looming, Gant is already planning for yet another successful go-around in 2017.

“We’re going to continue to support as many golfers as we can,” Gant said. “And keep the program as open and inclusive as we can.”

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Angels Come From Behind To Beat the A's for the Mustang Baseball Championship

Submitted by Ted Ting



Back row from left: Coach Joe O'Balle, coach Ted Ting, coach Travis Daugherty, Will Cook; middle row: Max Sheehan, James Erickson, Tiago Jordan, Ryan Rittmann, Sebastian Antonios-McCrea, Max O'Balle; front row: Jonathan Wang, Kyle Ting, Tim Daugherty.

Photo by Melanie Dunn

In a winner-take-all, three-hour marathon game on June 7 at Saint Mary's College, the Angels prevailed against the A's by the score of 18-12 to win the Moraga Baseball Association's Mustang Championship.

Down 10-5 with just three innings left to play, the Angels refused to give up against a well-coached and talented A's team. Chipping away at the lead, the Angels managed to tie the game 12-12, but the A's would get

to hit in the bottom of the final regulation inning. The A's promptly loaded the bases with no outs and needed just a base hit, walk, or passed ball for a walk-off win.

The Angels held the A's scoreless with two strikeouts and a groundout. In the seventh inning the Angels erupted for six runs and then held off the A's in the bottom half for the victory.

JM Seventh-grader Stars in USSSA Gumball Gold Championship



Moraga's Abbie Lee, No. 24, helped the Castro Valley Synergy 14U softball team win the USSSA Gumball Gold Division tournament in Hayward June 11 and 12. The team went undefeated in six games, in which Abbie went 16-for-18. They defeated the NorCal Legends 5-2 in the championship game, in which Abbie went 3-for-3, scoring twice and driving in 2 runs. — Kwon Lee

Lamorinda Girls to Play Soccer for Stanford's Standout Team

Submitted by Keven Guillory



From left: Caroline Clark, Long Beach assistant soccer coach and Lamorinda alum Pedro Osorio, Loyola Marymount goalkeeper and Lamorinda alum Sophia Leksan, Cecilia Gee, and Long Beach midfielder and Lamorinda alum Val Margerum. Photo provided

Lamorinda Soccer Club forward Cecilia Gee, who successfully played at the international level in Spain earlier this year with the U.S. National Women's U18 team, and teammate Caroline Clark have been invited by Stanford University to play for the university's highly rated soccer team.

Both players have outstanding goal records and recently met with former Lamorinda players at the national team's training

camp in Southern California.

All five of the players pictured above grew up playing Lamorinda's possession style of soccer, which requires players to rely heavily on their teammates during each game. The system is tightly interconnected, and the concept of stars on the field is foreign. Coaches say the legendary FC Barcelona international team is the gold standard for this way of playing.

Magic 99 Boys Win National Cup Regional Soccer Tourney

Submitted by Greg Davis



Front row from left: Luke Denham, Diogo Villas-Boas, Joseph Gratul, Alex Topping, David Watts, Zach Flagg, Jason Vilchez, Ben Nash, Sanil Baweja, Tyler Markovich, Cole Kelez; back row: Coach Jasko Begovic, Luca Argast, Mason Larrick, Oliver Feigin, Yohannes Kalonji, Emmanuel Anaya, Shukoor Haji, Aidan Jenkins, Sam Pinto. Photo provided

The California Magic 99 Boys soccer team won US Club Soccer's National Cup Regional Tournament in Davis from June 11 to June 14, resulting in a 3-1-0 record. The Magic Boys outscored their opponents 12 goals to 2 throughout the tournament. As regional champions, the Magic 99 Boys have qualified for the US Club Soccer National Cup XV Finals to be played in Denver July 22-25.

In the team's first match they were pitted against top competition in Marin FC Blue coming away with a draw against the No. 1

ranked team in Northern California.

Rolling past their next two opponents landed the boys in the final match with a very competitive Albion Academy team from San Diego and prevailed 4-1 for the championship.

"Our team showed great character, discipline and enthusiasm during this tournament," said coach Jasko Begovic. "Years of dedication, sacrifice, improvement and trusting in each other paid off. I am excited for them and where they are heading."

Magic 99 Girls Take Santa Clara Sporting Girls Invitational Title

Submitted by Greg Davis



Front row from left: Sophie Marengo, Molly Ikeya, Molly Davis, Annie Midthun, Sophia Giordano; middle row: Mia Grillo, Lauren Van Stralen, Emily Smith, Anya Li; back row: Mitzy Ramirez, Jasmine Safarians, Vanessa Jones, Jenna Van Pelt, Dionisia Ruiz, Lierra Krawec, coach Haris Obic. Photo provided

The Magic 99 Girls soccer team, led by coach Haris Obic, capped a memorable Memorial Day weekend tournament by defeating the host team, Sporting 98 Green, 4-0 in the final to be crowned the 2016 Santa Clara Sporting Girls Invitational Champion. The Magic girls outscored their opponents 19 to 3, and played a stellar brand of soccer at the Santa Clara Sporting complex in the

shadow of Levi's Stadium.

The team created numerous opportunities to score, in matches versus clubs from South Lake Tahoe, Stockton/Lodi and Alum Rock in addition to Santa Clara Sporting.

"The girls have been working hard and their conditioning paid off in being able to maintain their intensity for all five games over the three-day period." Obic said.

Submit stories to
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(We prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide.)

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- Deer Hill Adversaries Will Get Day in Court
- SMC Basketball's Randy Bennett: 'The Longer I Stay, the More I Want to Stay'
- Dispatchers: The Unheralded Heroes of the Fire Departments
- Orinda Leads the Way Backing County Transportation Tax
- Rheem Boulevard Shuts Down, Affecting Traffic and Neighbors
- Don't PAWS on This; Unique Fundraiser Coming to the Lafayette Reservoir
- Dramatic Helicopter Rescue in the Lafayette Hills
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- Paws a Bit to Relieve Finals Stress

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Lamorinda OUR HOMES

Lamorinda Weekly Volume 10 Issue 9 Wednesday, June 29, 2016



Digging Deep with Cynthia Brian

...read on page D12

The Airbnb Listing Next Door

By Cathy Tyson



From left: Leo (Standing), Harold (in arms), Anthony and Dormain Drewitz
Photo provided

On any given night, weary travelers can enjoy a comfortable bed, clean sheets and a warm welcome in homes across Lamorinda while their hosts earn extra money. With approximately 50 Airbnb listings in Moraga, Orinda and Lafayette, many residents may not be aware that the sharing economy is alive and well in the 'burbs.

The booming San Francisco-based company, founded in 2008, offers a marketplace for people to list and book unique accommodations in 34,000 cities in 191 countries from Phuket, Thailand to Avignon, France to Perth, Australia, and of course all across America.

Rentals in Lamorinda vary by price and location, with each listing clearly described on the easy-to-use website, along with a number of photographs, past customer reviews with a general neighborhood map. With only one hotel in the tri-town area, hosts have found substantial demand for their properties.

The least expensive listing on a recent search is a private bedroom near downtown Lafayette going for \$59 per night. On the other end of the spectrum is a luxurious Sundown Terrace estate that sleeps 10 people; it can be rented for \$1,500 per night, with a hefty security deposit. ... continued on page D4





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24 Jennifer Highlands Ct, Lafayette

Entertainer's Dream home with yard. Offered at \$1,369,000



JUST SOLD

35 Oak Rd, Orinda

Fairy Tale Setting Sold at \$1,879,000



JUST SOLD

155 Erselia Trl, Alamo

Artist's Delight with park like yard. Sold at \$1,750,000



SOLD

56 Bates Blvd, Orinda

Spectacular Views Sold at \$1,355,000



Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	18	\$817,000	\$2,980,000
MORAGA	8	\$650,000	\$1,662,500
ORINDA	15	\$865,000	\$4,650,000

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

- 3293 Beechwood Drive, \$930,000, 3 Bdrms, 1226 SqFt, 1959 YrBlt, 5-31-16
- 3244 Brookwood Drive, \$1,300,000, 6 Bdrms, 2453 SqFt, 1964 YrBlt, 5-24-16
- 3723 Crestmont Place, \$2,010,000, 3 Bdrms, 2991 SqFt, 1978 YrBlt, 5-31-16; Previous Sale: \$1,525,000, 02-20-15
- 1853 Del Rio Drive, \$1,090,000, 4 Bdrms, 2359 SqFt, 1963 YrBlt, 5-27-16; Previous Sale: \$799,500, 09-15-04
- 3358 Johnson Road, \$2,980,000, 5 Bdrms, 6400 SqFt, 1992 YrBlt, 6-1-16; Previous Sale: \$350,000, 04-15-91
- 11 Leslyn Lane, \$2,475,000, 4 Bdrms, 4215 SqFt, 1988 YrBlt, 5-26-16; Previous Sale: \$2,480,000, 03-08-13
- 620 Michael Lane, \$2,395,000, 4 Bdrms, 3877 SqFt, 1987 YrBlt, 6-3-16; Previous Sale: \$2,300,000, 04-28-06
- 3615 Mosswood Drive #3617, \$1,139,500, 4 Bdrms, 1950 SqFt, 1948 YrBlt, 5-24-16; Previous Sale: \$5,000, 05-10-02
- 3301 North Lucille Lane, \$817,000, 3 Bdrms, 1291 SqFt, 1951 YrBlt, 6-1-16
- 809 Rosedale Avenue, \$1,150,000, 3 Bdrms, 1499 SqFt, 1950 YrBlt, 5-25-16; Previous Sale: \$875,000, 02-09-16
- 3279 Sweet Drive, \$1,180,000, 4 Bdrms, 1786 SqFt, 1950 YrBlt, 6-3-16; Previous Sale: \$302,000, 10-01-96
- 3305 Sweet Drive, \$1,260,000, 3 Bdrms, 1226 SqFt, 1952 YrBlt, 5-31-16; Previous Sale: \$140,000, 08-08-84
- 1702 Toyon Road, \$1,325,000, 5 Bdrms, 2958 SqFt, 1956 YrBlt, 5-27-16; Previous Sale: \$1,200,000, 05-01-14
- 1166 Upper Happy Valley Road, \$2,200,000, 4 Bdrms, 3595 SqFt, 1964 YrBlt, 5-27-16; Previous Sale: \$359,000, 09-21-87
- 4010 Wellington Place, \$1,210,000, 4 Bdrms, 2811 SqFt, 1960 YrBlt, 5-31-16; Previous Sale: \$1,200,000, 11-03-06
- 1004 Woodbury Road #101, \$1,337,000, 5-26-16
- 1004 Woodbury Road #201, \$1,857,500, 5-31-16
- 1004 Woodbury Road #301, \$2,022,500, 5-27-16

... continued on page D6

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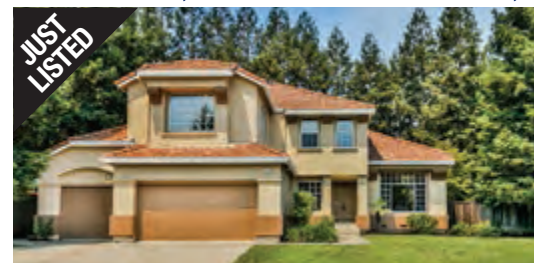


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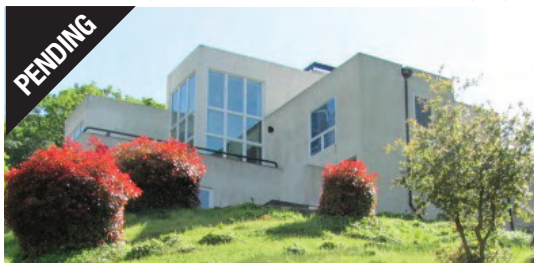


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The Airbnb Listing Next Door

... continued from page D1



Below is Danny, who stayed with his parents, Jon and Judy from Falmouth, Maine. An amazing musician, he gathered the McQuain kids around their piano and sang songs for hours.

However the majority of listings are in the \$70 to \$200 range for a wide variety of options, anything from a darling poolside cabana off of Lombardy Lane in Orinda for \$117 to a quiet in-law suite in Moraga for \$97 to a stylish stand-alone guest cottage for \$157 in Lafayette.

Karla and Barry McQuain are an outgoing couple who have a lovely private bedroom and bathroom listing in Happy Valley with full use of their expansive backyard, which includes a pool, ping pong table and trampoline, available for \$117 per night.

The couple truly enjoys meeting new people and couldn't be happier with their Airbnb experience. With a spacious, mostly empty home and Karla McQuain's past experience in the hospitality industry — she used to work for the Four Seasons — it seems like a natural fit.

All four of their kids are going to be in college next year, so they are considering expanding their operation. "We haven't had one problem" she says,

and the kids have learned that "it feels good to share, and that it's okay to trust people."

"Our kids are still friends with a number of kids who stayed here and they keep in touch on Facebook," says McQuain. "We exchanged Christmas cards with over a dozen people who have stayed here. This summer we plan to stay with a family on the east coast who stayed with us last year." A couple from Scotland were able to experience their very first American Halloween party and even dressed up in costume.

There's transparency on both sides of the exchange. McQuain has an extensive dialogue with would-be guests, and thoroughly checks them out before approving their request. The same is true for guests, as they can read customer reviews and investigate their potential hosts.

The McQuains started in February of 2015 and have now hosted guests from seven countries, including a number of groups from the U.K. who stayed for weeks at a time, visiting grandchildren who live in Lafayette. They have a young couple coming in the near future for seven weeks all the way from Walnut Creek while their home is being remodeled. McQuain has been amazed at a number of guests coming from Oregon who are very interested in hiking at Briones. A fellow from San Diego will be coming for his third visit while the hosts happen to be out of town, so he's happy to take care of their Cavalier King Charles Spaniel and water the plants.

... continued on page D8



From left, Fiona and Bill from Scotland stayed with the McQuain family in Lafayette, and even participated in Halloween festivities. Photos provided



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Lamorinda Home Sales recorded

... continued from page D2

MORAGA

- 1997 Ascot Drive #G, \$650,000, 3 Bdrms, 1728 SqFt, 1975 YrBlt, 5-26-16;
Previous Sale: \$145,500, 10-07-88
- 1 Baltusrol Street, \$800,000, 2 Bdrms, 1656 SqFt, 1979 YrBlt, 5-31-16;
Previous Sale: \$750,000, 08-16-05
- 12 Carnoustie, \$1,050,000, 3 Bdrms, 2828 SqFt, 1988 YrBlt, 6-2-16
- 15 Corliss Drive, \$1,100,000, 3 Bdrms, 1843 SqFt, 1962 YrBlt, 6-2-16;
Previous Sale: \$390,000, 03-24-94
- 12 Hanson Court, \$775,000, 3 Bdrms, 2095 SqFt, 1984 YrBlt, 6-2-16;
Previous Sale: \$282,500, 04-08-94
- 3 Merrill Drive, \$1,662,500, 4 Bdrms, 3259 SqFt, 1985 YrBlt, 6-3-16;
Previous Sale: \$135,000, 05-24-85
- 1236 Rimer Drive, \$1,135,000, 3 Bdrms, 1887 SqFt, 1966 YrBlt, 6-3-16;
Previous Sale: \$1,050,000, 05-24-06
- 246 Scofield Drive, \$903,000, 3 Bdrms, 1680 SqFt, 1960 YrBlt, 5-31-16;
Previous Sale: \$650,000, 04-10-03

ORINDA

- 107 Bates Court, \$1,515,000, 3 Bdrms, 3160 SqFt, 1977 YrBlt, 5-25-16;
Previous Sale: \$1,050,000, 07-31-02
- 140 Camino Sobrante, \$4,650,000, 5 Bdrms, 4735 SqFt, 1963 YrBlt, 6-3-16;
Previous Sale: \$3,100,000, 08-27-13
- 20 Crescent Drive, \$999,000, 3 Bdrms, 1725 SqFt, 1950 YrBlt, 6-3-16;
Previous Sale: \$775,000, 12-11-08
- 1 Donna Maria Way, \$1,484,000, 4 Bdrms, 2250 SqFt, 1951 YrBlt, 6-2-16;
Previous Sale: \$465,000, 05-16-97
- 71 Donna Maria Way, \$1,280,000, 4 Bdrms, 1975 SqFt, 1956 YrBlt, 5-31-16
- 47 El Gavilan Road, \$1,545,000, 3 Bdrms, 2441 SqFt, 1976 YrBlt, 5-24-16;
Previous Sale: \$1,300,000, 06-22-05
- 15 Juniper Drive, \$900,000, 4 Bdrms, 1864 SqFt, 1959 YrBlt, 6-3-16
- 650 Kite Hill Road, \$1,705,000, 4 Bdrms, 2854 SqFt, 1978 YrBlt, 5-24-16;
Previous Sale: \$1,177,500, 12-16-10
- 5 Lavina Court, \$865,000, 3 Bdrms, 1225 SqFt, 1952 YrBlt, 6-3-16;
Previous Sale: \$782,500, 04-17-07
- 2 Madrone Place, \$1,390,000, 4 Bdrms, 3016 SqFt, 1967 YrBlt, 5-26-16;
Previous Sale: \$550,000, 11-12-93
- 37 Orchard Road, \$1,550,000, 3 Bdrms, 2677 SqFt, 1941 YrBlt, 5-27-16;
Previous Sale: \$56,500, 06-30-71
- 32 Southwood Drive, \$1,425,000, 3 Bdrms, 1865 SqFt, 1940 YrBlt, 5-27-16;
Previous Sale: \$889,500, 07-08-10
- 32 Sunnyside Lane, \$1,675,000, 3 Bdrms, 2554 SqFt, 1970 YrBlt, 5-25-16;
Previous Sale: \$1,085,000, 04-30-13
- 554 Tahos Road, \$1,340,000, 3 Bdrms, 1915 SqFt, 1963 YrBlt, 6-3-16



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The Airbnb Listing Next Door

... continued from page D4



When Anthony and Dormain Drewitz purchased their home in Orinda last November, it already had a cottage on the property that had been an Airbnb rental. The cottage has been rented almost continuously since they've listed it, with only an estimated 10 days of vacancies since their arrival. In Anthony's experience, he sees hotel guests and Airbnb people as completely different constituencies, due to the disparity in price. Because their unit has a small kitchen, living room and bathroom, guests have stayed for months at a time, something that would rarely happen at a hotel. One tenant stayed for two and a half months visiting children and grandchildren in the area.

Using his first name only, John stayed at the cottage in June and was one of many guests who posted a glowing review on the website. "Beautiful views and lots of wildlife. We saw deer grazing on the property with their fawns and also saw a wild turkey. Anthony was a great host and offered any assistance we might need as well as local recommendations. Would love to

make a return visit."

"This is way too small for the city to be concerned about," said Drewitz, who argues that they aren't bothering anyone, and there's plenty of parking on their woodsy 1.4 acre parcel. "It would be a waste of the city's resources to regulate this." He adds their guests frequently spend money in local restaurants and bars, which is good for the city.

Lamorinda is an Airbnb regulation-free zone, at least for the time being. Orinda City Manager Janet Keeter reports that the city council recently discussed having a short-term rental registration program as the city does not currently regulate the rentals. "We anticipate bringing the matter back to the council in July," she says.

With only one complaint in the last year, Lafayette's City Manager Steven Falk doesn't yet see the need for an ordinance. Moraga has nothing on the books and no plans to change the current situation.

Carolyn, who preferred that her last name not be used, is an 81-year-old single woman with a large four-bedroom, three-bath home who just loves being an Airbnb host, preferring to have short-term tenants, a week at the most. She's earned the "Superhost" badge as someone who provides outstanding hospitality. Having a bit of extra income helps defray the expense of maintaining a large home and yard, and she enjoys the social benefits as well. She recently hosted a couple from Provence, France, who were in town to work with their Orinda-based wine distributor, which provided an opportunity to practice her French.

Interestingly, in a completely non-scientific poll, hosts that live in multi-family settings, apartments and town houses were reluctant to talk about their experience for fear the complex or homeowners association might shut down their business.

While San Francisco has wrestled with regulating Airbnb hosts, Lamorinda, at least so far, doesn't share many of these big city concerns. The vast majority of these cottages, in-law units and spare bedrooms are on private property and many hosts argue their rentals don't reduce the amount of potentially available housing for long-term lower-income renters in our increasingly expensive area. Housing activists note that over 350 listings in San Francisco appear to be full-time vacation rentals, which diminishes the city housing inventory.

"That's bunk" said one Moraga Airbnb host, who didn't want his name used. His in-law unit has a separate entrance, but is part of the home he and his wife live in; the space would be sitting vacant almost all the time and only occasionally used by visiting family if it weren't for Airbnb.

Lafayette's city manager agrees. "There's no evidence that it affects the available housing stock."

For more information, and to check out listings, go to www.airbnb.com.




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Stylish Solutions

Enjoy Your Summertime Blues and Whites

By Ann McDonald



Blues and whites are a cooling combination for summer.

Welcome to summer, Lamorinda! It's time to declutter and cool down our interior spaces. This month, I wanted to share a favorite summer combination for accessories, pillows and updates: the beloved blue and white.

For Stylish Suburbanites across our beloved community, this color combination refreshes and sets the stage for easy summer living. I like this color palette. In design circles, blue and white is considered a neutral. You can accessorize with any color, from reds over the Fourth of July to oranges, purples and yes, even blacks and browns. One key to using this color combination well, is to "know thy style," and integrate new pieces in similar ways. Because this is a quick summer update, don't try to redo your entire home. Is your home space contemporary? Then use simple, graphic and textural pieces. Here I share some easy tips for using blue and white, which is a readily affordable update for any décor style.

The Contemporary: If you have small children, on a limited budget or are decorating for a resale soon, this is the way to go. Don't over-do, with either pattern or quantity. I love the strong surge in clean lines and contemporary styles, and we see, as homes are staged for sale this summer, that contemporary lines are de rigueur. How do you incorporate blue and white when your space is decluttered and your eye craves no distraction? Use the grey tones, classic seersucker in pillows and stay away from too much floral.

The Luxury Chic Classic: I think this is my personal favorite. It's easy to live with and doesn't require a perfect placement for every piece 24/7. You can fill book cases with blue and white ginger jars, fresh florals and upholstered or wallpapered backs on shelves, which makes this style all about abundance. Tips to achieve this look include: varying heights, mixing both traditional patterned blue and white, as well as contemporary styles and accenting with beiges and whites, which adds depth.

In this combination, it is absolutely okay to mix the hues of blue. In fact, the mixture is what keeps these displays more designer than department store. We are seeing a resurgence of this style in the bespoke market, which tends to run ahead of high-end retail in design by about four to five years, and budget retail by five to six years. We are creating interiors featuring a return to family, community, abundance, comfort, luxurious deep and soft upholstery, and decidedly away from the monochromatic, wood-clad contemporary look.

... continued on page D11



Mixing hues of blue helps create a luxurious look.





Using grey tones help de-clutter a busy space, while using books as decorative pieces is pleasing to they eye.

The Transitional Traditional: Think of this look as the halfway point between contemporary and luxury chic or bespoke. One key to achieving this look is to vary the materials, but pull back a bit on quantity from the Luxury Chic approach. Look closely at the marriage of materials, and consider adding wood or metal to the mix, especially in the use of interesting accessories.

Add books as well. We most often use this combination in family room book shelves that get a lot of use and love. A great place to start if you are craving this look is to head out to local restaurants and stores on a photo survey. Take note of how many materials are used in a particular display and work to duplicate that in your own home. It's easy to add to the mix, by purchasing accessories at thrift shops and old book

stores, where the distressing is part of the package.

A key to all of this working is to budget your time so the summer blue and whites take less than one weekend to complete. Our goal is to live well and enjoy our spaces, while making quick updates without breaking the bank.

Enjoy your summer, and if you'd like us to help you redesign your spaces or you are interested in attending a Design Workshop — yes, it's time again to register for our Stress Free Holiday Home workshop, as we go shopping at market in August — let me know with an email: ann@couturechateau.com. We sell out every single year. If you'd like to DIY your holiday home, you can purchase my course at www.stressfree-holidayhome.com.



Ann McDonald, IIDA, NAPO, is the Founder/CEO of Couture Chateau, a luxury interior design firm in Orinda. For a complete blog post including other design ideas, visit www.couturechateau.com/blog.

Digging Deep

Have a Homegrown Fourth of July This Summer

By Cynthia Brian

"Flowers and fruit are only the beginning. In the seed lies the life and the future." -- Marion Zimmer Bradley



Purple clematis is royal and easy to grow.

Photos Cynthia Brian

Fruit, luscious, juicy, tantalizing ripe fruit—there's no better delicacy than that which you grow in your own backyard. Whether it's in a pot or a plot, growing your own is the way the rock it.

With our long, warm summer days at their height, fruit and vegetables are ripening quickly, awaiting plucking for our feasts. Apricots, plums, prunes, mulberries, loquats, tangelos and tangerines are just a few of the gems hanging from my trees right now. Soon there will be mouth watering peaches, pears, apples, guavas, nectarines and figs. Tomatoes have taken up the space left by harvested greens, while beans, eggplant, peppers, zucchini, cucumbers and tomatillos are racing to the finish line. It's a virtual farmers market in my garden and this is exactly the way I like to eat.

Every day I walk into my potager to fill baskets with crunchy deliciousness for our supper. I never know what I'll be creating in the kitchen until I see what's ready to harvest.

I continue to sprinkle lettuce and arugula seeds in the empty spaces to extend my summer, fall and winter crops. My recommendation is to sow rows of bush beans, carrots and radishes — or any other vegetable — every three weeks to satisfy your cravings for freshness. Remember to continue to replenish the soil with nutrient rich compost to keep productivity high.

Did you know that that average home gardener only spends \$359 per year on gardening supplies and plants, as reported in a study conducted by Money.com? That seems ridiculously low when you consider that growing your own

tomatoes will save you money. And that doesn't include the spectacular taste, increased vitamins, and the fact that you actually know what you put into your soil.

When it comes to homegrown fruits and vegetables, I am a garden-to-table snob. The finest, healthiest, most cost-efficient source of nutrients is waiting for you in the garden. Dig in!

With the barbeque season in full swing, delight guests with grilled stone fruit. Cut peaches, nectarines, or apricots in half, remove the pit, brush with olive oil and drizzle a bit of honey. Grill for a minute or two on each side. Serve with goat cheese, arugula, or as a side dish. Fresh, surprising, and oh, so delicious! Serve this burst of sweetness with your Fourth of July fare. About those pits: if you want another fruit tree, plant in potting soil in a container and watch the new life grow. It's hang time.



Grill nectarines and peaches added to flatbread with goat cheese and arugula for a surprising 4th of July treat.



A close up of a beautiful of gladiola.

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Cynthia Brian's Fresh Ideas for July

MULCH before the heat of summer begins. If you can use an entire truck-load of wood chips, tree service companies are happy to give you free chips. Mulching keeps the soil cooler while decreasing the weed population.

COMBINE arugula, mint, and sage in a food processor with a splash of olive oil and pepper for a mouth watering variation on traditional pesto. Add the grated cheese of your choice to use over pastas, in soups, or whirled in an omelet.

HYDRATE yourself with fruits from the garden including watermelon, peaches, cucumbers, tomatoes, strawberries, and corn. A slice of watermelon provides you with at least ten ounces of water while a medium peach will give you five ounces of water.

RELIEVE anxiety and stress by cutting a bouquet of lavender, then crushing the flowers in your palms. Inhale the healing fragrance before bed for a restful slumber.

WATCH for snakes! Gopher snakes and King snakes have been slithering through my grass. Don't be alarmed, snakes eradicate rodents including gophers, moles, rats and mice.

SHOWCASE your horticultural talents by mixing textures, colors, and sizes in your garden, always being aware of water, sunlight and soil Ph. needs. A lemon-lime nandina paired with a black adder phormium and a purple salvia are spectacular bedmates.

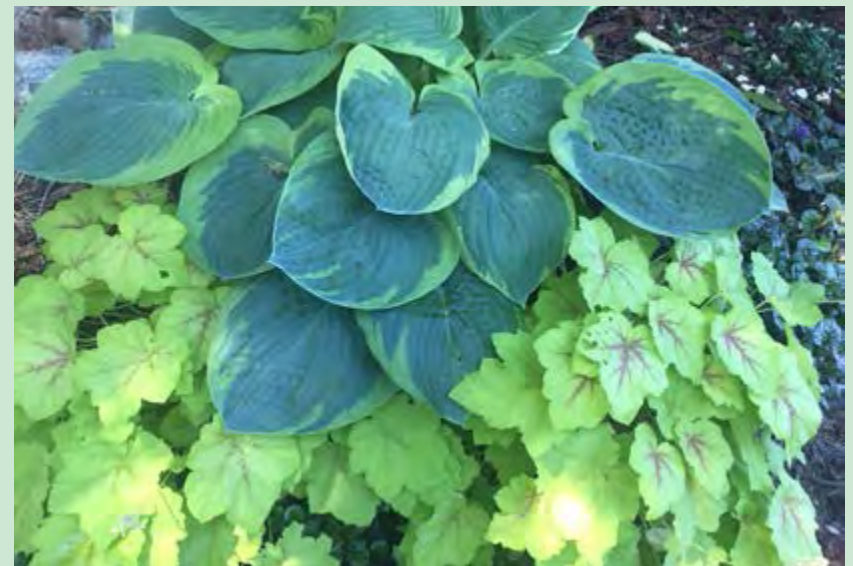


Wood chips make great mulch and tree companies offer wood chips for free when you take a truck load!
Photos Cynthia Brian

PEPPER your garden by throwing seeds of Love in a Mist and California poppies. The colors look smashing together and both reseed. Plus Love in a Mist seedpods make fantastic dried flowers.

WANT a lush landscape? Embrace the beauty of leaves. Foliage plants have dramatic impact, especially when grouped together. Hosta, heuchera, coleus, and variegated plants are showstoppers, specifically in shaded areas.

PLANT gladioli bulbs for summer drama with long stalks of trumpet shaped florets that are considered hummingbird heaven.





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Who doesn't hear the words "summer" and "bugs" and think of a neat line of ants getting ready to trespass on plaid blanket supporting a picnic basket full of delicacies. But pests can be a serious summer problem, and can threaten more than your turkey sandwich and potato salad. Left unchecked, these summer invaders can quickly turn your tree and landscape assets into liabilities. That's why insect and disease management is such an important part of summer tree care. A keen eye is essential, and proactive monitoring goes a long way towards early detection.

So don't wait until it's too late, have a complete inspection by a Certified Arborist at Advance Tree Service.

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COVER an unsightly fence with clematis. Read the tags to learn the correct sun exposure, then let the explosion of blooms blow your mind. Clematis make great cut flowers, too.

TUCK succulents in between other plantings. Most succulents shoot up spires of blooms as an added bonus. Of course, succulents are very drought tolerant and an excellent choice for our gardens. To get a better idea of the variety of succulents that fare well in our area, visit The Ruth Bancroft Gardens in Walnut Creek. www.ruthbancroftgarden.org

GRILL vegetables (as well as stone fruit) on the barbecue. A variety of zucchini, peppers, and corn are always excellent choices. Don't shuck the husks on the corn to keep the nutrients and flavor inside. Slip basil or cilantro inside for added flavor.

THINK about what bulbs and rhizomes you will want to buy to plant in the fall. Do you want more daffodils, tulips, Dutch iris, anemones or something more exotic? Catalogues are a great way to get your lists started.

THANKS to everyone who has emailed me with positive notes about these columns. I do appreciate all of my readers and want you to be the best gardeners ever!

CELEBRATE the Fourth of July by dressing up in your sparkly red, white, and blue to hang out in your personal paradise.



Snakes are ubiquitous this season. This king snake wound up the abelia.



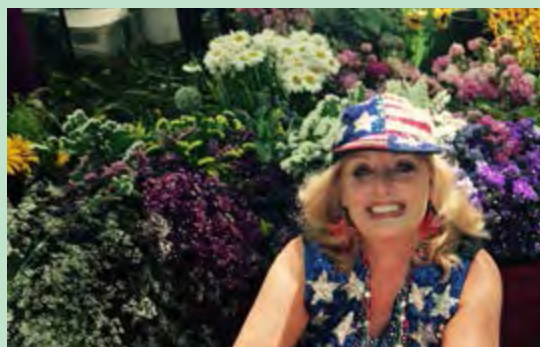
Love in a Mist and California poppies are a beautiful mix.



Sweet potato vine and lavender trumpet vine attract the hummingbirds and butterflies.

Let the fireworks fly!
Happy 240th Independence Day.

Happy gardening. Happy growing!



Happy Independence Day from Cynthia Brian as she sparkles in the garden.

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Cynthia Brian

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New Listing

18 Ramona Drive Expanded & updated in 2007. Updated kitchen opens to family room, hardwood floors. Lovely gardens, front & rear. Close to school.

\$1,285,000

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96 Rheem Blvd. Spacious 4bd/3ba home. Eat-in kitchen with Wolf range, hardwood floors throughout, huge family room, au pair suite with separate entrance.

\$1,295,000

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New Price

9 Fleetwood Court Wonderful Harold Smith traditional 5 bedroom home located at end of court & backs up to open space. Large level yard areas, hardwood floors, kitchen with island & dining area.

\$1,350,000

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10 Van Tassel Lane Exceptional custom remodel of highest quality, lovely craftsmanship. Prime Sleepy Hollow street. One level living with vaulted ceilings, Chef's kitchen. Pool, lawns, gardens add to allure.

\$1,395,000

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New Listing

14 Washington Lane Outstanding mid-century home in the heart of desirable Sleepy Hollow. Open floor plan, gourmet kitchen, updated master suite. Incredible gardens & pool. Walk to Sleepy Hollow Elementary.

\$1,425,000

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New Price

16 La Cintilla This exquisite OCC 6bd/6ba two story residence is located on a private oak-studded .30 acre lot. Vaulted ceilings, open flr pln, gourmet kitchen, spacious game rm & priv. au-pair guest suite.

\$1,999,000

ORINDA



New Listing

105 Crane Terrace Exceptional 4.87 acre gated estate traditional of incredible appeal on alluring knoll, private setting of panoramic views. Classic custom craftsmanship. Lovely grounds w/ lawns, gardens, mature trees.

\$3,000,000

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New Listing

160 Camino Don Miguel Spectacular Spanish Mediterranean 5bd/5.5ba 5851sf home overlooking the 4th hole of the Orinda Country Club. Rebuilt from the ground up in 1996. Complete w/ resort quality pool & spa, gardens & views.

\$4,795,000

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1056A Larch Avenue Located down a private driveway off Larch Ave is a fabulous 3bd/2ba home w/contemporary remodeling thruout. Vaulted ceilings, hardwood flrs, & spacious bdrms. Close to schools, town.

\$1,195,000

MORAGA



9 Shannon Court Sanders Ranch estate property over 1.5 acres, 4966 sq. ft., Chef's kitchen, hardwood, new carpet, fresh paint, pool, ideal indoor/ outdoor living spaces.

\$3,250,000

LAFAYETTE



New Listing

864 Mountain View Drive Well loved family home on beautiful 1/2 acre w/expansive yard, views & redwoods. Great room w/vaulted open beam ceiling, 3bd/2ba + separate au-pair. Super location close to vibrant downtown.

\$989,000

LAFAYETTE



New Listing

3211 Ameno Drive Big house (6bd/5ba), big lot (.98 acre) & semi-big project! Pool, 3-car garage, amazing 25'x35' living room, hardwood floors, Lafayette schools, easy commute.

\$1,038,000

LAFAYETTE



New Listing

1556 Rancho View Road Beautifully renovated custom traditional estate, situated on a 1.16 acre lot with inclusive spectacular private resort with pool & spa! Incredible open floor plan, soaring ceilings, premier finishes throughout.

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LAFAYETTE



30 Tiana Terrace Super style living on dramatic oversized parcel within Tiana enclave of custom homes. Great style + design integrity with high quality amenities in/outside. Mt. Diablo views!

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LAFAYETTE



1155 Camino Vallecito Esherie Architectural Mid Century. Spectacular 2ac Happy Valley Estate. Beaut. updated, walls of glass, French doors, high ceilings, pano views. Kitchen/ family room, cabana/bath. Top schools.

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ALAMO



New Listing

3200 Stone Valley Road Charming single story in desirable Whitegate neighborhood! Open floor plan, remodeled kitchen/ baths, vaulted ceilings, family room/ kitchen combo. Flagstone patios, gated pool/ spa, play house.

\$1,295,000



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