

Saint Mary's Chamber Musicians concert a perfect respite for the holiday season



Photo provided

The Saint Mary's College Chapel will serve as a beautiful backdrop for the first of two free concerts offered by the Saint Mary's Chamber Musicians. The Nov. 20 evening performance will feature beautiful instrumen-

tal and vocal music by Bach, Telemann, Massenet and more, beginning at 8 p.m.

"The program will include a vivacious sonata by Bach, played by Megan Pineda (flute), Sarah Roscoe (violin), Patrice Young

(cello) and Lino Rivera (key-board). Massenet's sumptuous Elegie for soprano, cello and piano, performed by Madeline Vine, Joyce Lee and Jas Chok," said Saint Mary's Performing Arts professor Martin Rokeach. "The same musicians will then perform Bach's iconic 'Ave Maria.' Delightful and intimate duos by Telemann and Berger for two violas, performed by Jillian Hubbard and Joyce Lee. The world premiere of music major Evelyn Rumsby's 'Ashes,' for soprano, saxophone and piano. A poignant, beautiful composition, it will be performed by the composer, Evan Bernardy, and Renee Witon. And Carl Reinecke's seldom-heard 'Trio' for horn, clarinet and piano, played by Joseph Goolkasian, Erica Wilson and Lino Rivera. Admission to this wonderful concert is free — your presence is priceless."

The second concert at 4 p.m. Sunday, Nov. 26 will be a lovely way to spend a post-Thanksgiving Sunday afternoon. — J. Wake

Family Focus

Signs you may be overindulging your children, part two

By Margie Ryerson, MFT

Finding balance in parenting is always a challenge. You don't want to be too authoritarian or too permissive. Sometimes, of course, you may veer too much in one direction or the other, but then it's important to get back to aiming for the middle ground.

If you sometimes indulge your child a little too much, there's no problem. This is to be expected. However, if you find yourself catering too often or feel like you've lost control and authority, it's time to make a shift.

Here are more indications that you may be overindulging your child:

1) You are not trying to implement the concept of the family bed, but your child continues to come in at night and sleep in your bed. Or your child refuses at bedtime to sleep in his own bed, so you give up and let him sleep in yours.

Of course, children will need to come in at night to seek comfort and reassurance at times. Overindulging takes place when you allow this to become a regular, routine practice.

One client, "Amanda," a single mom of an 8-year-old son admitted that she always let "Josh" sleep in her bed because it was too hard to get him to stay in his own bedroom. He didn't have many nightmares or safety concerns; rather he just preferred to sleep in her bed with her. Amanda worried that she might inflict emotional distress if she rejected Josh when he wanted to be with her.

Josh had developed other issues, such as stealing candy and small toys from the local stores and lying to his mother, teachers and others in positions of authority. I suggested to his mother that some of these problems could start to resolve once she established healthy boundaries for Josh.

We worked on incentives for Josh to sleep through the night in his own bed and a new bedtime routine giving him a lot of his mom's attention before bed. Amanda needed to sacrifice sleep for a while in order to escort Josh back to his room several times per night. I encouraged her to have a sleeping bag and pillow available to put on the floor by the foot of her bed for very occasional emergencies when needed. It was important that the sleeping bag arrangement not be too comfortable and cozy.

After a period of time, with

many failed attempts, Amanda was finally able to develop the new norm for Josh to sleep in his own bed. Then she went to work on the other ways in which she had been overindulging her child.

2) You provide too many toys and games when your child is young, and then too many new clothes, electronics, and a new car when your child is older.

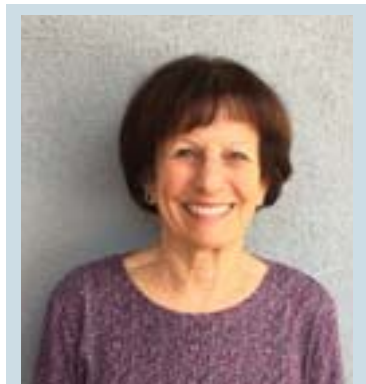
When children are too indulged with material goods, they can lose sight of the value of what they have. The focus can become more on what they want next instead of being content and grateful with what they have. They can become too self-centered, entitled and demanding.

In addition, a parent can inadvertently condition a child so that he or she needs a new stimulus (i.e. toy or new clothes) in order to feel happy and satisfied. With each new object the desire for something new and exciting can grow, so that a child has difficulty being content with the smaller things in life.

As always, we parents serve as role-models for our children. If you shop often, in stores or online, and use "retail therapy" as a pick-me-up, you may be demonstrating to your children that purchasing and owning material goods is necessary for maintaining satisfaction in life.

It is relatively simple to make adjustments in this area, if need be. Your children will protest, of course, but if you are determined to change the direction of their focus, you can help them find other ways to achieve gratification.

They can donate their unused toys, games, and clothes to charity. They can set aside a portion of their allowance or gift money to donate to a good cause. They can go with you to volunteer, or if they're older they can volun-



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LAMORINDA AUDIOLOGY

Lamorinda Arts Council calls for poet laureate applications

Submitted by Christy Mack

Lamorinda Arts Council president Lawrence Kohl announced the formation of a Poet Laureate Program, which marks the first opportunity of its kind for our local literary community. Thanks to endorsements from the city councils of Orinda and Lafayette, the Lamorinda Arts Council PLP will manage and support the poet laureate who will serve both Lafayette and Orinda.

The poet laureate will be called upon to write theme-based poetry and read poetry at civic and other events such as public ceremonies and dedications. They will also support the Lamorinda Arts Council PLP activities in the schools and community and serve as a liaison with literary organizations. Goals of the program include: Encourage poetry and the literary arts in our communities; stimulate and inspire residents of all ages in their writing; and present poetry in non-traditional venues to expand its reach

Members of the Poet Laureate committee include Connie Post, former Livermore poet laureate, who has assisted area communities in creating laureate programs, Janice Peacock, who is a member of the Lafayette Public Art Committee, LAC Board member Denise Nomura, Gail Entekin of Hip Pocket Press in Orinda, Jennifer Shaw with the Institute for Poetic Medicine who's work also appears in The East Bay Times, Sue Janet

Clark of Lincoln, poet and founder of Lincoln's Poetry Open Mic, Robin Moore of AC5's Poetry Out Loud program and Elana O'Loskey of The Orinda News.

The selection committee will review potential candidates and recommend a poet laureate to the two city councils to be appointed in early 2018. The poet laureate will serve a two-year term and receive a yearly \$3,000 stipend. Professional poets who live and/or work in the cities of Lafayette or Orinda are eligible. Duties include poems of occasion for community and civic events, poetry events including K-12 schools and more.

According to Lamorinda Arts Council president Lawrence Kohl, "We are very excited to be able to work with the cities of Lafayette and Orinda to create this important post. Poetry is both personal and public; using words in rhyme and rhythm to uncover emotional truths that bind us together."

Poets interested in this position are invited to apply online at <https://lamorindaarts.org/poet-laureate-application/>. The deadline to receive all online applications is at 5 p.m. Dec. 31.

If you are interested in volunteering to become involved in the Poet Laureate Program and help organize poetry events and activities, go to <http://lamorindaarts.org/> volunteer and check the Poet Laureate box.

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