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 Big Band of Rossmoor
FREE EVENT



Bill Lew, 2018 Veteran of the Year, (second from right) enjoys the patriotic music at a previous "Tribute to the Troops" event.

Photo provided

Annual twilight concert honors active and former military

By Pippa Fisher

One of the best times to support and honor active military, reserves, veterans and Gold Star Families is on the heels of America's most patriotic of holidays, when the country celebrates its independence. And what better venue in which to honor them, surrounded by community, than the Lafayette Reservoir during the annual "Tribute to the Troops" concert and picnic on July 14?

The concert is hosted by the Rotary Club of Lafayette and will take place, as in previous years, at the Lafayette Rotary stage and picnic area overlooking the beautiful waters of the reservoir, a short way east of the parking lot. Golf cart shuttles to the stage area will be available for those who need assistance. Residents are encouraged to bring a blanket or lawn chairs and a picnic and enjoy the free musical event in the

cool of the evening.

The 32-piece Big Band of Rossmoor, established 26 years ago comprising musicians aged 14 to 93, will be providing the big band sounds. Joining them will be special guests The High Water Line – a bluegrass band from San Francisco, featuring fiddle, banjo, guitar, bass and mandolin.

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LAMORINDA WEEKLY

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ADA complaints and lawsuits on the rise in Lafayette

By Nick Marnell



It all starts here

Photo Nick Marnell

Lawsuits against Lafayette businesses for violations of accessibility regulations have increased over the past two years, but there is one relatively simple fix a business can implement in order to decrease the odds of a complaint that could cost thousands of dollars, or even force a shutdown.

The Americans with Disabilities Act is a federal civil rights law that prohibits discrimination against individuals with disabilities, and requires all facilities and accommodations used by the public to be accessible to individuals with disabilities.

Since 1992 all new construction, additions and alterations are required to comply with ADA standards. Failure to comply or maintain compliance leaves a business vulnerable to a discrimination claim filed by an individual who is denied access to the business or facility. If a business is found liable, it will be responsible for paying the plaintiff's attorneys fees in addition to statutory damages of \$4,000 per occasion.

"The number of lawsuits in our community has really escalated," said Jay Lifson, executive director of the Lafayette Chamber of Commerce. Lifson listed Lafayette businesses that have been cited in the past two years, including the Rustic Tavern, Bistro Burger and the Lafayette Park Hotel.

Rick Bowles represents business clients out of his Walnut

Creek law office.

"Law firms have clients who go around looking for ADA violations," said Bowles, who noted that the first thing they look for is a handicap parking sign. If there is no sign, it's a good indication there are more problems. "If your parking is right, and other obvious things in the front of the building are OK, they will move on," Bowles said.

These people are not below sending someone in to try to use the bathroom, added Bowles. And the minute that a business lets anyone from the public use its bathroom, the facilities become public, subject to ADA regulations.

"That's where it gets out of control. They file a complaint to get their foot in the door. Then an inspector comes in and finds hundreds of things. The legal process runs up fees, plus \$4,000 in fines per visit regardless of damages. It's free money for them," Bowles said. "It's a frustrating area of the law."

Bowles urges business owners to have their property inspected for potential problems. Kim Blackseth, a consultant in Napa who uses a wheelchair, specializes in ADA inspections.

"There is not a business open today in which I could not uncover an ADA violation," Blackseth said.

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Block party fun on the Fourth of July – page D1.





Public Meetings

City Council

Monday, July 23, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission

Monday, July 16, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, July 23, 7 p.m. Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

School Board Meetings

Acalanes Union High School District Wednesday, Aug. 8, 7 p.m. AUHSD Board Room 1212 Pleasant Hill Road, Lafayette www.acalanes.k12.ca.us

Lafayette School District

TBA Regular Board Meeting District Office Board Room 3477 School St., Lafayette www.lafsd.k12.ca.us

Check online for agendas, meeting notes and announcements

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Lafayette prepares for 50th anniversary celebration

By Pippa Fisher



Moraga Road toward Mt. Diablo Boulevard, with Lafayette United Methodist Church on left and Lafayette Elementary School on right. Images provided

Lafayette is getting ready to throw a big party to celebrate its 50th anniversary of incorporation. And a lot of people in the city are hard at work putting the finishing touches on the plans for the big bash.

It's all going to be happening on Sunday, July 29. Festivities are scheduled to kick off at 2:30 p.m. in the Community Hall at the Lafayette Library and Learning Center. A reception will honor early city council members, mayors, and businesses that have operated in Lafayette for 50 years or longer, plus longtime residents who have lived in the city for 50 years or more.

The main event, however, is set

to take place from 4 to 7 p.m. along Golden Gate Way near the LLLC featuring entertainment from Dave Martin's House Party band as well as a kid zone with games and activities.

Residents will be transported back in time as Town Hall Theatre actors in period pieces represent different eras in Lafayette's history in conjunction with the Lafayette Historical Society. And, of course, Old Betsy, Lafayette's historic fire truck, will be on display.

There will be community organization booths and, most importantly, food catered by Back Forty Texas BBQ.

In fact as an incentive to sign up early, dinner tickets are being

sold at decidedly 1968 prices – the first 1,000 tickets will be sold at \$10 per adult and \$5 per child. Once they are sold out, tickets will still be available at the event for \$20 (adults) and \$10 (kids). Tickets may be purchased at <http://bit.ly/Lafayette50thDinner>.

And what is a city party without a parade? Luckily Lafayette has that covered. At 5 p.m. the parade will be making its way from School Street up to Golden Gate Way along First Street. Rumor has it the parade will include Farmyard Darlings horseback riders and an all-volunteer marching band organized by Lamorinda Music.

As observant residents may have noticed the city utility boxes

along Mt. Diablo Boulevard have already been decorated with artwork in honor of the anniversary.

Residents may also have heard of Mayor Don Tatzin's year-long plea in honor of Lafayette's 50th anniversary to get 1,000 homes and businesses to participate in the community gift of green energy by opting up to MCE Deep Green – 100 percent renewable electricity sourced from California wind and solar farms by going to <http://www.lovelafayette.org/city-hall/50>.

And finally, with an eye looking ahead to the next 50 years, a time capsule will be available and residents are encouraged to bring something to include. The time capsule will be opened in 2068.



An advertisement from simpler times.

Annual twilight concert honors active and former military

... continued from page A1

Master of ceremonies this year is Lafayette Rotarian Maurice (Mo) Williams. The program will pay special tribute to Gold Star Families and Blue Star Moms. Organizers encourage any active or former military members to attend, in uniform if possible, so the community

may express its gratitude.

Lafayette Chamber of Commerce Executive Director Jay Lifson points out that this is a wonderful opportunity to meet active members of the military and families of fallen heroes.

"These families are our neighbors," says Lifson. "Let's hear their stories and ensure they know our gratitude for those who are serving and those who paid the ultimate price."

Also in attendance look for American Legion Post 517, Lafayette Boy Scout Troop 243, Concord

Vet Center, Marines Memorial Club of San Francisco, Military Escort Team, Rides 4 Veterans, Ruck March Team – Travis Air Force Base, Some Gave All – The Joey Graves Foundation, Team Red, White & Blue, and Lafayette Veterans of Foreign Wars 8063.

The Mobile Vet Center with onsite counseling on veteran benefits, healthcare, finances, education and housing will also be available. The free twilight concert runs from 5 to 8 p.m. July 14. For more information go to www.thebigbandoffrossmoor.org.

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Baker recognizes Bill Lew, Veteran of the Year

By Pippa Fisher



Assemblywoman Catharine Baker describes Bill Lew's service to country and community June 29. Photo Pippa Fisher

This year's Veteran of the Year, selected by Assemblywoman Catharine Baker for District 16, is Lafayette resident Bill Lew.

Lew received his recognition at a reception hosted by Baker at the Lafayette Veterans Memorial Center on June 29, accompanied by his wife Verre and in front of family, friends and veterans. Baker recapped Lew's outstanding history of service to country and community and noted that the choice of recipient this year was easy and agreed upon by all those she spoke to in making the decision.

Lew served in the United States Army from December 1969 to August 1972, first in Vietnam as part of the 1st Signal Brigade and later at Fort Huachuca in Arizona and during this time was awarded the Good Conduct Medal, National Defense Service Medal, Armed Forces Expeditionary Medal, Vietnam Service Medal with Bronze Star Attachment, Republic of Vietnam Campaign Ribbon with Device, and Expert Badge and Rifle Bar.

Following his army service he attended college and then worked as a health physicist for the State of California Radiation Control Program and then at the University of California at San Francisco as the UCSF radiation safety officer, retiring in 2015.

In civilian life Lew was involved in scouting, first as an adult

leader with Lafayette Troop 224 and then, since 2005, at the district level and in the Order of the Arrow.

Lew belongs to VFW Post 8063 Lafayette where he serves as current adjutant and is a past-commander, VFW District 10 serving on the board of directors for the Lafayette Veterans' Memorial Building as secretary.

Lew says the news was a total surprise to him.

"I am totally blessed to have been selected amongst so many deserving veterans living in the communities served by Assemblywoman Baker (District 16). In Lamorinda alone, there are many, many deserving veterans," says Lew.

And that is typical of the man whose philosophy is guided by what he refers to as the "6H's" – hard work, honesty, humility, humanity, humor and honor.

"Bill Lew exemplifies the true meaning of service in everything he does," says Mike Gilson, board of trustees president for the Lafayette War Veterans, noting "Service to his country in the US Army in Vietnam, service to his community through his ongoing dedication to scouting, service to his fellow veterans through his ongoing support for VFW Post 8063 and the Lafayette War Veterans where he 'serves' as our faithful secretary."

Las Trampas partners with LAMA for the win in poker tournament

By Pippa Fisher



First place winner T.J. Grossi, left, and in second place, Matt Roberts.

Proving that sometimes gambling can be a win-win for everyone, Las Trampas and philanthropic group Lamorinda Gives Back joined forces to host a "Cards for Humanity" charity poker tournament, raising more than \$11,000 to benefit people with developmental disabilities.

The poker tournament took place June 8 at the 1515 Restaurant and Lounge in Walnut Creek. Play-

ers enjoyed food, drinks, a raffle and seven rounds of fast-paced poker action to benefit Las Trampas' programs.

Lafayette's Las Trampas School provides services to people with developmental disabilities and their families to help them discover their capabilities and to lead full lives in their homes, at work and in the community.

... continued on page A10

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Moraga

Public Meetings

City Council

Wednesday, July 11, 7 p.m.
 Wednesday, July 25, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission

Monday, July 16, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Design Review

Monday, July 23, 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

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Moraga Police Department Incident Summary Report

...will be back next time



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Staff and council acknowledge maintenance and asset replacement systemic shortfall

By Sophie Braccini



The figures have not changed, but the attitude and framing may have. For years, budget presentations focused on the town's balanced operating budget, minimizing the asset replacement needs. This year, however, Town Manager Cynthia Battenberg opened her presentation by indicating the cost of the short-

fall – \$1.5 million a year – and promised that staff would come back in the coming months with a strategy to fill in the gap. During its final June 28 budget presentation town staff explained that the operational budget of \$9.5 million was balanced but that it had estimated the unfunded asset replacement needs

for roads, drains, facilities, parks and equipment to be about \$1.5 million. The city manager said that there simply was not enough money; only \$100,000 from the operating budget is allocated to capital improvement. Council Member Kymberleigh Korpus said she would rather not wait for staff's future analysis and midyear revisions and would want all possible money to be allocated right now to what Council Member Roger Wykle calls the big five: roads, storm drains, the unfunded pension liability that continues to go up, the asset replacement fund that has not been funded in years, and new legal challenges. Korpus wanted to reconsider all the priorities, including the money allocated for improvements to the Hacienda to bring the building into compliance with the Americans with Disabilities Act;

the way finding plan; the livable Moraga Road corridor plan; and electronic information signs. Wykle also asked that the issues of the rampant longstanding shortfall be day lighted, and more prominently communicated to the public. One resident who was in attendance at the meeting and shared that desire for transparency, Steve Woehleke, acknowledged that there is a shortfall in infrastructure investment, but asked why this was not covered in the current budget. He said that not addressing the gap at this time was creating a credibility gap and that it was a town council issue, not a staff issue. Battenberg explained that the town was required to present a balanced budget, but that her team would look in more detail to the shortfalls within two months, and strategize with the council on how to address it.

Council prepares for legal battle over hillside and ridgeline development

By Sophie Braccini

During the June 27 Moraga Town Council meeting \$250,000 from the Palos Colorado developer's fund was transferred to the general fund for litigation purposes. After the meeting, members moved into a closed session with legal counsel to discuss the situation further. The subject of the legal proceeding is related to the hillside and ridgeline regulations that the town adopted last April. The plaintiffs who filed a lawsuit against Moraga, David and Joan Bruzzone, base their petition on allegations that the town should have conducted an Environmental Impact Report before adopting the modifications to the town's planning rules. When the town adopted the changes that make it more difficult to build on hillsides and ridgelines in Moraga, it made a declaration indicating that it did not need to conduct an EIR. The plaintiffs contend that the modifications are extensive and that the town violated the California Environmental Quality Act by not conducting the study. Town Manager Cynthia Battenberg explained that the Negative Declaration concluded that there would be less than significant impacts associated with adoption of the regulations, based on the fact the regulations would more stringently regulate the amount, scope and type of new development in hillside and ridgeline areas, and thus be more protective of them and any sensitive resources affected by such development. In addition, the CEQA analysis notes that the regulations do not, in and of themselves, propose or entitle new development. Such development proposals would be subject to their own CEQA review for site and project specific environmental impacts. Conversely, the document filed by the plaintiffs states that since the new rules extensively changed the town's general plan, zoning ordinance, the Moraga Open Space Ordinance and design guidelines it should have

conducted an EIR as prescribed by the CEQA. The document lists several aspects that, in the opinion of the plaintiffs, will have significant impacts. The first one indicates that the new rules will limit the production of new and needed housing into town. In particular the plaintiffs note a requirement that would now limit the height of new buildings if they are visible in the backdrop of distant hills, which "flies in the face of the Bay Area's and Moraga's identified need for more housing." The document claims that the new rules would displace 836 housing units, including 229 designated as affordable. All these affordable units however are planned in the Moraga Center Specific Plan area. This part of town is mostly owned by the Bruzzone family and has been excluded from the new hillside and ridgeline regulations. Instead, a committee has been designated to finalize the zoning of this central piece of the town. The plaintiffs' document acknowledges that the MCSP is excluded from the new rules, but speculates that the committee will enact a reduction of the building's height that will result in loss of potential new homes. Another significant consequence of the new rules that will, according to the Bruzzones, adversely change the existing physical conditions in town is the prohibition of grading, including for landslide remediation, in high-risk areas. The modified rules do not prohibit remediation to mitigate landslides, but they do not grant developers an increase in the number of homes allowed to be developed if they do so. The plaintiffs explain that the modified rules remove the economic basis for funding landslide remediation. To decide whether or not high-risk areas, once remediated, should be treated as non-high-risk areas and allowed more development was discussed at length by the planning commission and the

council. In the end, it was decided that once a property is recognized as high risk, it would stay that way from an allowed density perspective in perpetuity, whether it

was remediated or not. This is not the first time the Bruzzone family has sued the town; the first time was in 1986 when the town adopted the Mora-

ga Open Space Ordinance. Mayor Dave Trotter agreed that this was a lot of money for the town to spend at this time, but that some things were worth fighting for.

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Challenging summer commute in Moraga

By Sophie Braccini

Going through Moraga this summer has brought its load of frustration to drivers. Trouble starts on Canyon Road before reaching town coming from the south. As this roving reporter can attest, those arriving at the one lane Canyon bridge around 4:30 p.m. are typically met with a string of cars waiting for the light to turn green and grant passage – the first obstacle in the commuter’s quest to cross Moraga and reach Highway 24.

The light can be a bit long – a sign warns that the wait can be up to two minutes – but once it turns green, the string of cars cross the bridge at moderate speed. The minute the cars have cleared the bridge, however, there is no longer anything moderate about their speed. Cars soar on the now four-lane arterial, ignoring the quite visible 35 mph signs.

At the crossing between Moraga Road and Moraga Way, some cars turn left toward Orinda, but most continue straight.

There is no longer a turn for through traffic on St. Mary’s Road this summer since PG&E is replacing pipes under the arterial. Those who nonetheless wander that way are stopped by utility

personnel at the crossing with Rheem Boulevard and signaled to turn left. A few say the magic word and are allowed to continue on. Right now that word is “Bollinger,” which gives access, but another employee watches out to make sure cars are turning right on Bollinger.

The PG&E personnel stationed at the crossing report that drivers are being very cooperative and are muscling their way through. They also indicate that the road can be reopened before the posted 7 p.m. time if the work objective of the day has been reached a bit sooner.

In the afternoon on Moraga Road the descent toward Lafayette often stops short after vehicles pass Campolindo High School. The backup continues all the way from the Lafayette sign to Mt. Diablo Boulevard, with cars inching forward, stuck in the narrow street constricted by multiple traffic lights before being released to the freeway, adding approximately 15 to 20 minutes of travel time from Moraga to Lafayette.

Occasionally, a frustrated driver turns around and backtracks to the crossing with Rheem

Boulevard, making a right turn there and heading toward Orinda to access 24 off of Acalanes Road.

Exacerbating the traffic headaches, Moraga Road, between Rheem and St. Mary’s Road, was closed July 2 when a fire broke out off Moraga’s Buckingham Drive, in the open space adjacent to Moraga Road (see related story, page A8). Traffic was seriously impacted, but PG&E eventually reopened St. Mary’s Road to through traffic. One resident who needed to go to Concord at the beginning of the afternoon, and had not anticipated any traffic problem, reported being stuck in traffic for over an hour trying to get out of town; she wondered what it would be like if the town needed to be evacuated.

The choices offered by traffic apps such as Waze, which sends commuters through Moraga, have not been modified due to the heavy traffic and the one lane bridge.

For Burton Valley residents off Reliez Station and Glenside Road, however, the St. Mary’s Road closure means a quieter summer.

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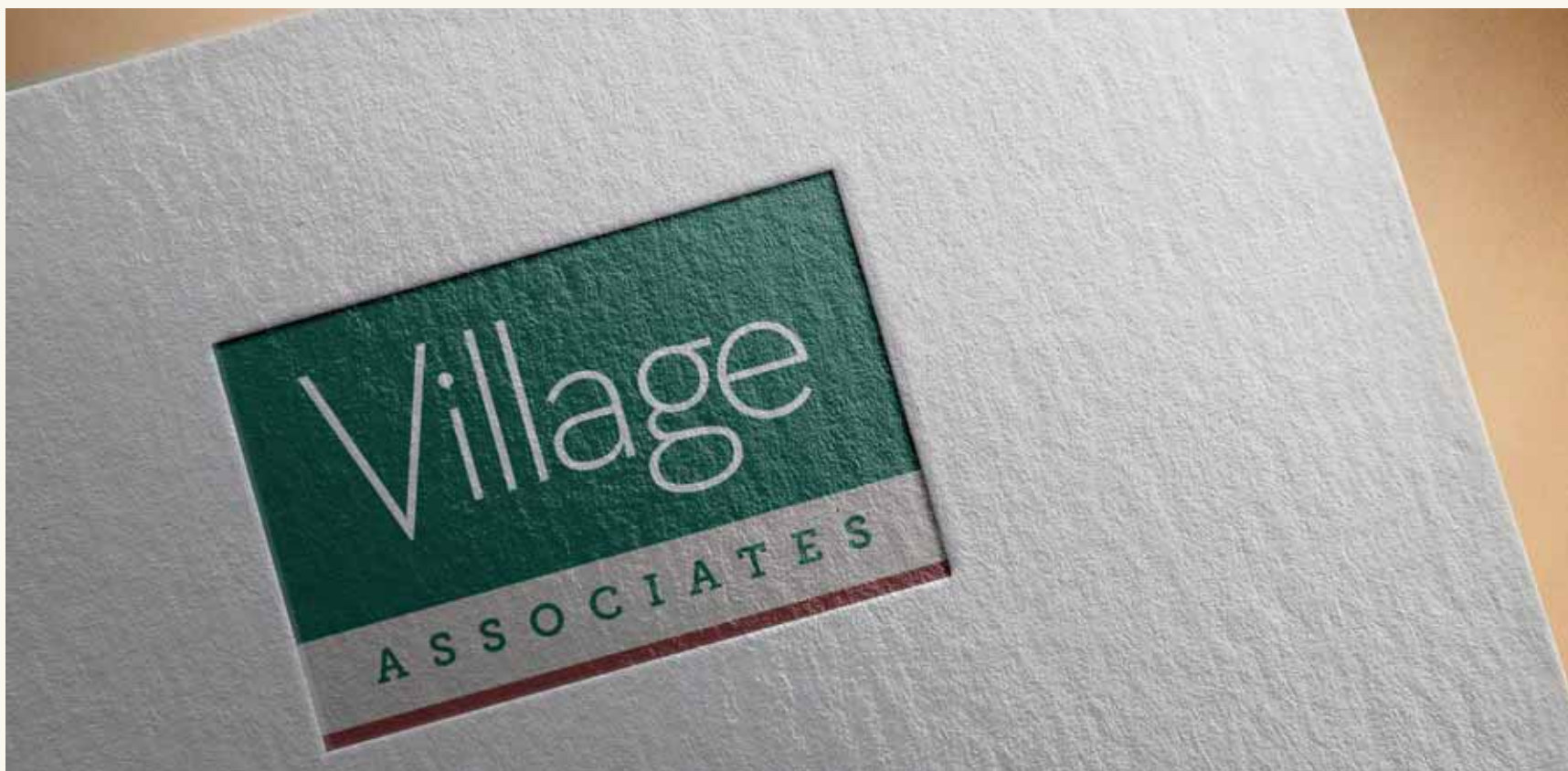
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Orinda

Public Meetings

City Council

Tuesday, July 24, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Planning Commission

Tuesday, July 17, 7 p.m.
Library Auditorium, Orinda Library
26 Orinda Way, Orinda, CA 94563

Citizens' Infrastructure Oversight Commission

Wednesday, July 11, 6:30 p.m.
Sarge Littlehale Community Room,
22 Orinda Way, Orinda, CA 94563

School Board Meetings

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

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The Orinda Association:

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Orinda Police Department Incident Summary Report June 17 to June 30

Alarms	59
911 Calls (includes hang-ups)	5
Traffic	114
Suspicious Circumstances	5
Suspicious Subjects	15
Suspicious Vehicles	16
Patrol Request/ Security Check	24
Service to Citizen	58
Supplemental Report	10
Vacation House Check	52
Welfare Check	6
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Camino Pablo/Miner Rd.	
40 Block El Toyonal	
Post Office	
Wilder Rd./Orinda Fields Ln.	
Camino Pablo/Miner Rd.	
Animal Cruelty	
Cvs	
Auto Burglary	
70 Block Brookwood Rd.	
Barking Dog	
20 Block Hacienda Cr.	
30 Block Barbara Rd.	
Burglary	
Rite Aid	
Civil	
10 Block Beaconsfield Ct.	
Civil Problem	
10 Block Richard Ct.	
Civil Standby	
70 Block Valley View Dr.	
Counterfeit	
Safeway	
Disturbance-Domestic	
Camino Pablo/Bear Creek Rd.	
Failure To Obey	
Moraga Way/Camino Encinas	
Forgery	
200 Block La Espiral	
Fraud Credit Card	
10 Block Camino Encinas	
Fraud False Pretenses	
10 Block Crest View Terrace	
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CIOC unanimously approves motion to form private road task force

By Sora O'Doherty



Photo Tod Fierner

The Orinda Citizen's Infrastructure Oversight Commission held a special meeting June 27 to consider whether or not there should be a task force to address the issue of private roads and, if so, what the composition of such a task force should be. The meeting was attended by Public Works Director Larry Theis and Paving Program Project Manager Farah Khorshadi. Theis opened the meeting by stating that, although the city council requested that the CIOC consider the formation of a task force, the CIOC didn't have to recommend that one be formed.

Theis expressed his concerns about the burden on the city of dealing with the maintenance of private roads. Staff feels that it is important that there be a "do nothing" alternative," he said. The costs for the task force could be very high, he pointed out, adding that the city attorney is very expensive. To properly evaluate a road's condition is also very expensive, he explained. The costs for repairs of any private roads could be very high, Theis added, and "liability is a huge concern." The possibility of sink-holes or trip and fall claims need to be weighed heavily, he concluded.

His suggestion, however, did not gain traction with the commissioners.

Theis also suggested that the CIOC consider a pilot program to limit the scope of the task force. Through roads would provide the most public benefit, he said. A bond would be very difficult from a voter perspective and Theis reiterated that "staff believes there is a huge concern here." In addition, he suggested that the task force, if formed, be fewer than nine members, perhaps three, five, or seven members. He thought it might be difficult to find a sufficient number of people to serve.

In the public forum portion of the meeting, the CIOC heard from a number of Orinda residents. Melissa Roeder said that the city has done a fantastic job on the public roads. "Private roads is a new idea," she said, and submitted a letter of support for forming the task force with nearly 400 signatures. Theis' suggestion of not forming the task force was in bad faith, Roeder said, and, in her opinion, it would not be hard to find nine members willing to serve.

Steven Cohn spoke in an impassioned manner to the commis-

sion. "The city council didn't ask you to consider if a task force should be formed," he argued, but asked how a task force should be formed and what it should do. He spoke of alternative ways to finance private road maintenance, including bond measures, real estate transfer taxes, or additional sales taxes. "It's nuts to say it is too expensive to even look at the private streets," he said, adding that many of the private streets, such as Wilder, Orinda Woods, and Orinda Downs are in good shape and don't need much more than maintenance.

Several points were agreed upon by the commissioners during their discussion. While a larger task force was desirable, allowing members with specific expertise, they agreed it might be a problem recruiting nine members. Seven members would be an acceptable alternative, if nine could not be obtained. The suggestion that the task force complete its work in nine months was questioned, and it was decided that nine months should be the goal for completing the mission of the task force, but it could be extended if necessary.

... continued on page A8

10th anniversary of Opera in the Park

By Sora O'Doherty



The Orinda Rotary Club will present its 10th annual Opera in the Park in conjunction with Solo Opera. The free performance, which will feature professional opera singers performing favorite arias, duets, and ensembles, that organizers say will thrill even non-opera lovers, usually attracts at least 1,000 people. The concert will take place from 5 to 7 p.m. Sunday, July 22 at Orinda Community Park.

"We have assembled a truly spectacular lineup of talent," says Sylvia Amorino, Solo Opera's artistic director/producer and master of ceremonies for the concert. According to Amorino, the program includes eight singers who have performed at prestigious venues, including San Francisco Opera, Lyric Opera of Chicago, Opera San

Jose, West Bay Opera, Lamplighters, and Carnegie Hall.

Solo Opera was founded in 2000, and has producing 15 operas and many concerts at the Leshner Center for the Arts in Walnut Creek and other Bay Area venues. Their productions have receiving rave reviews and awards from the press and community including the recent 2016 Arts Recognition Award from AC-5 Arts and Culture Commission of Contra Costa County. Solo Opera has been performing the Orinda Opera in the Park for several years now, and, according to Rotary event chairman Ken Jew, Solo has made the concert even better than it was originally.

The performers include: sopranos Liisa Dávila and Diane Squires, mezzo-sopranos Deborah Rosengaus and Leandra Ramm, tenors Michael Orlinsky and Stephen Cannon, baritones Ben Brady and Bradley Kynard and pianist Chun Mei Wilson. The singers will perform well-known selections from operas such as "Turandot," "Don Pasquale," "Carmen," "Don Giovanni," "Barber of Se-

ville," "Marriage of Figaro," "La Bohème," "Die Fledermaus," and much more.

According to the organizers, enjoying live opera has become so expensive that it's almost impossible for the average family to attend. Opera in the Park is a way to introduce children to opera, or even friends who might never attend live opera. There will be running commentary on the works by the master of ceremonies, so everyone will be able to understand the operatic plots. The music has been selected to represent pieces considered very likeable, and the master of ceremony's short explanations of what is happening in each piece or section is designed to make the performance even more enjoyable.

The Rotary Club and Solo Opera invite people to bring their entire families including children, a blanket and/or chairs, and a picnic. Free parking is available. For more information on Solo Opera or the concert, please visit www.SoloOpera.org or email solomail@pacbell.net.

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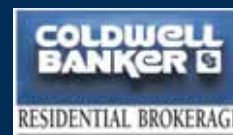
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Central San honored for 20 years of perfect compliance

By Sora O'Doherty

The Central Contra Costa Sanitary District, which collects, treats and disposes wastewater for each Lamorinda community, has been recognized for continued success in its efforts to protect public health and the environment with a Platinum Peak Performance Award from the National Association of Clean Water Agencies. The award

recognizes Central San for 20 years of 100 percent compliance. Since 1998, Central San has cleaned and returned over 296 billion gallons of water to Suisun Bay; meeting all federal, state, and regional water quality standards.

Central San is one of only 23 wastewater treatment agencies across the nation maintaining a

compliance streak of at least 20 years. "Central San is an innovative industry leader in operational excellence and pollution prevention programs," stated Central San General Manager Roger Bailey. "However," he added, "we will never cross the finish line. We are always looking for new technologies and efficiency measures to

provide the highest level of service to our customers."

Central San's mission is to protect public health and the environment through safe and effective collection, treatment, and disposal of an average 33 million gallons of wastewater every day. It also operates a household hazardous waste collection facility, provides recy-

clered water for landscape irrigation, and promotes pollution prevention through various educational, informational and inspection programs. With 270 employees and a five-member elected board of directors, Central San serves approximately 484,200 residents and 3,000 businesses in the central Contra Costa County area.

Orinda's concert in the park



Kenya B Trio playing.



Photos Sora O'Doherty A wide variety of people in attendance enjoy dancing to the music.

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Fire Districts

Public Meetings

Moraga-Orinda Fire District Board of Directors
Wednesday, July 18, 7 p.m.
Go to the website for meeting location, times and agendas. Visit www.mofd.org

ConFire Board of Directors
Tuesday, August 7, 1:30 p.m.
Board Chamber room 107, Administration Building, 651 Pine St., Martinez
For meeting times and agendas, visit <http://alturl.com/5p9pu>.

Grass fire destroys 45 acres in Moraga

By Nick Marnell



MOFD drone image

Photo courtesy MOFD

A three-alarm fire burned 45 acres of dense vegetation near Campolindo High School on July 2, forcing the temporary evacuation of 20 homes along

Buckingham Drive in Moraga. According to Moraga-Orinda Fire District spokesman Dennis Rein, crews from MOFD, the Contra Costa County Fire Pro-

tection District, the San Ramon Valley Fire Protection District and Cal Fire contained the blaze by 6:30 p.m.

Because the emergency con-

ditions forced the closure of Moraga Road between Moraga and Lafayette, Rein said that PG&E halted its Lafayette pipeline replacement project and opened St. Mary's Road to through traffic.

"The responding crews contained the fire through aggressive direct attack and excellent cooperation from all agencies. The firefighters on the line did a great job of suppressing the fire despite the challenges presented by the terrain and steep slopes. This is a reminder of the need to mitigate fuels early in the season to minimize available fuels near our populated areas," said MOFD Fire Chief Dave Winnacker.

There were no injuries to residents or firefighters. Rein said that the fire was caused by equipment used to plow a fire break on a private road behind the homes. "If you must mow or cut weeds, do it in the morning when the ground is damp from the overnight dew," Rein said. "Don't do it in the afternoon when the fuels are the driest."

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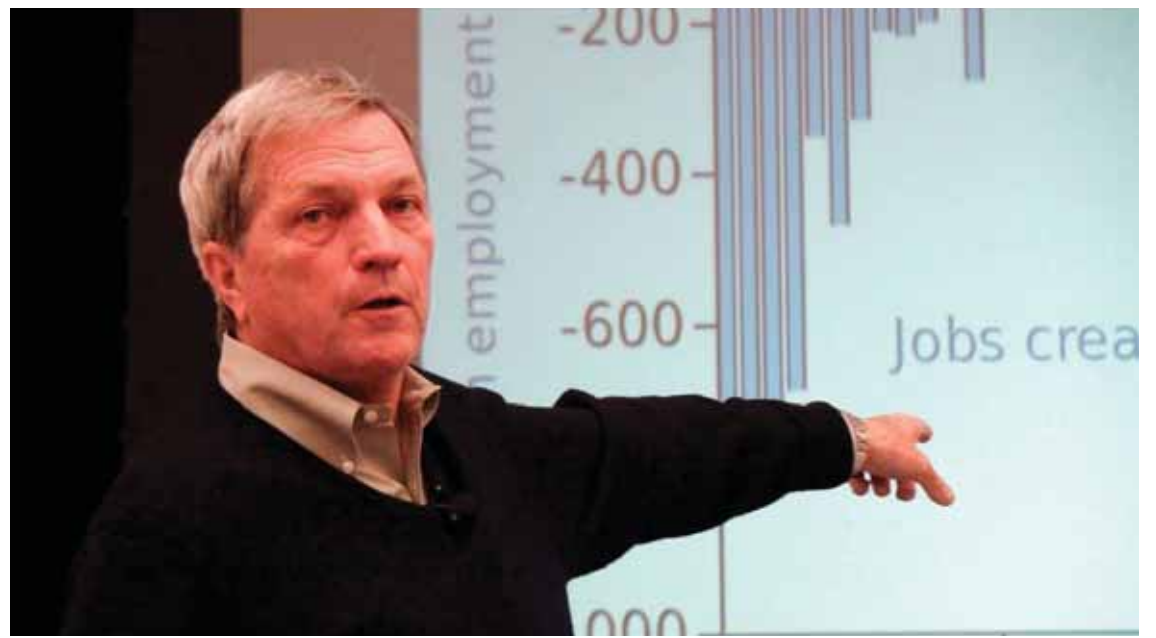


DeSaulnier talks environment at Campolindo Town Hall

By Sophie Braccini

It was hot in Moraga on the afternoon of July 2. A grass fire in the open space next to Moraga Road had seriously snarled traffic, but it was not enough to cancel Rep. Mark DeSaulnier's town hall at Campolindo High School – it was merely shifted by one hour, with residents from Lamorinda and beyond filling the high school cafeteria. The attendance was not as high as at previous meetings, which had seen overflowing crowds, the news of the fire and road closure likely deterring people not very familiar with the area from attending.

DeSaulnier, who represents



Congressman Mark DeSaulnier

Photo provided

California's 11th district, started by framing the topic of environmental protection, sharing his philosophy and highlighting his own achievements while in office at the state and national level.

He explained how he favors the establishment of urban growth boundaries to stimulate more dense housing toward town centers and transportation, and curtail the spread of single-family residences in open space. He also discussed industrial safety, noting how he had been working with refineries for the past 20 years to establish industrial safety ordinances that are now becoming the law of the land.

DeSaulnier shared his concern about the current administration unraveling years of environmental protection. Several questions from the audience asked how to get rid of the now former EPA chief, Scott Pruitt, who resigned on July 5. The

congressman noted how he is wary of the administration's attacks against the Clean Air Act and the Clean Water Act, which were, the congressman reminded the crowd, both signed by Richard Nixon.

"There was a time when you could be a Republican and be for environmental protection," he said. The Clean Air Act was based on a cost/benefit demonstration done by the state of California showing what it would cost to remove certain pollutants and the public health benefits that would result. The EPA would then confirm the state's findings and other states would follow. It included regulations to mandate more efficient cars, something that DeSaulnier says President Trump wants to deregulate.

DeSaulnier said that California has demonstrated how protecting the environment also stimulates the economy, and that

the current administration's policy will not only hurt the environment, but put the country behind in terms of innovation and future growth.

Audience members expressed concern about carbon pollution, renewable energy, endangered species, and exploitation of tar sand in the Bay Area.

Several in the audience had questions about what to do now, since the administration is overtly undermining previous environmental protections and California being at the forefront may not need extra local support. The congressman had only one answer: engagement and participation. He repeated several times that a democracy cannot function well if people do not vote and they should also be well informed.

"When the people are engaged then the country is saved," he concluded.

CIOC unanimously approves motion to form private road task force

... continued from page A6

It was also agreed that although the meetings of the task force should be publicly noticed and must comply with certain legal requirements, such as the Brown Act, the task force should try for less formal meetings, and staff would not be required to attend except for "as needed." One of the most significant and new recommendations is that the city council fund a professional facilitator, which it was estimated might cost \$5,000 per meeting.

The complex discussion was then translated into the language of a motion, which passed unanimously and was to be presented to the city council at its July 10 meeting. The CIOC recommends that the Private Road Task Force shall consist of up to nine members:

three property owners on public roads; three property owners on private roads; two CIOC members; and one member of the city council. Alternatively if a smaller group of seven members is desired, that composition would include only two private and public road property owners.

It was recommended that the Private Road Task Force should meet a minimum of once a month at a publicly noticed meeting, including at least one public outreach or workshop-style meeting shortly after its formation.

The CIOC made a number of additional recommendations regarding what the task force should consider in developing its charter and scope of work, including identification of legal ramifications and

the precedence regarding the potential use of public funds to maintain private roads and consideration of the additional liability (financially and legally) of accepting private roads into the public road maintenance system. The CIOC concluded that the task force should also reevaluate the city's current private road acceptance policy and identify financing alternatives, including developing alternative processes for converting private roads to public roads, identifying financing requirements including cost sharing for accepting private roads, and considering financing alternatives to facilitate private road maintenance by the owners of those roads.

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Modern Tones – unique recording facility opens in Lafayette

By Pippa Fisher



Students jam together at Modern Tones Music Studio.

Photos provided

Tucked away, but still close to downtown, a world-class, musical gem has popped up in Lafayette. The Modern Tones Music Studios offers music instruction and so much more.

"We are unique in the Bay Area," says the studio's owner Jacob Light as he explains their objective – to make music fun for all and to provide guidance and support to help people reach their potential in the high-end, professional grade studio. It's not just music instruction but also performing, production and connection with other musicians. Their students are not just kids – they are geared to adults, too, many rediscovering their love of music.

The six instructors – all professional recording session musicians – offer a fresh approach to music, setting monthly and quar-

terly goals for their students and teaching them whatever music sparks the students' excitement. "We have a lot of requests for Imagine Dragons and Ed Sheeran," Light notes. "We make sure students know all the basics. We tailor our instruction to the students," he says, adding they also get requests for video game music.

Rhythm and harmony can be taught with an Ed Sheeran song just as well as with a Bach or Mozart piece, says Light, who was classically trained but who enjoyed Nirvana and Green Day growing up. "As long as there's an emotional connection with the song," he adds.

Light was born and raised in Israel. He has spent 25 years as a musician. Now settled with his wife and child in the East Bay, he

says he has found a love of teaching, which also allows him time with family instead of being on the road most of the time.

This business is clearly Light's dream. His passion is music and his enthusiasm is infectious. His pride in the new facility is obvious as he gives a tour of the six recording rooms.

"The place used to be a dog-grooming business," he recalls as he explains how in May 2016 he completely gutted and renovated the space – a process that took roughly a year.

The next year was spent setting up the studios. He did much of the work himself, spending 17-hour days working hard to ensure the sound would be perfect. He says the soldering work alone took over a week. All the high-quality cabling cost thousands of

dollars but he says that since his background is recording in the best studios in the world, his own studio had to be up to the same high standards. All the high-quality guitars available to students are from Light's own personal collection – all worth thousands of dollars.

Light is proud of each of the six recording rooms. Each room is isolated and each is acoustically treated for different specific instruments or vocals, according to the amount of reverberation required.

The state-of-the-art control room is connected to the live room for whole bands or isolated drums, a vocal booth and three isolation booths set up for professional mixing and recording.

The décor is clean and fresh. No detail has been overlooked although Light credits his wife on the interior design.

In addition to guitar, bass, piano and violin, Modern Tones also offers instruction in songwriting, music production and voice. They offer voiceover work

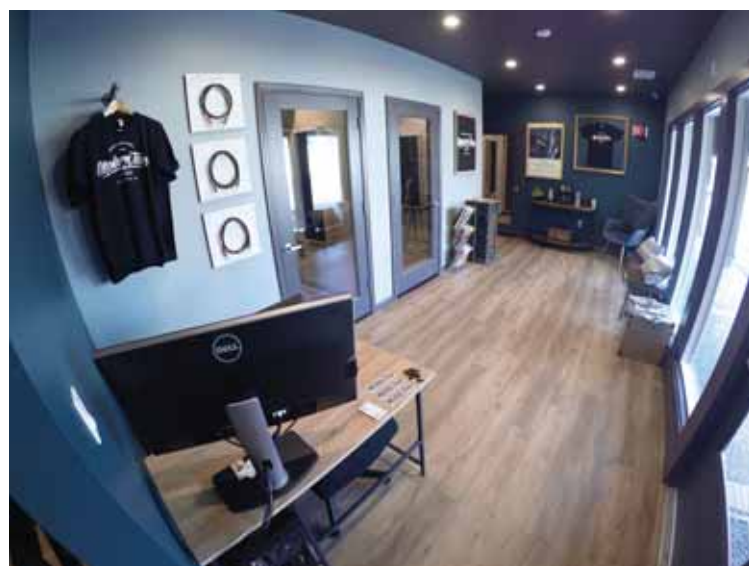
and audio book recording.

Light says they have recently helped a band of 16-year-olds produce an E.P. of their own music and says they helped them learn how to perform. All the studio's instructors are younger, professional musicians who know how to use technology and teach students how to use multi-tracking, how to promote themselves and how to create great YouTube videos. They even have an in-house rap and hip-hop producer.

The studio uses technology in all aspects of its business with online scheduling and automated reminders, streamlining the operation and keeping costs competitive.

Modern Tones Studios had its ribbon-cutting ceremony in May and is now open to the general public. Located behind Jack-in-the-Box at 1018-B Almanor Lane in Lafayette, there is plenty of free parking right outside the studio.

For more details go to <https://moderntonestudios.com/>.



The state of the art recording studios.

Letters to the Editor

MOFD Funding

Regarding your June 27 article "MOFD projects a strong fiscal year ahead." Kudos to the MOFD Board for finally making the tough call to start funding the District's under-funded employee retirement plans. We cannot pass on this debt to our children and grandchildren. How a little district with 70 employees can get tens of millions of dollars in debt is mind boggling. If it was correctly reported, and I do not doubt that it was, that the decision to start significantly funding the retirement plans was "vilified by the firefighters and Director Kathleen Famulener," then shame on them. Since MOFD was founded 21 years ago, its (tax) revenues have increased to almost three times 1997 levels. Yet costs, reflected by inflation, should have less than doubled. Revenues adjusted by inflation have increased 60 percent. Yet our service has remained unchanged. We are served by the

same five stations and 17 responders per shift as we were in 1997. All of the increase has gone to the employees, and then some (the underfunded retirement plans). Our firefighters are great people. They serve us well. They deserve to be well compensated. And according to a 2016 survey (before the 10 percent increase since then), an average salary excluding benefits of \$150,000 would be considered by most to be well compensated. That the firefighters and Director Famulener fight the full funding of the retirement plans so that more money is available for higher salaries is disturbing. The thought of more service to the taxpayers and residents of Orinda and Moraga apparently is not even under consideration. Maybe after another 20 years.

Steve Cohn
Orinda

Lafayette City Hall

The City Council of Lafayette has been using General Fund monies to purchase property and then selling the property with all the proceeds of the sale being placed in a special fund for a new city hall. As an example, the Council approved the purchase of the old library

for \$1.97 million then sold the library to the Lafayette School District for \$1.995 million with all the proceeds being placed in the special account for a city hall. The GF was not reimbursed the \$1.9 million used to purchase the property. The use of GF monies by the council to further its desire for a city hall is a disservice to the

residents of Lafayette. General Fund money should only be used only to service the needs/requirements of the residents of Lafayette, such as road repair, etc.

Mel Epps
Lafayette



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ADA complaints and lawsuits

... continued from page A1

"Find out if you have a problem, and get it fixed. It keeps your legal fees under control. There is no way to win one of these lawsuits." Blackseth echoes Bowles' advice to make sure that the handicap parking section is properly marked and properly signed.

Should a company be cited, essential in the defense of its case is an assessment of the business by a California Certified Access Specialist, who understands the

applicability of state and federal construction-related accessibility standards. A CASp assessment runs \$2,500, and Lifson said that an assessment was recently completed on the building that houses the Lafayette Chamber.

Blackseth said that the ADA-claims industry is growing at 14 percent a year, with website lawsuits the fastest growth area. "Websites are an extension of your brick and mortar store - courts have gen-

erally held this," he said.

Impaired users rely on screen readers or dictation machines, Blackseth said. Text must meet contrast ratios. The website must be navigable by keyboard only or with screen reader software for the visually impaired.

"Most people want to do the right thing," Blackseth said. "Showing the effort goes a long way. It's the right thing to do. And it's the law."

Las Trampas partners with LAMA

... continued from page A3

"We're thrilled to work with Lamorinda Gives Back again this year," says Las Trampas Executive Director Daniel Hogue. "Events like Cards for Humanity are an investment in a community that is welcoming and inclusive for all and we're so grateful to everyone who came out to support our work."

Brian Britton is president of Lamorinda Gives Back, known as LAMA, an acronym derived from the combination of Lafayette, Moraga and Orinda. He says that Las Trampas is a remarkable organization with great leadership that makes real differences

for adults with developmental disabilities on a daily basis.

"We at Lamorinda Gives Back were pleased to assist Las Trampas host the 'Cards for Humanity' poker event on June 8," says Britton. "LAMA is grateful for the support from our members and the attendees from across the East Bay who participated at this event and helped raise money for this worthwhile cause. A special thank you to 1515 Restaurant, Lost Republic Distillery, and those who donated prizes for all the generous support."

All of the proceeds are going to Las Trampas. Development

Director Kris Jachens says that this year, the gap between the fees they receive from the state of California and what their services actually cost to provide is more than \$2,500 per program participant for the year. "This will help bridge that gap for four people," notes Jachens.

"Cards for Humanity is an event that LAMA came up with. This is the second year that they've partnered with a local nonprofit to host it and we're thrilled that they approached us this year," Jachens says.



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~ Life in LAMORINDA ~

Traveling with grandkids builds family bonds

By Cathy Dausman



At the Alameda Naval Air Museum.

Summertime, and the living is easy – even when traveling with grandchildren. That’s the message audience members received during Lamorinda Village’s recent third and final travel series presentation. Speakers discussed trips ranging from local jaunts to Oakland, to interstate trips to national parks to overseas trips with grandparents, parents and grandchildren. Some grandparents relied on organized tours to do the planning; others built the trip itinerary themselves.

Speakers and most audience members agreed that traveling with grandchildren is a wonderful bonding experience, and the best age to bring them along is 11. Additionally, Orinda Travel specialist Karen Kelly says it’s always good to carry a notarized letter from the child’s parents authorizing their travel and, if necessary, any needed medical treatment. Kelly was not at the presentation but responded to an email inquiry from Lamorinda Weekly.

Carole and Andy Amstutz chaperoned their grandchildren and other students ages 13 to 18 from their son’s science class to Madras, Oregon to view the solar eclipse in August. The group tent-camped on high school grounds in Sisters, Oregon. The trip was memorable both for the professional science lectures they received ahead of time and the pinhole cameras students made to track the eclipse itself, as well as for the six hours they sat in traffic on the 45-mile return to Sisters. The only downside for Amstutz was where they slept – this, he said, would be “the last time we’re gonna sleep on the ground.”

On a grander scale, three gener-

ations of Amstutz family, some 14 members, flew to Austria to learn about family heritage, and planned the trip in its entirety themselves. The extended family lodged in a 14-bed chalet, prepped and cooked group meals, and thanks to the expertise of Amstutz’ son, donned harnesses and helmets to mountain climb on local cliffs.

Fred and Jean Tuemmler took four grandchildren on special individual trips when each child turned 11. They took one grandchild to Alaska, another to Canada, the third to Yellowstone National Park, the fourth to Hawaii. The Tuemmlers relied on a travel agency to make arrangements and plan activities at the site. Fred Tuemmler said each grandchild made friends during the trip and the agency organized everything.

Sarah Gross agrees 11 is the perfect age to travel with a grandchild, because while by then they’ve become fairly responsible, “they’re not old enough to care about the other sex.” Gross recounts the grandson she took to Hungary and Romania on a castle tour who was determined to buy a sword, despite the difficulty of flying home with it. She took her granddaughter to Paris. Gross also developed a hand signal to use whenever her travel companion needed to stop doing something.

Other grandparent/grandchild trips included an Alaskan cruise with cameras, a trip to New York City, and a visit to Branson, Missouri. One child declined a trip but was taken to a local opera instead.

Lamorinda Village founder Ruth McCahan concentrated on day trips one Saturday a month

with her “Little Boys Club ... and Rachel,” the latter her only granddaughter. “There’s so much to do in this area,” McCahan said, citing trips she took to the Old Sacramento Railroad Museum and the Oakland Aviation Museum. McCahan says her last trip – a Colorado River whitewater rafting birthday trip with five of her six grandchildren was the best.

“Fred and I enjoyed putting the presentation together,” Amstutz said afterwards. “We know that traveling with grandkids helps us see wonders of nature through their eyes.”

“Young children give you a different perspective on things,” added Lamorinda Village director Don Jenkins.

Jenkins final advice to the group? “Don’t take your (trip) slides and put ‘em away; make a book!”

Photo provided

Audience-suggested travel resources:
www.backroads.com/
www.oattravel.com
<https://www.roadsscholar.org/collections/intergenerational/>



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Great therapy: Seniors talking with their peers

By Diane Claytor

We tend to think of Lamorinda as an area that's perfect for young families. And it is, with the outstanding schools, beautiful parks and proliferation of activities geared to families and children. But go to the grocery store, walk the trail or enjoy dinner out and you may also notice something else – a large number of older people. According to the 2010 U.S. census, close to 20 percent of the residents in our three communities are over the age of 65. And while most of these seniors may be active, vital members of the community, there may be others

that are lonely, depressed or feeling overwhelmed and don't know where to turn. Senior Peer Counseling, a free volunteer therapy program through Contra Costa County Health Services, could prove to be the perfect fit for older adults facing many of life's challenges. As described by Moraga resident Alice Brock, a longtime volunteer counselor, the program helps older adults think through their specific situations, imagine and discuss possible solutions, learn about the many community resources available, and how to access them and

effectively work within the system. Developed more than 30 years ago by Evelyn Freeman, the international peer counseling program offers senior citizens who may be experiencing difficulties that often accompany aging with the opportunity to talk with another older adult who has been trained to provide assistance, emotional support and encouragement. It's believed that senior peer counseling provides a more comfortable and supportive environment for older adults with difficult issues; they often don't want to speak with younger counselors who are unable to relate to their particular circumstances. Joyce Martin, psychologist and clinical supervisor for Contra Costa's English Senior Peer Counseling program, notes that "even though our counselors are lay people, many older people would rather talk with a peer than a professional that's 30 or 40 years younger. Our counselors frequently have had similar life experiences and can relate better."



One-on-one counseling Photo Bigstock

A senior peer counseling study conducted several years ago by Applied Survey Research found that 75 percent of the clients surveyed reported that the counseling helped considerably, particularly with their concerns about health, loneliness and sadness. In addition to those issues, Martin noted that many seniors are coping with isolation, family issues, anxiety, housing concerns and grief and loss, as well as changes in both cognitive abilities and health. Volunteer counselors receive intensive training, learning various therapy models and counseling techniques. They learn to effectively communicate with clients that have problems and to recognize their particular needs. They also learn about confidentiality, boundaries and assessing

for safety. Volunteers meet weekly with Martin and the other volunteer counselors to discuss their cases and, when warranted, get and give suggestions and support. Additionally, there are in-service meetings featuring speakers from various community organizations and resources, familiarizing the counselors with the many options available to their clients. Brock, 91, has been a volunteer counselor for nine years and finds it to be a "very humbling experience. People have problems and they are so happy just to have someone to talk with that is not emotionally involved," she said. "We listen, do not give advice, but can toss out suggestions or alternative solutions. We point out to the clients their own inner strengths and resources. It's a wonderful program and I think we really help," she noted proudly.

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Maintaining boundaries can sometimes be difficult, Brock admitted. Volunteers make it clear to the clients from the beginning that they are meeting in a para-professional capacity and are there to "help them think about their situation and how it could possibly change so they feel better," Brock said. "We help them set goals, asking what they would like to accomplish and then work towards those goals. We make recommen-

dations but don't make decisions." "Basically, our volunteers offer knowledge, resources, support, encouragement and help to dispel fears of the unknown," Martin shared. There are currently 20 volunteer counselors and Martin would like to increase that number. With referrals coming from all major organizations and facilities in the county that serve seniors, there is often a waiting list of clients requesting the program's services. Volunteers, on average, see two or three clients weekly for an eight to 12-week time period. These sessions take place in clients' homes or at senior centers; Brock, for example, meets her clients at the Lafayette Community Center.

The program has recently hired Abran Aviles-Scott to serve as their Latino Senior Peer Counseling coordinator in an effort to better serve Spanish-speaking seniors looking for help. "Language is often a barrier which creates even more difficulties for older adults," Aviles-Scott said. For more information on either becoming a volunteer or receiving services provided by the Senior Peer Counseling program, please go to cchealth.org/volunteer/senior-counselor.php or call Joyce Martin at (925) 521-5636.

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Family caregivers overwhelmed and untrained

By Linda Fodrini-Johnson

An AARP study published in 2015 states that family caregivers are overwhelmed and untrained. Can you relate to this? There are about 40 million family caregivers over the age of 55 who are giving an average of 30 hours a week to this task. It is almost a full-time job and many of these caregivers are still in the workforce, so they are doing two full-time jobs. Is that you?

Of these families, 15 million are trying to provide care to someone with a dementia, such as Alzheimer's or Lewy body dementia, resulting in an even larger time commitment. Often that person needs 24/7 attention because of safety and impaired judgment.

It is an understatement of the real stress that is on families to say that it is challenging to protect the safety of someone who doesn't think that help is needed and is fighting every suggestion. Family members would benefit immensely by seeking training and learning tips on communicating with someone who has a dementia.

Recent caregiver research says that caregivers spend about 25 percent of their time on items like shopping, appointments, cooking, assisting with personal care, helping with daily money management and a variety of other things like home repair or assisting with technology issues. However, what struck me was that caregivers spend an average of 13 hours every month on researching resources or information on their family member's illness.

Thirteen hours of searching is a bunch of time looking for answers or resources. How do you make decisions about what ser-

vice to use, or health care advice to follow? The internet seems to be the first place that families search. What pops up first in your search are all the organizations or services that have paid ads. Then as you move down to the organic results of your exploring, you find organizations that provide the service or advice you are seeking, as they have not just purchased a keyword that sends anyone who puts dementia (for example) into the search bar. It might be exactly what you have been looking for but, nine times out of 10, those listed first are a related service and not the "expert" you were hoping to find.

A few tips in searching for "Senior or Elder" care services on the internet:

- 1) Has the company been in business for more than five years?
- 2) Are they led by professionals related to what you need for your family members?
- 3) Do they take referral fees from places they might find for you, possibly compromising objectivity?
- 4) Do the professionals that work for the company belong to a profession that has a Code of Ethics and a Standard of Practice?
- 5) Do they give back to the community – with education, donations or volunteerism?
- 6) Do they have liability insurance? Bonding is extremely limited in its application – you want to be sure they have a good general liability policy.
- 7) If you were not referred by another professional, can you talk to one of their current clients?
- 8) How do they support the entire family – education, support groups, counseling?

for services, schedule an appointment with a skilled and experienced, aging life care manager with backgrounds in social work, counseling, nursing and related fields. Turn your feelings of being overwhelmed into peace of mind with excellent navigation from an expert that only works for you and will be unbiased in their advice and direction.

Take classes and educate yourself. Eldercare Services offers a series of classes that run all year long for those dealing with the dementias, in addition to a monthly support group and a third Friday of the month lecture series on a variety of senior issues. We can also help you find someone just like us anywhere in the country through our national network and/or our professional care management organization. For information, visit www.eldercareanswers.com.



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989, which now employs over 200 caring people. Eldercare Services has been providing Bay Area families with care management, home care services (caregiving), advocacy, counseling, support groups and education for 29 years.

Lynn's Top Five

It's time to talk money, real money, with our kids

By Lynn Ballou CFP®

Remember scrambling every summer for activities to keep the kids entertained and mentally engaged so that they didn't lose the momentum of the school year. I also wanted to slip some life lessons in there in ways that were fun and palatable – sort of like popsicles made with real veggies! Building financial literacy and capability skills can be those veggies. There are many fun, age appropriate ways to work on important life money skills with your kids and grandkids this summer. Here are a few:

1) Pre-K through Second Grade: What can a dollar buy? What about five dollars? Give each child real dollar bills and take them to one of our local dollar stores, or even a drugstore with a toy section. Try to guess what things cost and help them use their real dollars to buy what they can.

2) Third through Fifth Grade: Building on the above, what if children want to buy something that costs more? Time to introduce the concept of saving. Every week give them a few real dollars – you set the amount – and then go buy the more expensive toy after they've accumulated enough money. This is also a great age for providing children with "above and beyond" chores around the house they can do to earn extra spend-

ing money. Sweeping out the garage and washing the car were favorites in my family. Don't make it too huge or too long or they'll lose interest. Maybe work side by side with them.

3) Middle School: It's time to introduce the concept of a clothing allowance. Look in closets, drawers and laundry baskets and have your kids figure out what clothes they'll need for the summer and eventually for the fall first semester. Make a list and then go shopping together to check out prices. Create a clothing budget together, give them real dollars, and help them make their choices. Don't bail them out by paying with a credit card if they go above budget. If they want more spending money, it's time to work for it! Babysitting and other gardening help work well for this age group.

4) High School: Your goal here is to instill confidence and realism in your teens about money so that when they leave for college, they can live on a budget and avoid some of the pressures they'll face to live beyond their means. Start with helping them craft a summer budget and then break it down on a weekly basis. Next, compare it to income sources such as work and allowances to teach them not to live beyond that amount. And if you haven't already, it's time to visit the bank and set up a checking

and/or savings account. For your older high schoolers who are driving, have them obtain a debit card and/or a low limit credit card for gas or emergencies so they can build confidence while still at home with you as the safety net. Review their spending weekly online to be sure all is well.

5) As a family: For the younger kids, there's actually a family board game called "The Allowance Game" and of course, my family favorite, the time-tested "Monopoly." Planning vacations together can be a real-life lesson on spending and budgeting, too, allowing you to keep it within your family means for everyone's sake.

These are just a few ideas; I know you'll have your own fantastic ones. The most important goal is to raise a financially literate citizenry while in a safe, loving environment, all while making it enjoyable. Remember, it starts with us. Incorporating these goals into family fun enhances the learning and the wonderful summer memories. Trust me – you'll be the "cool" parents with the financially savvy kids. Enjoy!

All expressions of opinion reflect the judgment of the author as of the date of publication and are subject to change.



Lynn Ballou is a CERTIFIED FINANCIAL PLANNER™ professional and Regional Director with EP Wealth Advisors, a Registered Investment Advisory Firm in Lafayette. Information used in the writing of this column is believed to be factual and up-to-date, but we do not guarantee its accuracy and it should not be regarded as a complete analysis of the subject(s) discussed. All expressions of opinion reflect the judgment of the author as of the date of publication and are subject to change. Content is not intended to be interpreted as tax or legal advice. Always consult a tax and/or legal professional regarding your specific circumstances.

Having a field day at Field Day

By Cathy Dausman



Clark, foreground, left learns to operate a single sideband UHF radio with lifelong amateur radio operator Keith Riley (foreground, right), and other members of LARIG. Photo Cathy Dausman

Two dozen people started a conversation in Moraga Commons Park on a recent Saturday, kept at it for eight hours straight, and they still finished early.

It was amateur radio Field Day and the Lamorinda Area Radio Interest Group joined forces with thousands of other amateur radio operators across the U.S. during a 24-hour demonstration and contest. The amateurs sent messages across a high frequency radio bandwidth via Morse Code, single sideband voice and digital radio.

Outgoing messages were short and sweet. "C-Q Field Day, this is K6ORI," the chant began. "C-Q" is shorthand for "attention all stations" and K6ORI is the LARIG club call sign.

Return messages were equally brief: "K6ORI, this is WA7LO, we are 3-alpha, Oscar Romeo." Three-alpha Oscar Romeo was shorthand for number of radios a station operated, its use of alternative power and its geographic location.

The underlying message, however, was perhaps most important: that amateur radio works when electrical power is out or cell towers are down.

Cristy Clark is a new amateur radio operator (sometimes called a "ham") who earned her Technician license in February. She recalls her first exposure to the hobby was as an Acalanes High School student. Clark found that club inaccessible, in her words, because the club was all-male and met off-campus. Re-

cently a neighbor who is a ham encouraged her to earn a license. After passing her test, Clark started using a handheld radio but found she was eager to learn more.

"Field Day is such a friendly time," Clark said. "There is so much to learn about antennas, radios and listening, even if you don't have a license." Club members were quick to point out that anyone can participate in Field Day under the guidance of a licensed amateur. When space opened up at one radio station, Clark sat down to listen before finally diving in to make her first contact to a participant stationed in Oregon. She was amazed at the level of concentration it took to decipher a conversation on single sideband radio. Fortunately, "they're not asking much of you" in the way of reply, Clark said. She found so much to learn, about antennas, radios, and even the skill of listening for voices in the static.

Since being licensed, Clark says people express surprise that she enjoys an interest outside many women's interest or skill set: "You're involved in what?" they ask. Yet unlike the golf lessons she took before discovering she hated golf, Clark is sticking with amateur radio. She sees its value as an emergency communication method and Field Day as good disaster preparedness training.

You don't have to be an electrical engineer to enjoy the hobby, she said.



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Cycling for a cause

By Jennifer Wake



Perez on a ferry near Rio Vista during a ride from Lafayette to Sacramento. Photos provided

Longtime Orinda resident Rick Perez has been cycling since around 1990. “My rides have included numerous centuries, the coast of Oregon and the Ice Field Parkway in Canada from Jasper to Banff, a route I highly recommend to everyone, by bicycle or motorized vehicle, for its beauty and wildlife,” said Perez.

Laura’s Ride 2016 was his first cross-country ride from Santa Monica, California, to St. Augustine, Florida. “I rode with a bike friend, Nick Bloisa, and our two support vehicle drivers, Alejandra and Sarah. Nick and I were both 70.”

The 2016 ride raised more than \$20,000 in honor of Laura, Bloisa’s good friend who had died of breast cancer at 45 in September 2015. “The money was donated to the Lazarex Cancer Foundation – a charitable foundation for which 100 percent of the donations go to those afflicted with cancer due to the generosity of its founders,” Perez said. “That ride was probably most notable

for its endless roads through nowhere and riding temperatures of 114 degrees.”

In 2017, Perez rode Laura’s Ride North from Astoria, Oregon – “Actually from Sunset Beach, which is west of Astoria because I wanted to start on the Pacific,” he said – to Portsmouth, New Hampshire, where the 71-year-old dipped his wheels in the Atlantic and popped a bottle of champagne.

“I chose that route, which (included) a couple of days in Canada, so I could climb the mountains that had been avoided in 2016. I rode by myself with Alejandra again helping as the driver and general assistant. It was also a fundraiser for breast cancer victims through Lazarex Cancer Foundation,” Perez said.

Laura’s Ride Atlantic Coast, or “Twice Across +,” will be from Quebec City, Canada to Key West, Florida. Perez will again be riding by himself with Alejandra as the primary driver. To further assure that all of



the donations go to the intended beneficiaries, Perez is funding the cost of the ride itself. So far, the rides have raised more than \$28,000.

Perez prepared for this most recent ride with his normal three days a week rides of 25 to 60 miles each with riding buddies from the Lamorinda area as well as their annual ride from Lafayette to Sacramento. “I also rode from Moraga to Half Moon Bay with Dave of our riding group as the first day of his ride to Los Angeles,” Perez said.

Perez flew to Quebec City June 28 to meet Alejandra, the truck and his bike and started riding July 2. To follow Perez on his ride or to make a contribution online, visit laurasride.org.



Lamorinda Safety Fair, Classic Car Show and Police Motorcycle Competition July 21

Submitted by Carol Yates



Children check out a Contra Costa County Sheriff’s helicopter at last year’s fair. Photo Carol Yates

Children can once again enjoy hopping aboard helicopters, sitting in police cars to sound the sirens, and climbing aboard the county’s water rescue boat and armored truck at the Lamorinda Safety Fair, hosted by the Lafayette Police Department and Emergency Preparedness Commission, from 9 a.m. to 1 p.m. Saturday, July 21 at Saint Mary’s College, 1928 St. Mary’s Rd. In addition to the Safety Fair, over 50 cars will be on display for the Classic Car Show. The popular Police Motorcycle Competition will also be featured between 8 a.m. and 5 p.m. and St. Mary’s Road will be open to traffic on the day of the event.

Meet your local first responders and see their emergency equipment. Watch police and medical helicopters landing to allow children to inspect and sit on board. See CERT (Community Emergency Response Team) demonstrations, a bicycle rodeo with an obstacle course teaching children how to ride safely, hands on fire extinguisher training with fire department personnel and

East Bay Regional Park District Rangers on horseback. Questions you may have about preparation for an emergency or a safer daily life can be answered by experienced volunteers and personnel from a multitude of agencies such as Red Cross demonstrating the sheltering of residents and pets during a large emergency. CERT members will show you how to secure items in your home for earthquake resistance and demonstrate disaster medical operations and radio communications. An Emergency Personal/Family Cache and Neighborhood Cache is part of the extensive CERT display.

At the Motorcycle Competition, you may meet officers from across the Western United States and Canada who will perform a variety of skills as they compete for first place in various competitions. And the Classic Car Show will have the owners on hand to offer tips to the aficionados on the restoration of classic cars.

Flag retirement program offered in Lafayette

Submitted by Beverly Brown



Oakmont Mortuary has launched its “Stars & Stripes Flag Retirement Program.” Community members who are looking for proper flag disposal can bring their

flags to Oakmont Mortuary located at 2099 Reliez Valley Road in Lafayette during normal business hours. Flags will be stored safely and disposed of in the proper, dignified manner as outlined by the United States Flag Code. Flag donors will have the opportunity to attend an official Flag Retirement Ceremony to be conducted at a future date. The Flag Retirement Ceremony is a special, unique presentation conducted by the Boy Scouts of America. For information, call (925) 935-3311.

Saklan science teacher on the move

Submitted by Christine Kuckuk



Saklan science teacher Victoria Obenchain. Photo provided

Victoria Obenchain, a longtime science teacher at The Saklan School in Moraga, was selected last fall from over 400 applicants for the 2017-18 Teachers for Global Classrooms Fellowship funded by the U.S. Department of State, Bureau of Education and Cultural Affairs and implemented by IREX, an international nonprofit organization. After completing a graduate level course on global education, she was placed in Senegal where she visited cultural sights and taught in their classrooms for two weeks, from April 16 to May 2.

Obenchain’s experience with TGC was an enhancement to Saklan’s already rich program of global education. The TGC program is based on four key components: investigate the world; recognize multiple perspectives; communicate ideas; and take

action. In the short term the program seeks to implement more Global Education opportunities for students and in the long term to effect systematic change on a global plane for the betterment of mankind.

She is on the move again this summer, having set sail June 25 on the National Oceanic and Atmospheric Administration (NOAA) Ship Fairweather for an Alaska Research Cruise to assist scientists on a 12-day hydrographic survey in northwest Alaska, along the coast of the Chukchi Sea. The cruise is part of NOAA’s Teacher at Sea program, which bridges science and education through real-world research experiences. Obenchain was one of 35 teachers selected from nearly 300 applicants.

“Through my experience with NOAA, my students will not only be able to learn first-hand about exciting research projects at sea, they will be witnesses to them, and on some level, participants in them,” says Obenchain. “Making their learning relevant through my own hands-on experiences is vital to getting students excited about science.”

In addition to these professional development programs, Obenchain also leads the annual seventh-grade trip to Hawaii to study evolution, adaptation and culture. During Spring Break she also led an EF Tour group of 15 students to Iceland to study the geothermal wonders and sub-arctic fauna.

For more information about the Teachers for Global Classrooms Program, visit <http://ECA-Press@state.gov>.

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.

Share Your Celebrations and Remembrances

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

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Teen-run Arts Contest celebrates its fifth year

By Charlie Keohane



Top row, from left: Jonah Kunis, Ella Easley, Naama Elhasid, Ethan Sawyer, Katrina Ortman, Ella Thompson, and Meredith Levandowski; bottom row: Stella Bobrowsky, Claudia Cruse, Aubrey Fitzsimmons, and Emma Uffelman. Photo Tim Keohane

After months of waiting, a dozen eager middle school-ers and their family members gathered in the Lafayette Library's Community Hall in April to claim their prizes in a local

writing and photography contest.

The fifth annual contest was put on by the Lafayette Youth Arts Society, an organization run completely by teenagers who are passionate about promoting the arts in Lafayette. The contest ran from Nov. 13 to Jan. 31, attracting dozens of students and had about 200 entries. The contest is open to all middle schoolers living or attending school in Lafayette. Students choose one of five prompts and then are free to start snapping photos or writing their stories.

Local writers and photographers generously donated their time to judge the entries anonymously, before 18 kids were awarded prizes. This year, prizes included checks up to \$100, books, and gift cards to local businesses such as Chipotle and Susie Cakes.

The small but dedicated group of teenagers spend months

fundraising, promoting, and organizing the contest. For the teens running the contest, it's all about promoting arts, boosting the confidence of budding artists, and bringing a sense of community to Lafayette. They are excitedly anticipating the sixth annual contest, which will open Nov. 12 later this year. LYAS is always looking for more motivated volunteers to assist contest duties, and interested teenagers can find more information at www.lyas.org.

This contest relies completely on the support from sponsors in the community, notably the Rotary Club and Lori Legler of Alain Pinel Realty.

The LYAS contest is the only Lafayette writing and photography contest open exclusively to middle schoolers. For more information about the contest and to see all the winning stories and photographs visit www.lyas.org.

Looking Good in Lamorinda
Chill out in a dress

By Moya Stone



Adrianna Papell dress available at Glamorous Boutique. Photo Moya Stone

Eliza Jamkochian from Glamorous Boutique in Lafayette is a big fan. "Dresses deliver comfort as well as instant chic," she says. "They are a true classic that will never go out of style." For the next few weeks dresses and everything in Glamorous Boutique is on sale for \$25. Now that's a hot deal!

Speaking of dresses and heat, artist Frida Kahlo had her own stylish way of dealing with the hot weather of her native Mexico. We can take a peek at Kahlo's style at the current exhibition, "The World of Frida" at the Bedford Gallery in Walnut Creek. This exhibit includes a series of works by artists inspired by Kahlo and photographs of her by Nickolas Muray, an Hungarian portrait photographer and close friend of Kahlo's. The World of Frida runs through Sept. 16.

Coming up later this summer is the annual American Craft Council show at Fort Mason in San Francisco, Aug. 3-5. ACC is the largest juried craft show in the country, featuring more than 250 craftspeople offering one-of-a-kind jewelry, clothing, and home decor pieces. In addition to shopping there are other fun activities including home decorating showcases and Style Slam, a regular customer favorite. Local fashion designers and stylists will shop the show and put together two ensembles each, demonstrating how to incorporate wearable art pieces into our everyday fashion.

Contra Costa fashion designer and stylist Kristen Ikeda-Jones joins Style Slam for the first time this year. She says her approach to the styling task will be to look "for top level craftsmanship along with the perfect subtle detail to set a piece apart." Many of Ikeda-Jones' clients are familiar with her styling skills. "I believe less is more but that doesn't mean you won't make an impression," she explains. While busy planning a new capsule collection for this fall, Ikeda-Jones says she's excited about the unique opportunity to work with ACC and Style Slam. You can catch what Ikeda-Jones puts together along with the other three stylists at the ACC show on Saturday, Aug. 4. <https://craftcouncil.org/shows/show-programs>.

Keep it cool this summer and go forth in style. Moya Stone is a fashion writer and blogger at www.overdressedforlife.com.



Matadors win big in Fort Lauderdale

By Brendan McFeely



Back row, from left: Kristen Plant, Kelly Zheng, Elizabeth Eddy, Janet Lee, Keely Fuller, Sandra Maguire; front row: Matthew Gill, Asim Khan, Taisuke Fox, and David Deng. Photo Kelly Zheng

Miramonte High School was one of the top 10 teams in the nation this year, returning from the June 18-22 National Speech and Debate Association's tournament in Fort Lauderdale as a "Team of Outstanding Distinction." Head coach and teacher Kristen Plant led 10 students to victory with the help of retired coach Sandra Maguire, where, for the first time in the team's history, every student returned home with a trophy for their preliminary event.

In Congressional Debate, where students model the legislative process and speak on pieces of legislation, graduating senior Elizabeth Eddy placed 16th and rising senior Brendan McFeely placed 11th.

In public forum debate, rising seniors David Deng and Matt Gill advanced to elimination rounds and graduated seniors Asim Khan and Taisuke Fox set a new record for Miramonte by placing 13th in their debates on the North American Free Trade Agreement. Graduating senior Anna Miskelly, as part of a dis-


trict-wide team with students from Monte Vista in Danville and Dougherty Valley in San Ramon, placed in the top 16 teams in World Schools Debate.

In speech events, Miramonte students excelled as well. In Original Oratory, graduating senior Keely Fuller advanced to the top 60 of over 200 competitors with her speech about "Why Don't We Do What We Know Is Good for Us?" For her third time visiting the National Tournament, graduating senior Kelly Zheng placed in the top 30 in International Extemporaneous Speaking, in addition to being the San Francisco Bay Area District Student of the Year. Graduating senior Janet Lee placed fifth in Impromptu Speaking with her speech on the John F. Kennedy Space Center.


Even the coaches received awards. Kristen Plant and Sandra Maguire earned their second and seventh diamond awards, respectively, given after successes of students coached. Overall, the most important aspect to those attending wasn't the trophies won, but the memories made.

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Not to be missed Not to be missed

ART

Moraga Art Gallery's new exhibit "Precision Beauty" features interpretations of nature in the form of jewelery by member artist Kuniko Kay Nitta of Walnut Creek and watercolor paintings by Berkeley's Karen Kramer. The Gallery is located at 522 Center Street in the Rheem Shopping Center. For more information visit www.moragaartgallery.com or call (925) 376-5407.

Saint Mary's College Museum of Art (SMCMoA) and the California Watercolor Association (CWA) present "The Color of Summer." Fifty new works are on view reflecting the member artists' charge to capture their visions of summer. CWA is one of the largest and most active watermedia organizations in the nation with a mission to create, foster, and sustain artistic growth and interest in watermedia. This exhibition will include a series of events including plein air painting, live demonstrations, and lessons for youth. The exhibition runs through Aug. 26.

Valley Art Gallery presents "Celebrating Light" featuring Artist Judith Feins and her plein air landscapes. The show runs through Aug. 5. There is an opening reception from 3 to 5 p.m. on July 14. www.valleyartgallery.org; (925) 935-4311

Annual Arts in Bloom Festival 6 to 8 p.m. on Tuesday, July 17 at the Orinda Community Center, 28 Orinda Way. For details see www.lamorindaarts.org/arts-in-bloom-festival.

The Jennifer Perlmutter Gallery is pleased to present "Surreal," which opens on Aug. 2, featuring the work of Bay Area artist Tom Gehrig. The exhibit will also include works by Catherine Moore, Carol Aust, and sculpture by Southern California artist Emily Maddigan. In times when truth is stranger than fiction, and the daily news feels surreal, we look to art for understanding and perspective. Viewers will be delighted by this engaging exhibit of work, a tribute to surreal art. The exhibit is on view through Sept. 1, with an artist's reception from 6 to 8 p.m. on Aug 2. www.jenniferperlmuttergallery.com

MUSIC

Tribute to the Troops - Honoring our Veterans and Saluting our Troops from 5 p.m. to twilight on July 14 at the Lafayette Reservoir. Concert and picnic, featuring the Big Band of Rossmoor and The High Water Line. Show support for our active military, reserves, veterans and Gold Star Families who have lost their loved ones who served bravely for our country. Please wear your uniform. Blue Star and Gold Star Families and our community would like to meet you. For more information visit http://www.rotarylafayette.org/.

Solo Opera teams up again this year with the Orinda Rotary Club to present the club's 10th annual Opera in the Park. Sponsored by the Orinda Rotary, the free performance will be presented from 5 to 7 p.m. on Sunday, July 22 at the Orinda Community Park. It is an opportunity to hear professional opera singers perform favorite arias, duets, and ensembles, which organizers say will thrill even non-opera lovers. Free parking is available. For more information on Solo Opera or the concert, please visit www.SoloOpera.org or email solomail@pacbell.net.

Jazz in July, with the Mark Holzinger Trio from 7:30 to 9 p.m. on Sunday, July 29, St. Mark's United Methodist Church, 451 Moraga Way in Orinda. (925)

254-0769, smumcorinda@gmail.com. Suggested donation of \$20, no one turned away.

You are invited to join your neighbors from 6:30 to 8:30 p.m. on Thursday evenings at the Moraga Commons Park for a relaxing free concert in the park. Bring your picnic blanket or lawn chairs to the grassy hillside in front of the band shell. Enjoy the music while your children enjoy the park. The volunteers of MPF will cook dinner for you with the Snack Bar opening at 6 p.m. The lineup includes the following: July 12: Spill the Wine - Party music for your soul; July 19: Foreverland - Electrifying tribute to Michael Jackson.

THEATER

Town Hall Theatre is excited to announce its annual Donor Thank You Event, a one-night only performance of the original and inventive documentary musical "Gone Missing," created by The Civilians, with music and lyrics by Michael Friedman. "Gone Missing" will have one performance only at 8 p.m. on July 14 at Town Hall Theatre Company, 3535 School Street, in Lafayette. The event is free to all Town Hall donors, with a suggested donation of \$20 for the general public. Seats can be reserved now through the Box Office at (925) 283-1557 or online at www.TownHallTheatre.com.

Woodminster Summer Musicals Opens 52nd Season with "Oklahoma!" This popular classic will be performed at 8 p.m. through July 15 at Woodminster Amphitheater in Oakland's Joaquin Miller Park, located on Joaquin Miller Road at upper Sanborn Drive. "Oklahoma!" is set in a Western territory just after the turn of the 20th century, where the high-spirited rivalry between the local farmers and cowboys provides the colorful background against which Curly, a handsome cowboy, and Laurey, a headstrong farm girl, play out their love story. Tickets are available by phone, at (510) 531-9597, online at www.woodminster.com, or in person at Woodminster Amphitheater 10 a.m. to 4 p.m. weekdays and 10 a.m. to 2 p.m. weekends, or at the box office 2 hours before any performance.

California Shakespeare Theater continues its 44th Season with the West Coast Premiere of "Everybody," a sparkling new riff on the 15th-century morality play "The Summoning of Everyman" by Branden Jacobs-Jenkins. "Everybody plays" July 18 through Aug. 5 at the Bruns Amphitheater in Orinda. Low-priced pre-views take place July 18-20; Opening Night is July 21. Tickets (ranging from \$20-\$92) are available through the Cal Shakes Box Office at (510) 548-9666 or by visiting www.calshakes.org. Ticket prices are subject to change without notice.

OTHER

Free Seminar: Tax Reform 2018 Explained. Learn answers to common questions about how new tax laws will impact your family, your business, your retirement planning and estate planning from 2 to 3 p.m. Sat-urday, July 14 at Saint Mary's College in the Founders Dining Room. The workshop is presented by George Noceti, MBA '87, and Paul Noceti from the Integra Group at Morgan Stanley. The event is free of charge, but please RSVP at cab35@stmarys-ca.edu or (925) 631-4218.

Summer Rose Care Workshop 10 a.m. on Saturday, July 14 at McDonnell Nursery, 196 Moraga Way, Orinda. A rose expert from the East Bay Rose Society will review the best way to care for your roses during the summer. Email info@mcdonnellnursery.com or

call (925)254-3713 to reserve a seat.

Document Shredding Fundraiser from 11 a.m. to 1 p.m. on July 14 in the parking lot at 400 Taylor Blvd, Pleasant Hill. Bring old tax returns, bills, business records, bank statements and other documents containing personal information (no x-rays or film) to our fundraiser. Your documents will be shredded onsite by a certified shredding company. For questions, please call Diablo Valley Oncology (925) 677-5041 x272.

Lamorinda Safety Fair/Classic Car Show/Police Motorcycle Competition from 9 a.m. to 1 p.m. on July 21, hosted by the Lafayette Police and Emergency Preparedness Commission. The Classic Car Show features over 50 cars. The Police Motorcycle Competition with officers from across the Western U.S. and Canada, 8 am.-5 pm. St. Mary's Road will be open to traffic on the event day.

Diablo Ballet's Annual Gourmet Gallop food and wine walk returns to downtown Walnut Creek for the eighth consecutive year from 6 to 9 p.m. on Thursday, Aug. 9. The event, sponsored by Diablo Magazine, invites guests to sip, sample and stroll their way through 18 downtown Walnut Creek locations as they experience a one-of-a-kind culinary adventure. Tickets are on sale now to the public and only \$39 if purchased on or before July 26. After that date, the price goes up to \$45 per person. Special group pricing is available. Tickets are available online at www.diabloballet.org or by calling (925) 943-1775.

SENIORS

Anne Randolph Physical Therapy Presentation - Pain Management from 11:30 a.m. to 12:30 p.m. on July 25 in the Sequoia Room, Lafayette Community Center. Members: Free; Non-Members: \$10. Learn how improving posture and muscle strength can reduce or eliminate pain altogether. Stop suffering and take control. To sign up, for please call Lafayette Senior Services at (925) 284-5050, email us at seniors@lovelafayette.org or register online at www.lafayetterec.org.

Transportation Circles: What are they and how do you create one at 11:30 a.m. on Thursday, July 26 at Aegis Moraga. Worried about giving up your car keys? What if you had a transportation plan before you face that moment? Learn how to navigate this major life change to give you the confidence you need to get around town. RSVP to Lamorinda Village (925) 283-3500 space is limited! Lunch included.

Home Match Program presented by Max Moy-Borgen, Home Match Contra Costa from 10:30 a.m. to noon on July 31 in the Sequoia Room, Lafayette Community Center. Do you live alone on a fixed income? Do you have a spare room? Do you need help around the house, extra income to pay for basic necessities, or just a little companionship? Covia Senior Communities' Home Match program matches homeowners with people seeking affordable housing in the area. Learn about this program that will be expanding in Contra Costa County this year. Free. To sign up, for please call Lafayette Senior Services at (925) 284-5050, email us at seniors@lovelafayette.org or register online at www.lafayetterec.org.

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Behind the scenes with Charlie Chaplin

By Derek Zemrak

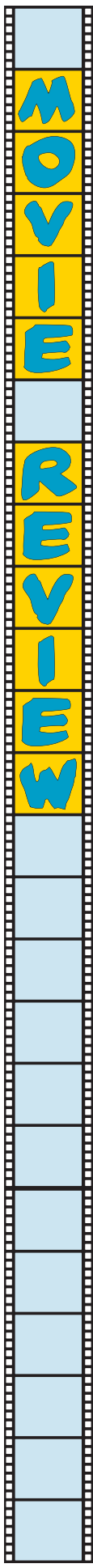


Photo provided

The Comedians come and go, but none of them kept the public laughing as long and hard as Charlie Chaplin. From 1914 to 1967 he made over 80 films, and for the first 25 years of his career he reigned supreme as the funniest man on earth. Since his gags were visual there was no language barrier, making him the first truly international superstar. Everyone identified with his iconic Tramp character. The little man in bowler hat, baggy pants and oversized shoes lived in a hostile world that threatened and excluded him, but he was so ingenious and agile that he always came out on top.

One of his greatest contemporary fans is Dan Kamin, who was so inspired by Chaplin's films that he went on to become an internationally renowned mime and physical comic himself. Kamin also brought Chaplin-style physical comedy back to movies, training Robert Downey, Jr. for his Oscar-nominated performance in "Chaplin" and creating Johnny Depp's physical comedy routines in "Benny and Joon."

Kamin will appear in person to present "Charlie Chaplin's Red Letter Days." Drawing on a newly discovered eyewitness account by one of the actors in Chaplin's company, Kamin will provide new insights into Chaplin's beloved screen character and his unprecedented fame. The entertaining and informative program will include the screening of a newly restored version of one of Chaplin's best short comedies, "The Vagabond." Don't miss this fascinating excursion into the public and private worlds of Hollywood's first superstar.

"Charlie Chaplin's Red Letter Days" will be presented at the Rheem Theatre at 7 p.m.

Saturday, July 21.

Asked about his movie work, Kamin says, "Classic movies inspired me, and I came full circle by adding classic visual comedy to modern films. I taught Johnny Depp how to roll the coin around his fingers the way he does at the end of 'Pirates of the Caribbean.' But does he call? Never."

In addition to working with Depp and Downey, Kamin played the wooden Indian that came to life in the cult classic "Creepshow 2" and created Martian movement for Tim Burton's "Mars Attacks!"

Despite his impressive stage and screen credits, Kamin's artistic beginnings were humble. At age 12 he began his performing career as a boy magician. "I struggled in vain to entertain hordes of hyperkinetic, sugar-crazed, children at birthday parties." He attended Pittsburgh's Carnegie Mellon University to study industrial design, "but when I saw the eye-popping movement illusions practiced by master mime Jewel Walker my hopes for a normal life evaporated."

The great silent comedy films of Buster Keaton and Charlie Chaplin added more fuel to his fire, and soon Kamin was touring the country with his first original show, "Silent Comedy...Live!" Undeterred by the fact that vaudeville was long dead, he cobbled a new vaudeville circuit out of colleges, theatres and corporations, for whom Kamin often appears as a keynote speaker who falls apart. "I applied my industrial design skills to building a collapsing lectern." He is also a frequent guest artist with symphony orchestras, combining comedy with music in his popular series of "Comedy Concertos." Finally, he often becomes "Mr. Slomo," an eerie character who strolls through public places in slow motion "terrifying the very children who tormented me as a youth."

Kamin returned to his comedy roots to write "Charlie Chaplin's One-Man Show," revealing the secrets of Chaplin's comic art. Hailed as a breakthrough work, the book boasted a preface by another Chaplin fan, Marcel Marceau. Kamin's new book, "The Comedy of Charlie Chaplin: Artistry in Motion," updates the earlier work and features an account of how he trained Downey for his Oscar-nominated performance.

During recent seasons Kamin has toured his solo show throughout America and Europe, and "humiliated many symphonies" with his comic antics, including Cleveland, Atlanta, Montreal, Shanghai, Singapore and Malaysia.

Tickets are available online at www.lamorindatheatres.com

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<p>July 13</p> <p>UNBELIEVABLE! Dr. Susan Jenkins, Managing Director at Innovative Genomics Institute, UC Berkeley with the science of curing the once incurable.</p>	<p>July 20</p> <p>Campers share highlights of Camp Royal and Camp Venture.</p>
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Smokey the Bear says help prevent wildfires

Lafayette Rotary Club

Step in on a Thursday and join us for our lunch meeting.
Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette.

<p>July 12: Joseph Di Prisco, Simpson Family Literary Project</p>	<p>July 19: Anne Orenellas Lamorinda Village</p>
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July 14 is the 4th annual Tribute To The Troops at the Lafayette Res New Stage
www.rotarylafayette.org
www.facebook.com/Rotary-Club-of-Lafayette-Ca-197392963631366

4th of July in Lamorinda

Photos Sora O'Doherty and Andy Scheck



Lamorinda Weekly

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Shallot-Mushroom Steak Topper Packs perfect for barbecuing

By Susie Iventosch



Shallot-Mushroom Steak Topper Packs

Photo Susie Iventosch

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.



When we go camping, we like to make veggie packs to cook right in the coals of the campfire. These are nifty foil packages containing sliced potatoes, carrots, squash, mushrooms, onions and a little bit of olive oil along with some salt and pepper. They are really tasty, and perhaps my son had that in the back of his mind when he decided to grill shallots the same way to put on top of his barbecued steak at home. That and the fact he finds it very difficult to keep sliced onions or shallots from slipping through the grill on the barbecue. He made these grilled shallot packs for dinner one night, which my other son enhanced by adding mushrooms when he made them. When I heard about this wonderful concoction some weeks later, I decided to make them that very day for our grilled steak and they are fantastic! This recipe is per person, so multiply by the number of people you are serving.

Recipe per person

INGREDIENTS

- 1 medium shallot, chopped
- 3-4 medium to large crimini mushrooms, thickly sliced and then slices cut in half
- 1 teaspoon Worcestershire sauce
- 1 tablespoon olive oil
- ¼ teaspoon dried oregano
- ¼ teaspoon each salt and black pepper (and/or white pepper)
- 2 tablespoons crumbled blue cheese

DIRECTIONS

Cut a piece of aluminum foil, approximately 10 inches square. Place foil on counter top and spray generously with cooking spray. Place chopped shallots and mushrooms in the center of the foil and drizzle olive oil and Worcestershire sauce over the top. Season with oregano, salt and pepper. Toss all together with spoon or fingers. Wrap up foil so packet is sealed and cook over medium-hot grill for approximately 5 minutes per side. Remove from heat and open foil. Sprinkle cheese over the top and close foil back up. Set aside until you are ready to grill the steaks. When you put the steaks on, put the foil pack back on the top rack of the barbecue away from direct heat. This allows the cheese to melt, but not get too well done. Remove pack when you take the steaks off the grill. Serve the shallot-mushroom pack on top of the steak.

If multiplying, make individual packs for each person!

Finding ones self through art and helping others along the way

By Lou Fancher



Julee Herrmann at Reclaiming Studios.

Photo Brandilyn Davidson Photography

There is human hunger no cuisine can feed. Nor can drink slake the thirst of a person whose inner voice is parched and seeks refuge, relief and rejuvenation that comes primarily from rest, retreat and reflection.

It is a hunger-thirst Julee Herrmann knows all too well. Probably, the 48-year-old Lafayette resident and owner/founder of Canvas & Cabernet on Locust Street in downtown Walnut Creek achieved exhaustion through success.

Launching the innovative-for-its-time paint and sip studio in 2013, Herrmann hit her high goals right off the bat. People arrived in droves, eager to join the judgment-free classes and breezy atmosphere that prevails under the Pleasanton native's sunny, upbeat temperament. Guided brushstroke-by-brushstroke as they create individual interpretations of select paintings or images—Van Gogh's "Starry Night," a rustic American flag, just two examples—budding artists sip

wine, mimosas or beer (Kids Korner private parties offer cocoa). Lively music and well-trained staff who ping-pong through the studio to boost an ego of a person whose creativity is blocked or to offer technical tips add energy to the environment.

"Canvas and Cabernet is made from my blood, flesh and bones," says Herrmann. "It's not a franchise and people sense that. I have a lot of personality so people are entertained by my goofiness and irreverence." There's no irreverence when it comes to the alcohol served during the classes and workshops, however. "We don't ever over-pour. These people are going to drive after they leave. I don't want them intoxicated. I really care about my community."

But a few years into running the hands-on operation, Herrmann was less tuned in to her self. Raising a 15-year-old daughter, making daily business decisions, leading classes and workshops, maintaining a bricks-and-mortar location and robust online presence while training the staff to know every aspect of the business so as to empower them left her bone tired. Eventually, she hit a wall.

"It was not being able to pick myself up, make sharp decisions, deal with my child that clued me in," she says.

Taking time away to write in her journal, create art from her heart and not out of desire to please others and especially, rediscovering sisterhood while practicing yoga, Herrmann emerged from fatigue. "Being supported in that 'me too' place showed me I wanted to shift a part of the business from C&C's 'woo-hoo' party girl atmosphere

to a sacred place of nourishment."

Which is why the former "woo-hoo" woman has embarked on a new adventure that will extend and compliment the original art studio. Reclaimed Studio, located in a separate location in Walnut Creek at 1444 S. Main Street, offers six-week intuitive painting workshops and one-day retreats aimed at self-discovery.

"Intuitive painting is almost the opposite (of what happens at C&C). I'm the guide, a half-step ahead of them, and we're all on the expedition together," says Herrmann. Participants converse, led by Herrmann, then journal. "At the end of that, I give them space to share anything that's an 'ah-ha' for them. Then, silently, we get up and paint. We paint and draw whatever comes up." Invited to "go at it," materials range from glitter glue to metallic to acrylic paints and every imaginable brush, palette knife or bamboo stick with which to craft a masterpiece – or not – on a 6-foot-by-4-foot-wide easel mounted with thick bristol paper.

Herrmann facilitates, once people get started. If someone is standing and staring, she'll suggest thinking about color, shape or image. "Off they go, following the energy," she says is the result.

It's not only energy that is output. Herrmann's ultimate ambition is to turn the business into a nonprofit that connects local people and philanthropists in projects that support marginalized kids in the community, foster children or youth who have been in juvenile homes in the greater Bay Area, and children in need worldwide. A birthday celebration held June 22 anticipated Herrmann's turning 49 on Aug. 21 and benefited art workshops in Mozambique

for the #IStandWithGirls Campaign, run by Kurandza. "My good friend, Elisabetta Colabianchi, created Kurandza to support girls who need it most."

When asked why the \$500 raised will be sent overseas when there are obvious children in need in America, Herrmann said, "I already work with kids in the Bay Area, Napa, and more. I want our reach to be broad. We're trying to build a preschool for these girls (in Mozambique). We've learned schooling breaks the cycle of girls getting married young and not being able to care for their families. One girl will educate an entire village. We create a more empowered place. Even 10 dollars from each person who donates makes a difference."

Herrmann senses the cultural climate is ripe for women empowering others to give back. "We're linking arms and without getting into the politics, we're looking around and saying it's our turn. We can't wait for other people to rescue us. It reminds me of historic days when women would cook dinner for each other, be able to say 'I'm having a hard time,' and not feel judgment."

In time, Reclaiming Studio will offer regional retreats in places like Lake Tahoe; and international retreats when the business grows large enough to include long-distance travel. Essential to any future plan is Herrmann's intention to hang on to lessons learned. Yes, she will continue to satisfy customers' inner yearnings with soft, warm, hazy or bold, vibrant, contrasting paint pigments and judgment-free fun, but meanwhile, she'll listen closely to her heart and remain open to its many colors.

www.Lamorindaweekly.com

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- MOFD projects a strong fiscal year ahead
- This happened in five seconds

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LAMORINDA SPORTS

On her way to Lehigh, Claire Steele stands tall on and off the court

By Jon Kingdon



Claire Steele

Photo Gint Federas

Like so many others in the Lamorinda area, Claire Steele began her athletic career at a young age participating in a number of sports. Steele began playing basketball in kindergarten with the Orinda Youth Association, she enjoyed it so much that “my mom (Mary) signed me up for the CYO league.”

Steele also played soccer, water polo and competitive swimming but quit all of that in the seventh grade so she could focus on basketball. As a four-year letterman for the Miramonte High School basketball team, Steele played in 154 games and was on the winning side 140 times, which includes a 26-6 record in the various league, county and state basketball tournaments. This year she was named Cal-Hi Sports second team All-State – a four-time All-Diablo Athletic League selection.

Though she enjoyed all sports, it was soon evident to Steele that basketball was her main focus: “I always loved basketball. I even looked forward to basketball practice, which was not the case with my other sports.”

With a 4.2 GPA at Miramonte, there was obviously more to her high school experience than basketball. Says Steele: “Miramonte is an incredible school which

I loved. I had a great group of friends and awesome teachers that were always supportive of me as a student and as an athlete.”

With so many practices and night games that extended into the evening, balancing this with academics required true organization, according to Steele: “It was hard. It took a lot of time management. On the days that I had a game, I would have to plan ahead and do the homework the night before. I had my pregame routines so I would plan ahead for a couple of days.”

Steele will be attending Lehigh University next year and is expecting to major in engineering. Steele chose this field due to two of her math teachers at Miramonte, Mary Ann Whitaker and Mike Plant. “They were incredible teachers that inspired me to love math so I was looking for some kind of hands-on major and my father (John) talked to me about engineering as well.”

Though only 5 feet 5 inches tall, Steele has been able to stand tall in a sport that puts a premium on height by conceding nothing to her opponents. “My height is not an issue. I’m not afraid of anyone. I’m the most competitive person anywhere. I’ve patterned my game after Allan Iverson because he was always tenacious, fearless

and not too big and he played with a huge heart. I know what it’s like to lose so having that in the back of my mind, I did not want to do that again. Even with 140 wins, I can remember every single one of the 14 losses.”

As co-captain of the team her last two years, Steele readily took on the leadership role in games and in practice. “I loved being a leader, being there for them and picking them up after they fell. I wanted to be the first one to give my teammates a high five after they made a great play. (Coach) Kelly (Sopak) let me lead on the floor. I wasn’t afraid to call people out if they made a mistake and I knew they could do better.”

Miramonte head coach Kelly Sopak was Steele’s coach since the first grade in CYO and knew how special she would be even as a freshman: “Claire was just so competitive. I kept telling the reporters about this really good freshman player on the team but it fell on deaf ears. Late in the season when we beat Bishop O’Dowd with Claire hitting two to three big 3-point shots, every-

one was asking me where she came from.” Sopak also speaks highly of the intangibles that Steele brought to the court: “Claire has great vision and instincts and is a true student of the game. She always understood how we tried to attack an opponent and why we were making adjustments. She is very focused on the court and in her school work. She compares with what the great players have – their biggest concern is on winning and not their stats.”

Steele speaks appreciatively of Sopak as well: “Kelly was always there for me. He taught me so much. He just made basketball fun. He created such an amazing culture with our team but he never wanted us to stop having fun in the games. I loved playing for him. He has a great ability to anticipate things before they happened.”

Steele also cites her Cal Stars club coach Bernard Barnes who “was always on me and loved to yell at me. He helped me get stronger and was always pushing me to make the right play, and Teohn Conner, my trainer since the seventh grade who was awesome skill-wise and gave me a sense of confidence that allowed me to not be intimidated.”

Playing at Miramonte, Steele was able to learn from her teammates as well, particularly Sabrina Ionescu who was named USA Today Player of the Year as a senior at Miramonte and was most recently named first team All-American following her sophomore year at the University of Oregon. Says Steele: “I began playing with Sabrina in the fifth grade. It was awesome being able to learn from her. She was hard on me but looking back on it, she made me a better player. She was a great leader that demanded excellence from you. I loved playing with her. We were good friends off the court as well which helped our chemistry.”

Besides Lehigh, Steele had been considering Long Beach State, Portland State and West Point but the academics and the opportunity to continue playing basketball figured heavily in her final decision: “Lehigh offered me the balance of an amazing education along with playing basketball at a high level. My visit was great and I got along with everyone and I knew that this was the place for me. The weather will be an adjustment but it’s also the first time I’ve ever moved so just leaving Orinda is a major change as well. I’m excited and I’m ready to do it.”

1st Degree Judo Blackbelt

Submitted by Jana Chao



From left: Grand Master I.S. Kim, Jake Kent - 2nd Dan, Sydney Louie - 1st Dan, Grand Master Michael Ur Photo provided

Sydney Louie, 2018 Acalanes High School graduate and Lafayette resident, received her first degree Judo black belt with

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Special Olympian Ryan Heptig gets gold

By Jon Kingdon



Ryan Heptig

Photos provided

Nearly 800 athletes and 265 coaches from across Northern California June 22-24 were welcomed to UC Davis for the 50th annual Special Olympics Northern California Summer Games. Long-time Lafayette resident, Acalanes High School graduate and member of the Avengers Special Olympics Team, Ryan Heptig, was one of those participants, coming away with two gold medals (800 meters and 4x100 meters relay) and a silver medal (shot put).

In June 1962, Eunice Kennedy Shriver started a day camp called Camp Shriver for children with disabilities at her home in Potomac, Maryland. Shriver was concerned that children with disabilities had very little opportunity to participate in athletic events.

From this modest beginning, The Special Olympics is now the world's largest sports organization for children and adults with intellectual disabilities, providing year-round training and competitions to 5 million athletes and Unified States Sports partners in 172 countries. Special Olympics competitions are held every day, all around the world – including local, national and regional competitions, adding up to more than 100,000 events a year

When Heptig was about 5 years old, it was discovered that he had a

brain tumor which led to a traumatic brain injury that caused nerve damage to his eyes and some learning disability. Despite these challenges, Heptig went on to graduate from high school and was involved in many of the programs offered at Acalanes.

Heptig ran on the school's cross country team, was on the practice squad for the golf team and sang bass in the school choir. Adds Heptig: "I also took groups trips sponsored by the Lafayette Methodist Church where we would visit Indian Reservations and other depressed areas, building structures to help those in need."

In 2010, right after high school, Heptig began working at Safeway and began his relationship with Special Olympics. It was a positive from the beginning for him: "I love sports and my first event was with the volleyball team. There was this huge crowd and they erupted yelling my name. I did not know that all my friends from Safeway were there so it was a good moment for me."

Heptig's parents, Mark and Lisa, immediately saw the benefits of participating in Special Olympics. Says Mark Heptig: "The number one thing is that you find friendships and it provides you with a feeling of belonging as it builds up your confidence. The athletes

practice hard and there is competition but it's the participation more than the winning that is important, working towards a goal."

Volleyball was just the beginning for Ryan Heptig: "I ran the 800 meters, the 400 meters, the 4x100 meter relay and threw the shot put. I also play golf, softball and volleyball. The 800-meter race is my favorite event because of how long the race is and how you can catch up at the end if you're behind." Not coincidentally, Heptig's favorite golf course is Rossmoor where his father has been the director of golf for the last 25 years.

It's not just the spectators that find inspiration in the games; Heptig finds encouragement from his fellow competitors: "I love the Special Olympics. Just seeing people who you don't think would be able to participate, compete and win some of the events is amazing. I give my all in each event but when I see someone with a tougher situation than my own, it inspires me to give even more of an effort. It always makes me come back for more events."

Heptig's coach in track and field is Juliette Gee, who started The Avengers Team for personal reasons: "My daughter has special needs and is on the unified track team at Acalanes. I started the track and field team to make sure that she and the other special need athletes learn the proper technique to avoid injuries and to ensure that everyone is able to reach their highest potential."

Gee brought in coaches from

the open masters senior track and field associations to tutor the athletes. For part of the year, the Special Olympics pays Acalanes for the use of their facilities. The rest of the season, the Avengers are permitted the use of the field free of charge by Acalanes. A number of the Acalanes track coaches volunteer their time and expertise as well as student-athletes such as Johnny Choi and Ryan Nall who work with the athletes as well.

Gee has seen much improvement in the time that Heptig has been with the Avengers: "Ryan has grown a lot as an athlete. He takes direction very well and is very dedicated and responsible. I have come to depend on Ryan to marshal the younger athletes to whom he is a great inspiration. He never misses a practice."

Diablo Foods and Heptig have proven to be a match made in heaven in which both parties have mutually benefited from their relationship. After working for five years at Safeway, Heptig has been employed the last five years at Diablo Foods as a "courtesy clerk."

Dan Stokes, whose family is celebrating the 50 years that Diablo Foods has been in existence appreciates what Heptig brings to his store: "As a courtesy clerk, Ryan is the last person that our customers see. He will help them unload their carts, he will bag their groceries and he will then take their groceries out to their car. He is constantly smiling and is a great reflection of our store. Anything that Ryan wanted and needed, we gave it to

him" Heptig proudly wore his gold medal when he returned to Diablo Foods. "Diablo Foods and the Stokes family have just been incredible," he said appreciatively. "They have allowed me to take the time off that I needed to train and compete for the Olympics. You just feel proud for your family and your community and what you stand for. I received so much support from Diablo Foods allowing me to prepare and participate in these events."

Adds Heptig's father: "They did not know that Ryan was involved with Special Olympics when he started. The Stokes understand how important it is to us. We then found out that this is the way they treat all of their employees. They value everybody that works there."

Stokes explains further: "Our success comes from the 165 employees here. They all care about the store and the Stokes family. Ryan is in that category. He loves the store." Stokes saw a positive change with Heptig's success in the Olympics: "After Ryan performed so well at the Olympics, his confidence was sky high and it seems that everyone in town knows him."

The Special Olympics athlete's oath is, "Let me win. But if I cannot win, let me be brave in the attempt." With all of the support that Heptig has received from his family, the community, his workplace and the effort that he has put forth on and off the field, he certainly epitomizes that motto.



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Lamorinda OUR HOMES

Lamorinda Weekly Volume 12 Issue 10 Wednesday, July 11, 2018



July Gardening Guide with Cynthia Brian
...read on page D12

Neighborhood fun on the Fourth

By John T. Miller



Organizing a Fourth of July neighborhood block party has become a popular way to commemorate our nation's independence, and one of the most long-lasting and popular gatherings in the Lamorinda area has been the Ponderosa Lane Block Party in Saranap, which just celebrated its 40th annual bash this year.

An estimated 150 neighbors, family members and friends attended the event, which was also noted for having a fourth generation of children in attendance.

The event featured a long list of traditional events that the young people look forward to, including a parade, games, treats, a barbecue and potluck dinner and a piñata.

The parade staging area is under a tent on one of the neighbor's driveways. Red, white and blue trimmings are provided and children decorate their bikes, scooters, skateboards, strollers and wagons. They can also have their faces painted in patriotic fashion. In some years, the "Dad Brigade" decorates their lawn mowers and brings up the rear.

Games include a dunk tank, bobbing for apples, and a balloon toss. Dave and Kristen set up a sno-cone station, and Tim and Michelle's driveway serves as the refreshment stand and barbecue pit, grilling about 200 hot dogs for lunch and plenty of chicken to accompany the potluck dinner.

... continued on page D4

Photo John T. Miller



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LAFAYETTE	16	\$1,150,000	\$2,700,000
MORAGA	15	\$871,000	\$2,800,000
ORINDA	23	\$706,500	\$3,340,000

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

- 3182 Acalanes Avenue #B, \$1,825,000, 4 Bdrms, 1512 SqFt, 1950 YrBlt, 5-23-18;
Previous Sale: \$915,000, 03-18-16
- 2 Brent Court, \$2,020,000, 5 Bdrms, 3114 SqFt, 1961 YrBlt, 5-25-18;
Previous Sale: \$570,000, 09-13-96
- 2419 Cherry Hills Drive, \$1,960,000, 4 Bdrms, 3548 SqFt, 1963 YrBlt, 5-30-18;
Previous Sale: \$550,000, 05-03-00
- 2 Dead Horse Canyon Road, \$2,350,000, 4 Bdrms, 3797 SqFt, 1976 YrBlt, 5-23-18;
Previous Sale: \$1,975,000, 04-10-07
- 1853 Del Rio Drive, \$1,195,000, 4 Bdrms, 2359 SqFt, 1963 YrBlt, 5-30-18;
Previous Sale: \$1,090,000, 05-27-16
- 607 Huntleigh Drive, \$2,100,000, 4 Bdrms, 2789 SqFt, 1958 YrBlt, 5-23-18;
Previous Sale: \$1,375,000, 07-10-09
- 3181 Lucas Drive #B, \$1,895,000, 5 Bdrms, 3508 SqFt, 1964 YrBlt, 5-21-18
- 566 Merriewood Drive, \$1,350,000, 3 Bdrms, 1782 SqFt, 1959 YrBlt, 5-24-18
- 3316 Moraga Boulevard, \$1,150,000, 4 Bdrms, 2690 SqFt, 1939 YrBlt, 5-24-18
- 3023 Rohrer Drive, \$1,702,000, 3 Bdrms, 1808 SqFt, 1961 YrBlt, 5-25-18;
Previous Sale: \$1,225,000, 10-10-14
- 521 Silverado Drive, \$1,750,000, 4 Bdrms, 3591 SqFt, 1963 YrBlt, 6-1-18;
Previous Sale: \$1,425,000, 03-29-13
- 854 Solana Drive, \$2,100,000, 4 Bdrms, 2184 SqFt, 1947 YrBlt, 5-23-18;
Previous Sale: \$951,000, 10-23-09
- 3512 South Silver Springs Road, \$2,700,000, 4 Bdrms, 3937 SqFt, 1956 YrBlt,
5-30-18; Previous Sale: \$1,040,000, 01-26-01
- 847 Topper Lane, \$1,990,000, 3 Bdrms, 1980 SqFt, 1951 YrBlt, 6-1-18;
Previous Sale: \$1,350,000, 06-21-07
- 3 Wallabi Court, \$1,550,000, 5 Bdrms, 2688 SqFt, 1974 YrBlt, 5-31-18;
Previous Sale: \$990,000, 08-25-11
- 3412 Woodview Drive, \$1,300,000, 3 Bdrms, 2004 SqFt, 1970 YrBlt, 6-1-18;
Previous Sale: \$699,000, 05-15-03

MORAGA

- 121 Alta Mesa Court, \$1,050,000, 2 Bdrms, 1698 SqFt, 1974 YrBlt, 5-25-18;
Previous Sale: \$260,000, 01-28-88
- 834 Augusta Drive, \$871,000, 3 Bdrms, 2148 SqFt, 1978 YrBlt, 5-24-18
- 4 Buckingham Drive, \$1,114,500, 3 Bdrms, 1532 SqFt, 1960 YrBlt, 5-21-18;
Previous Sale: \$830,000, 06-10-08
- 732 Camino Ricardo, \$1,075,000, 4 Bdrms, 1863 SqFt, 1965 YrBlt, 5-30-18
- 8 Canning Court, \$923,000, 3 Bdrms, 1547 SqFt, 1962 YrBlt, 5-23-18;
Previous Sale: \$841,500, 08-25-06
- 23 Merrill Circle #S, \$2,800,000, 2 Bdrms, 1893 SqFt, 1990 YrBlt, 5-21-18;
Previous Sale: \$2,825,000, 08-18-04
- 58 Parson Brown Court, \$1,720,000, 4 Bdrms, 2781 SqFt, 2001 YrBlt, 5-22-18;
Previous Sale: \$1,255,500, 10-31-01

... continued on page D9



ACTIVE | PENDING | SOLD

COMING SOON



3 HONEY HILL COURT, ORINDA
OFFERED IN THE \$3,000,000s

ACTIVE



4 SHANNON COURT, MORAGA
OFFERED AT \$2,095,000

ACTIVE



963 HAWTHORNE DR, LAFAYETTE
OFFERED AT \$1,550,000

PENDING



20 INDIAN WELLS STREET, MORAGA
OFFERED AT \$1,550,000

PENDING



634 LOS PALOS DRIVE, LAFAYETTE
OFFERED AT \$1,375,000

PENDING



7239 VALLEY TRAILS, PLEASANTON
OFFERED AT \$979,000

SOLD



735 GLENSIDE DR, LAFAYETTE
SOLD AT \$1,335,000

SOLD



854 SOLANA DRIVE, LAFAYETTE
SOLD AT \$2,100,000

SOLD



LAFAYETTE TOWNE CENTER
UNITS 214, 311 & 316

SOLD



3364 JOHNSON ROAD, LAFAYETTE
SOLD AT \$950,000

SOLD



3279 MT DIABLO CT #13, LAFAYETTE
SOLD AT \$1,760,000

SOLD



521 SILVERADO DRIVE, LAFAYETTE
SOLD AT \$1,750,000

SOLD



3519 S. SIVLERSPRING RD, LAFAYETTE
OFFERED AT \$1,549,000

SOLD



28 DOS ENCINAS, ORINDA
SOLD AT \$1,539,000

SOLD



432 SAINT FRANCIS DR, DANVILLE
SOLD AT \$1,400,000

SOLD



1195 PLEASANT HILL CIR, LAFAYETTE
SOLD AT \$1,385,000

SOLD



630 BURTON DRIVE, LAFAYETTE
SOLD AT \$1,230,000

SOLD



3368 JOHNSON ROAD, LAFAYETTE
SOLD AT \$1,050,000

SOLD



170 GROVE CIRCLE, PLEASANT HILL
SOLD AT \$965,000

SOLD



3027 CALIFORNIA ST, OAKLAND
SOLD AT \$910,000

SOLD



166 CAMINO SOBRANTE, ORINDA
SOLD AT \$905,000

SOLD



3706 BROOKDALE AV, OAKLAND
SOLD AT \$656,000

*KPG represented either the Buyer or Seller in the above properties



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Neighborhood fun on the Fourth

... continued from page D1



Photos John T. Miller

With no cars on the street, the children enjoy the freedom of roaming up and down the lane all afternoon on their many wheeled devices.

After dinner, the same sycamore tree has served as host for the piñata for the last 40 years. This is one of the kids' favorite activities. They line up from shortest to tallest, and each set of whacks gets more and more forceful until the piñata spills its guts on the lawn and a loud, collective squeal comes from the onrushing children.

One of the more recent homeowners on the block, Beth Kring, said, "We're so happy we found this neighborhood. It's like a throwback to another era, where neighbors know each other and children can play in the street."

Some families and friends retire to their front yards and continue to visit, while others drive to watch the fireworks in Moraga, Diablo Valley College, Martinez, or elsewhere.

The next morning, the dedicated residents clean up the street and count another Independence Day party a rousing success.



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NEW THIS WEEK!!

CONVENIENT CONDO LIVING | 67 BROOKWOOD RD, #11, ORINDA | 2 BD | 1 BA



147 CAMINO DON MIGUEL , ORINDA | \$1,850,000

36 VIA FLOREADO, ORINDA | \$1,295,000



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 List Price \$1,650,000 Sold Price \$1,825,000



Sold
129 Jordan Place
 List Price \$1,875,000 Sold Price \$1,900,000



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Cynthia Brian's Digging Deep for July

Hammock Time

By Cynthia Brian

"Though we travel the world over to find the beautiful, we must carry it with us or we find it not." ~ Ralph Waldo Emerson



Tying a hammock between trees offers a place to relax.

Photos Cynthia Brian

While I was traveling in Southeast Asia, I was enthralled with the multitude of hammocks hung everywhere ... on balconies, under eaves of storefronts, under houses built on stilts on the Mekong River, between trees in a field, in marketplace stalls, even on rickety boats. Because of the intense heat and humidity that assaults life between noon and 4 in the afternoon, workdays begin in the early morning, then continue until 9 or 10 at night, while in between everyone cools off with a swinging siesta.

In the Amazon rainforest, my husband and I slept in hammocks covered by mosquito netting. The first hammocks date back to over 1,000 years ago and were made from the bark of the Hamak tree. Christopher Columbus is credited with bringing hammocks back to Europe after his encounter with the Taino tribes who tied these nets between trees for their slumber and protection. Because

hammocks were off the ground, there was less chance of bites from insects, snakes, rats, or other creatures.

My favorite hammock experiences have always been at beaches in tropical locales where hammocks are attached to swaying palm trees. In Hawaii, Tahiti, Bermuda, the many islands of the Caribbean, and throughout the coastlines of Central and South America, I have always scouted the sand for the perfect rocking repose where I can read a book, take a nap, or just listen to the pounding waves while the birds chirp in paradise.

Summer is the perfect time to lounge in a hammock under the shade, especially after a few hours of strenuous gardening. Swiss researchers published a scientific explanation why hammocks are loved the world over. The gentle rocking motion of a hammock synchronizes brain waves allowing us to get to sleep quicker while attaining a deeper state of relaxation. No wonder babies quiet when

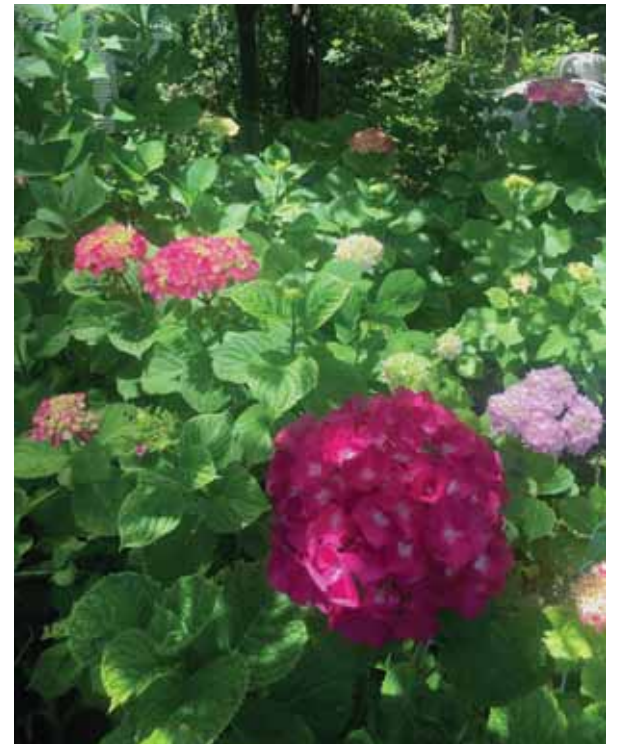
being rocked!

Between my Japanese maples and my magnolia trees, I secured two double hammocks so that two to four people could enjoy the benefits of a summertime break. It is restful to sway in these hammocks with the fragrance of my roses and lavender wafting around me. I watch the butterflies and bees darting throughout my flowers while I listen to the sound of the breeze and the crooning songbirds.

Hammocks are versatile because they are affordable super space savers, flexible, and are easily moved and stored. They are perfect camping trip companions. The net hammocks purchased in Vietnam pack into a small ball, while the heavier cloth hammocks I bought state-side roll into a cloth bag for storage.

If traveling is not on your agenda for this summer, consider a staycation with the potential to transport your dreams to exotic distant lands by installing a hammock in your backyard. Undulating in my hammock, I can be anywhere my imagination takes me.

It's hammock time. You can't touch this!



Dark pink hydrangeas are a favorite for root cuttings.

Lamorinda Home Sales recorded

... continued from page D2

ORINDA

15 Aspinwall Court, \$1,480,000, 3 Bdrms, 2140 SqFt, 1958 YrBlt, 5-29-18;

Previous Sale: \$950,000, 07-27-04

39 Barbara Road, \$905,000, 2 Bdrms, 1565 SqFt, 1932 YrBlt, 5-14-18;

Previous Sale: \$500,000, 06-08-04

39 Berkeley Avenue, \$1,125,000, 3 Bdrms, 1379 SqFt, 1956 YrBlt, 5-14-18;

Previous Sale: \$38,000, 12-24-74

58 Brookwood Road, \$706,500, 3 Bdrms, 1140 SqFt, 1979 YrBlt, 5-16-18;

Previous Sale: \$175,000, 03-16-87

20 Camino Sobrante, \$1,205,000, 4 Bdrms, 1834 SqFt, 1950 YrBlt, 5-10-18;

Previous Sale: \$350,000, 07-10-95

71 Camino Don Miguel, \$1,625,000, 3 Bdrms, 2172 SqFt, 1937 YrBlt, 5-18-18;

Previous Sale: \$1,285,000, 12-27-12

6 Cedar Lane, \$1,400,000, 3 Bdrms, 1830 SqFt, 1968 YrBlt, 5-22-18;

Previous Sale: \$417,000, 05-07-98

2 Charles Hill Lane, \$2,011,000, 3 Bdrms, 2848 SqFt, 1960 YrBlt, 5-25-18;

Previous Sale: \$1,600,000, 07-11-13

55 Donna Maria Way, \$2,875,000, 5 Bdrms, 3730 SqFt, 2016 YrBlt, 5-15-18;

Previous Sale: \$1,277,000, 04-15-16

6 El Nido Court, \$1,050,000, 3 Bdrms, 1619 SqFt, 1951 YrBlt, 5-16-18;

Previous Sale: \$650,000, 11-09-17

188 Hall Drive, \$1,810,000, 4 Bdrms, 2548 SqFt, 1955 YrBlt, 5-11-18;

Previous Sale: \$1,635,000, 08-11-17

1 Heather Lane, \$2,700,000, 4 Bdrms, 3486 SqFt, 1945 YrBlt, 5-17-18;

Previous Sale: \$1,870,000, 06-27-12

5 La Cresta Road, \$1,410,000, 3 Bdrms, 2652 SqFt, 1959 YrBlt, 5-22-18;

Previous Sale: \$380,000, 05-29-92

7 Meadowlands Court, \$1,352,500, 3 Bdrms, 2078 SqFt, 1952 YrBlt, 5-11-18

735 Miner Road, \$2,380,000, 4 Bdrms, 3248 SqFt, 1962 YrBlt, 5-25-18;

Previous Sale: \$2,050,000, 05-29-15

2 Modoc Road, \$3,340,000, 4 Bdrms, 3161 SqFt, 1958 YrBlt, 5-18-18

8 Moraga Via, \$2,100,000, 5 Bdrms, 3002 SqFt, 1957 YrBlt, 5-18-18;

Previous Sale: \$510,000, 03-27-96

27 Moraga Via, \$2,020,000, 4 Bdrms, 2980 SqFt, 1969 YrBlt, 6-1-18;

Previous Sale: \$328,000, 11-05-80

116 Orchard Road, \$1,400,000, 3 Bdrms, 1960 SqFt, 1955 YrBlt, 5-25-18

11 Parkway Court, \$1,450,000, 3 Bdrms, 1682 SqFt, 1948 YrBlt, 5-30-18;

Previous Sale: \$1,010,000, 07-07-06

18 Piedmont Avenue, \$1,135,000, 3 Bdrms, 1653 SqFt, 1948 YrBlt, 5-22-18;

Previous Sale: \$230,000, 04-29-86

10 Rabble Road, \$2,260,000, 4 Bdrms, 4131 SqFt, 2013 YrBlt, 5-18-18;

Previous Sale: \$2,009,000, 02-07-14

1 Tappan Way, \$2,450,000, 4 Bdrms, 3961 SqFt, 2006 YrBlt, 5-30-18;

Previous Sale: \$2,060,000, 08-02-12

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Cynthia Brian's Mid-Month Gardening Tips:

VISIT gorgeous gardens while you travel. For the best private gardens in America that are open to visitors visit www.opendaysprogram.org.

SHAKE out boots or shoes that you leave outside before putting them on your feet. A visitor may have taken up residence inside and give your toes a nibble. (I've had lizards, frogs, spiders, and more in my gardening boots!)

PERUSE bulb catalogues to see what new bulbs are emerging for fall planting. Orders will need to be placed before the end of the month for autumn shipping.

JOIN internationally acclaimed speakers, exhibitors, and chefs at America's largest celebration of pure food with heirloom and organic displays, heritage livestock, poultry, and more at The National Heirloom Exposition Sept. 11-13 in Santa Rosa. Mark your calendars now. Visit www.TheHeirloomExpo.com.

EAT more watermelon! A standard slice provides 1/3 of your daily vitamins A and C, plus you'll get lots of potassium and lycopene with only a 90-calorie bump.

REPAIR broken irrigation pipes immediately. If you notice that your sprinklers have little pressure, look for leaks. Besides wasting water, and the cost incurred, your garden could suffer without proper amounts of H₂O.

CALL your electric company (PG&E in our area) if you are planning to dig deep holes so that they can make sure you are digging in a safe place.

SUCCESSION planting is in order if you like a continual crop of lettuces, carrots, beets, radishes and corn.

PREPARE a refreshing Jell-O salad that looks like fresh flowers with an online video tutelage.

GROW sunflowers to attract bees and pollinators to help terminate the "bee-apocalypse".

IMPRESS friends by growing adenium desert rose, an appealing succulent with deep red or pink blossoms that truly shouts, "It's summer!"

ROOT cuttings from hydrangeas to expand your collection.

PLANT lamium pink pom pom in a rock wall to create a crack garden.

CUT pixie roses for a simple indoor arrangement. If you love roses but have a small area, try planting miniature roses that pack a punch.

RELAX this summer with a hammock tied between two trees or poles.

Happy Gardening. Happy Growing.

Cynthia Brian



Adenium desert rose features bright red pink blossoms. Stems are poisonous.



Lamium pink pom pom grows in cracks in a rock wall.



Miniature roses grow amongst the sage.



A floral salad made with Jell-O is a refreshing summer treat.



Summer is hammock time for Cynthia Brian.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com.

Buy a copy of the new book, Growing with the Goddess Gardener, at www.cynthiabrian.com/online-store. Available for hire for projects and lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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