

## NCL 'Love Your Heart' Event a huge success



Photo provided

The NCL Acalanes Area Chapter celebrates "Love Your Heart" with help from the American Heart Association, Joy in Motion, Amphora Nueva and Dr. Mary Donnelly.

### Submitted by Laura Dillard

National Charity League is an organization of mothers and their daughters in seventh to 12th grade that focuses on community service, leadership development and cultural experiences.

Each year NCL chapters from across the nation join together to support one philanthropy organization under the National Philanthropy Initiative. On Feb. 24, over 150 members of the NCL Acalanes Area Chapter came together to support the American Heart Association. This special event's theme was "Love Your Heart" and included heart healthy dancing led by Justin Cole from Joy in Motion, heart

healthy oils and vinegars by Nate Bradley of Amphora Nueva, and a healthy heart discussion with Dr. Mary Katherine Donnelly, chair of the nursing department at the University of San Francisco. The chapter learned about maintaining a heart healthy lifestyle by focusing on "Life's Simple 7": managing blood pressure, controlling blood cholesterol, reducing blood sugar, not smoking, eating a healthy diet, maintaining a healthy weight and daily physical activity. The chapter also made 150 heart pillows for the John Muir Cardiac Center in Concord to aid patients as they recover from cardiac surgery. The "Love Your Heart" event was a huge success.

## New Troop 224 Eagle Scouts



Photo provided

From left: Henry Baer, Colby Suppiger, June Jung and Drew Campillo.

### Submitted by Suzanne Campillo

Boy Scout Troop 224 of Lafayette honored four Scouts – Henry Baer, Colby Suppiger, June Jung and Drew Campillo – for achieving Scouting's highest rank of Eagle Scout. To become an Eagle Scout, a candidate must earn a minimum of 21 merit badges, including 13 Eagle-required badges, demonstrate leadership and Scout spirit, and successfully complete a community service project.

Baer, a senior at De La Salle High School, wanted to help disadvantaged women and children in West Oakland. He chose to build a sandbox and two safety gates for Project Pride, a residential treatment program for pregnant and/or parenting women seeking recovery from substance use. The sandbox, which included an 8-foot-high shade trellis, was constructed in Project Pride's outdoor space and included a removable cover to keep animals out. The safety gates were requested by the program to keep children away from a secluded, potentially unsafe area. The result of this project was a safe, outdoor play-area for the children living at Project Pride. Baer also served as the Troop's Senior Patrol Leader during the 2017-18 school year. Outside of Scouting, Baer is on De La Salle's Rugby team, and enjoys skiing and attending concerts.

Suppiger, a senior at Acalanes High School, organized and coordinated the making of 200 no-sew blankets that were donated to pediatric patients at UCSF Benioff Children's Hospital in San Francisco. Suppiger was diagnosed with non-Hodgkin's lymphoma in February 2014 and was treated at UCSF for

the duration of his seventh grade year at Stanley Middle School. He had a special blanket that comforted him throughout his treatments, and he wanted other kids to have one, too. In addition to Scouting, Suppiger swims for Acalanes and is planning to pursue a degree in engineering after high school.

Jung is an Acalanes High School junior. For his Eagle Scout Service Project, he had built two benches and re-coated two benches at Love-A-Child Missions Homeless Recovery Shelter in Bay Point. The purpose of these benches was to give more areas for the people at the homeless shelter a more comfortable and loving environment where they can interact and rest. As these benches weren't like standard benches, they had multiple support beams and were embedded in the ground, so people don't accidentally move or tip the benches. Jung also plays lacrosse at high school.

Campillo, a senior at Acalanes High School, also worked with Project Pride for his Eagle Project. After visiting the site and realizing the amount of direct sunlight that shines in the play area, Campillo planned and led the installation of a sun shade to cover the play area. His project also addressed the mothers need to have a place to sit while their children played in the sandbox. He designed and led construction of a bench with planting area. Finally, an outdoor chalkboard art area was planned, built and installed. In addition to Scouting, Campillo played football at Acalanes, he also is a LEGO Master and enjoys scuba diving.

For more information about Troop 224, visit <http://www.troop224lafayette.com>.

## Several Lamorinda Odyssey of the Mind teams advance to state finals



Photo Nancy Phan Fields

Orinda Rotary #42350 Team, from left: Abby Kim, Livia Phan Fields, Aimee Steinmeier, Angelica Steinmeier (back), Caitlin Chan, Zia Cohn, Ava Yap, Sannam Tognotti and Janis Dewar (OM NorCal Regional Director).



Photo Nicole Hoppe

Lafayette Elementary School's fifth-grade team along with their Leonardo de Vinci show props and sets. From left: Toby Meehan, Claire George, Weston Hoppe, Varya Efimova, Sean Hu, and Noah Henry.

### Submitted by Nancy Phan Fields and Hannah Yan

After facing tough competition at the regional finals held March 2 at Concord High School, several local Odyssey of the Mind teams advanced to compete at the Northern California State finals this year: Orinda Rotary, Moraga Rotary A, Glorietta Elementary School Red, Del Rey Elementary, Burton Valley Elementary, and Stanley Middle School.

Odyssey of the Mind is an international educational program that provides creative problem-solving opportunities for students from kindergarten through college. While teams have adult coaches, the students are responsible for all planning, collection and construction of materials, and writing of the presentations, which often include humor and musical elements. Coaches and parents are not permitted to offer suggestions or to opine on the team's ideas. Strict penalties are assessed for any adult assistance.

Team members apply their creativity to solve "long-term" problems that range from building mechanical devices to presenting their own interpretation of literary classics, as well as "spontaneous" problems presented on the spot at tournaments and solved as a team in a very limited time. Performances in both long-term and spontaneous problems are graded on multiple elements. Teams with the two highest combined scores in each division go on to compete in the World Tournament in Michigan against other teams from the U.S. and about 25 other countries.

Lafayette Elementary School fielded four teams to compete in the March 2 San Francisco Bay Region Odyssey of Mind Competition. For each

team the competition was a culmination of up to six months of hard work in order to be ready to tackle a Spontaneous Problem and present their solution to the Long-term Problem of their choice. The PTA for sponsoring all the OM teams at Lafayette Elementary.

The fifth-grade team (aka "Creative Horse Yaks") won first place in their division and will be going on to compete in the Northern California State competition on March 30th. This team had an amazing performance in their self-directed skit that went back in time to the workshop of Leonardo de Vinci and emphasized both creativity and style with detailed props, costumes, and sets made from scratch. Additionally their teamwork was recognized with both a high scoring solution to the spontaneous problem and an OM sportsmanship award given to only one team out of 147 teams. Many thanks to their coaches Nicole Hoppe and Iryna Ryzhenkova for their enthusiasm and tremendous efforts in organizing and supporting the team.

Orinda Rotary 42350, a rookie team, consists of seven fifth-grade girls – five girls from Sleepy Hollow Elementary School (Abby Kim, Aimee Steinmeier, Caitlin Chan, Ava Yap and Sannam Tognotti) and two (Livia Phan Fields and Zia Cohn) from Hillcrest Elementary School in Oakland. Orinda Rotary 42350's participation in OotM is coordinated and coached by Zimian Huang and Angelica Steinmeier, parents at Sleepy Hollow Elementary School. The team chose the "Opposites Distract" long-term problem and there were 14 teams competing in that problem category in the SF Bay Region, consisting of San Francisco and all of Contra Costa County.

The Odyssey of the Mind Northern California State Competition will be held in Santa Rosa on March 30.

**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](mailto: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](mailto:storydesk@lamorindaweekly.com), and include "Celebrations and Remembrances" in the subject line.