

◆ **Not to be missed** ◆ **Not to be missed** ◆

LECTURE & LITERATURE

April's First Friday Forum speaker, William Gee Wong, will bring a special perspective to the issue of immigration, among other issues, as he presents "Father and Son: Exclusion, Inclusion from China to Chinatown to America." The Forum will take place at 1 p.m. on April 5 in the Sanctuary of Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Refreshments will be served at 1 p.m. in Fellowship Hall. For further information call (925) 283-8722.

KIDS, PARENTS & TEENS

Free film screening for parents and youth from 7 to 8:30 p.m. on March 25 at the Rheem Theatre. Hosted by the Directing Change Program, this free event will screen short, student-produced films about suicide prevention and mental health. Attendees will be inspired by the creativity of local student filmmakers, learn about suicide prevention, ask questions to suicide prevention experts and youth filmmakers as part of a Q&A panel, and learn how to implement the Directing Change Program into local schools. Free parking. Seating is limited. To attend RSVP here: <https://tinyurl.com/DCMoraga>. www.directingchangeCA.org

Lamorinda Teens Read - the school libraries of Acalanes, Campolindo, Los Lomas, and Miramonte present "One Community, One Book" from Feb. 25 through March 29 when all four schools will read Nic Stone's latest novel, "Dear Martin" and multiple events will happen at the Contra Costa Library branches. Pick up a free copy of the book to keep in the school or local library.

OTHER

Alka Mukakaluri, RFW Ayurvedic Practitioner and Dr. Patricia Rochette are offering a Spring Cleanse Open House & Talk from 6-8 p.m. on March 22 and March 29 at Radiance Family wellness located at 914 Dewing (at Brook) in Lafayette. A complementary seasonal meal will be provided. This is a free event, but donations are accepted. RSVP at www.radiancefamilywellness.com.

Say Something Workshop: How to Help a Friend or Family Member Living with Domestic Violence at 10:30 a.m. on Saturday, March 23 at St. Mark's United Methodist Church, 451 Moraga Way, Orinda. Every year more than 10 million women and men are physically abused by an intimate partner in the United States. Come learn how to listen, talk and take action when someone you care about is being abused. Facilitated by Rev. Michele Robbins, an ordained pastor with a background in Family Relations. Her workshops focus on understanding the cycle of violence, types of power, abuser tactics, and how to talk with victims, including avoiding pitfalls and words that help. More info: shalompastor3@gmail.com.

The Great Outdoors - Silent Auction to Benefit The Springstone School from 2 to 5 p.m. on March 23 at 1035 Carol Lane, Lafayette. Free Admission; enjoy family fun, auction, food, and raffle prizes. Auction items include toys and treats, event tickets, getaways, fine wines and spirits, artisan gifts, and professional services. The

Springstone School is an independent, non-profit school dedicated to serving 6-12th grade students with Asperger's Syndrome, Non-Verbal Learning Disability, and other neurocognitive differences.

Open your home and heart to love by adopting a cat from CC4C. See our beauties at this weekend's adoption event from 1 to 4 p.m. March 23 and 24 at Pet Food Express in Pleasant Hill and Petco in Walnut Creek. At Pet Food Express in Lafayette we will be there on Sunday only. For more information, see www.community-concernforcats.org.

"A Spiritual Revolution: The Quest to Experience God" will be explored in a talk at 7:30 p.m. on March 26 at Berkeley City College, 2050 Center St. Berkeley. Giulia Nesi, CSB's free talk explores the search for individual meaning in relation to an expansive source of goodness: God. Giulia, a former psychotherapist, spent years studying the subject of life and identity. She later gained a new perspective that resulted in deeper meaning and healings of every type of problem. Everyone is welcome. For live stream information see www.orindacs.org (925) 528-9919.

What's up Down There? Pelvic Floor Therapy with Allison Romero, PT, DPT, Pelvic Health Specialist at 7 p.m. on March 26 at Lafayette Physical Therapy, 3468 Mt. Diablo Blvd. Suite B110 in Lafayette. This is a free event, but space is limited, so please sign up at lafayettept.com/events or call (925) 284-6150.

Come see fancy Ferraris, Fiats and more! Saint Mary's College Department of World Languages and Cultures and the Dante Club invite the community to its Italian Cars and Culture event from 4 to 7 p.m. on Sunday, March 31. Enjoy Italian Sports Cars and live folkloric Italian music by the band Pizzi Cali on the front campus lawn at SMC. Delicious food and ice cream will be available for purchase. Free. Email amr18@stmarys-ca.edu with any questions.

"Horizon Mental Health Support Group" Open Discussion and Resource Share from 9:30 to 11 a.m. on 1st and 3rd Mondays at Our Savior's Lutheran Church 1035 Carol Ln, Lafayette. Our Mission is to provide fellowship in the Bay Area mental health sphere. We welcome parents/caregivers/loved ones of mental illness, those with mental illness, doctors, therapists, nurses, specialists, community activists, politicians, teachers, police officers, defense attorneys, emergency responders, authors, special needs advocates, etc. If you are in need of support, or your life aligns in advocacy for emotional/mental/social/behavioral/brain health, join us. Free and easy parking, handicap accessible, no registration, no membership, no religious affiliation - open to all.

The Lafayette Community Garden and Outdoor Learning Center presents "The Climate Crisis and Its Solutions" from noon to 1 p.m. on April 6 at 3932 Mt. Diablo Blvd. News headlines continue to remind us we are living in the hottest times ever measured, with increasingly severe consequences. The past five years have been the five hottest years ever recorded by weather in-

struments. California wildfires have reached unprecedented levels. And climate refugees marching in caravans have put pressure on our southern border. Is building a wall the right solution? Come learn the latest updates on the science, impacts and solutions. Bring questions and discover how you can participate in the growing number of solutions.

John Muir National Historic Site (John Muir NHS) will launch its second annual series of Stewardship Saturdays. Join the National Park Service for these free, Ranger-led land stewardship programs at the Martinez, California site. The programs begin at 9 a.m. at the Strentzel Creek meadow area of Mt. Wanda. This area recently came under NPS management and is currently only open to visitation with an NPS chaperone. The stewardship project will entail removing invasive plant species from the sensitive creek and surrounding meadow. All training and tools required for this project will be provided. The three 2019 Stewardship Saturday events will be on March 23, April 27, and May 18. Find more information and register at: <https://jomu.eventbrite.com/>.

GARDEN

The Moraga Garden Club will hold its next meeting at 9:30 a.m. Thursday, March 21 at the Holy Trinity Church, 1700 School Street, Moraga. The guest speaker will be Pamela Hester, from the Sloat Garden Center in Danville. The topic of her discussion will be, "Growing Vegetables in Containers." Free. Refreshments will be served. For more information, visit moragagardenclub.com.

Sustainable Practices for Water-Wise Gardening from 10 a.m. to noon on March 24 at McDonnell Nursery, 196 Moraga Way, Orinda. Come join compost and sheet mulching guru Lori Caldwell to learn permaculture and sustainable gardening practices for your home garden. Lori will cover the benefits of using mulch and compost to minimize pests, how to hydrozone your garden with drip irrigation to use less water, and recommend native plants that provide food for birds and butterflies and color year round. Sign-up: ebmud.com/rsvp. For more information: Kristin.Bowman@ebmud.com (510) 986-7610.

The Orinda Garden Club presents Fire Resistant Landscaping by garden designer Kate Frey at 10 a.m. on Thursday, March 28 at the Orinda Library Auditorium. It's a given that homeowners want their landscapes to be aesthetically pleasing. Ecological considerations such as drought tolerance and habitat support are increasingly valued and showcased. Frey will discuss plant materials and techniques for creating a beautiful fire resistant landscape. Free.

Walnut Creek Garden Club presents Butterflies in Your Garden: Jim Spinello at 9:45 a.m. on April 8 at Heather Farm, 1540 Marchbanks Road, Walnut Creek. Jim Spinello has raised butterflies since grade school. He will demonstrate how to raise the different species in our own gardens. His videos and slide show are amazing: 9:45 a.m. Business Meeting; 10:30 a.m. Social; 11 a.m. Program.

Service Clubs Announcements

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.

March 21: Bori Nemeth Our Rotary Youth Exchange student from Hungary	March 28: Lafayette Police Dept. Officer to talk about current trends
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www.rotarylafayette.org
www.facebook.com/Rotary-Club-of-Lafayette-CA

Moraga Lions Service Club
 Are you a bit curious on what goes on at Lions Club meeting? Very simple, you would start with a delicious meal as our guest at the Moraga Country Club. You may observe and provide some interesting insights. You would discover that we are the largest service group in the world. We have a membership of 1.4 million members in 208 countries. You would discover that we are on a journey to support the visually impaired, diabetes awareness, natural disasters, scholarship to the Campolindo Leo Club, and Achievement awards to our four middle schools. If you are curious and have a desire to fit service in your life, join us at a meeting. We meet the second and fourth Wednesdays at 7pm. No obligations! Dan Hagan 376-2538

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