

Camino Pablo wins the 28th annual Moraga Rotary Field Day



The winning third-grade boys relay team, from Cheralyn Faber's class at Camino Pablo, from left: Riley Schnurr, Justin Pablo, Dylan Hamilton, and Brayden Holtmeier.

Photos Gary Irwin



The winning third-grade girls relay team from Margrethe Ramirez's class at Los Perales, L to R: Sophia Hong, Ailie Hall, Amelia Knutson, and Ella Kaufman.

Submitted by Gary Irwin

Camino Pablo Elementary School athletes won the 28th Annual Moraga Rotary Field Day held Wednesday, May 8 at Joaquin Moraga Intermediate School. Camino Pablo has won five of the last six Field Days. Camino Pablo athletes' medal point count was 117, followed by Los Perales with 76 points, Rheem with 72, and Saklan with 5.

The event is a free track and field event open to third-, fourth-, and fifth-graders in Moraga schools, which is often their first experience with such an event. The events

consist of sprints, relays, steeplechase, sack race, baseball throw, long jump, and basketball throw. More than 260 athletes participated this year, down from 345 athletes last year, and Camino Pablo fielded 45 percent of their eligible students. Gold, silver, and bronze medals were awarded to the top three contestants in each event. All participants were eligible for a participant ribbon if they desired.

The High Point Boy was Chase Nickens, a third-grader in Jennifer Johnson's class at Rheem, who won three Gold and one Silver medal for 18 points. The High Point Girl

was Olivia Metz, a fifth-grader in Clare Fallon's class at Camino Pablo, who won one Gold, one Silver, and two Bronze medals for 10 points. The teacher whose students accumulated the most medal points, 23, was Johnette Rhoden, a fourth-grade teacher at Los Perales. These students, their parents, and teachers will be guests at a meeting of Moraga Rotary where they and Camino Pablo Elementary School will receive engraved plaques to recognize their accomplishments.

For the sixth year, the Field Day had the assistance of many of the men and women from the Saint Mary's College

basketball teams. The Gael athletes conducted the basketball throw event, and also helped officiate and judge the sprints, relays, sack races, and the steeplechase. Boy Scouts from Troop 246, sponsored by Moraga Rotary, helped with some of the field events.

The Field Day chairman, Rotarian Tony Schoemehl, gave a huge thank you to all the teachers who encouraged their students to participate, and to the coaches and athletes of Saint Mary's College who helped conduct the events. He also thanks the parents who helped direct the children to the various events and helped with the field

events, and to the Boy Scouts of Troop 246 for their assistance. The students were very well behaved, and were enthusiastic in their support for each other and for their schools. "All who participated were winners in our eyes," Schoemehl said.

Rotary Club of Moraga is a local service club within Rotary International, one of about 33,000 Rotary Clubs in about 200 countries. Regular meetings are held on most Tuesdays at Moraga Country Club. For further information, please call Frank May at (925) 376-8195, or check out moragarotary.org.

Scrumptious salad offers perfect combination of sweet and savory



Photo Susie Iventosch

This salad features fresh and dried fruits, as well as spiced nuts and blue cheese.

By Susie Iventosch

This is a really fun salad to serve because people love the surprise combination of fresh and dried fruits along with avocado, spiced nuts and blue cheese. Butter lettuce is a great foil for these ingredients, because it's very light and tender, while the rest of the ingredients are rich and robust. The fresh raspberries in the dressing add the extra zing of sweet and tangy to make the salad pop. It goes especially well with short ribs or barbecued meats such as lamb or steak, but if you add bite-sized pieces of chicken or honey-roasted turkey, it makes a terrific luncheon salad.

I used to make it with d'Anjou pears, but they are so difficult to find at

just the perfect ripeness. Recently, I learned a great tip from my niece's husband, Noah Jacob, who owns Comestible Catering, a Bay Area catering company. (He also makes amazing short ribs and rack of lamb ... perhaps a future column.) He includes Asian pears in some of his salads, and they are so easy to use because they're supposed to be served slightly crunchy, which means they are almost always perfectly ripe. You can usually identify them in the produce section because they are often protected in white cushion mesh netting to prevent bruising.



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.

RECIPE

Butter Lettuce Salad with Asian Pear, Dried Cranberries, Candied Pecans, Avocado, Blue Cheese and Raspberry Vinaigrette (Serves 6-8 as a side salad)

INGREDIENTS

- 2 heads butter lettuce, washed and torn into pieces
- 1 Asian pear, cored and cut into bite-sized pieces or thinly sliced (keep skin on)
- ½ cup dried cranberries
- 1 avocado, cut into bite-sized pieces
- ½ cup candied pecans or walnuts (recipe below)
- ½ cup crumbled blue cheese
- 1 recipe raspberry vinaigrette (recipe below)

Toss all together gently and serve.

Spiced Nuts

(Makes 1 cup)

- 1 cup pecan and/or walnut halves
- 2 tablespoons olive oil
- 2 tablespoons granulated sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon cumin powder
- ½ teaspoon sea salt

Heat oil over medium-high heat in a large skillet. Add nuts and cook until beginning to brown, tossing all the while to prevent them from burning. (Do not walk away from the stove, or you will burn the nuts! I've done it too many times to count.) Reduce heat and sprinkle sugar over the nuts and toss until sugar is melted. Remove from heat and sprinkle spices and salt evenly over the nuts. Toss with a spoon to ensure distribution. Cool and store in an airtight container until ready to use.

*You may want to double or triple this recipe, as they are wonderful for snacking or sprinkling over cheese spreads to go with crackers for an hors d'oeuvre.

Raspberry Vinaigrette

(Makes 1 ½ cups)

- 8 large raspberries, smashed with a fork (approximately 3 tablespoons)
- ¼ cup red wine vinegar
- ¼ cup rice vinegar
- 1 cup olive oil
- ¼ tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp dried oregano
- Salt and pepper to taste

Place all ingredients in a jar with a tight-fitting lid. Shake well. Refrigerate until ready to use.

You can find most of the recipes published in the Lamorinda Weekly on our website.

Food tab: www.lamorindaweekly.com/html2/food1.html

CP Cares makes an impact throughout the year



Submitted by Cathy Harrison

As part of CP Cares, Camino Pablo Elementary School students provided a Sunday Lunch Meal Service at St. Mary's Center in Oakland for 40-70 low-income seniors (organized by CP PTA) on Sunday, May 12, Mother's Day.

Other activities throughout the year included making marmalade to preserve the fresh fruit for future shelter meal service projects from donated lemons, processing vegetables for freezing for future shelter meal service projects, participating in the Lafayette Reservoir Cleanup Day, and volunteering to hand out food to low-income residents. Volunteers also packed a "Vet Bag" for injured vets.



Photos provided