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Many families came out to celebrate dressed in red, white and blue at last year's parade.

Photo Sora O'Doherty

Family-friendly activities planned for Fourth of July

By Sora O'Doherty

For the past 35 years, community members have gathered along the parade route in downtown Orinda to cheer as marching bands, bagpipers, martial arts demonstrations, floats, stilt walkers, singers, dancers, and local clubs pass by, starting in Theatre District on Moraga Way and winding through the Village District on Orinda Way. This year's festivities promise to be equally fun, with

Grand Marshals Bobbie Landers and Ann Christofferson, "Pioneers of the Parade," kicking off the 36th annual Fourth of July "Best Hometown Parade" at 10 a.m. Seniors who wish to view the parade in comfort can sit in covered bleacher seating provided by the Orinda Association's Seniors Around Town program in front of the Community Center on Orinda Way.

Landers said that she started the parade the year before Orinda incorporated in order to give a community feeling to Orinda. "That's why we have

the parade on both sides of town, so that we are all together, Orindans, celebrating and having a good time." Christofferson, in 1976, did the first Orinda parade. At the time she was the director of the community center. That parade started at the community center and went north to the old bridge. "In 1984," Landers said, "I remembered that there was once a parade, and we just made the parade bigger and included both sides of town in order to bring everyone in the community together."

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Unincorporated Reliez Valley Road residents want influence in Lafayette

By Pippa Fisher

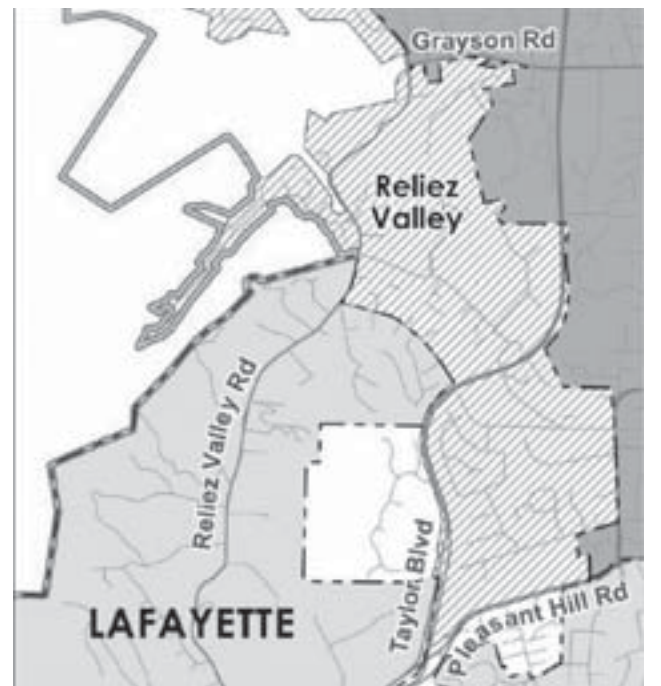
Despite a 4-1 vote from the Lafayette City Council at its May 28 meeting – with Council Member Susan Candell the only one opposing – to notify the Local Agency Formation Commission of its opposition to any change in sphere of influence for unincorporated Reliez Valley area residents, the issue is not necessarily over quite yet. LAFCO, while not approving any changes to SOI, subsequently decided to form a subcommittee to further discuss the topic.

Kristen Altbaum and Roger Chelemedos, representing an area of roughly 300 homes in unincorporated Contra Costa County along Reliez Valley Road between Grayson and Withers that share the Lafayette zip code, have Lafayette addresses and

sent their children to Lafayette schools and had requested that LAFCO remove them from the Pleasant Hill SOI and that they be placed in the Lafayette SOI.

Residents of this area say they want to simplify jurisdictional boundaries. They want school districts and city boundaries to align. They say they identify with Lafayette and that their area is home to coaches and involved community members. They point out they patronize Lafayette restaurants and businesses, spend their time in activities and sports with their Lafayette school-attending children in Lafayette and as such should be under the Lafayette SOI enabling them to vote in elections on Lafayette matters that affect them, such as traffic and safety along the RVR corridor.

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One woman's quest to help those in crisis - Page B1



SMC basketball alumni play in high-stakes tournament - page C2



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No imminent crises in Lafayette financial condition, but ...

By Nick Marnell

The city of Lafayette projects a fairly solid financial picture for fiscal year 2019-20 as well as five years forward, but problem areas include high maintenance costs, mounting legal expenses and a shrinking general fund reserve.

General fund revenue for 2019-20 is forecast at \$16.59 million, and after a reclassification adjustment, comes in at \$428,000 more than the estimated final figure for 2018-19. With expenses forecast at \$16.55 million, the city projects a surplus of \$39,000 for the

next fiscal year, with a general fund reserve of \$9.85 million, equaling 63% of general fund expenditures.

Lafayette has no defined benefit retirement plan for its employees so it avoids any unfunded pension liability, the scourge of many California municipalities and special districts. The city's financial albatross is its expense for legal fees, which have risen from \$290,000 in 2012 to \$869,000 in 2018-19, primarily due to land use lawsuits. According to a city staff report, the city budgeted for \$665,000 in legal costs for next year but warned that the number

may be optimistic due to the "contentiousness of the current environment surrounding development projects."

The city also struggles with maintenance costs. In order to maintain a Pavement Condition Index of 76 – considered "good" by the Metropolitan Transportation Commission – the city projects a \$1.8 million annual expense, far more than the \$1 million that has been budgeted, due to rising construction costs. "Based on current market trends, \$1 million a year toward street maintenance will not keep Lafayette streets in their current condition; their con-

dition would become worse," said Tracy Robinson, administrative service director.

A similar problem exists with maintenance of the downtown core. Lafayette runs a \$265,000 annual deficit in core maintenance funding, as costs have increased over the last 23 years whereas the assessments have not. Any assessment increase must be approved by property owners, and since the city has been unsuccessful in increasing the assessments the general fund plugs the gap.

Though Lafayette forecasts a balanced budget not only for this coming year, but

for the next five, the pressure put on the general fund by rising expenses – like the ones listed above – will see the general fund reserve shrink from 64% of expenditures in 2019 to 54% in 2024, less than the 60% figure targeted by the city.

And while a \$9.85 million reserve is a reasonably healthy figure, the city remains concerned that an economic downturn or a major disaster, like the 2017 Northern California wildfires, could significantly eat into that figure.

Unincorporated Reliez Valley Road residents want influence in Lafayette

... continued from Page A1

Interim City Manager Niroop Srivatsa explained to the council in her presentation that an SOI change is the first step and that the next logical step is annexation. And in such a scenario she warned the costs could be high.

Altbam made the point before both the city council and LAFCO that they are simply asking for change in SOI, not annexation to the city. This was a point that Council Member Cam Burks took issue with. "It is clear to me that the SOI change is solely geared towards annexation," he said.

LAFCO Executive Officer Lou Ann Texeira explained that the agency can amend the SOI for each district and city. "Sphere of influence, by

definition, means a plan for the probable physical boundaries and service area of a local agency, as determined by the commission," she said. "If there is no indication that an area will be annexed to a local agency (i.e., city, district), then LAFCO would typically have no reason to place that area in the SOI. The city of Lafayette does not currently include the Reliez Valley in its General Plan, which indicates they are not planning to serve this area in the future."

Referring to an email sent to council just hours before the meeting from Former Mayor Don Tatzin urging a "no" vote on the matter, Altbam told the LAFCO hearing, "Don still puppeteers our city." She went on to say that the letter was full of fear mongering and absent truths.

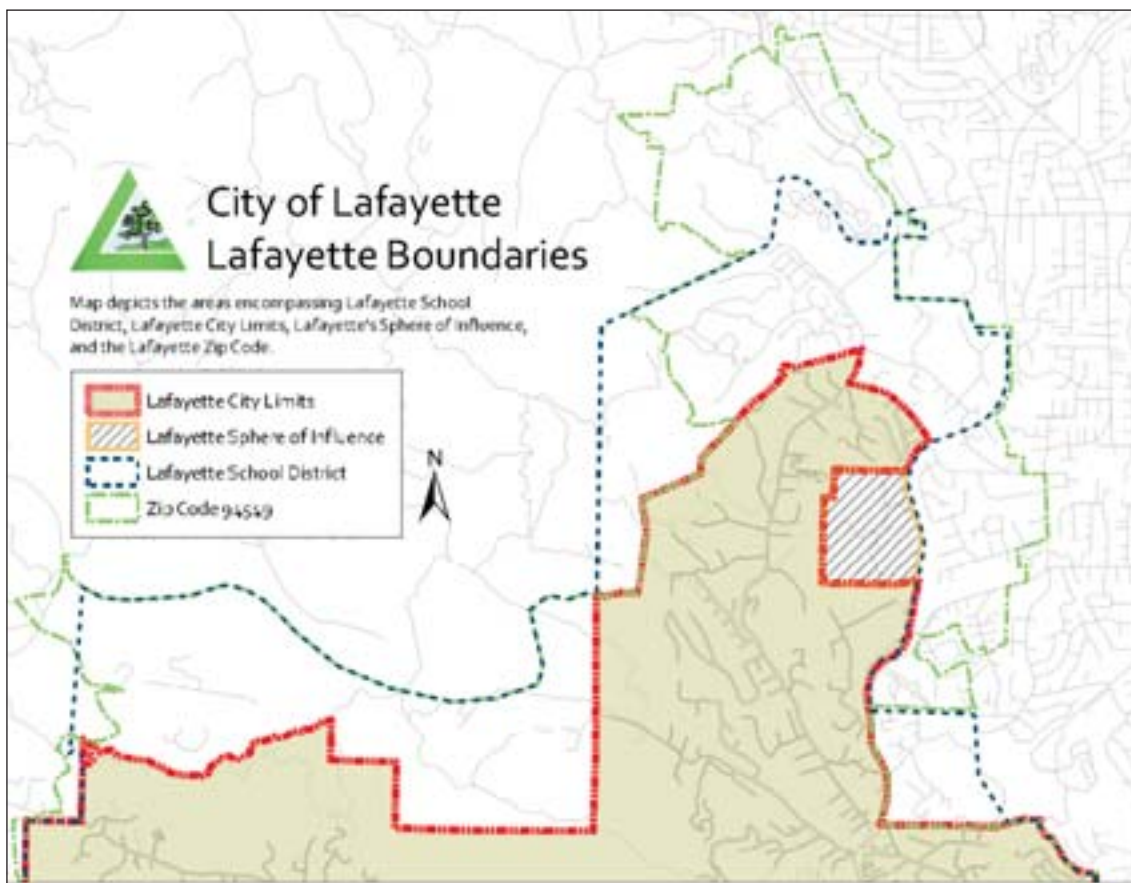


Image provided

From the city's staff report, showing the area in question.

"Costs associated with a potential annexation was the excuse he laid out, but if costs are so prohibitive, how then did 17 annexations to the city of Lafayette occur prior to 1983 in the span of just 11 years and how do boundary changes happen all the time, up and down the state of California?" asked Altbam.

It is not known when the LAFCO subcommittee will re-

port back to the commission with an update, but Altbam says that she appreciates the thoughtfulness of the LAFCO commissioners in forming the committee. "I'm cautiously optimistic that the ad-hoc committee can work with Lafayette and County to make us feel included in Lafayette's demographic and that costs to residents will be consistent with the past 17 Lafayette annexations."

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<p>Lafayette Public Meetings</p> <p>City Council Monday, July 8, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.</p> <p>School Board Meetings Acalanes Union High School District Wednesday, June 26, 7 p.m. AUHSD Board Room 1212 Pleasant Hill Road, Lafayette www.acalanes.k12.ca.us</p>	<p>Planning Commission Monday, July 1, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.</p> <p>Design Review Monday, July 8 7 p.m. Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.</p> <p>Lafayette School District Wednesday, June 26, 7 p.m. Regular Board Meeting District Office Board Room 3477 School St., Lafayette www.lafsd.k12.ca.us</p>
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Free community celebration marks Lamorinda Music's 10th anniversary



Photo Pippa Fisher

Lamorinda Music staff, from left: Scott Lindorfer (strings specialist), John McCormick (owner), Colleen McCormick (owner), Lauren Zampa (director of operations), and John Quell (band instrument repair technician).

By Pippa Fisher

Lamorinda Music is throwing a huge, free four-hour party from 11 a.m. to 3 p.m. June 29 in celebration of its 10th anniversary.

It will all be happening right there in the parking lot of Lafayette's "music row" in front of Lamorinda Music on Lafayette Circle.

"This is going to be a community event," explains Lamorinda Music Director of Operations Lauren Zampa. "We are very excited to celebrate with the community that's made us what we are today," she says.

Zampa's enthusiasm is contagious. She has enjoyed the over six months of planning this birthday bash – and that is going to be reflected in all the fun on offer at the event.

There will be continuous live music for all four hours with performances from Bob Athayde, Stevie Coyle and many of Lamorinda Music's own instructors as well as the Uke Club and special guests.

The store's ukulele teacher Gary Peare, who played at Lamorinda Music's opening 10 years ago, will be offering a beginner class inside the store from 10:30 a.m. to noon. The drop-in class will teach students two songs, which they will later have an opportunity to perform. Ukuleles will be available to borrow at no cost and every participant will receive a prize. The class is a "pay-what-you-can" with a suggested donation of \$20.

And talking of prizes,

thanks to donations from Yamaha Music and Kala Ukulele, there will be "guitarele" and two ukuleles as raffle prizes, along with lots of free water bottles.

Canasta and IzzyA's food trucks will be there for those wishing to purchase snacks and Philz will be providing free iced coffee.

Lamorinda Music owners John and Colleen McCormick reflect on how the store has changed in 10 years. "Initially the store was only 1,800 square feet," says Colleen. When the fitness center left in 2012 she and her husband expanded the store to 5,000 square feet with a much larger retail area, full repair shop, 10 lesson studios and a group performance area (the Big Room).

"We are part of a collaborative community of music and performing arts," explains Colleen talking of their neighbors on the block – Performing Academy, and Mighty Fine Guitars owned by her uncle, guitarist Stevie Coyle.

Now the store offers instrument sales, rentals and repairs, along with lessons. They have 25 teachers. They offer several jam clubs for all ages.

Colleen says people come to them from all over the Bay Area; from San Francisco to Brentwood and Pleasanton. They do the repairs for several school districts and provide rentals to schools as far away as Brisbane.

It's significant growth in just 10 years. "And this is the thank you party," says Colleen.

Stevie Coyle entertains before the June 10 city council meeting



Photo Jeff Heyman, City of Lafayette

Stevie Coyle at the June 10 Lafayette City Council meeting.

Stevie Coyle, self-described fingerpicking former frontman of whiz-bang string band The Waybacks and owner of Lafayette's Mighty Fine Guitars, entertained the city council before its June 10 meeting as part of a program to bring in local artists and

musicians. Despite a smaller-than-average turnout due to conflict with a Warrior's playoff game Coyle, ever the ultimate entertainer, kept his audience engaged and humming along.

– P. Fisher



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2019-20 budget: Moraga in cash flow crisis no longer

By Nick Marnell

The town of Moraga forecasts a financially stable 2019-20 fiscal year, having come a long way from the fiscal emergency and cash flow crisis the town operated under two years ago. The receipt of federal reimbursements for expenses related to the Rheem sinkhole and the temporary Canyon Road bridge projects enabled the town to restore its general fund reserve to 50% of expenditures in 2018-19, where it is forecast to remain in 2019-20. Long-term financial concerns include the town's unfunded pension liability and insufficient funds to repair an aging

infrastructure.

The total proposed budget for 2019-20 equals \$18.24 million, including a \$10.3 million general fund operating budget, and a \$7.94 million capital budget. The budget projects a surplus of \$95,913 and a general fund reserve balance of \$4.7 million, \$362,000 more than 2018-19.

With Moraga having developed comprehensive pavement and storm drain plans in 2019, and having identified funding for each, there is no extraordinary pressure on operations to fund those projects beyond a \$145,000 contribution from the general fund. But with the

Audit and Finance Committee in 2015 having projected \$600,000 per year needed for deferred maintenance and asset replacement, and less than \$400,000 allotted in four years for those programs, the town plans to hire a consultant to reevaluate infrastructure needs.

Moraga provides a defined benefit retirement plan for its employees, the only Lamorinda municipality to do so. Because of investment losses and incorrect cost assumptions by the California Public Employees' Retirement System, the town pension administrator, Moraga carries an unfunded pension liability of nearly \$6 million. In order

to pay down the liability, the town must make a payment of \$392,000 in 2019-20, escalating to \$673,000 in five years, based on CalPERS' calculations. That figure is in addition to current retirement costs, which total \$357,000 for 2019-20 after employee cost sharing.

In her summary report, Town Manager Cynthia Battenberg said that the budget "includes funding to acquire outside actuarial analysis of the Town's anticipated contribution rate projections, including an asset return sensitivity study, and the options the Town may have to accelerate and/or smooth payment of unfunded liability." The

Moraga-Orinda Fire District used a similar strategy in 2017 and established a pension stabilization trust which it funds over and above the required payments to its pension manager.

With the general fund reserve projected to dip below 50% in five years, a placeholder was inserted into the budget in anticipation of a possible revenue-generating measure. Moraga put aside \$42,000 for a public opinion poll, \$25,000 for community outreach and \$33,000 for legal fees to be spent if the town council gives a go-ahead to pursue the measure.

Moraga mayor proclaims June as Pride Month



Photo Vera Kochan

Paige Love and Maddie House holding proclamation surrounded by council members and well wishers

By Vera Kochan

During the June 12 town council meeting, Moraga's

Mayor Roger Wykle introduced a proclamation acknowledging June as Pride Month.

Recognizing that the town

has a diverse lesbian, gay, bisexual, transgender and questioning community, the proclamation is intended to promote a healthy, safe and

supportive environment for all.

The proclamation noted that many of Moraga's LGBTQ citizens have made positive impacts to the enrichment of the town either as residents, students, business owners or town employees. By issuing this recognition Wykle said Moraga's civic leaders hoped to promote a climate of tolerance and to follow in the footsteps of many states, cities, businesses, schools and religious institutions in the stand against intolerance.

On hand to accept the proclamation were Campolindo High School students Paige Love and Maddie House, who are president and

vice president of Campo's 40-member Sexuality and Gender Alliance chapter. SAGA, a nationwide organization, is a club based on inclusiveness and education about the LGBTQ community. Campo's chapter was formed approximately four years ago to foster tolerance on campus.

Both Love and House expressed their gratitude to Matt Bostick, the Campolindo social studies and advanced placement psychology teacher who serves as SAGA's faculty advisor. "This proclamation will go to him," they said. "He's been very supportive and helpful."

Town council approves purchase of more radar speed signs

By Vera Kochan

In response to the increasing number of speeding violations and reckless driving complaints, Moraga will add

three new portable radar speed signs to its current roster of three.

The signs use radar to capture a vehicle's speed and display it for the driver to see,

thus hopefully educating the driver if they are exceeding the posted speed limit.

According to a staff report presented by Moraga Police Chief Jon King at the June

12 Moraga Town Council Meeting, "Staff has researched available radar speed signs that would complement the existing signs used by the town and has discovered new technology that provides the same traffic information to drivers as the current signs, but also captures the traffic data for future analysis."

The additional data includes the total number of vehicles passing by the sign at a particular time of day, the total and average numbers of speeding violations per hour or day, as well as minimum, average and highest speeds recorded. This kind of information helps police target areas where speeding is a concern.

Even though particular stretches of road are conducive to speeding, King stated, "The signs will be rotated around to different locations throughout the town."

The cost of the three new signs, which includes accessing data, management software, on-site training, solar power, applicable sales tax and shipping comes to \$8,706.



Photo Vera Kochan

Radar speed sign captures reading of law-abiding driver

The town has collected funds from a Public Safety Impact Fee derived from development maintained separately from the General Fund. There is currently \$74,933 available in the account. The purchase of the three new radar speed signs will have no impact to the General Fund


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Town Council
 Wednesday, June 26, 7 p.m.
 Wednesday, July 10, 7 p.m.
 Council Chambers and Community Meeting Room,
 335 Rheem Blvd.

Planning Commission
 Monday, July 1, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Park and Recreation Commission
 Tuesday, July 16, 7 p.m.
 Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Moraga School District Board Meetings
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 See also AUHSD meeting page A2



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Street lighting assessment to continue at \$58 per single-family unit

By Vera Kochan

Anyone who pays property taxes in Moraga is levied a street lighting assessment on the tax bill. Although the description may read a bit ambiguous; the category is Moraga ST LT.

During the June 12 town council meeting, members unanimously approved to continue levying the \$58 assessment for Fiscal Year 2019-

20. The \$58 is not an increase, but a continual assessment that has been levied since 2010.

When breaking down the amount annually per household, it comes to approximately \$1.12 per week which, according to the Engineer's Annual Report, goes toward "The operation, maintenance and servicing of existing and future public lighting facilities, and the installation or construction of public lighting

facilities and any facilities appurtenant to them or necessary or convenient for the maintenance or servicing of them, including grading, clearing, removal of debris, and installation or construction of curbs, gutters, walls, sidewalks or paving, or water, irrigation, drainage or electrical facilities."

The bulk of these funds – \$120,000 of the total \$211,350 in expenditures – are used to pay the town's electric bill to

Pacific Gas & Electric Co. for street lighting. According to the staff report, the fiscal year 2018-19 budget included \$60,000 for a Commercial Center Street Lighting study to look into increased lighting at Rheem and Moraga Shopping Centers, but the project is being delayed to 2020-21 due to a need to address higher priority projects first.

While Moraga continues to be high on the list of great places to live, the importance

of keeping the community well lit at night is not just for aesthetic purposes. Evening safety on public streets for pedestrians, cyclists and drivers comes in the form of a well-maintained lighting infrastructure. To this end, ample street lighting in Moraga neighborhoods adds security for homeowners who are, after all, paying the bill.

Day-long Fourth of July celebrations scheduled at Moraga Commons



Last year's dog parade

Photo Andy Schreck

By Vera Kochan

It's that time of year again! Put on your red, white and blues for the annual Fourth of July festivities happening from morning to night at Moraga Commons Park located at 1425 St. Mary's Road.

There will be entertainment, food and activities for all ages including three categories of Fun Runs: Kiddie Run, 5 Mile Run and 2 Mile Run (register at moragafunrun.com).

In the commons, the day starts out with a 7:30 a.m. pancake breakfast, followed by a dog parade at 9 and a kid's bike parade at 10:30. Community booths along with food, wine and beer booths will be on hand. Also, the ever-popular inflatables should keep the youngsters amused in addition to family entertainment at the band shell.

The National Anthem will set the tone for the evening at 6:45 p.m. followed by the mayor's welcome speech. Before the fireworks show, a 7 p.m. concert by the band House Rockers will be on hand to get the party started. The fireworks are estimated to begin at 9:30 p.m. After the "bombs bursting in air" display concludes, House Rockers will once again perform to close out America's 243rd birthday.

If you don't want the fireworks display to be a "dud," make a contribution to the Buy-A-Rocket fund. The goal is to raise \$30,000 for a truly spectacular light show. Send a check payable to: Town of Moraga, Buy-A-Rocket and mail it to 2100 Donald Dr., Moraga, CA 94556. Online donations are also welcome. Visit moragarec.com.

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Orinda adopts two-year budget, adjustments and Capital Improvement Plan

By Sora O'Doherty

At the June 18 city council meeting Paul Rankin, Orinda finance director, introduced a final proposed two-year budget, which was adopted by the council and will begin July 1 and continue for two years. Additionally, the city adopted adjustments to the fiscal year 2018-19 budget. The adjustments provide \$55,000 for recently incurred costs associated with the Rheem trail easement, and \$200,000 for improvements made by the developer at Wilder Fields Park, although only \$100,000 will come out of the city's general fund, with the remaining \$100,000 to be provided by the waiving of payments from the developer to the city.

In the new budget, the city council approved the establishment of a trust for retiree medical expenses, with a provision for an initial deposit of \$100,000 to be made

from General Fund reserves to fund the trust, which will be established by the end of this year.

The budget also corrects an error in the interest on Orinda's general obligation bonds which had been estimated at \$422,423, but was actually \$612,038. The budget provides for the additional \$189,615 required.

Council approved transfer of \$350,000 out of the General Fund into a General and Long Term Plans Sub-Fund. With this transfer, the fund will have a balance of approximately \$672,136 as of the end of June, which is below the target of \$1 million established by the city. Funding for the capital improvement plan for the next two years is included in the budget, but is funded by bonds.

Several staffing changes are covered. Although Orinda operates with a very small staff, it was recommended that a full-time senior engineer be added to assist with

capital projects. Also, the limited position of paving manager, held by Farah Khorashadi, was extended up to June 30, 2021. Hired in 2017, Khorashadi was brought on for a three-year period with two one-year extensions possible.

Rankin identified some changes that were included in the final budget. Fire safety brush and tree removal as a capital project was shifted into the operating budget. The funding of \$50,000 for each of the two years is limited to publicly owned city properties. Funding was also included to step up staff training for disaster response. A CIP project to rehabilitate the El Toyonal emergency vehicle access bridge is also intended to address emergency preparedness. This summer, as part of the Miner Road paving project, more shoulder paving will be added in spots between Camino Pablo and Camino Don Miguel. The gen-

eral fund emergency fund is being maintained at \$6.8 million through the end of 2020, then rises to \$7 million the following year.

Some elements also got moved around. Park tree removal was taken out of the CIP and included in the operating budget, and \$40,000 was transferred from reserve funds to building internal service fund to finance the initial geotechnical and conceptual design work on city hall slide stabilization. Subsequent work will be delayed until funding is identified to perform the project, estimated to cost an additional \$510,000. As there is currently no funding available, the Martha Road to Catherine Court Pedestrian Path has been pushed out beyond the timeframe of the CIP. However, it might be a candidate for a future one-time funding.

Annual review of Wilder progress shows the development coming to life

By Sora O'Doherty

For decades it was just a dream: a large development in Gateway Valley, which became Wilder. Now, at last, Wilder is alive. Five play fields have been developed and turned over to the city of Orinda. The Art and Garden Center, despite a few bumps



Photo Sora O'Doherty

along the way, had its official grand opening on June 2 and the facility of over 3,000 square feet is already hosting meetings and classes. On June 4, the Orinda City Council conducted its annual review and determined that developer OGLLC is in substantial compliance with the development agreement.

Of the 200 homes planned, all but 45 lots are sold, and 85 homes are built and occupied, with another 10 built but not yet occupied, according to the Project Director at Wilder, Bruce Yamamoto, of Brook Street and OGLLC. Yamamoto updated the Orinda City Council at its June 4 meeting about various ongoing projects at Wilder. The developer is continuing to remove and replace 3-foot sidewalks with the required 4-foot sidewalks. Most have already been removed, and the new sidewalks are now being poured. The 6-foot sidewalk on Wilder Road is finished. Yamamoto stated that all slope landscaping will be completed by Oct. 31, noting that it is a "big, big project" of over 4 million square feet of slopes.

He also mentioned that Wilder residents have mixed opinions about the Wild Rye Path, and the developer will work with staff to find a solution. Yamamoto said that wildlife is thriving at Wilder, and discussed ideas about "the ponds," located near the

play fields. He also talked about the wetlands at the end of the project, where there is a major newt migration path. In public comments, Alison Bannasad told Yamamoto, "We really appreciate that you took our son seriously about the newts. We appreciate your attention to the trails, all the trails in Orinda. We didn't even know our son had written you a letter!"

Madelyn Mallory also commented. "I want to give a great big thank you to Drummond (Buckley, director of planning), to Winnie Mui, (assistant planner) and Bruce Yamamoto for the good faith effort they have given," she said, adding, "I'm a little optimistic." She still has concerns about transition slopes, and the lack of continuous ground cover. "Plants are sparse, she said, "and we have an excessive amount of gorilla hair; if there aren't sufficient plants, there may be possible slides." Yamamoto said that there are some problems caused by seven years of intense drought. In addition, builders have damaged some areas during construction, and some homeowners have accidentally destroyed irrigation lines. All native plant materials are being used in the landscaping of Wilder. As plants become mature, Yamamoto said, water use will decrease.

City staff recommended

that council find developer OGLLC in substantial compliance, noting only two differences. The trail that OGLLC has constructed to connect with a sewer bench/path along Brookside Creek in the vicinity of Rabble and Wilde Rye Roads has been obliterated. Either the trail needs to be reconstructed, or the circulation plan needs to be revised to eliminate the trail. Staff also had some concerns about consistency with the landscape master plan. After hearing concerns from residents, staff has been working with a landscape consultant, Cultivate Studio and Amy McPhee, who had been the lead landscape architect on the landscape master plan. Work will continue through summer and fall with city on potential amendments to landscape master plan, which would have to be approved.

Council Member Nick Kosla expressed hopes that a way can be found to make the ponds look great all year round, and Council Member Amy Worth said that there is still work to be done on the landscaping master plan, ponds, and trails.

The council was also thanked for its help with parking enforcement, which residents are finding significantly improved.

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Orinda Public Meetings	City Council	Citizens' Infrastructure Oversight Commission
	Tuesday, July 2, 7 p.m. Regular Meeting Library Auditorium, Orinda Library, 26 Orinda Way Planning Orinda Tuesday, July 9, 7 p.m. Library Auditorium, Orinda Library, 26 Orinda Way	Wednesday, July 10, 6:30 p.m. Sarge Littlehale Community Room, 22 Orinda Way, Orinda, CA 94563 Orinda Union High School District Board Meetings Monday, Aug. 12, 6 p.m. Regular Board Meeting 8 Altarinda Rd., Orinda www.orindaschools.org See also AUHSD meeting page A2

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Orinda Garden Club displays exotic blooms at Bouquets to Art



Photos Sora O'Doherty

By Sora O'Doherty

Orinda Garden Club celebrated 35 years as a floral designer in the annual Bouquets to Art exhibit at the San Francisco Museums of Fine Arts. During the week of June 4-9, members

of the club displayed floral arrangements intended to mirror pieces in the collection at the de Young Museum in Golden Gate Park.

Phoebe Kahl and Diana Kennedy's arrangement included flax, bird of paradise, beehive ginger, pincushion protea, anthurium, leucadendron, and

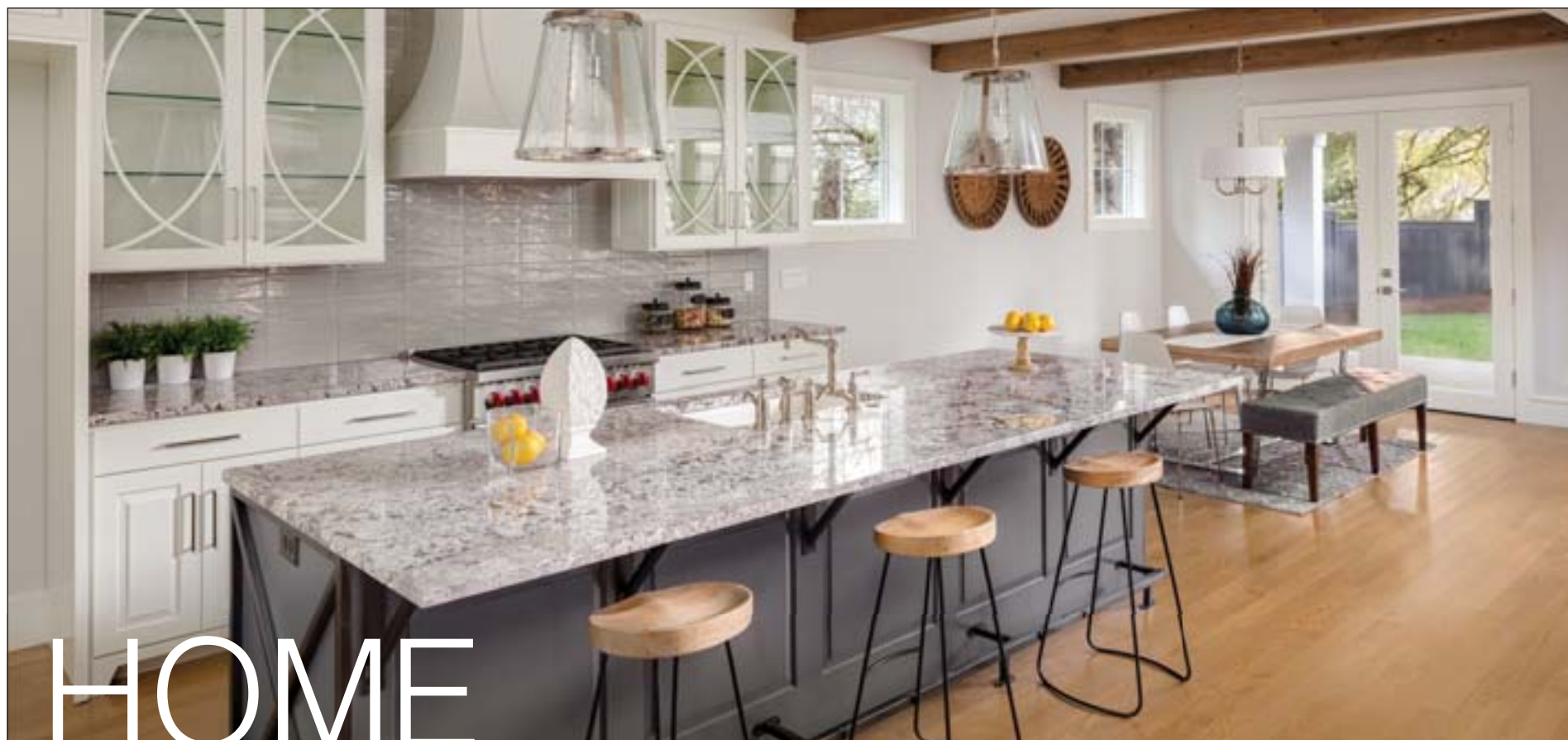
succulents. Mari Tischenko put her arrangement into a metal container of original design, displaying pincushion protea (*Leucospermum*) *Allium schubertii* (sprayed orange), *Ocidium* orchids, blue hydrangea, yellow calla lily, *Amaranthus* seed (emerald tassels), and green hypercium berries (St.

John's wort). Gail Emmons, selected pink protea, pink flax leaves and copper wire for her arrangement. In addition, Orinda Resident Ricki Oleon did the flower arrangements in the ladies' rooms during the exhibition.

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Full-time staffing of MOFD Medic 45 not dead yet

By Nick Marnell

Still frustrated over the refusal of the Moraga-Orinda Fire District board of directors to allocate money to restore full-time staffing of the ambulance at Fire Station 45 in Orinda, Capt. Lucas Lambert, speaking as the district labor representative, tore into the board at the June 19 district meeting.

Lambert's remarks stemmed from the district's 2017 application for federal grant money to hire four firefighters, who were to be used to fully staff Medic 45 in Orinda. The ambulance had been and continues to be cross-staffed, as the grant money was used by the district to fill overtime positions, a permitted use of the grant funds notwithstanding the reason given in the application.

"I resent the fact that the statement was made that this money was to provide adequate staffing for our com-

munity and firefighter safety when in actually that was never going to be the case," Lambert said. "I resent the fact that the line of duty deaths by two firefighters within this county were used in vain and quoted in an effort to sell the need for this grant." The MOFD grant application referred to the July 2008 line of duty deaths of two Contra Costa County Fire Protection District firefighters as a need for adequate ground support.

Lambert received support from two new directors, with Greg Baitx pushing for fully staffing Medic 45 immediately and Michael Donner insisting that safety of the firefighters and district residents called for the staffing increase. The fire chief agreed that a staffing increase is not a bad thing.

"More is undoubtedly better," Fire Chief Dave Winnacker said. "More firefighters equals greater certainty that there will be an engine

or an ambulance at the patient's side or the resident's side in the shortest time possible."

Donner proposed that some of the \$1.8 million earmarked for district pension and retiree health care trust funds be shifted to increase on-duty staffing. "The climate has changed," Donner said. "Fires aren't the same as they were three to five years ago."

Using overtime to fully staff the Station 45 ambulance would cost an extra \$1 million a year, and increasing the firefighter roster from 57 to 63 to fully staff Medic 45 would cost \$1.44 million per year, the difference due largely to pension costs.

Board President Steven Danziger said that he would add an item to a future agenda, or even call a special meeting, to discuss a district staffing increase.

Which was exactly the request Lambert made of the board that evening.

Grand opening ceremony for Station 43



Photos Sora O'Doherty

MOFD officials make it official

Moraga-Orinda Fire District Director Michael Donner, left, and President Steven Danziger cut the ribbon at the June 15 grand opening ceremony for rebuilt Fire Station 43 in north Orinda. The crews had occupied the new facility in May as final work continued on the station.

Fire Chief Dave Winnacker told his board that he

was still working out a "punch list" with the contractor and hoped to have it completed in July. "Things don't get identified until you move in," the chief said. "We want to make sure all the little things are corrected before the contractor clears the scene."

- Nick Marnell

Grand jury comes down on ConFire over fire inspections and record keeping

By Nick Marnell

A Contra Costa County grand jury issued a report in May recommending that the Contra Costa County Fire Protection District upgrade and periodically audit its record management system to maintain compliance with state-mandated fire inspection regulations and to ensure accurate and timely fire inspection reporting. The report also recommended that ConFire hire additional inspectors and make the status of fire inspections available to the public through an online address-based program.

The Oakland Ghost Ship fire killed 36 in 2017, and lax fire inspections on the property were alleged in victim lawsuits. Ensuing media coverage in 2018 found that

many fire agencies, including ConFire, had failed to keep up with annual state-mandated fire inspections for schools and multifamily residences. ConFire acknowledged that it fell behind on its inspections, blaming budget cutbacks because of the Great Recession and the inability to hire qualified personnel.

With improved finances and a sharper focus on the lagged inspections, ConFire hired new fire inspectors in mid-2018 and reassigned inspectors from the engineering department to help out with the backlog. ConFire then added temporary clerks to input data for the field inspectors, which allowed the inspectors to spend more time in the field. As the district caught up on its inspections, it allowed this newspa-

per access to its Lafayette inspection reports and to accompany it on Lafayette state-mandated fire inspections, which ConFire completed, as well as all mandatory annual inspections in its database, by the end of the year.

To help ensure that fire inspections are conducted on time in the future, the grand jury recommended that the district increase its number of fire inspectors.

... continued on Page A9



Folks gather for the June 15 grand opening of Fire Station 43 in north Orinda.

Fire District Public Meetings

Moraga-Orinda Fire District
Board of Directors
Wednesday, July 17, 7 p.m.
Go to the website for meeting location, times and agendas.
Visit www.mofd.org



ConFire

Board of Directors
Tuesday, July 9, 1:30 p.m.
Board Chamber Room 107,
Administration Building
651 Pine St., Martinez.
For meeting times and agendas, visit www.cccfpd.org



Public Safety

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Emergency: 24 Hours 911
Police Dispatch: 24 Hours
925-284-5010
Nixle: Text your zip code to 888777 or go to www.nixle.com
Lafayette Police Department:
3471 Mt. Diablo Blvd.
925-283-3680
Chief of Police, Ben Alldritt
925-299-3221
Police Department Tip Line
94549Tip@gmail.com
Police Department Traffic Issues
94549Traffic@gmail.com
Moraga Police Department:
329 Rheem Blvd.,
925-888-7055
Chief of Police, Jon King
ext. 7049
Orinda Police Department:
22 Orinda Way
925-254-6820
Chief of Police, Mark Nagel
925-254-6820
Orindatip@cityoforinda.org



Lafayette Police Department Incident Summary Report June 2 - June 15

Alarms	99
911 Calls (includes hang-ups)	16
Traffic	123
Suspicious Circumstances	11
Suspicious Subject	12
Suspicious Vehicle	13
Service to Citizen	47
Patrol Req./Security Check	28
Vacation House Check	85
Supplemental Report	21
School Assembly Check	29
Welfare Check	16

Vehicle violations

Auto Burglary	
1000 Block 2Nd St.	
3500 Block Mt. Diablo Blvd.	
3500 Block Wilkinson Ln.	
4000 Block Mt. Diablo Blvd.	
3500 Block Mt. Diablo Blvd. (2)	
DUI Misdemeanor	
1000 Block Carol Ln.	
Hit And Run Misdemeanor	
500 Block Silverado Dr. (2)	
3600 Block Mt. Diablo Blvd. (3)	
3300 Block Springhill Rd.	
3300 Block Helen Ln.	
1200 Block Pleasant Hill Rd.	
Mt. Diablo Blvd./Pleasant Hill Rd.	
3500 Block Mt. Diablo Blvd. (2)	
Golden Gate Way/Mt. Diablo Blvd.	
No House Number	
Police Department	
Golden Gate Way/1St St.	

800 Block Solana Dr.	
3100 Block Somerset Dr.	
600 Block Los Palos Dr.	
3200 Block Glenside Dr.	
Reckless Driving	
St Marys Rd./Rohrer Dr.	
3300 Block Moraga Blvd.	
Eb Sr 24 At Pleasant Hill Rd.	
Mt. Diablo Blvd./1St St.	
Taylor Blvd./Pleasant Hill Rd.	
Moraga Rd./Old Jonas Hill Rd.	
Glorietta Blvd./Acalanes Rd.	
1St St./Eb Sr 24	
School St./Moraga Rd.	
Pleasant Hill Rd./Olympic Blvd.	
Moraga Rd./Brook St.	
Vehicle Theft	
3400 Block Monroe Ave.	
Other criminal activity	
Commercial Burglary	
3600 Block Mt. Diablo Blvd.	
Counterfeit	
3500 Block Mt. Diablo Blvd.	
Fraud Credit Card	
Police Department	
Fraud False Pretenses	
1800 Block Ivanhoe Av	
Grand Theft	
1000 Block Upper Happy Valley Rd.	
Identity Theft	
Police Department	
Petty Theft	
10 Block W Arbor Way	
3500 Block Mt. Diablo Blvd. (2)	
3300 Block Mt. Diablo Blvd.	
Petty Theft From Vehicle	
3700 Block Mosswood Dr.	
10 Block Fallen Leaf Ct	
10 Block W Arbor Way	
Shoplift	
3600 Block Mt. Diablo Blvd. (4)	
3500 Block Mt. Diablo Blvd. (6)	
Threats	
3400 Block Mt. Diablo Blvd.	
Warrant Arrest	
Police Department	
Nuisance to the Community	
Disturbance-Domestic	
100 Block Lafayette Cr.	
1000 Block 2Nd St.	
Disturbance-Fight	
Eb Sr 24 At Acalanes Rd.	
Drunk In Public	
3600 Block Mt. Diablo Blvd.	
Intoxicated Subject	
Mt. Diablo Blvd./Moraga Rd.	
Loitering	
3600 Block Mt. Diablo Blvd.	
Loud Music	
1100 Block Glen Rd.	
1200 Block Monticello Rd. (2)	
Brook St./Moraga Rd.	
3400 Block Mt. Diablo Blvd.	
3500 Block E View Dr. (2)	
Loud Noise	
3300 Block Mt. Diablo Blvd.	
50 Block Lafayette Cr.	
20 Block Shreve Ln. (2)	
1000 Block Vista Bella	
Loud Party	
Mcgraw Ln./Reliez Valley Rd.	
3500 Block S Silver Springs Rd.	
Ruth Ct/El Curtola Blvd.	
3400 Block School St.	
3400 Block Mt. Diablo Blvd.	
Public Nuisance	
3600 Block Mt. Diablo Blvd.	

3400 Block Solana Ct	
3500 Block Mt. Diablo Blvd. (3)	
4000 Block Happy Valley Rd.	
900 Block El Nido Ranch Rd.	
Vandalism	
1200 Block Pleasant Hill Rd.	
1300 Block Reliez Valley Rd.	
3700 Block Mt. Diablo Blvd.	
3200 Block Fairholm Ct.	
3400 Block Mt. Diablo Blvd.	
500 Block Merriewood Dr.	
Other	
Animal Cruelty	
3500 Block Mt. Diablo Blvd.	
Death - Suicide	
Olympic Blvd./Reliez Station Rd.	
H&S Violation	
900 Block S Thompson Rd.	
Harassment	
900 Block Moraga Rd.	
Public Assembly Check	
500 Block Merriewood	
1000 Block Upper Happy Valley Rd	
School Assembly Check	
3800 Block Happy Valley Rd. (2)	
1200 Block Pleasant Hill Rd. (2)	
3400 Block School St.	
1000 Block Upper Happy Valley Rd	
Trespass	
Springhill Rd./Pleasant Hill Rd.	
3600 Block Mt. Diablo Blvd.	
Trespass W/ Vehicle	
900 Block Moraga Rd.	
Unwanted Guest	
3600 Block Mt. Diablo Blvd.	
3300 Block Mt. Diablo Blvd.	
Violation Custody Order	
3300 Block Las Huertas Rd.	

Moraga Police Department Incident Summary Report June 4 - June 17



Alarms	22
911 Calls (includes hang-ups)	12
Traffic	54
Suspicious Circumstances	5
Suspicious Subject	4
Suspicious Vehicle	7
Service to Citizen	43
Patrol Req./Security Check	34
Supplemental Report	13
Vacation House Check	1
Welfare Check	2

Vehicle violations

Auto Burglary	
24 Hour Fitness	
DUI Misdemeanor	
Seven Eleven	
Moraga Rd./Buckingham Dr.	
Moraga Rd./Sky High	
Excessive Speed	
Moraga Rd./Donald Dr.	
20 Block Greenfield Dr.	
Moraga Rd./Alta Mesa Dr.	
Moraga Rd./St. Marys Rd.	
St. Marys Rd./ Entrance to College	
Moraga Rd./Corliss Dr.	
St. Marys Rd./Carter Dr.	
St. Andrews Dr./Country Club Dr.	
Ascot Dr./Moraga Rd.	

Rheem Blvd./Stewart Ct.	
Reckless Driving	
Miramonte High School	
Moraga Rd./Rheem Blvd.	
Moraga Way/St. Andrews Dr.	
Nations	
Tc - Property Damage	
Canyon Rd./Sanders Dr.	
Traffic Hazard	
Rheem Blvd./Glorietta Blvd.	
Moraga Commons Park	
St. Marys Rd./Bollinger Canyon Rd.	
Valle Vista Staging Area	
Moraga Rd./Ascot Dr.	
Other criminal activity	
Burglary	
300 Block Rheem Blvd.	
24 Hour Fitness	
Identity Theft	
Police Department	
Panhandling	
Safeway	
Shoplift	
400 Block Center St.	
Nuisance to the Community	
Harassment	
1800 Block Ascot Dr.	
Public Assembly Check	
Rheem Valley Shopping Center (4)	
Vandalism	
Police Department	
Other	
Accident Property	
Campolindo High School	
Disturbance-Domestic	
600 Block Moraga Rd.	
Disturbing The Peace	
Draeger Dr./Moraga Rd.	
Failure To Obey	
Campolindo High School	
Ordinance Violation	
300 Block Rheem Blvd.	
1800 Block Joseph Dr.	
Violation Dom. Viol. Order	
Police Department	



Orinda Police Department Incident Summary Report June 2 - June 15

Alarms	46
911 Calls (includes hang-ups)	14
Traffic	52
Suspicious Circumstances	8
Suspicious Subject	5
Suspicious Vehicle	14
Service to Citizen	72
Patrol Req./Security Check	7
Vacation House Check	6
Supplemental Report	17
Welfare Check	5

Vehicle violations

Accident Injury	
100 Block Camino Pablo	
Rheem Blvd./Glorietta Blvd.	

Auto Burglary	
500 Block Tahos Rd.	
Orinda Theater	
30 Block Wilder Rd.	
DUI Misdemeanor	
Glorietta Blvd./Casa Vieja	
Camino Pablo/Wb Sr 24	
Hit And Run Misdemeanor	
Glorietta Blvd./Rheem Blvd.	
Wells Fargo	
Petty Theft From Vehicle	
10 Block De Soto Ct.	
Reckless Driving	
Moraga Way/Glorietta Blvd.	
Beverages And More	
Theatre Square	
30 Block Valley View Dr.	
Don Gabriel Way/El Camino Moraga	
El Camino Moraga/Donna Maria Way	
Vehicle Theft	
Safeway	
100 Block La Espiral	
80 Block Davis Rd.	
Other criminal activity	
Grand Theft From Vehicle	
10 Block Corte Sombrita	
Panhandling	
Santa Maria Way/Orinda Way	
10 Block Orinda Way	
Petty Theft	
Orinda Way/Santa Maria Way	
10 Block Altarinda Rd.	
Shoplift	
Police Department	
Terrorist Threats	
Beverages And More	
Warrant Arrest	
Chevron	
Shell/Santa Maria	
Nuisance to the Community	
Loud Music	
10 Block La Campana Rd.	
Moraga Valley Swim And Tennis	
Loud Noise	
10 Block Bobolink Rd.	
Beverages And More	
Loud Party	
90 Block Evergreen Dr.	
Public Nuisance	
10 Block Orinda View Rd.	
10 Block Evans Pl.	
Other	
Accident Property	
100 Block Las Vegas Rd.	
St. Stephens Dr./Eb Sr 24	
Animal Cruelty	
Bear Creek Rd./San Pablo Dam Rd.	
Loitering	
10 Block Orinda Way	
Public Assembly Check	
CVS (4)	
Beverages And More	
10 Block Camino Sobrante	
20 Block Orinda Way	
Ordinance Violation	
Dalewood Terrace/Dalewood Pl. (3)	
80 Block Mossbridge Ln.	
20 Block Orinda Way	
School Assembly Check	
Miramonte High School (2)	
Trespass	
10 Block Quarry Hill Rd.	
10 Block Broadview Terrace	

Bauer-Kahan not in step with Lamorinda on housing bills



Photo provided

District 16 Assemblywoman Rebecca Bauer-Kahan

By Nick Marnell

When asked about her stance on local government control over housing by this newspaper in October, District 16 Assemblywoman Rebecca Bauer-Kahan, D-Orinda, who

went on to defeat incumbent Catharine Baker in the general election, spoke unequivocally. “We cannot take local control away from the cities and counties that know best how to tackle our housing crisis, while not overburdening our schools, emergency services, roads and other infrastructure,” Bauer-Kahan said.

Yet, on two high profile assembly bills that featured state control over local housing, Bauer-Kahan did not vote against them. In fact, she did not vote at all.

Assembly Bill 1482, which passed May 29, caps rent increases at 7% a year, plus the rate of inflation, with some exceptions. In the November general election, Contra Costa County voters rejected Proposition 10, which called for expanded rent control, with 67% against. In Lamorinda, the votes tallied more than 2-to-1 against.

“We know that rent con-

trol does not work,” Lafayette Mayor Mike Anderson said at a January city council meeting, stressing that rent control only results in higher rents. In a 2019 position statement on housing recommendations, the Contra Costa Public Managers’ Association did not endorse rent control.

None of the above facts or positions convinced Bauer-Kahan, whose district includes Lamorinda, to vote against AB 1482.

The assemblywoman said the problem she had voting on 1482 was that it was the first floor vote she encountered in her six months in Sacramento that came down with amendments at the last minute. “I didn’t have a chance to review it and I didn’t know how it would affect our voters, so I was uncomfortable voting on it,” Bauer-Kahan said.

AB 1487, also passed in May, would place before vot-

ers a regional housing authority that would increase affordable housing in the Bay Area by raising revenue and distributing the funds subject to voter approved requirements.

“We support utilizing each county’s existing housing authority ... to serve as the governance structure that administers new affordable housing funds and monitor housing production rather than establishing yet another agency to take on that role,” was the position stated by the Contra Costa Public Managers’ Association, which Moraga Town Manger Cynthia Battenberg said reflected the town’s position.

In a May 13 letter to the state assembly members, Orinda Mayor Inga Miller asked that they vote no on the bill. “The framework proposed by AB 1487 not only will be costly to cities, counties and the State of California

but also is unnecessary since existing housing authorities can already perform the tasks called for in AB 1487,” Miller wrote.

“We discussed it at the Mayors’ Conference in Lafayette and it was pretty clear that the cities that I represent opposed it,” Bauer-Kahan said of AB 1487. Yet again, she did not vote against the bill. The freshman assemblywoman said that parts of the bill are still in good faith negotiation, and even though the bill “was not in a place where I could offer support, I agreed to not oppose it.

“If we don’t get the amendments we are looking to get, I will without hesitation oppose it when it’s returned to the assembly,” Bauer-Kahan said, referring to the makeup of the proposed agency and the amount of funds returned to source.

Both bills have moved on to the State Senate.

Reminder to drivers: yield the right-of-way to emergency vehicles

By Vera Kochan

Code 3 may not mean much to the average driver, but to emergency responders, it’s a term commonly used to mean “proceed immediately with lights and siren.”

During the recent Memorial Day weekend police chase of three Moraga Arco robbery suspects, two civilian vehicles in Lafayette did not pull to the right while Lafayette Police were in pursuit, but rather blocked the road by coming to a complete stop where they were. Moraga Police Det. Kevin Mooney said if LPD had not been able to make strategic vehicle maneuvers to continue the pursuit, the suspects would have gotten away.

Mooney reminds drivers, “Move out of the way when lights are flashing. Get to the side of the road.”

The Department of Motor Vehicles handbook has a sec-

tion entitled “Sharing the Road” with a category involving emergency vehicles. Anyone who has a driver’s license should not be surprised that “you must yield the right-of-way to any police vehicle, fire engine, ambulance or other emergency vehicle using a siren and red lights. Drive to the right edge of the road and stop until the emergency vehicle(s) have passed.” DMV makes note to never stop in an intersection, however. If you are in an intersection when you see an emergency vehicle, you should continue through and get to the right as soon as it is safe and stop. “Emergency vehicles often use the wrong side of the street to continue on their way,” the handbook states. “They sometimes use a loudspeaker to talk to drivers blocking their path.”

Moraga Police Chief Jon King confirms that time and again some drivers are not

following handbook protocol. Ironically, some drivers are so attuned to the rules of the road that they do not obey directions given by emergency responders if those directions conflict with existing laws, signs or signals. Also, following an emergency vehicle to the scene of a response for the purposes of casual observation could get you arrested for interfering with those services. Riding within 300 feet of an emergency vehicle’s coattails, as a means of cutting through traffic, is also against the law.

Moraga-Orinda Fire District Battalion Chief Matt Nichols said, “I understand that a lot of times people don’t hear the sirens, because their radio is too loud or they’re talking on the phone, but if you see two or three cars ahead of you pulling over look in your mirrors to see if an emergency vehicle is ap-

proaching. Cars in front or behind you may hear the sirens louder because of the Doppler effect.” This depends on the proximity between you and the emergency vehicle.

MOFD Capt. Jacob Airola stated, “As emergency vehicles approach, use your blinkers to indicate which direction you are heading. This helps us determine which way you’re going to go.”

First responders risk their lives to protect the public. Sadly, many have died or have been injured in the line of duty while working during roadside emergencies. In 2000, the U.S. Department of Transportation and Federal Highway Administration originated move over laws. These laws require drivers to give a one lane buffer to stopped emergency vehicles. For example, while driving in the right lane if the driver sees a stopped emergency vehicle

that driver is required to move one lane over to the left to give enough buffer space, thereby avoiding a potential accident. If moving over one lane is not possible, the driver should slow down to a safe speed. “If drivers don’t give us enough space we can close down an additional lane,” Airola said. This would create more congestion, especially on freeways.

Airola also cautions drivers not to rubberneck when passing the scene of an accident. “This momentary distraction by drivers can and often does cause a secondary accident,” he said. “We are aware that our presence impacts your driving situation and do our best to get things done as quickly as possible. In order to do that we would appreciate your cooperation.”

Letters to the editor

Electric power shutdowns

There has been broad reaction to the recent PG&E electric power shutdowns in Lafayette ... three in a row, June 10, 11 and 12 for a total of 18 hours! Feelings by residents and our elected officials including my own range from surprise, intimidation, inconvenience, helplessness, and disappointment, to anger and hostility. Given the circumstances and potential dangers caused by the shutdowns, all of those feelings among us are understandable. I personally heard all of those feelings expressed.

For perspective, consider the following:

1. There was no advance notice given to the citizens of Lafayette, not even to Engine Company 17 on St. Mary’s Road. I was there and spoke to the firemen themselves.
2. The Fire Chief who oversees E-17 and others, recently had attended a meeting at PG&E that concerned the criteria by which PG&E makes decisions to initiate power shutdowns. Amazingly, I was told by the fire personnel that their Chief was not given what those specific criteria were when he asked for them! Why not?
3. Two or the three outages lasted well into darkness, one past midnight. Some residents had flashlights, candles (fire hazard), or a kerosene lamp to navigate their residence but some did not. How many falls happened and how many seniors were

injured?

4. Some traffic signals in Lafayette were inoperative during the outages and no public safety personnel were at them to head off accidents.
5. Telephone land line service was unavailable for 911 calls nor any other. Were there any emergencies during those blackouts?
6. What about seniors and others whose oxygen or other medical needs were interrupted or killed?
7. Loss of electric power equals to loss of refrigeration and food spoilage. All things considered; two questions are worth asking. First, are electric power outages appropriately weighed against to the risks associated by having them? And, since above ground electric delivery is very dangerous to life, property and the environment, why doesn’t PG&E bury them everywhere they operate? Buried electric wiring works in many countries and in many communities in all 50 states. Why not ours?

Maybe after we complete that bullet train.

John A. Sallay
Retired Lafayette resident

BART parking reductions in the name of art

In the 46 years I have lived in Lafayette there have been times I have failed to understand some of the decisions made by the City Council. The latest one to remove 19 spaces

at the BART station takes the cake.

In a city which is parking challenged the last thing needed is the removal of parking spaces, even more importantly as they provide spaces for people who are taking public transportation. To encourage residents to ride bicycles or walk to the BART station is all well and good but what about residents who are unable to ride or walk there due to physical challenges or the distant they live from the station? Over the years, as the downtown area of Lafayette has seen so much growth, no consideration has been given to providing any form of regular, reliable public transportation to help the residents in outlying neighborhoods of the City to enable them to get to the BART station or to give them access to downtown without adding to the nightmare of traffic and parking which has become part of the Lafayette scene.

Surely there can be some kind of planning and a vision of how a city can grow, keep it’s semi-rural character and make sure it can continue to remain the special place Lafayette has always been.

Ann Burns
Lafayette

What more can I do?

Living in a time of great peril, as reported by the recent United Nation’s Report on Cli-

mate Change, we continue, day after day, enjoying our marvelous quality of life in Lamorinda. However, the threatening dilemma surrounds us - either significantly alter our lifestyle now, or accept a radically altered quality of life in the years ahead. In daily conversation, we shrug our shoulders saying, *‘what more can I do? I’m already recycling, driving a hybrid car and doing sustainable practices.’*

Well, how about checking in with your children and grandchildren. Are they okay with living in a radically altered world with higher summer temperatures, more fires and storms? Or, would they prefer to make the challenging changes now?

Yes, government and the multi national corporations must shift, if we are to meet our climate goals. But, individual families, and communities acting together, can make additional changes now to ensure reasonable quality of life for our future generations. Yes, we can!

Here’s one option: Reduce or eliminate the consumption of red meat. *How?* Raise and process meat rabbits in your backyard.

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Replacing red meat with rabbit also reduces global warming, because cattle produce three types of gas that are toxic to our environment.

So, improve your family’s health, and cast off your dependency on the red meat industry. I stopped buying red meat 50 years ago, when I started raising rabbits. And, when you’re enjoying a dinner out, find rabbit on the menu at Postino’s, Réve and others.

But, you can’t raise and process rabbits in your backyard in Lafayette. *Wrong!*

Current Municipal Code for Lafayette (Title 6, Part 2, 6.591) and Moraga (Title 8, Chapter 8.92) permit raising and processing Small Farm Animals, including rabbits.

Visit website: *Living Sustainably with Papa John* to learn more about the surprising health benefits of including rabbit as part of your diet, while reducing pollution.

Rabbit: a gift to your family / an opportunity to help heal the planet!

P.S - if you are willing, watch a 16-year-old present ‘The disarming case to act right now on climate change’ (11 min).
<https://youtu.be/H2QxFM9y0tY>

Papa John Kiefer
Lafayette

Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer’s name and city/town of residence -- we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters must be factually accurate and be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. Visit www.lamorindaweekly.com for submission guidelines. Email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Grand jury comes down on ConFire over fire inspections and record keeping

... continued from Page A8

Seven current inspectors conduct 8,000 state-mandated inspections each year, exceeding the 900 annual inspections each code officer can average, the report said.

The grand jury urged

ConFire to replace its time-consuming data recording system with a mobile digital system, allowing code officers to enter inspection data directly into an electronic device on site rather than having to input the data later at the district office. The report

also recommended that the district periodically conduct audits of its record management system, publish a quarterly report on the status of fire inspections and make the information readily available to the public through a web-based program.

Neither Fire Chief Lewis Broschard nor his board of directors commented on the grand jury report at the June 11 district meeting. “By law, we have 90 days to prepare and submit a response, which we will do,” ConFire spokesman Steve Hill said. “I

expect this response may be addressed at either the July or August fire board meeting and will likely be posted on the grand jury website, along with other such responses, some time thereafter.”



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Family-friendly activities planned for Fourth of July

... continued from Page A1

The festive day of family-oriented activities begins in front of the Community Center at 7:30 a.m. with a pancake breakfast, served by the Lamorinda Sunrise Rotary Club, followed by the Flag Raising Ceremony conducted by Veterans of Foreign Wars Post #8063.

Folks looking for a way to burn off breakfast can participate in the Run for A Reason, which raises funds to support the Sudden Unexpected Death in Childhood Foundation, whose mission is to promote awareness, advocate for research and support those affected by sudden unexpected death in childhood. The run begins at 8 a.m. at the Community Center and

participants can either do a two-mile walk, which is paved and stroller/dog friendly, or a five-mile run which continues on from the 2-mile walk onto East Bay Municipal Utility District trails, usually only accessible by permit.

Rather not run? Grab a book and relax. The Friends of the Orinda Library will be holding a book sale, which opens at 9 a.m. Play an instrument? You can join the fun and be part of the parade by playing in the all-volunteer Community Marching "Pick-up" Band being organized through Lamorinda Music – call (925) 385-0963 for details. The OA also has new Fourth of July T-shirts and caps for sale at their office, located at 26

Orinda Way. Shirts and hats will also be available along the parade route and later at Orinda Community Park.

Following the parade, the celebrations will continue at the park. There will be activities for children, including a jump house with slide, balloon twisters, face painting, a petting zoo and games at several booths run by local nonprofit groups. Music will be provided by Three Day Weekend and for refreshments there will be food booths, including Loard's ice cream, water and soft drinks, and domestic and Czech beers.

More Fourth of July activities are planned in Moraga as well (see story on page A5).

Info: Presented by The Orinda Association, the Orinda Fourth of July Parade and associated events are free and open to everyone. Complete details are available online at www.OrindaParade.com

Seniors can reserve bleacher seating by calling (925) 254-0800 or emailing oa@OrindaAssociation.org

Details and registration for Run for a Reason is at <https://racerooster.com/events/2019/21862/4th-of-july-run-for-reason>

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~ Life in LAMORINDA ~

Working toward recovery



Photo provided

Psychologist and author Ann Schiebert at a book signing event.

By Diane Claytor

Not many parents would say that watching the arrest of their 17-year-old son was the “best thing that could have happened.” But that’s exactly what Lafayette’s Ann Schiebert recently said, more than 30 years after that drug-related arrest and 11 years after that same son, Michael, died of a methadone overdose.

Of course, those years brought confusion, self-doubt and more heartbreak than any parent should ever have to endure. But because of her son’s addiction and many years of pain, Schiebert dramatically changed her life; she became a highly respected psychologist, working in the mental health clinic of a major national HMO. She treats patients dealing with trauma and chemical dependency and serves as a psychiatric crisis specialist. She also has a private practice specializing in codependency issues. Schiebert’s expertise in this area has also led her to author several well-received books, host a radio talk show and occasionally hit the speaker circuit.

Raised in the East Bay and a graduate of both Head Royce and Holy Names College, Schiebert married, moved to Orinda, became a top producing realtor in the Lamorinda community, had three children and seemed to be living the suburban dream. Then came a divorce and the discovery that Michael was doing drugs. “When Michael started banging on the car with a hammer and threatening to kill me and my daughter,” Schiebert sadly recalls, “I knew I had to do something.” The police were called and Michael was arrested. “He spent his 18th birthday in ju-

venile hall. I took him a Big Mac to celebrate,” Schiebert remembers.

“I had no idea what to do,” Schiebert admits. On a court order, Michael entered a residential care treatment facility for teenagers in Oakland and Schiebert attended every family meeting and read every book she could find on the subject of addiction. “I knew things had to change, so I became a really good student, learning everything I could on this topic,” she reports. She even took a job at the treatment facility because “I needed to learn more about this disease and what Michael was going through.”

Michael came home after 30 days with a contract that stated any relapse would result in his being forced to leave the house. He relapsed and Schiebert followed through. “It was the hardest thing I have ever done in my entire life,” she says. “But he knew in advance the consequences of making that choice. What often looks like cruelty – kicking out, forcing into rehab – is often the most loving thing a parent can do for someone who’s addicted,” Schiebert adds.

Eventually Michael got clean and sober, found employment, married and started a family. But then, unfortunately, he had an accident, got hooked on opioids and one morning “just stopped breathing.”

“As devastated and shocked as I was,” Schiebert says, “I can’t say I was all that surprised because his addiction was so pervasive. There’s nothing we can do for people who don’t want to change, as heartbreaking as that is.”

Over those years, Schiebert felt compelled to make drastic changes in her life. She enrolled at JFK University and, while still work-

ing as a real estate agent, earned her doctor of psychology degree. She got a job working with addicted teens and quickly came to understand that parents often don’t tell their children exactly what is expected of them or discuss family values or what consequences there may be for disrespecting these values or the house rules. Parents often expect their teens to “simply know” without any real conversation.

From this realization, Schiebert created a contract that covers a family’s values and expectations, as well as the consequences for ignoring them. “This way,” she explains, “the teen knows, in advance, what is expected and what the repercussions are. Then there’s really no argument because everyone knows what to expect when choices are made.” She tried these contracts out in her practice and it proved to be a very successful program. “I call it PEP-C – preemptive parenting by contract,” Schiebert says. “And it works!”

So she took it a step further and wrote the first in her successful “Let’s Make a Contract” series of books, “Getting Your Teen Through High School and Beyond.”

Schiebert refers to these contracts as “kind and loving.” And it’s not just the kids who are to blame if things go wrong. There are also consequences for the parents if they don’t respect the family’s values, which, according to Schiebert, the teens definitely appreciate.

Writing from an experiential perspective, Schiebert’s other “Let’s Make a Contract” books include “Getting Your Teen Through Substance Abuse” and, her newest one, “Getting Your Teen Past the Opioid Epidemic.” (Schiebert’s fourth book in the series addresses an issue everyone experiences at one time or another: “Getting Through Unhappy Romantic Relationships.”)

To order any of Schiebert’s “Let’s Make a Contract” books, go to drannschiebert.com.

CAPA dance performance nets sizable donation to Children’s Health Guild

By Vera Kochan

California Academy of Performing Arts in Moraga held its annual June Showcase at Campolindo’s Performing Arts Center between June 10-15, with proceeds from their lobby sales of bottled water and flowers during six performances benefiting Children’s Health Guild.

CAPA was founded in 1981 by Joan Borchers and Ronn Guidi, who at that time was the artistic director with the Oakland Ballet. Guidi eventually bowed out and let Borchers continue their dream of bringing quality dance instruction to the suburbs of Moraga. CAPA’s General Manager and Borchers’ daughter, A.J. Brown, became involved with the dance studio nine years ago.

Her 10-year-old daughter,

Finley, who is a student, was stricken with kidney cancer four years ago, but is happily in remission. Brown became associated with the Children’s Health Guild when her daughter was battling cancer. She decided to reciprocate the support her family received by donating the lobby sales to CHG, whose function is to raise funds for George Mark Children’s House and UCSF Benioff Children’s Hospital Oakland. Concessions volunteer Liz Ludwig, whose 10-year-old daughter Violet danced in the show, said that the final tally from lobby sales came to \$5,545.

CHG is comprised of approximately 50 women in the Lamorinda area whose organization has raised \$2 million in financial support for GMCH and UBCHO.

... continued on Page B2

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Orinda students learn a bit of local lore on history tour



Photo Kay Norman

Mrs. Leighty's third-graders from Sleepy Hollow outside the California and Nevada Railroad station. The OHS tour guides this year included: Kay Norman, Linnéa Burnette, Laurie Smith, Kathy Barrett, Reg Barrett, and Teresa Long.

Submitted by Kathy Barrett

While driving along Orinda Way last month, people wondered about the gatherings of children outside Susan Leech's Orinda Village Antiques. Many locals don't know that this was the site of Orinda's first firehouse. Across from where the white bridge now stands, the White Swan, built in 1921, was the first building in what is now called the Orinda Village.

Every spring the Orinda Historical Society leads groups of third-grade students on walking history tours of the Village and Theater districts as part of their school curriculum. Before school finished up for the summer, children from Wagner Ranch and Sleepy Hollow elementary schools explored the history of Orinda.

The tour began in the Orinda Historical Society Museum, below the library. Stu-

dents viewed clay models of early structures such as the Moraga Adobe, and held a Spanish cannonball unearthed in the backyard of a local family. They visited the Eagle Scout display in the park documenting the site of the narrow gauge railroad trestle that carried the trains to the Bryant station, where Highway 24 now runs.

Standing on the 1920 white bridge, the youngsters were surprised to learn that

the post office and first library were housed in the little building attached to the firehouse – there were two shelves of books for locals to borrow. A siren on top of the building summoned the volunteer firemen.

Nearby, the first Orinda store was built in 1924 by Edward de Laveaga as part of a planned town site. This country store sold everything from bread and buckets, to candy and pharmacy supplies. Mr. Phair renovated the store in 1941 and sold high-end china and glassware and clothing until the store closed in the 1990s. A Native American village existed across the street where the Orinda Country Club's golf course is now located.

This step back in time allowed the children to ponder the transformation of a small way station on the California and Nevada Railroad to the city of today. Standing in front of Orinda Motors, the students looked at photographs of Miss Graham's Riding Academy, and learned that the Safeway parking lot was once a field with corrals and rodeos. The hills all around were mostly covered with grass, because the Native Americans periodically burned the area to promote the bunch grasses which they collected for food, and which attracted game and Tule Elk.

After a snack break, the third graders walked to the crossroads to visit the commemorative boulder near the site where Pony Express riders occasionally came through

Orinda. From 1860 to 1861, relays of brave horsemen rode 70-mile stretches from St. Louis to San Francisco, through wild country to deliver the mail and money (see story Page B5). Many riders were killed by robbers and hostile tribes, therefore orphans who were expert riders and handy with a gun were the preferred job applicants.

The Orinda Theatre, built in 1941, was a welcomed next stop, as students learned about the "crying room" and the community's efforts to save the beautiful old theatre from the wrecking ball. The tour ends at the California and Nevada Railroad station adjacent to the freeway entrance at Bryant Road. The de Laveaga family donated the historic structure, originally located at Miner Road, to the city. Students observed the antique furnishings, train schedules, and historic photographs of a bygone era.

If you are interested in Orinda's historical sites, visit the beautiful mural along the wall of the restrooms near the entrance to the Community Park. The OHS Museum is open to the public Wednesdays from 2 to 4 p.m. and by appointment at (925) 254-1353. The Orinda Historical Society, located at 26 Orinda Way underneath the Orinda Library, meets on the fourth Tuesday of the month at 4 p.m. and is recruiting board members. Students are invited to use the museum for their history projects.

Lafayette Rotary helps New Day for Children



Photo provided

From left: Mary Lou Till, Diane De Lany, Sharon Wood, Matt Pease, Nancy Hopps and Peg Jackson.

Submitted by Matt Pease

The Rotary Club of Lafayette announced it has donated over \$114,300 to New Day for Children (www.newdayforchildren.com/) as a result of fundraising by the club throughout the fiscal year. "We are delighted to have partnered with New Day for Children and enable this important organization to assist young girls in escaping from sexual slavery," said Matt Pease, president of The Rotary Club of Lafayette. The club raised money through a golf tournament that was held in October and its Swing to Freedom Gala that was held on March 23 at the Oakwood Athletic Club.

New Day for Children is a faith based nonprofit that helps young girls escape from sexual slavery. They raise funds to provide educational, emotional, and physical support for girls in Northern California and from throughout the United States. "The Rotary Club of Lafayette, and the Lamorinda Community (have) been very generous and sup-

portive of making a difference in the lives of these girls who have been abused and we are very grateful for this generous support," said Sharon Wood, director of New Day for Children. The gala itself raised over \$100,00 for New Day and was made possible by the support of not only the Rotary Club of Lafayette, but generous support from Oakwood Athletic Club, Republic Services Corporation, AB Construction, Davidon Homes, and J. Rockcliff Relators.

"We had great support from individuals, families and companies in the Lamorinda area and we are delighted with their support," said Nancy Hopps and Diane DeLany, co-chairs of the Rotary Gala Committee.

The Rotary Club of Lafayette is part of Rotary International and is made up of community leaders who meet weekly, each Thursday, at 12:15 p.m. at Oakwood Athletic Club at 4000 Mt. Diablo Blvd. in Lafayette and guests are welcome to join the club for lunch. Questions about The Rotary Club of Lafayette can be addressed to info@rotarylafayette.org.

CAPA dance performance nets sizable donation to Children's Health Guild



Photo Vera Kochan

CAPA dancers surround Children's Health Guild past president Michelle Berolzheimer (left), CHG Beneficiary Chair Andrea Brown (middle) and CAPA's General Manager A.J. Brown (right).

... continued from Page B1

Representatives for CHG, past president Michelle Berolzheimer and Beneficiary Chair Andrea Brown (no relation), were on hand to accept the check. Andrea Brown stated, "One hundred percent of proceeds go to GMCH and UBCHO to support all expenses that every child will receive at every level of care that they need."

This year's CAPA June Showcase had dance performances worthy of a Broadway musical. The two-hour show demonstrated spectacular choreography using ballet, contemporary, tap and folk styles ("Fiddler on the Roof"), to exhibit the students' amazing skills. Beautiful costumes for each dance number elicited expressions of approval from the audience as the dancers stepped onto the stage for each number.

Beginning with a roster of 110 students, CAPA has grown to count over 400 dancers, between the ages of 3 and 18 years, currently under their guidance. With a philosophy whose main goals include: "Teaching our art; teaching life skills through our art; and creating a safe

and nurturing environment for our students" they stress that "[t]he product is important, but the emphasis is on the process."

There are five boys enrolled at CAPA. Philip, who is 12 and a half, likes all forms of dance: "I've been dancing since I was 1." AJ Brown's son Cooper, age 7, is also a student. When asked how long he's been dancing, Cooper replied, "I think since 3."

While Brown is so proud of all of the students, she feels that the June shows are bittersweet. For several 18-year-old dancers this was their final performance. She explained, "It's emotional to see the 18-year-olds leave, because they've been with us since they were little."

Graduate Katie Clare has been with the program since she was 4 years old. "I just like to dance. I do it as a hobby and want to join a dance club in college." Clare heads to Boston's Northeastern University in the fall. Another graduate, Hillary Weaver, who has been dancing since she was 6, said, "I want to keep dance in my life." She will attend University of Colorado, Boulder.

Info: For more information about California Academy of Performing Arts visit www.capadance.net or call (925) 376-2454.

For more information about Children's Health Guild visit www.childrenshealthguild.org

Day Trippin' Calistoga Cool



Evening setting at Theorem Vineyards

Photo Fran Miller

By Fran Miller

It's natural to think of the Napa Valley as one place. But the 30 north to south miles that comprise this verdant valley feature distinct towns. There's Yountville with its chic tasting rooms, Rutherford with its concentration of cabernet producers, and St. Helena with its quaint downtown shopping district. And to the north, Calistoga encourages its guests to slow down a bit and unwind. The small town's official motto is "Relax, you're in Calistoga," a directive easily followed, thanks to its famous mud baths and gracious inns that promote a laid back vibe.

It was California's first millionaire, Sam Brannan, who in the late 1800s first envisioned the area as a healthful gathering spot for the rich and famous. Main Street featured resorts, inns, and hot springs catering to visitors from the big city. Remarkably,

the focus currently remains the same. Many of the original buildings along historic Lincoln Avenue continue to house popular inns and eateries, such as the centrally located Mount View Hotel & Spa and neighboring restaurant Veraison. Featuring intricate art deco interiors and an on-site spa where guests can indulge in blissfully relaxing CBD oil massages, Mount View also hides in its backyard a large pool, heated mineral whirlpool, and chaise lounge-filled patio. Enjoy complimentary wine tasting in the evening and delicious pastries and pour-over coffee each morning. Bonus: Mount View donates 50 percent of its profits to charitable organizations serving children and the environment.

A Mount View stay places you in the center of Calistoga – a town best explored on bike. Rent your high-end ride from Calistoga Bike Shop and tour the tree-shaded neighborhood streets or hit the open trail to-

ward varied Calistoga wineries. Schedule their Cool Wine Tour and Calistoga Bike Shop will book up to three tastings for you and your group as well as pick up any wine purchases you make, having them ready by 5 p.m. back at the bike shop. Or simply walk out the Mount View door to unique wine tasting venues such as LOLA (currently by appointment only, but soon to open to walk-ins), whose brick cottage and flower-bedecked patio serve as its whimsical tasting room. At LOLA, vintner Seth Cripe makes authentic, hand-crafted and affordable varietals that are favored by both aficionados and novices.

For high-end cabernets, venture beyond the town center and up Petrified Forest Road to Theorem (by appointment only), a spectacular property where Kisha and Jason Itkin have preserved and replanted their Diamond Mountain vineyard. Their flagship Voir Dire and Hawk's

Prey Diamond Mountain Estate cabernets are testaments to their vineyard's vitality. Enjoy these unbelievably tasty wines while surveying spectacular views of Mount St. Helena.

Back in town, tour Lincoln Avenue's many shops and art galleries – in particular check-out Yäger Galerie; artist Ira Yeager's colorful paintings are favored by many a Napa Valley vintner. For dinner, head

to Veraison where the cocktails are handcrafted, the wine selection is plentiful (natch), and the locally sourced bounty of wine country is represented in each delicious dish. Don't miss the seared artichoke and the avocado toast. Flanking the other side of Mount View Inn is Johnny's – featuring a vibrant bar scene. It's the perfect spot to watch the game with other fans, both locals and tourists.



Mount View Hotel pool

Photo provided



Info:
Mountviewhotel.com
VeraisonCalistoga.com
TheoremVineyards.com
Lolawines.com
Calistogabikeshop.com



Mount View Hotel

Photo provided

As Seen in Lamorinda

Submitted by Ann Burns



Seems even a horse needs to check out the latest in food in downtown Lafayette.

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Artists show their talent at LLC Bookmark Contest



Photo provided

Submitted by Kay Pekrul

The Friends of the Lafayette Library and Learning Center recognized the winners of the annual 2019 Bookmark Contest on April 25. The proud recipients of this honor are as follows: (back row, from left) Sofia Bartos – Stanley Middle School, Margaux Vuong – Burton Valley Elementary, Carrie Zhang-Stanley, Sela Sarbiewski – Happy Valley Elementary, Ava Curletto – Stanley, Madeline Barth – Stanley, K. Yasamura – The Saklan School; (front row) Delphine Fisher – Happy Valley, A.J. Jeffery – Happy Valley, Kevin Charo – Springhill, Jenna Kessler – Stanley, Mari Beltramo – Lafayette Elementary, absent is Brigid Hogan – St. Perpetua.

Each winner received a gift certificate for Bel & Bunn's Books, Friends Corner Book Shop, and a complimentary framing from Lafayette Fastframe.

Moraga Boy Scout Troop 212 Honors 10 New Eagle Scouts



10 new Eagle Scouts in Moraga Troop 212.

Photo provided

Submitted by Siv M. Ricketts

Moraga Boy Scout Troop 212 presented its 56th Eagle Court of Honor April 28 at Moraga Valley Presbyterian Church to recognize the achievements of 10 new Eagle Scouts: Brent Avenell, Jake Crumbaugh, Randall Gee, Chase Giglio, Grant Harper, Braden Maher, Pablo Nguyen, Conor O'Brien, Nolan Wilson and William Woolsey.

Each young man earned at least 21 merit badges and participated in an average of 40 camping trips, including annual wilderness camps and high adventure experiences such as kayaking in Oregon, 50-mile Sierra treks, a Canadian bike trek, and pack-rafting in Montana.

For their Eagle projects, involving on average 100 hours of planning, leadership and work, this group of Scouts focused on making the world a better place through sports, charities, arts and education, and patriotism.

Avenell collected gently used sporting and gym equipment for CityTeam in Oakland and refurbished a space to create a training room for them. Maher designed and built a flagpole for the Campolindo baseball field and a bat holder for the dugout,

while Harper designed and built a designated baseball scorekeeper table.

Crumbaugh planned, filmed and edited a documentary on Bay Area Crisis Center, a nonprofit that provides safe shelter for children in crisis, for use on their website and marketing materials. Woolsey oversaw the creation of 40 fleece blankets for Monument Crisis Center to distribute to children who have been victims of violence.

In regard to local and global education, Giglio designed and built new Senior Class Memory Boards for Campolindo High School; Nguyen collected, organized and shipped school supplies for children in the Dominican Republic; O'Brien designed and built an art cabinet for Mulberry Tree Preschool; and Gee organized an art supply drive for Drawbridge, a nonprofit organization that provides art programs for Bay Area kids.

Wilson interviewed United States Veterans and transcribed their accounts for the Library of Congress. Under the leadership of Scoutmaster John 'Otter' Drennan, Troop 212 is chartered by Moraga Valley Presbyterian Church. Since 1963, Troop 212 has awarded 431 Eagle Scouts with Scouting's highest honor.

Troop 234 Eagle Court of Honor



Photo Jim Babson

Submitted by Geoff Baxter

Moraga Boy Scout Troop 234, chartered by the St. Monica Men's Club, awarded the Eagle Scout Rank to five young men in a Court of Honor ceremony held June 1 at St. Monica Catholic Church.

To become an Eagle Scout, candidates must advance through the scouting ranks from the Scout to Life Rank. Candidates must earn a minimum of 21 merit badges, including 13 Eagle-required merit badges, in the areas of Leadership, Outdoor Skills and Community Service. Life Scouts must be active in the troop for six months, serve in a leadership position within the Troop and demonstrate Scout spirit. In addition, Life Scouts must plan, develop and provide leadership in the completion of an approved community service project.

All combined these five Eagle Scouts performed more than 720 community service hours, camped over 425 nights, hiked over 985 miles and earned more than 172 merit badges.

Campolindo senior Ethan Baxter, for his Eagle service project, constructed a new gravel path to the mailbox at Our Savior's Lutheran Church in Lafayette and installed a replacement mailbox in the style of the church.

Andrew Fenske, a junior at Cam-

polindo, removed an existing asphalt path and installed a new 80-foot gravel creekside path behind Our Savior's Lutheran Church in Lafayette for his Eagle service project.

Russell Kolm, a junior at Orinda Academy, rebuilt nine stations and updated the other eight stations of the 17-station Par Course Fitness Circuit along the Lafayette-Moraga Trail near Moraga Commons.

Campolindo senior Marco Nykodym sanded and stained a large deck at Campolindo High School, and planted drought-resistant plants around the exterior of the deck.

John Stepp, a junior at Campolindo, designed and built three planter beds, made from scrap lumber, for the Campolindo High School Garden.

In addition to these five Scouts, the troop recently presented the Eagle award to Phillip Ku, a senior at Campolindo, who was unable to attend the ceremony. Phil designed, built and installed a series of redwood and gravel steps up a steep incline at Beaconsfield Canyon for the Friends of Sausal Creek for his Eagle service project.

Troop 234 invites those interested in learning more about Scouts to contact the Scoutmaster, Jeff Price, at jeff-price33@comcast.net or go to <http://moragatrop234.org>.

New Troop 237 Eagle Scouts



Submitted by Monica Burnick

Troop 237 held a Court of Honor on Sunday, June 9 for the four most recent scouts to receive the rank of Ea-

gle: Harry Burnick, Daniel Lucas, Logan Krumholz, and Alec Garcia. Lucas graduated in June from Miramonte High School, and Burnick, Garcia and Krumholz are rising seniors at Miramonte.

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.

In Memory

Robert Clark

1938-2019



Robert (Bob) Clark passed away June 19, 2019 at the age of 80, in Walnut Creek, California.

Robert Joseph Clark was born in Chicago on Oct. 14, 1938 to Joseph and Evelyn (Schocker) Clark.

In 1963, he married the love of his life, Noreen Annette Byrne. They were partners in life and business for 54 years. They raised four children, first in Toronto and Chicago before moving to Moraga, California in 1975.

Bob and Noreen were longtime small business owners of Steven's Printing as well as parishioners of St. Monica Catholic Church.

Bob loved local theatre, playing cribbage, the White Sox and traveling around the world. His passion for the development and success of the Lesher Center for the Arts earned him a coveted Shellie Award, a lifetime achievement.

He is survived by his children Jeff, Steve (Ann), Nicole, Laura Clark Zuniga (Tony), six grandchildren and his brother, Richard Clark.

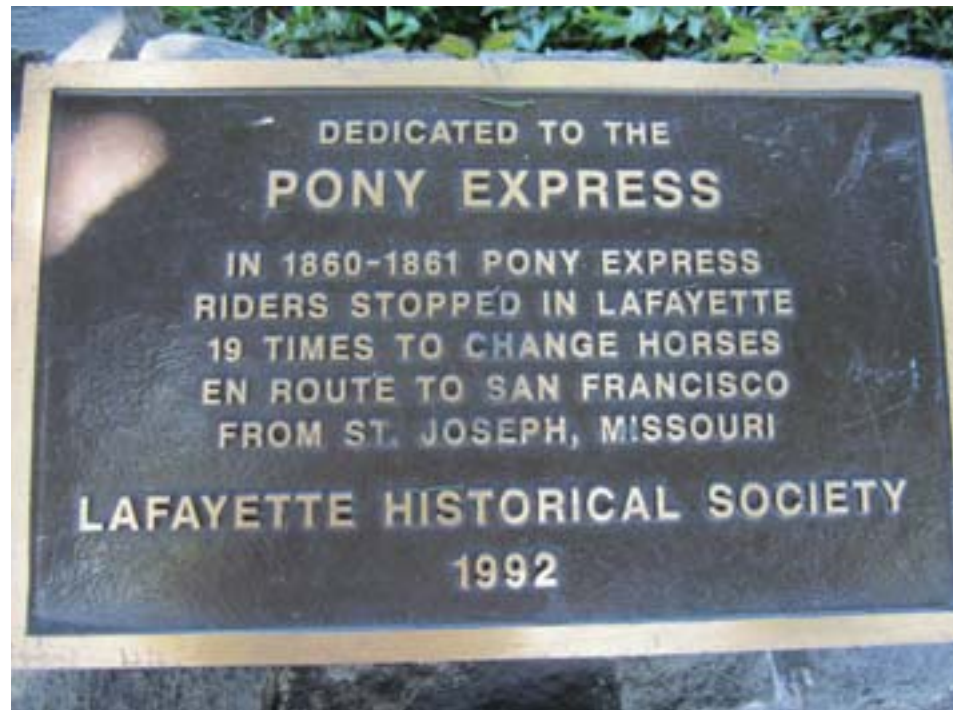
A celebration of life that includes a slice of Rocco's pizza and a glass of old vine zinfandel is being planned by and for his family.

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.

The Pony Express – a Lamorinda connection



Pony Express commemorative plaque in Orinda



Lafayette's commemorative plaque

Photos Vera Kochan

By Vera Kochan

For 18 months, between April 1860 through October 1861, the Pony Express delivered mail and newspapers between St. Joseph, Missouri, and Sacramento. What many are not aware of is the occasional Lamorinda leg of the journey.

At the time of its inception the Pony Express, originally called Leavenworth and Pike's Peak Express Company, covered more than 1,800 miles in 10 days and was considered the fastest form of mail delivery in its day. Initial rates were \$5 per half ounce, then \$2.50 and by July 1861 it was as low as \$1.

According to the National Park Service, the 1849 California Gold Rush most likely triggered the need for a quicker form of mail delivery due to the resulting population and commerce boom.

The Pony Express made eight weekly trips along the route beginning in St. Joseph and traveling through Kansas, Nebraska, Colorado, Wyoming, Utah, Nevada and arriving in Sacramento where the mail was sent via steamer down the Sacramento River to San Francisco. Eighty riders, paid an above average wage of \$100 per month, risked life and limb traversing east and west, with an additional 400 employees operating as station keepers, stock tenders

and route superintendents.

An allegedly famous ad for riders read, "Wanted: Young, skinny, wiry fellows not over eighteen. Must be expert riders, willing to risk death daily. Orphans preferred." Although, historian Joseph Nardone claimed that the "orphans" reference was a hoax, because no one has ever uncovered a copy of the ad in newspaper archives.

One 15-year-old rider who eventually became famous was William Cody, later known as Buffalo Bill. He, along with fellow employees, was required to sign an oath written by one of the founders, Alexander Majors. "I ___, do hereby swear, before the Great and Living God, that during my engagement, and while I am an employee of Russell, Majors and Waddell, I will, under no circumstances, use profane language, that I will drink no intoxicating liquors, that I will not quarrel or fight with any other employee of the firm, and that in every respect I will conduct myself honestly, be faithful to my duties, and so direct all my acts as to win the confidence of my employers, so help me God."

On June 16, 1860, 10 weeks after Pony Express operations began, Congress authorized a bill subsidizing the building of a transcontinental telegraph line to connect the Missouri River to the Pacific coast, thereby, ham-

mering the first nail into the company's coffin. In the meantime, the Pony Express continued business as usual.

October 26, 1861 saw San Francisco telegraphically connect with New York City, officially terminating the need for the Pony Express. However, it wasn't until November that the last letters completed their journey.

On the few instances that the intrepid riders arrived in Sacramento too late to hand over their delivery to the outbound steamers en route to San Francisco, they were obligated to continue their journey on horseback. This route required them to eventually ride from Martinez galloping west down the dirt road now known as Mt. Diablo Boulevard, crossing over what is currently Moraga Road to change horses just at the south/west corner of the intersection at a station called Lafayette House.

The route continued west through what we know as Orinda and up Fish Ranch Road. Heading along the streets of Claremont, Telegraph and Broadway, the journey ended at a wharf in Oakland (today's Jack London Square) where a ferry would be taken to San Francisco.

A commemorative plaque in Lafayette is located among the wisteria blooms at the southeast corner of Mt. Diablo Boulevard and Moraga Road. Cross Moraga Road

to the west where a large granite marker notes the location of Lafayette House. Orinda's commemorative plaque is located on the corner of Camino Pablo and Brookwood Road, just behind the fountain.

Given the treacherous weather conditions and

threat of Indian attacks, amazingly this detoured route was only necessary 20 times during Pony Express existence. As such, Lamorinda is forever included in the mystique and national history of great human endeavor.



Marker for Lafayette House station

Moraga actor-playwright's one-man show opens in SF June 23

Submitted by Jonathan White



Longtime Moonie and Moraga resident Michael Patrick Gaffney's original one-man show, "The Oldest Living Cater Waiter," offers up delicious insights into his complicated and hilarious careers as both a professional actor and a high-end waiter to the stars. Gaffney cooks up numerous characters from his past with just the right amount of sauciness, Shakespeare, and a soupçon of self-discovery.

Written and performed by Gaffney and directed by Ken Sonkin, "The Oldest Living Cater Waiter" runs from June 23 – July 9 at San Francisco's Gateway Theatre (215 Jackson St, San Francisco, CA 94111).

Twelve years in the making, Gaffney started writing about his experiences preparing exquisite meals and preparing numerous characters for the stage. "I don't know which is worse: an actor's nightmare or a waiter's? Not surprisingly, I have them both." He was encouraged to workshop the piece and over the last few years, "The Oldest Living Cater Waiter" has been further developed and performed at Berkeley Playhouse's Julia Morgan Theater and at ZBelow and won Best of Fringe at the 25th Annual San Francisco Fringe Festival.

From the moment he first donned his waiter tuxedo, Gaffney says, "It felt a little like a costume. It felt right." Once his catering career took off, he found he could support him-

self with a flexible schedule while maintaining "the life of an artist."

In addition to Gaffney and Sonkin, the creative team will include: Michael Palumbo, Benicia Martinez, Michael

Berg, Kevin Roland and Tom Orr.

Tickets range from \$20 - \$45 and can be purchased through the Box Office at (415) 255-8207 or online at www.42ndstmoon.org.



Photos provided

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

ART

Art Embraces Words 2-4 p.m. on Sunday, July 14, Lafayette Library and Learning Center, Arts & Science Room. Emerging writers will read excerpts from their works surrounded by visual artwork by local artists. In this way art literally “embraces” the spoken word. Accepting applications online for art and writing at lamorindaarts.org under Programs. Questions contact literary@lamorindaarts.org.

The June exhibit at the art gallery at the Orinda library will feature acrylic paintings by Carla Gelbaum, photography by Jennifer Dzendzel, ceramics by Andrea Ciak, and jewelry and watercolors by Dina Asna. The exhibit will run through June 30.

Valley Art Gallery presents “Around and About Mount Diablo,” a new juried exhibition, through June 29. A competi-

tion juried by Timothy Horn, nationally acclaimed painter of the California landscape, “Around and About Diablo” presents 36 choices of artistic interpretation of the beauty of the iconic Devil Mountain and the vibrancy of the surrounding area. In addition the Gallery has assembled nearly 300 new pieces representing the best of the best by East Bay artists on our unique sliding walls - with all works available for sale or rent. Also on hand is a wide-ranging juried selection of locally created fine crafts and jewelry. www.valleyartgallery.org; (925) 935-4311

Lamorinda Arts Alliance “A Warm Palette” June 3-27 at the Lindsay Dirckx Brown Gallery, 12501 Alcosta Blvd., San Ramon. Member artists dazzle with the warm colors of the season: yellows, oranges, reds and pinks. Other colors were always welcome, however; we were looking for the “warmest palette”.

MUSIC

Lafayette's Rock the Plaza series, now in its 14th season, takes place from 6:30 to 8:30 p.m. Friday nights in June at Lafayette's Plaza Park at the corner of Mt. Diablo Boulevard and Moraga Road. This summer, the special artist alley will open at 5:30 p.m. June 28: The Keep On Truckin' Band www.gigmasters.com Orinda Concerts in the Park, with food trucks, 6:30 to 8:30 p.m. on Tuesday evenings at the Community Center and Park: July 9, Flashback; July 16, Lamorinda Idol; July 23, Dirty Cello.

SonoMusette: Bastille Day Concert at The Freight & Salvage at 7 p.m. on July 14 at 2020 Addison Street, Berkeley. SonoMusette's renditions of timeless French classics provide a freshness and excitement that is contemporary, yet faithful to the spirit and tradition of the original versions. Tickets: \$18 ad-

vance/\$22 door. <https://www.thefreight.org/event/1813128-sonomusette-berkeley/>

Lafayette Rotary, Aegis Living of Moraga, and the Rossmoor Big Band will be producing the annual Tribute to the Troops at the Lafayette Reservoir Band Stand from 5 to 8:15 p.m. on July 13. This free concert honors our troops and the Blue Star and Gold Star Mothers who support our troops. Lamorinda residents are encouraged to attend and bring a picnic and enjoy music from the Rossmoor Big Band and Lafayette's very own native son David Martin and Rob Ross from David Martin's House Party. Seating will be provided but attendees can also bring a blanket to spread out on the grass and enjoy the concert.

Cantare Con Vivo presents My Lord, What a Morning, a 100-voice choir singing African-American spirituals

and gospel songs that are seldom performed today. Fundamental to the formation of essential American genres such as ragtime, jazz, blues and R&B. the history of this music is rooted in American slavery mixed with Christian indoctrination, leading to these insightful and emotionally powerful personal expressions of faith. 7:30 p.m. on Saturday, July 27 at the Lafayette-Orinda Presbyterian Church. Ticket price: \$20.00. www.cantareconvivo.org.

Moraga Commons Park Summer Concerts from 6:30 to 8:30 p.m. Thursday evenings in the summer. June 27 features the Beatles tribute band Beatles Flashback and July 4 will showcase the Rock & Soul band House Rockers. Join your neighbors for a relaxing free concert. 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 Moraga Park Foundation cook food with the Snack Bar opening at 6 p.m.

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THEATER

California Shakespeare Theater's “The Good Person of Szechwan” by Bertolt Brecht; translated by Wendy Arons; adapted by Tony Kushner July 3 - 21 at the Bruns Amphitheater, 100 California Shakespeare Theater Way, Orinda. Single tickets start at \$20, with discounts available for seniors, students, persons age 30 and under, and groups. For more information and show-times, visit www.calshakes.org.

LECTURE & LITERATURE

KPFA Radio 94.1 FM presents Richard Wolff: 'Save Capitalism? Why? We Can Do Better' from 7:30 to 9:30 p.m. on Wednesday, June 26 at First Congregational Church of Berkeley, 2345 Channing Way, Berkeley. Richard Wolff will speak on the topic, 'Save Capitalism? Why? We Can Do Better,' answer questions and sign books. Hosted by Sabrina Jacobs. Cost: \$15 advance, \$18 door. For more info see <http://www.brownpapertickets.com/event/4097650> or call (510) 967-4495.

Planned Giving: Tips & Techniques – For an Elegant and Efficient Charitable Legacy seminar at 9:30 a.m. on July 13 in the Brother Jerome West Hall at the Saint Mary's College campus. Thoughtful charitable planning is the hallmark of any true legacy. And charitable planning is especially elegant when designed to fit efficiently with your tax and estate planning goals. Through several common-sense examples, you will learn how your gifting strategies can stretch your generosity and leverage your legacy. The event is free, but we ask that you RSVP for planning purposes to cab35@stmarys-ca.edu or (925) 631-4168.

... continued on next Page

**Please submit:
Events:**

**calendar@
lamorinda
weekly.com**

Local Youth Arts contest concludes successful 6th year



Photo Tim Keohane (tkeohane@yahoo.com)

The winners, from left: Emily McDonald, Ezra Wornick, Cassidy Keely, Ella Thompson, Emma Uffelman, Sophie Weston, Anya Peterson, Lily Thomas, Maya Borenshtain, and Laurel Tringe.

Submitted by Charlie Keohane

After receiving over 160 writing and photography entries from Lafayette middle schoolers, the winners received their prizes at the sixth annual Lafayette Youth Arts Society Awards Ceremony at the Lafayette Library on April 14.

The contest, open to all middle schoolers living or attending school in Lafayette, ran from November to January. Founded in 2013, the annual contest is completely put on by a group of dedicated middle and high school students passionate about promoting the arts.

For the sixth annual contest, students got their creative juices flowing with a wide variety of prompts including "Vibrancy" and "Early Morning" for photography and "You found a time machine. Where do you go first?" and "Your car breaks down on the side of the road, and it's getting dark" for writing.

Local writers and photographers generously donated their time to judge every story

and photo before selecting a top three, a creativity prize, and honorable mentions in each category. At the ceremony, winners received cash prizes and books and had the opportunity to share their work with an eager audience.

"It was a really good opportunity," second place writing winner Lily Thomas said.

The LYAS team hopes that students will continue to act on their passion.

"I was surprised, but very happy. I'll definitely try again next year," third place photography winner Sophie Weston said.

LYAS is very grateful for the support of its community partners, including Diablo Rapid Print, Lafayette Chamber of Commerce, and the Lafayette Rotary Club, for making the contest possible.

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 winning stories and photographs, visit www.lyas.org.

◆ Not to be missed ◆ Not to be missed ◆

KIDS, PARENTS & TEENS

Sterling Johnson the Bubblesmith at 3 p.m. on Wednesday, July 3 at the Moraga Library. Sterling Johnson will create a special, space-themed show for us with his remarkable hand-blown bubbles. He is the only person to ever put a bubble inside a bubble inside a bubble on stage without any tubes or straws, and the first person to walk completely through a bubble film. On this occasion, he will turn his talents out into the universe, creating a unique space-themed show you won't want to miss!

OTHER

Assemblymember Rebecca Bauer-Kahan hosts a free Lamorinda Fire Prevention and Preparedness Workshop from 6 to 7:30 p.m. on June 27 in the Campo High School multi-purpose room. Receive updates on the new North Orinda Fuel Break, learn how to use the Community Warning System in case of wildfire or other emergencies, and get tips on preparing for the upcoming fire season. RSVP: asmdc.org/cf-events

Friends Corner Book Shop in Lafayette is having a Summer Vacation Half-Price and Super Children's Book Sale from 9 a.m. to 5 p.m. on Saturday, June 29. Let's jump into summer ready to read – and help our children revisit old favorites and discover new treasures! Friends Corner Book Shop operates under the auspices of Friends of the

Lafayette Library and Learning Center, and proceeds benefit the Lafayette Library. Located at the corner of First Street and Golden Gate Way. <https://www.lllcf.org/shop-for-a-used-book/>

Moraga's Fourth of July Fun Run benefiting Campolindo Track and Field will start with a kids' run at 8 a.m., 5-mile at 8:30 a.m. and 2-mile at 8:40 a.m. Register at MoragaFunRun.com. The starting line will be located in the parking lot adjacent to Canyon Club Brewery at 1558 Canyon Road. Same day packet pickup and the assembly area for the race will be in the parking lot next to Canyon Club Brewery. Suggested parking is near Safeway & The Bank of America.

Native living was all-age inclusive. Do you long to experience Native connective belonging to the land and would you love to experience this in the presence of the innocence of youth? Come, open your heart and receive this regenerative connection that had been ours from the beginning as we do many and all things Native. Saclan/Miwok Camp, 8 to 11:30 a.m. July 9-12. Cost: \$65; address: 3932 Mt. Diablo Blvd (across from and just west of the Lafayette Reservoir). To register for classes, please visit www.lafayettecommunitygarden.org. For more information contact us at: marthaharrislcg@gmail.com.

Document Shredding Fundraiser from 10 a.m. to noon on July 20 at 400 Taylor

Blvd., Pleasant Hill (Back Parking Lot). Bring old tax returns, bills, business records, bank statements and other documents containing personal information to our shredding event. Make a charitable donation to the Cancer Support Community and all of your documents will be shredded on site by Diablo Paper Shredding Company. (925) 677-5041 x272

Prostate Health Seminar from 6:30 to 8:30 p.m. on July 23 at the Walnut Creek Library - Oak View Room, 1644 N. Broadway. This seminar will highlight newer approaches to treating enlarged prostate without medication or major surgery. The presentation will also include a discussion about in-office therapies for treating incontinence. Q & A session to follow the presentations. Hosted by Pacific Urology. Please RSVP by calling (925) 677-5041 x272.

POLITICAL GATHERINGS

State Assemblywoman Rebecca Bauer-Kahan (CA District 16) will address the Rotary Club of Orinda at its luncheon meeting at noon on July 10 at the Orinda Community Center. She will provide an update on important issues facing our District, as well as statewide initiatives and their potential impacts on our community. The public is welcome. Cost of the luncheon is \$20 and reservations can be made online at www.orindarotary.org.

Service Clubs Announcements



JULY WEEKLY MEETINGS

- 5: No meeting
- 12: Toy Story 4 - Director Josh Cooley (Ticket required for non-members)
- 19: Forbes & Fox News Analyst Tom Del Beccaro: 2020 Election Preview
- 26: Mark Cohen: Member Story

Breakfast, Friday 7:00 a.m.

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Lamorinda Weekly

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Photo Susie Iventosch

Annette's Million Dollar Cake with Mascarponi Whipped Cream and Fresh Berries

By Susie Iventosch

Cousin gatherings are so much fun in our family, because we are 18 first cousins in all. Once you add spouses and kids, and even grandkids, we can be a rather sizable group. This kind of gathering lends itself well to potlucks, where everyone can bring their favorite dish. And, when you have potlucks with large numbers of people, you come across some amazing recipes. This is exactly what happened in April, when I went back home to Michigan and my cousin Betsy quickly cobbled together a family dinner party. Her brother, Bruce, made jambalaya and a perfectly delightful kale salad with lemon vinaigrette and Parmesan cheese. It was all so fabulous. Then out came the dessert, which looked like any normal Bundt cake, but it was definitely anything but normal! My cousin John's wife, Annette Bartz, made this amazing cake, which she calls Million Dollar Cake. It is one of the best cakes I've tasted and you might be surprised by the ingredients, which include the usual butter, sugar, milk and eggs, in addition to chopped nuts, angel flake coconut and a box of crushed vanilla wafers! The wafers take the place of flour, and they, along with the nuts and coconut, create a beautiful crusty

edge, but with a very moist center.

When I asked Annette where she found the recipe, she told me she can't remember, but that she's been making it for almost 40 years. She usually serves it with whipped cream. I decided to use it for my July Fourth dessert this summer, because I love it with fresh fruit and the red and blue berries are so good with it. In place of plain whipped cream, I blended mascarpone cheese with a little sugar and folded whipped cream into that mixture. Also, the second time I made it, I completely forgot to purchase the vanilla wafers, but I happened to have four sleeves of Lotus Biscoff cookies on hand (you know those yummy cookies you get on various airlines). It turned out delicious as well, but with a slightly different taste. I've since found a couple of versions of this treasured recipe online, and one of them indicated the use of shortbread cookies in place of the vanilla wafers. So, I'd say you can totally experiment with different kinds of cookies, but they should be a dryer, crunchier cookie that can be pulverized into crumbs the consistency of graham cracker crumbs. My son suggested serving it with whipped cream and dark chocolate sauce. I hope to be making this cake for the next 40 years just like Annette, so there's plenty of

time to try it with different toppings and different cookie crumbs! I'm so happy to have this recipe in my collection and thankful that Annette let me share it with all of you.

*Be sure to thoroughly grease or spray the Bundt pan and dust with flour in order to prevent the cake from sticking. I tried cooking spray dusted with flour the first time I made

it and it came out of the pan beautifully. The next time, I coated the pan with Crisco and dusted with flour and I had to pry it out of the pan. Also, have a non-stick pan with a good finish to begin with seems to help, but still, make sure it's very-well greased before you pour the batter into the pan.

Annette's Million Dollar Cake

((Serves 14 or so))

INGREDIENTS

2 sticks of butter (1/2 pound) softened to room temperature
2 cups granulated sugar
6 large eggs
1/4 cup milk
1 (11-ounce) box of Vanilla Wafers, crushed (or about 2 1/2 cups)
1 cup angel flake coconut
1 cup chopped pecans or walnuts, or combination
Garnishes: Mascarponi Whipped Cream (recipe below)
Blueberries, Blackberries, Raspberries, Strawberries

DIRECTIONS

Preheat oven to 350 F.

In a large mixing bowl, cream together butter and sugar with an electric mixer until fluffy. Add eggs, one at a time, and beat well after each addition. Mix in milk. Stir in the crushed Vanilla Wafers, coconut and nuts. Pour batter into the prepared Bundt pan and bake for 1 hour and 10 minutes, but check it for doneness at the 1 hour mark. Let cool for 10 minutes in the pan and then remove from pan by inverting it on a plate. You may need to loosen the cake a bit with a small knife in order to turn it out of the pan.

Mascarponi Whipped Cream

INGREDIENTS

1 cup heavy whipping cream
1/2 cup mascarpone cheese (4 ounces)
2 tablespoons powdered sugar
1 teaspoon vanilla extract

DIRECTIONS

In a medium bowl, beat whipped cream until stiff peaks form. Set aside. In a second bowl, beat mascarpone cheese with vanilla and powdered sugar. Gently fold whipped cream into mascarpone mixture. Serve a spoonful on each slice of cake and garnish with berries.

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.



Medications: The answer or the problem?



By Linda Fodrini-Johnson

Western medicine treats the presenting illness primarily with prescription medications or procedures. I wonder, is that the best approach? In April, I attended a conference on how Integrative Medicine approaches illness by using a combination of methods as a better way to resolve challenging mental and physical health conditions.

Integrative Medicine, as defined by Duke Integrative Medicine, is "An approach that is grounded in the definition of health." The World Health Organization defines health as "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

I was personally astonished at the outcomes of these alternative approaches to treating illnesses such as addiction, pain, and anxiety and even Alzheimer's and MCI (mild cognitive impairment).

I counsel families who are at a quandary of what to do with illnesses that do not seem to be responding to treatments. The patients/clients are often on 8-15 different medications.

That alone has to be contributing to some of the behaviors or the decline. Integrative medicine looks for effective interventions that are natural and less invasive. Each patient might get a different formula based on lab results that look at many markers that guide the physician in addressing the illness or condition by using diet, supplements, counseling, mindfulness, and exercise.

According to Duke Integrative Medicine, the principles that define integrative medicine include the following:

- The patient and practitioner are partners in the healing process.
- All factors that influence health, wellness and disease are taken into consideration, including body, mind, spirit and community.
- Providers use all healing sciences to facilitate the body's innate healing response.

Integrative medicine is based on sound science. It is inquiry-driven and open to new paradigms.

What I heard from the medical experts at the conference was that many of the drugs could be eliminated or significantly reduced with

this approach. Some of the primary roots of many of the conditions discussed were "inflammatory" in nature. The power of mindfulness on almost every condition considered is something we all should pay attention to – and has little if any cost.

One of the most exciting sessions from Dr. Ronald Siegel of Harvard was called "Mindfulness & Aggressive Rehab for Chronic Pain." He told us of his serious back pain and how a combination of exercise and mindfulness ended his pain after first trying months of bed rest. He told us about a study of several hundred people from the general population selected to have MRI's of their back. They found that two-thirds of these individuals had herniated discs or other negative results, but only those who reported that they didn't like their jobs complained of pain. His point is that those with pain might need to have some cognitive therapy, resume normal activity and work with their negative emotions. Fear exacerbates pain and pain is everywhere. Suffering he said is optional. You can find Dr. Siegel's lecture on "The Science of Mindfulness" at Google.

Dr. Andrew Weil spoke about mental health and the overuse of medications to treat depression and anxiety. He stated that we have more depression now than during World War II and the Great Depression. He pointed out that studies using placebos and the SSRI's (anti-depression) medication for depression showed no real change with medications alone and that what is needed is a bio-social-spiritual model to treat these

mental health conditions.

Dr. Weil says that today's population is not connected to nature, depends on diets of processed foods, have less social connections (which are protective), and have increased dependence on technology, which increases anxiety. To address these mental health conditions, we need to look at the whole person. He also talked about the protective value of including the Omega fatty acids and Vitamin D in the diet.

Dr. Weil suggests that if drugs are used, it should be short-term use only. To reduce stress and help with relaxation, individuals need to increase physical exercise, seek behavioral/cognitive therapy, and learn relaxation exercises like his breathing technique. His technique is included in many of our offered classes.

Another interesting session was "The How of Happiness: The Science of Interventions Aimed at Increasing Well-Being" by Dr. Sonja Lyubomirsky. Two big take aways for me were both the importance and value of the "count your blessings" intervention. An easy exercise – just once a week write down what you are grateful for during the past week. Those in the trial that did this daily did not have the same results as those that did it weekly. It turns out at those who did this weekly were happier! The other key to happiness was the power of "random acts of kindness" for yourself or to others as a way to increase your immune system as well as to add to your sense of happiness.

If you or a family member is not responding to interventions, a second opin-

ion is helpful. I often suggest University Hospitals for those second opinions. UCSF – Osher Center for Integrative Medicine – (415) 353-7700
Stanford Integrative Medical Center – (650) 498-5566
UC Davis Integrative Medicine – (916) 734-4754

Being well and staying well is about you and your total environment. Your spiritual life and your relationships can be as important as your blood pressure. Thrive!



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. Eldercare Services has merged with Home Care Assistance who will be combining our team with theirs in order to give clients more opportunities to have a terrific match when caregiving is needed. HCA is a company with a large footprint across the country and is known for excellence in care delivery. Eldercare Services as a division of Home Care Assistance will continue to do what we have for the past 30 years and provide the advocacy, navigation and counseling for families who want the best for their older family members with our Professional Aging Life Care Managers. Questions – give us a call (925) 937-2018.

LAMORINDA SPORTS

Miramonte baseball's senior captain and third baseman heads to Cornell



Joe Hollerbach

Photos Gint Federas

By Jon Kingdon

Coming off an 18-6-2 record in 2018, the Miramonte baseball team was approaching this past season with great optimism. However, as John Steinbeck once wrote: "The best laid plans of mice and men go awry." With a 7-16 record, it was the first losing season for Miramonte since 2013.

It had to be particularly onerous for Joe Hollerbach, a senior captain of the team, though he found a way to keep the team focused as the losses mounted: "There were a lot of us that were on the team from my junior year that were motivated by the loss to San Marin in the NCS playoffs. Despite this year's struggles, we made the effort to make sure that everyone was working hard. It was a lot of fun being with my teammates and despite our record, we all got better together." This season's top highlight for Hollerbach and Miramonte had to be getting revenge against San Marin in the second week of the season, winning by a score of 4-2.

Hollerbach's love of baseball began at an early age: "My grandfather had played baseball at the University of California and my first experiences with baseball began with my playing catch with him in the garage when I was 4 or 5 years old."

As is the wont of most athletes in Lamorinda, water sports was also part of Hollerbach's athletic experience, having played water polo for Miramonte and on a club team through his sophomore year before focusing entirely on baseball: "It was more of a hobby that I enjoyed doing with my friends."

Playing for Miramonte head coach Kevin Hodges his junior and senior years was a positive for Hollerbach: "He was a super passionate guy that put the players first and has a lot of love for the players. He worked to get everyone better and sacrificed his time so that we could develop as ball players and as people."

Hodges spoke of the character and leadership that Hollerbach brought to the team: "Joe set the tempo, the mood, the tone and the disci-

pline for the team. He was an extension of the coaching staff."

Hollerbach also gives credit for his play to a former Miramonte student, Samuel Liang, with whom he played with at Miramonte and who is now playing for San Jose State: "I got a lot of reps with Samuel and he really helped me to develop as a player."

Hollerbach did some pitching for Miramonte but his primary position for the Matadors was at third base and he batted "in the .380's this year."

Despite the team's disappointing season, Hollerbach was recruited to play baseball by a number of schools, but it was an easy decision for Hollerbach: "Cornell was my first choice. It's a very good school academically and they have a good baseball team where I can see myself getting better, being able to continue to play a sport that I love. After visiting the campus, I was able to see myself fitting in there. The weather may take some getting used to but it will be a new experience and I'm excited about it."

Frank Hager, an assistant coach and the head of recruiting for the Cornell baseball team sees great potential in the 6'3" 200 pound Hollerbach: "We knew about Joe for about a year and a half. He had a good season as a junior and we saw him play in late June last year. He's an athletic, strong kid who has a good arm and plays good defense. We focused on offense this year and believe that Joe will help us with his bat and defense. I see him playing a good third base for us in the years to come. He's a fun, energetic guy that got along with everyone when he made his visit to Cornell. His coaches spoke very highly about his leadership abilities and his character."

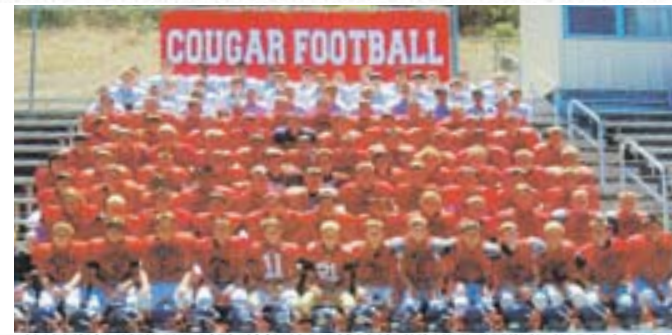
Miramonte was more than a sports vehicle for Hollerbach: "It's a great environment for people wanting to do well academically. Still the students are able to have fun and enjoy their friends and other experiences. My favorite classes were in math and science along with AP statistics and a class in Law and Society."

The future economics major approached baseball as he did his classes: "My favorite part of the game is the mental side of it. It's preparing for every possible situation."

A good rule to follow on the field and in the classroom.



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The Gael force of Saint Mary's to play in 'The Basketball Tournament'



Rob Jones

Photos Tod Fierner

By Jon Kingdon

The Basketball Tournament (TBT) is a winner take all tournament with a grand prize of \$2 million. TBT began in 2014 with the winning team receiving the entire \$500,000 purse. This year, there will be 64 teams competing in the event. Ninety percent of the purse will go to the players on the winning team and their top 1,000 fans will share the remaining 10%. The games will be televised on ESPN. The "Winner Take All" format and with the quality of the play has generated tremendous interest in the TBT tournament. This is where Saint Mary's College, the Gael Force and its former players come into this story.

Over the last 16 years, the Saint Mary's men's basketball team has enjoyed tremendous success and has had many excellent players who have gone on to play in the NBA and on professional teams overseas. During this time period, the team has compiled a won-loss record of 390-142. With a loyal following of alumni, former players and the entire Lamorinda community, the basketball season is awaited with great anticipation each year. Until the start of the next season, the fans have to live off the success of the previous teams, the freshest memories being the defeat of Gonzaga in the WCC final tournament and losing a close game to Villanova in the opening round of the NCAA tournament.

Starting on July 19, all fans of Gaels' basketball will have the rare opportunity to see firsthand an all-star compilation of Saint Mary's basketball players competing in TBT. The competing teams comprise some former NBA players and many players who are currently playing professionally on teams overseas. There has been no shortage of talent in these tournaments. Former NBA players such as Jason Williams, Mike Bibby, Brian Scalabrine and Greg Oden have competed for various teams.

The team representing Saint Mary's, appropriately named Gael Force, is made up of 10 former Saint Mary's players representing every team from 2003 to 2019: E.J. Roland (2003-2005), Ian O'Leary (2005-2009), Diamon Simpson (2005-2009), Omar Samhan (2006-2010), Mickey Mc Connell (2007-2011), Rob Jones (2010-2012), Stephen Holt (2010-2014), Calvin Hermanson (2004-2018), Joe Rahon (2015-2017) and Jordan Hunter (2015-2019).

TBT consists of eight regional tournaments that will determine the final eight teams that will be competing in the finals in Chicago for the winning purse. The Gael Force will play their regional games in Memphis on July 19-21 and they have been given the No. 1 seed among the eight teams.

Current college coaches are not permitted to coach TBT teams. As a result, the Gael Force has done the next best thing, choosing Dan Shell

to lead the team. Shell was an assistant coach with Saint Mary's from 2001-2008 and is obviously familiar with the system that Saint Mary's head coach Randy Bennett implemented upon his arrival in 2001. "Coach Shell was a perfect choice," said Samhan. "He was really excited and has been a great help to us. Though Coach Bennett is not allowed to be our coach, he is serving as our General Manager, helping us to pick the team and suggesting some plays to run."

This will be the second year that a Saint Mary's team has competed in this tournament. Samhan, who has been playing professionally overseas for the last 12 years, put last year's team together along with McConnell and they made it into the round for the final 16 teams last year.

With pride and a very substantial purse waiting at the end of the tournament, the players are taking these games very seriously, says Samhan: "We're in a unique situation this year. Our team is entirely comprised of professional players from Saint Mary's and we've even had to turn some players down. We looked at all the players that have been playing professionally and who have been playing well."

Besides the improved quality of the team, there is also increased preparation by the team as a whole, says Samhan: "Our biggest advantage is that we have the chemistry necessary since everyone has played in the same system."

... continued on Page C5



Omar Samhan



Mickey McConnell

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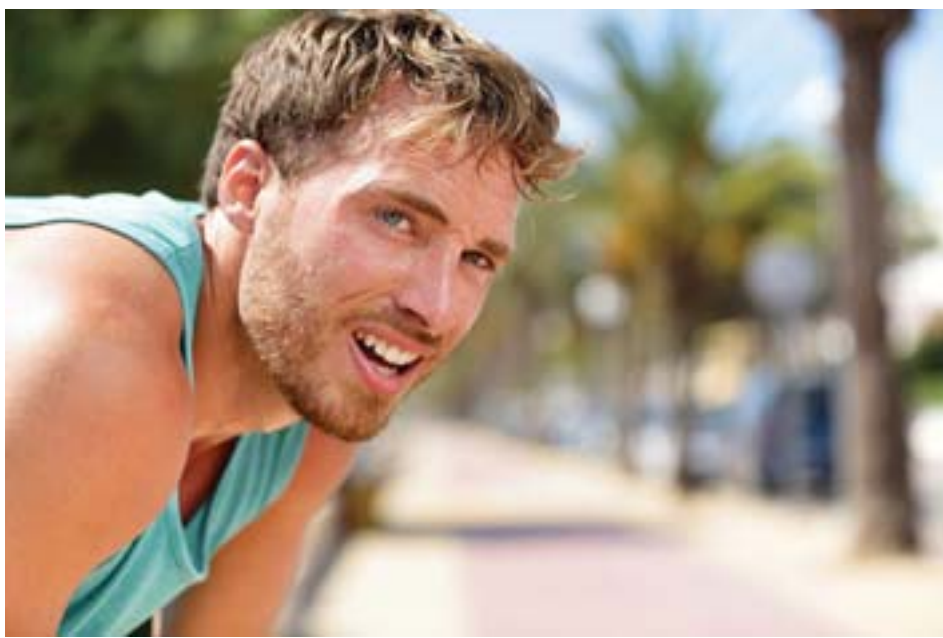
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Staying Safe in the Heat



By Kevin M. Roth, MD

When 19-year-old Braeden Bradforth came off the football field in visible distress after the first day of summer conditioning at Garden City Community College in Kansas last August, his coaches failed to take the appropriate actions to save the young man's life. Precious minutes were wasted trying to decide what to do, rather than calling appropriate medical professionals, and Braeden died of exertional heat stroke later that evening.

Only a few months earlier, the University of Maryland was in the news when another 19-year-old athlete, Jordan McNair, died in a very similar way after a strenuous summer workout. Tragically, had appropriate steps been taken immediately when Jordan and Braeden began displaying the classic symptoms of heat stroke, or had better preventative measures been taken before and during the workouts, both of these young men would likely still be alive today, going to class and playing football.

Both tragic stories are unfortunately not uncommon. Nearly 400 people die annually in the United States from heat related illnesses, and heat stroke is the third leading cause of death in athletes. Temperature records were broken around the Bay Area recently, with many areas in the triple digits, and as the summer

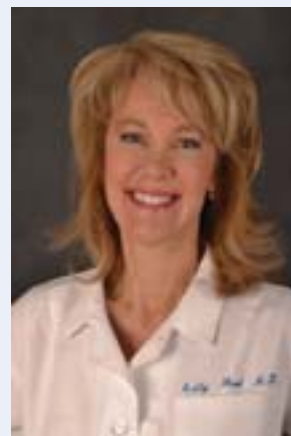
progresses, it is important to review some common heat related illnesses and important treatment and prevention strategies.

Athletes sustain heat stroke fatalities in football more than in any other sport, though other sports are not immune. Risk factors for heat illness include both intrinsic factors (those inherent to the athlete) and extrinsic factors (those related to the environment). Examples of intrinsic factors include obesity, dehydration, sleep deprivation, sunburn, and sickle cell trait. Extrinsic factors include ambient temperature, humidity, and clothing or equipment.

Heat illnesses range from the mild to life threatening; likely the most important factor to prevent heat illness is the athlete's hydration status. Athletes should weigh themselves before and after exercise as pre- and post-exercise body weight is a measurable indicator of an athlete's loss of fluid. Ideally, replace approximately 16 to 20 ounces of fluid per pound lost. Urine color should be pale yellow to clear, and athletes should have an overall hydration strategy: drink fluids and eat fruits and other foods high in water content. People who are salty sweaters should eat salty foods as well to replace salt losses.

... continued on Page C4

Kelly Hood, M.D. DERMATOLOGY



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1. CHECK YOUR MOLES AND BUMPS

Looking at your skin and noticing changes in your moles and bumps is very important. Skin cancer is the most common cancer in the U.S- but it is treatable if detected early.

- Self examination each month will help you detect changes. Warning signs include asymmetry, irregular borders or colors, a diameter greater than a pencil eraser or an increase in size.
- If you have a new lesion or changing growth, have it checked by a board certified dermatologist.

2. WEAR SUNSCREEN

Sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun. Picking the right sunscreen for you is important as it needs to be worn everyday on the face. 1 in 5 Americans will develop skin cancer in their lifetime.

- Wear broad spectrum sunscreen that protects against Ultraviolet A (UVA) and Ultraviolet B (UVB) rays, both of which cause skin cancer and photoaging.
- SPF30 or higher helps protect you from sun damage. An ounce of sunscreen, enough to fill a shotglass, is considered the amount needed to cover the exposed areas of the body.

3. PROTECT THE SKIN FROM OUTDOOR COLD AND INDOOR HEAT

Winter itch is commonly caused by dry skin. Be good to your skin this winter by protecting and moisturizing.

- Moisturize daily.
- Choose a moisturizer that suits you and makes your skin feel comfortable. Avoid fragrance.
- Be gentle with the largest organ in the body and prevent dry, itchy, irritated and flaky skin.

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Hair Conservation During Cancer Treatment

By Tiffany Svahn, MD

One of the most common questions my patient asks during our discussion of breast cancer treatment is, "Will I lose my hair?" For many women who will go through chemotherapy, losing their hair is an unwelcome reminder of their diagnosis and negatively affects their self-image and sense of well-being.

There is hope on the horizon. The FDA has approved what are called "scalp-cooling systems" and they can help prevent chemotherapy-induced alopecia for some patients with solid tumor cancers. These scalp-cooling systems provide automated cooling to the patient's scalp during chemotherapy treatments. Cooling the cells on the scalp reduces blood flow and cell metabolism to this area, which helps to protect the hair follicles from chemotherapy. Scalp cooling only works for certain chemotherapy drugs (taxanes), but of these regimens, a nationwide study showed that scalp cooling prevented significant hair loss in about 50% of women.

Diablo Valley Oncology is the first cancer centers in the East Bay area to become certified and trained to offer the Paxman Scalp Cooling System to patients.

We have also incorporated this new technology into the comprehensive services we offer at our Women's Cancer Center of the East Bay's Multidisciplinary Breast Cancer Clinic. Patterned after academic centers, our Multidisciplinary Breast Cancer Clinic evaluates patients with diagnosed breast cancer in a comprehensive, single-day setting to minimize the time between diagnosis and treatment. In the initial appointment, women meet with a breast surgeon, medical oncologist and a radiation oncologist. After a tumor board discussion, each physician consults with the patient and presents the most appropriate course of treatment based on the consensus opinions from this breast cancer physician team. This team approach spares patients and their family the anxiety and uncertainty of waiting days or weeks between individual appointments.

One of the main goals of our program is to reduce the anxiety experienced by patients who have been diagnosed with cancer. Because Paxman addresses the stress of hair loss, it is a natural addition to our practice. Reducing patient's anxiety and stress allows them to focus their energy on what's most important: getting well and putting cancer behind them.

Dr. Svahn is a Medical Oncologist and Breast Cancer Specialist with Diablo Valley Oncology and Hematology Medical Group in Pleasant Hill. She is the Medical Director of the Women's Cancer Center of the East Bay. Contact information: 925-677-5041 or www.wccceastbay.com



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Staying Safe in the Heat

... continued from Page B5

When replacing fluids, cold drinks are more effective than room temperature drinks. Liquids with electrolytes and sugar, such as sports drinks, improve the ability for water to enter the body's cells and hence promote rehydration. By contrast, plain water consumption during rapid sweat losses over an extended period of time causes an overall loss of salt from the body and can cause low sodium levels, a dangerous condition called "hyponatremia". Athletes exercising in the heat in excess of 60 minutes should consume sports drinks and water instead of just plain water.

Prevention

Education also plays a critical role in prevention of heat-related illness. Athletes, coaches, parents and athletic trainers all play an important role and, if recognized early, simple measures can be taken that may prove lifesaving. Obese athletes should be monitored more closely, as their risks are greater. It is important to pay attention to clothing and equipment that can decrease the body's ability to cool itself, such as football pads.

A universally recognized strategy to prevent heat illness is to allow athletes to build a tolerance to exercising in the heat, a process called "acclimatization." This process can take 1-2 weeks and may take slightly longer for adolescents. The athlete should be exposed to gradually increasing levels of exertion, equipment wear, and time in the heat. As summer workouts start up for football and other sports, this need for acclimatization is a crucial, though often overlooked, strategy to minimize risk of heat illnesses.

Ideally, summer football workouts should start with limited time in the heat, wearing loose fitting clothing, and without pads. Gradually, stressors should be added

so that the athlete's body can become accustomed, such as increasing the exercise intensity, or duration. Eventually, helmets might be added, and finally full pads. All athletes should be given frequent breaks, provided shade and encouraged to remove protective equipment during breaks to cool off.

Treatment

The most severe form of heat illness is heat stroke and is a life-threatening medical emergency. Emergency Medical Services (9-1-1) should be called immediately. Rapid cooling of the body in an ice bath is the gold standard of treatment. Once the athlete shows signs of heat stroke, the clock is ticking, and the athlete has a much better chance of survival if these measures are taken within 30-60 minutes. For this reason, a high index of suspicion, and adequate preparation and awareness of the condition is crucial to be able to mobilize and act appropriately when the time comes.

As the days get hotter this summer, be sure to take frequent breaks, drink plenty of electrolyte rich liquids, and call for professional help when necessary. Have fun and stay safe out there!

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Symptoms of heat exhaustion

Signs and symptoms of heat exhaustion may develop suddenly or over time, especially with prolonged periods of exercise. Possible heat exhaustion signs and symptoms include:

- Cool, moist skin with goose bumps when in the heat
- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Low blood pressure upon standing
- Muscle cramps
- Nausea
- Headache

Source: www.mayoclinic.com

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Dr. Roth is a Board-Certified fellowship trained orthopedic surgeon specializing in Sports Medicine and injuries that occur in active people of all ages. He sees patients out of his Oakland and Dublin offices with Webster Orthopedics. He is the Head Team Physician for Contra Costa Community College and a Consultant Team Physician for Campolindo High School. Visit him at www.KEVINROTHMD.COM or call 800-943-8099 for an appointment. Dr. Roth grew up in Moraga and currently lives in Orinda with his wife and 6-year-old twins.

~ Healthy Lifestyle ~

2018-2019 Girls DAL All League

DAL All-League

Competitive Sport Cheer – 2018-19 All-League

Chloe Parmelee Acalanes

DAL ALL-LEAGUE

GIRLS LACROSSE - 2018-19

Most Valuable Player

Boo Dewitt Miramonte

First Team

Grace Gebhardt Acalanes
Vanessa Lam Miramonte
Devon Ortman Campolindo
Lauren Westergren Acalanes
Claire Gallagher Acalanes
Emerson Bohlig Miramonte
Shaune Lundstrom Miramonte

Second Team

Coco Fellner Acalanes
Jordan Pratt Acalanes
Emma Workman Acalanes
Sally Peterson Miramonte
Marcy Morse Acalanes
Kiara Kofoed Miramonte
Annie Cimperman Campolindo

Honorable Mention

Caroline Coates Campolindo
Kendall Monkarsh Campolindo
Mina Jenab Miramonte

DAL All-League

Girls Swimming – 2018-19

1st Team All-League

Emily Gebhardt Acalanes
Shelby Suppiger Acalanes

Eloise Engs

Sophia Kosturos

Katie Lyons

Margaux McDonald

2nd Team All-League

Alex Fuller

Jewel Roemer

Claire Rowell

Maggie Buckley

Lizzy Follmer

Channing Hanley

Maddie Smith

Amber van Meines

Honorable Mention

Heidi Heffelfinger

Vanessa Watts

Lola Ciruli

Lexi Fok

Katherine Hawkins

Ashleen O'Brien

Natalie Ung

DAL All-League

Girls Track – 2018-19

1st Team All-League

Maddy Doane Campolindo

100M, 200M, 400M, 4x100 Relay

Anna Weier Acalanes

Shot Put, Discus

2nd Team All-League

Nicole Frigon

800M

Cassidy Haskell

1600M

Miramonte

Miramonte

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Miramonte

Poloma Hancock

3200M

Sara Tabibian

300 Hurdles, 4x100 Relay, 4x400 Relay

Emily Hatch

4x100Relay, 4x400 Relay

Terryal Bell Campolindo

4x100 Relay, 4x400 Relay

Alicia Hober Campolindo

4x400 Relay

Irionnia Allen Miramonte

4x100 Relay, High Jump, Long Jump

Kyla Meyer Miramonte

Pole Vault

Honorable Mention

Masina Mayo Miramonte

100M, 4x100 relay, 4x400 Relay

Lauren Yee Acalanes

800M

Audrey Allen Miramonte

1600M, 3200M

Ava Moran Miramonte

4x100 Relay, 4x400 Relay

Kaylyn Goode Miramonte

4x100 Relay, 4x400 Relay

Beatrice Whitaker Miramonte

4x400 Relay

Scarlette McCullough Acalanes

Long Jump

Madelyn Robinson Miramonte

Triple Jump

Miramonte

Miramonte

DAL All-League – Valley Division -

Softball – 2018-19

Most Valuable Player – Valley Division

Kaylee Pond Acalanes

1st Team All-League – Valley Division

Katelyn Poole Campolindo

Abbie Lee Campolindo

Kelly Gagnon Campolindo

Morgan Salmon Acalanes

Riley Nicosia Acalanes

Ashley Miller Miramonte

2nd Team All-League – Valley Division

Amy Schwing Acalanes

Ellie Palma Acalanes

Alexandra Sofield Acalanes

Bailee Takano Acalanes

Jenna Evaristo Acalanes

Hanna Grossen Campolindo

Kaitlyn Dowdall Campolindo

Sarah Tallarico Campolindo

Carly Johnson Miramonte

Honorable Mention – Valley Division

Ellie Sinha Miramonte

Madi Lehman Miramonte

Ruby McCabe Miramonte

Rayna Landry Miramonte

Lindsey Home Campolindo

Qing Inglis Campolindo

Emma Rahimi Campolindo

Makayla Erickson Campolindo

Madeline Fink Acalanes

Evan Mirabelle Acalanes

Diablo Alliance 12U wins qualification tournament for National Junior Olympics

Submitted by Dale Kang

During the weekend of June 14-16, the Diablo Alliance 12U girls went undefeated in clinching the top spot from the Pacific Zone for the National Junior Olympics water polo tournament that will be held in Southern California in July. This weekend's tournament included water polo clubs from around the Bay Area. The competition results will determine seedings for NJO, with water polo clubs competing from all around the country.

Top row, from left : coach Jim Hassett, Rosalie Hassett, Zoe Jimenez, Ally Larsen, coach Robby Arroyo; 2nd row: Nola Kurtz, Addison Dankworth, Ella Del Rosario, Clara O'Connor, Kayden Page, Tess Schirmer, Quinn Arroyo, Sara Williams, Elise Gratton; holding sign: Kiley Arroyo, Elizabeth Hassett; front row: Audrina Kang



Acalanes Softball Champions

Submitted by Chris Palma

Acalanes Softball won 2019 Diablo Athletic League Valley Division going 10-0 in league play. Coached by Victor Silva, Melissa Brymner and Dennis Fink.



Submit stories to sportsdesk@lamorindaweekly.com

(we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)

The Gael force of Saint Mary's to play in 'The Basketball Tournament'

... continued from Page C2

Though we were all familiar with each other, last year we did not practice a lot prior to the tournament. Coach Bennett has always run the same system and we've been focused on that. That is our strength and we really have to build on it."

McConnell agrees with that strategy: "We're practicing so that we'll all be on the same page. We're just working on everyone's schedules to make it work out. We've all stayed in touch with Coach Bennett over the years and we're all familiar with his system. Regardless of the year we played, we all fit in with each other's games."

Rob Jones, who is currently a graduate assistant coach for Saint Mary's, brings a coach's perspective to this team: "I think the Gaels were ahead of the curve with our shooting and open spacing. The emphasis changes some with every team. For example, when Omar was here, we

went into the post a lot. When I played, we did not have a dominant center. You change to your personnel, but it's all the same concepts."

The team has tried to address their shortcoming from last year, said Samhan: "We came up just short last year after leading at halftime, losing to a team that had former Warrior James McAdoo and former Cal star James Randle who gave us fits with his athleticism. This year we have added guard E.J. Roland for his speed and athleticism and Jordan Hunter for his size and overall skills."

McConnell, who lives in Pleasant Hill, looks forward to competing against a number of players that he has competed against overseas: "We had a lot of fun last year. We got to see a lot of players that we were familiar with. It's good to see how many of them have progressed."

Samhan, who grew up and still lives in Danville, sees many positives in the event: "It's tons of fun. It feels like

we're back in college. We're with our teammates and are put up in a hotel. With such top competition and the games being on ESPN, it's like an NCAA tournament. Plus, a lot of my friends, family and fans get to watch us again since they don't get to see us playing overseas."

Watching Saint Mary's take on Villanova in the NCAA tournament this past season brought back many memories to Samhan and McConnell, both of whom played on the Saint Mary's team that upset the No. 1 seeded Villanova in 2010. "There were tons of memories hearing the announcers talk about our victory over Villanova," says Samhan. "It was a great experience for the Gaels and the fans to kind of relive what turned out to be our best year ever."

McConnell appreciated how Saint Mary's has improved over the years: "Against Villanova, we were completely an underdog and it's been great to see how

Coach Bennett has taken the program to another level. It was cool to see this matchup against Villanova once again. We had to go cross country for the early game and the team had to do the same thing this year. We don't get many favors from the NCAA."

Both Samhan and McConnell have greatly enjoyed their time overseas: "It's been an unbelievable cultural experience," said Samhan. As a small-town East Bay kid, it's been really nice to get out and see the world. It's been a great run and I plan to play a few more years though the wear and tear adds up."

McConnell has played for several teams around the world: "I've bounced around to a lot of countries. I've been lucky playing in a lot of good places with a lot of good teammates. I just finished my eighth year and am going to take it year by year."

Jones, who played overseas in Poland, Greece, Australia and Puerto Rico, broke his foot and returned to the

United States for surgery and rehabilitation. He will be receiving his master's in education and leadership in August. It was at this point that Jones chose to retire from playing and to begin a career in coaching: "As I was rehabbing and training and talking to the players on the team and working out with them, it really opened up my eyes that coaching was something that I wanted to do. I talked with Coach Bennett about the steps that would be necessary to make this happen. It's something that I always wanted to do. It's thinking about the players and the team and not about yourself. It's been a real blessing for me."

TBT should not only provide great basketball but it will be an excellent opportunity for the Saint Mary's and Lamorinda communities to reconnect with so many outstanding former Saint Mary's players.

Oakland Strokes Rowing Club goes to Youth Nationals

Submitted by Oakland Strokes

Student athletes of Oakland Strokes Rowing Club have been working hard all season for a chance to row at the Youth National Championships.

The Youth National Championships were held in Sarasota, Florida on June 6-9. The regatta features high school-aged athletes from across the country competing for National Championships in 18 racing categories. Oakland Strokes have qualified for the regatta many years running, and currently, have 19 National titles to their credit.

This year Oakland Strokes was represented by five teams. Women's light weight Four were placed fourth in the USA, followed by Women's Varsity Four at sixth place and Women's Pair at 11th in USA. Women's Eight were placed at 21st in the USA while

Men's Eight were placed at 22nd in the USA.

Here are details on all the boats represented by Oakland Strokes at the Youth Nationals 2019 held in Sarasota, Florida.

- Women's Lightweight Four - Carly Wright (Berkeley), Isabelle Sauter (Alameda), Grace MacLean (Alameda), Isabel Wang (Moraga), and Samia Nelson (Berkeley) - 4th in the Grand Final (4th in the USA).
- Women's Varsity Four - Lily Rausser (Alameda), Caroline Fagg (Alamo), Kieran Wallace (Pleasanton), Bridget O'Kelly (Berkeley), and Sara Covin (Piedmont) - 6th in the Grand Final (6th in the USA).
- Women's Pair - Melissa Wright (Moraga) and Betty Hosler (Piedmont) - 5th in the Petite Final (11th in the USA).

- Men's Eight - Ryan Tripp (Piedmont), Andrew Stoddard (Piedmont), Anthony Banis (Clayton), Andrew Simpson (Richmond), Matthew Boranian (Oakland), Tibor Thompson (Alameda), Carter Young (Alamo), Richard Reid (Alameda), and Elizabeth "Z" Romero (Pleasant Hill) - 4th in the "D" Final (22nd in the USA).
- Women's Eight - Ella Lewerenz (Lafayette), Grace Hinckley (Alamo), Ella Kalmbach (Berkeley), Julie Ray (Piedmont), Ashley Abramson (Orinda), Aline Van Eeghen (Alamo), Julia Adey (Pleasanton), Yasmeen Darcazallie (Oakland), and Gig Onken (Berkeley) - 3rd in the "D" Final (21st in the USA).

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Lamorinda

OUR HOMES

Lamorinda Weekly Volume 13 Issue 9 Wednesday, June 26, 2019



Digging Deep with Cynthia Brian ... read on Page D16

Feng Shui

Deliberate design from the ground up



Photo provided

At home, the water element can be activated by placing a fountain in the 'Career' area of a front yard like at this Lafayette home. You can also add koi ponds, small waterfalls, lush vegetation and fragrant flowers.

By Michele Duffy

The Five Elements of Tibetan Bon and Chinese Taoist Feng Shui are involved in all dimensions and the role of the Five Elements is often an important detail that is missed with even the most well-intended interior design-

ers, general contractors and architects.

What "looks gorgeous" may not, from a Feng Shui perspective, be a safe and nourishing space in terms of sleeping and living. Feng Shui aims to attract the Qi you want most and retain that energetic in the dwelling, thus making room for the person and life for which you aspire. Kitchens and

bedrooms should be auspiciously placed in the interior or back of the home, with all bedroom or office beds or desks placed in the "Commanding Position." Bathrooms should never be placed in the central channel of the property, to avoid placement in the "Health & Wellness" area of the Bagua (see diagram on Page D7).

Design collaboration "from the ground up," to quote one of my favorite teachers, Dr. Edgar Sung, involves a property starting with excellent natural light, an even land plot located above the road, and gardens. The key mantra in the Feng Shui 'Land-Form' design principle is "water in front and mountain behind" for any structure. The outside of the property represents yang and inside the dwelling represents yin.

Designing interior spaces within well-situated buildings allows for a healthy Qi flow, and creates within our structures of respite and renewal, grounded strength, resilience and ease. Reading the property and assessing and auditing any property includes understanding the environment from an energetic perspective.

Feng Shui is second only to any daily spiritual practice that creates joy from within, and might include sitting meditation, yoga, journaling, or hiking in nature. It's important to note that when done in combination with intention and the right motivation, the results can be astounding and like these other practices, Feng Shui as a practice is ongoing, and is never 'one and done'.

The intensity and complexity of the Five Elements is not a quick study and for any Feng Shui expert the desire to learn extensively about the Five Elements in various contexts is tantamount to applying them skillfully.

... continued on Page D6

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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	17	\$627,000	\$3,488,000
MORAGA	15	\$546,000	\$1,935,000
ORINDA	13	\$150,000	\$3,200,000

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 you by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

LAFAYETTE

- 975 1st Street, \$1,375,000, 3 Bdrms, 1510 SqFt, 1938 YrBlt, 05-17-19,
Previous Sale: \$850,000, 05-22-14
- 1238 Barott Road, \$1,427,000, 3 Bdrms, 1931 SqFt, 1951 YrBlt, 05-13-19,
Previous Sale: \$227,500, 05-01-88
- 980 Condit Road, \$1,125,000, 4 Bdrms, 1976 SqFt, 1957 YrBlt, 05-08-19
- 5 Gilmore Court, \$1,384,000, 4 Bdrms, 2487 SqFt, 1953 YrBlt, 05-09-19
- 1142 Glen Road, \$3,488,000, 5 Bdrms, 4520 SqFt, 2014 YrBlt, 05-09-19,
Previous Sale: \$3,495,000, 04-10-15
- 3353 Hillside Terrace, \$1,395,000, 2 Bdrms, 2186 SqFt, 1949 YrBlt, 05-15-19
- 3286 Isola Way, \$2,020,000, 4 Bdrms, 3080 SqFt, 1979 YrBlt, 05-07-19,
Previous Sale: \$1,975,000, 07-24-17
- 3274 Marlene Drive, \$627,000, 3 Bdrms, 1160 SqFt, 1972 YrBlt, 05-10-19
- 793 Moraga Road, \$986,000, 2 Bdrms, 1057 SqFt, 1954 YrBlt, 05-10-19,
Previous Sale: \$700,000, 02-23-18
- 11 Northridge Lane, \$2,080,000, 4 Bdrms, 4398 SqFt, 1990 YrBlt, 05-16-19,
Previous Sale: \$1,325,000, 11-22-02
- 903 Oak Street, \$1,225,000, 3 Bdrms, 1512 SqFt, 1941 YrBlt, 05-07-19,
Previous Sale: \$210,000, 06-01-89
- 1123 Rahara Drive, \$2,800,000, 4 Bdrms, 3567 SqFt, 2007 YrBlt, 05-06-19,
Previous Sale: \$1,900,000, 09-02-09
- 506 Silverado Drive, \$1,585,000, 4 Bdrms, 2927 SqFt, 1967 YrBlt, 05-10-19,
Previous Sale: \$1,435,000, 05-07-18
- 600 Sky Hy Circle, \$1,715,000, 4 Bdrms, 2598 SqFt, 1976 YrBlt, 05-17-19,
Previous Sale: \$1,600,000, 06-15-16
- 3399 St Marys Road, \$1,225,000, 3 Bdrms, 1882 SqFt, 1979 YrBlt, 05-17-19,
Previous Sale: \$725,500, 03-18-13
- 1087 Upper Happy Valley Road, \$1,770,000, 4 Bdrms, 2049 SqFt, 1947
YrBlt, 05-09-19, Previous Sale: \$835,000, 03-04-04
- 1211 Vacation Drive, \$1,385,000, 4 Bdrms, 2069 SqFt, 1957 YrBlt, 05-10-19

MORAGA

- 2129 Ascot Drive #14, \$546,000, 2 Bdrms, 1314 SqFt, 1970 YrBlt, 05-15-19,
Previous Sale: \$117,000, 06-01-88
- 904 Augusta Drive, \$1,225,000, 3 Bdrms, 2710 SqFt, 1988 YrBlt, 05-17-19,
Previous Sale: \$799,000, 11-05-13
- 10 Brandt Drive, \$1,750,000, 5 Bdrms, 3692 SqFt, 1985 YrBlt, 05-10-19,
Previous Sale: \$1,608,000, 10-03-17
- 435 Chalda Way, \$675,000, 2 Bdrms, 1170 SqFt, 1974 YrBlt, 05-09-19,
Previous Sale: \$475,000, 02-05-05
- 16 Hammond Place, \$1,100,000, 3 Bdrms, 1597 SqFt, 1959 YrBlt, 05-13-19,
Previous Sale: \$640,000, 01-29-02
- 533 Moraga Road #230, \$700,000, 2706 SqFt, 2008 YrBlt, 05-10-19,
Previous Sale: \$756,000, 02-13-14
- 1521 Moraga Way, \$770,000, 2 Bdrms, 1635 SqFt, 1973 YrBlt, 05-13-19
- 110 Quintas Lane, \$1,800,000, 4 Bdrms, 2472 SqFt, 1973 YrBlt, 05-17-19,
Previous Sale: \$1,600,000, 04-28-14
- 11 Redwing Place, \$1,555,000, 4 Bdrms, 2202 SqFt, 1968 YrBlt, 05-15-19
- 450 Rheem Boulevard, \$650,000, 2 Bdrms, 1170 SqFt, 1974 YrBlt, 05-10-19,
Previous Sale: \$475,000, 07-02-15
- 1345 Rimer Drive, \$1,475,000, 4 Bdrms, 2191 SqFt, 1963 YrBlt, 05-15-19,
Previous Sale: \$1,105,000, 05-03-14
- 82 Sanders Ranch Road, \$1,900,000, 5 Bdrms, 3555 SqFt, 1988 YrBlt, 05-14-19

... continued on Page D15



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999 OAK HILL RD., #100
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WALNUT CREEK, CA 94596
O: 925.937.4000 F: 925.937.4001

DANVILLE
100 RAILROAD AVE., #A
DANVILLE, CA 94523
O: 925.800.3510 F: 925.800.3520

BRENTWOOD
60 EAGLE ROCK WAY, #B
BRENTWOOD, CA 94513
O: 925.937.4000 F: 925.937.4001

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DRE# 01917597

CHRISTINA LINEZO



415.425.3085
DRE# 01964989

JOHN FONDAZIO



925.817.9053
DRE# 01938194

JULIE DEL SANTO
BROKER/OWNER



925.818.5500
DRE# 01290985

LISA TICHENOR



925.285.1093
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140 SANDRINGHAM DR. S., MORAGA \$1,450,000



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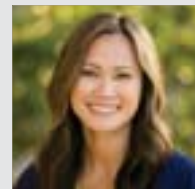
925.212.7617
DRE# 01320608

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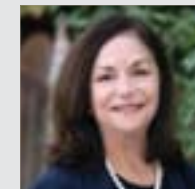
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Just listed in the Trail Neighborhood



Location! Location! Location! Charming 1,620 sf 3 bedroom home with 2 car garage in the heart of the Trail neighborhood. Kitchen overlooks the backyard, formal dining room opens to a great family room. Hardwood floors throughout with lots of light and framed with a picket fence. Close to Lafayette Library, Lafayette Elementary School, Stanley Middle School, the Trail and BART.

3473 Moraga Blvd, Lafayette

3 Bed | 1.5 Bath | 2-Car Garage | 1,620 Sq Ft | \$1,095,000
Lafayette Trail Neighborhood | 3473MoragaBlvd.com



This private and spacious 4 bedroom, 4 bath home, with in-law unit sits on nearly 6 acres in Briones on the Orinda border. This stunning gated estate offers the best of both worlds with spectacular views, horse stables, and minutes to Lafayette and Orinda. The ultimate in suburban country living.

1290 Bear Creek Rd, Briones

4 Bed | 4 Bath | 3,449 Sq Ft | 5.97 Acres | \$1,595,000
1290BearCreek.com

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Dave Schurhoff
925.997.9569
dave.schurhoff@compass.com
DRE 01834201



Mary Staten
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Leslie Lomond
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Summer Market

So many sellers that we meet seem genuinely surprised that Summer is not the best time to sell your home that we felt it was worth writing about. Many sellers have shared that they always believed Summer was prime selling season. We push clients to prep and sell before summer break for a multitude of reasons. Motivated and educated buyers know that school enrollment is early spring in Lamorinda and if a buyer wants to enroll in the designated neighborhood school, they need to be the early bird. In the Spring grasses are greener, flowers are blooming and are not exposed to the intense sun in the Summer months. Also, buyers often receive their end of year bonus in December and the anxious buyers find a home before Summer rolls around.

Families who live in Oakland or San Francisco who are looking to buy in Lamorinda monetarily commit to private school if they have not found a home by mid-June. Not to mention when school gets out many families leave for vacation and are resigned that they will wait until the Fall or another year to move.

What does this mean if you need to sell your home in the summer? Pricing is everything. With the motivated buyers either locked down in a new home or resigned to waiting another year it is paramount that potential buyers get off the fence because they feel there is value and an opportunity that they can't pass up. There are buyers who continue to look through the end of the year, but they are the ones that want to make sure the value is there.

Homes that look perfect and are tailored to the tastes of the young buyer continue to demand a premium year-round.



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MARTIN
HOMES

COMPASS

Feng Shui

Deliberate design from the ground up



Photo provided

The Fire Element is activated with red, like these gorgeous red flowers, placed in the Fame area of this Orinda home.

... continued from Page D1

Each of the Five Elements has a yin and yang aspect. So for example, yin Fire is a candle and yang Fire is an active volcano or another example, yin Wood is bamboo and flowers, and yang Wood are trees.

Applying the Five Elements and with careful skill is centrally important to positively enhance the interior and exterior design.

The Five Elements are either "Creative" or "Productive," such as water feeding wood, wood creating fire, fire producing earth, earth creating metal and metal creating water. The interesting interplay between these elements is that they can be dependent on one another – for example, one has great difficulty in a successful career (water) if the reputation (fire) is not strong, and without a strong reputation it may mean career challenges.

To enhance the water element, and thus "Career, Life Path/Journey" add Feng Shui fountains and moving water to the home and yard, use "water" colors of black and blue, integrate wavy shapes into your design, especially in the middle area of your home.

... continued on next Page

To enhance the fire element, and thus the “Fame and Reputation” area, add candles, red textiles, planters, safe fire pits and grills to your home and yard directly opposite from the career area in the middle far wall or middle backyard. Fire colors are red and red-purple, and shapes should be triangular, pointy, or prickly.

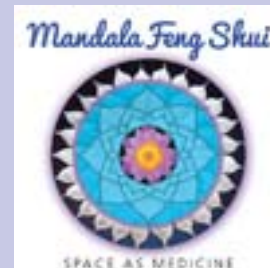
The Five Elements and the Bagua work and play in a truly sacred geometry.

WEALTH & PROSPERITY XUN Wood Southeast Purple	FAME & REPUTATION LI Fire South Red Summer	RELATIONSHIPS KUN Earth Southwest Pink
FAMILY ZHEN Wood East Green Spring	HEALTH TAI JI Earth Center Orange, Yellow Brown	JOY & COMPLETION DUI Metal West White Autumn
KNOWLEDGE & SELF-CULTIVATION GEN Earth Northeast Blue	CAREER & OPPORTUNITIES KAN Water North Black & Dark Blue Winter	HELPFUL PEOPLE & TRAVEL QIAN Metal Northeast Grey

We will discuss more about the interplay between The Five Elements in relationship to the Bagua areas in future issues.

Meanwhile, if you have any questions, email me at spaceharmony@g.mail.com and you may also consult www.mandalafengshui.com for more details.

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating “Space as Medicine” Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2019 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



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1454-6 E. 32nd Street
Represented Buyer
Sold for \$1,360,000

4425 Willow Glen
Represented Buyer
Sold for \$774,000

417 Candleberry Road
Represented Buyer
Sold for \$1,045,000



Dana Reedy
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LOS PERALES



891 Augusta Drive - \$995,000
MORAGA COUNTRY CLUB



1013 Via Roble, Lafayette
BUYER & SELLER REP.



192 Cypress Point Way, Moraga
BUYER REP.



3126 Terra Granada NO2, Rossmoor
BUYER REP.



144 Walford Drive, Moraga
SELLER REP.



208 Corliss Drive, Moraga
SELLER REP.

JUST SOLD!



144 Cypress Point Way, Moraga
SELLER REP. \$1,550,000



1921 Joseph Drive, Moraga
SELLER REP. \$1,985,000



20 Glen Creek, Walnut Creek
BUYER REP. \$2,200,000



1198 Larch Avenue, Moraga
SELLER REP. \$1,350,000



1123 Rahara Drive, Lafayette
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Lafayette



959 Sunnyhill Road **\$3,195,000**

5+ Bed 4.5 Bath 5,100± Sq Ft 1.21± Acres

959sunnyhill.com

Lafayette



3651 Boyer Circle **\$2,495,000**

5 Bed 4F/3H Bath 4,600± Sq Ft 0.96± Acres

3651boyer.com

Orinda



4 Oak Flat Road **\$1,795,000**

4 Bed 3.5 Bath 3,007± Sq Ft 0.66± Acres

4oakflat.com

Orinda



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4 Bed 3.5 Bath 2,900± Sq Ft 0.5± Acres

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114 Goodfellow Dr,
Orinda

\$1,675,000

5 BEDS

4 BATHS

2,735 SQFT

Property details

Storybook home surrounded by oaks with an open living concept.



JUST LISTED
In Orinda



54 Hazel Tree Ridge,
Orinda

\$1,495,000

4 BEDS

3 BATHS

2,385 SQFT

Property details

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478 Kingsford Drive, Moraga

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4060 Fiora Place., Lafayette

3 Bedrooms, 2 Bathrooms, 1,916 sf, 10,800 sf lot
Offered at \$1,350,000 • **SOLD for \$1,470,000**



39 Miramonte Drive, Moraga

3 Bedrooms, 2 Bathrooms, 1,147 sf, 1,456 sf lot
Offered at \$745,000 • **SOLD for \$772,000**

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Rattlesnake Advisory:

Rattlesnake Safety in the Regional Parks

Submitted by East Bay Regional Park District

As the weather heats up, rattlesnakes become more active in many of our parks, their natural habitat. They like to explore when the weather gets warm which can lead to more encounters with humans and dogs. The East Bay Regional Park District is advising that the public take snake safety precautions when visiting Regional Parks.

Safety Tips for Visiting Regional Parks

- Always hike with a friend so you can help each other in case of emergency.
- Look at the ground ahead of you as you are walking
- Look carefully around and under logs and rocks before sitting down.
- Avoid placing your hands or feet where you can't see clearly.
- Check the area around picnic tables, campsites, and barbecues before using them. If you encounter a rattlesnake in these areas, notify park staff.
- Keep pets on the designated trails and away from snakes if they see one.
- Bring plenty of water for yourself and your pets as many parks do not have a direct water supply.

What to Do If You See a Rattlesnake

Leave it alone - do not try to capture or harm it. All park wildlife is protected by law. If you see a snake on a trail, wait for it to cross and do not approach. Then move carefully and slowly away.

What to Do If Bitten by a Snake

If bitten by a rattlesnake, stay calm and send someone to call 911. Remain calm by lying down with the affected limb lower than the heart. Do not waste precious time on tourniquets, "sucking," or snake bite kits. If you are by yourself, walk calmly to the nearest source of help to dial 911. Do not run.

If bitten by any other kind of snake, wash the wound with soap and water or an antiseptic and seek medical attention.

If you are not sure what kind of snake bit you, check the bite for two puncture marks (in rare cases one puncture mark) associated with intense, burning pain. This is typical of a rattle snake bite. Other snakebites may leave multiple teeth marks without associated burning pain.

Snakes are an important resource in the natural environment. They are prime controlling agents of rodent, insect, and other reptile populations. They must be enjoyed from afar and left where they are found. It is illegal to collect, kill, or remove any plants or animals from the East Bay Regional Park District. Please help us to protect wildlife and their environment for present and future generations. Additional information is available at www.ebparks.org/parks/safety/#Snakes or download a PDF version of our Common Snakes.

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BRE# 01301389

Volunteers remove flammable French Broom from Nature Area

Submitted by Katharine Barrett

On a rainy Sunday a few weeks ago, 20 children and parents helped Toris Jaeger remove invasive French Broom plants from around the Wagner Ranch Nature Area in Orinda. Children hunted for the pretty plants along the winding trails, and worked together to pull up and cut down these dangerous invaders. Over a snack break, Jaeger told them how the troublesome broom springs up year after year from old seed deposited years earlier. The trick is to pull it up before the new developing seeds are released.

Most people do not know that this pretty shrub is so highly flammable that it's a fireman's nightmare. The seeds are poisonous to wildlife and the shrub crowds out garden plants. If you find it in your yard, please remove it – you will be doing your neighbors and wildlife a favor by getting rid of a fire hazard.



Toris Jaeger

Photos Reg Barrett



Lamorinda home sales recorded

... continued from Page D2

MORAGA ... continued

- 22 Sarah Lane, \$1,295,000, 4 Bdrms, 2130 SqFt, 1963 YrBlt, 05-10-19
 4 Shannon Court, \$1,935,000, 4 Bdrms, 5155 SqFt, 1989 YrBlt, 05-09-19,
 Previous Sale: \$1,602,000, 04-30-02
 52 Sullivan Drive, \$1,575,000, 4 Bdrms, 2593 SqFt, 1962 YrBlt, 05-09-19,
 Previous Sale: \$787,000, 08-13-01

ORINDA

- 142 Amber Valley Drive, \$2,150,000, 4 Bdrms, 3083 SqFt, 1971 YrBlt, 05-16-19,
 Previous Sale: \$1,495,000, 09-25-03
 6 Camino Del Cielo, \$1,200,000, 4 Bdrms, 2005 SqFt, 1956 YrBlt, 05-13-19
 88 Camino Encinas, \$1,800,000, 4 Bdrms, 2836 SqFt, 1948 YrBlt, 05-08-19
 41 Donald Drive, \$1,300,000, 3 Bdrms, 3469 SqFt, 1955 YrBlt, 05-13-19
 13 Estates Drive, \$1,175,000, 3 Bdrms, 1509 SqFt, 1960 YrBlt, 05-07-19
 128 Glorietta Boulevard, \$1,600,000, 3 Bdrms, 2076 SqFt, 1946 YrBlt, 05-16-19,
 Previous Sale: \$950,000, 01-18-18
 86 Hillcrest Drive, \$2,050,000, 5 Bdrms, 2625 SqFt, 1952 YrBlt, 05-08-19,
 Previous Sale: \$1,770,000, 07-18-17
 42 Los Altos Road, \$1,500,000, 3 Bdrms, 3664 SqFt, 1948 YrBlt, 05-08-19,
 Previous Sale: \$1,800,100, 07-26-18
 45 Meadow View Road, \$1,200,000, 6 Bdrms, 1980 SqFt, 1951 YrBlt, 05-14-19
 22 Oak Ridge Lane, \$2,345,000, 5 Bdrms, 4062 SqFt, 1965 YrBlt, 05-10-19,
 Previous Sale: \$1,400,000, 01-18-17
 104 Sleepy Hollow Lane, \$3,200,000, 5 Bdrms, 3942 SqFt, 1950 YrBlt, 05-10-19,
 Previous Sale: \$600,000, 08-04-99
 6 Southwaite Court, \$1,316,000, 3 Bdrms, 1654 SqFt, 1960 YrBlt, 05-17-19,
 Previous Sale: \$674,000, 06-19-09
 16 Vista Del Mar, \$2,995,000, 4 Bdrms, 3896 SqFt, 1966 YrBlt, 05-15-19,
 Previous Sale: \$2,740,000, 07-24-17



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Digging Deep with Goddess Gardener, Cynthia Brian

Fruit frenzy



Delicious Queen Anne cherries are crunchy and sweet.

Photos Cynthia Brian

By Cynthia Brian

*“Trees are giving fruit
Earth is giving grain
Sun is giving warmth
Moon and stars are giving light.” –
Chitrabhanu*

The doves and I are in a battle to consume the mulberries. The deer have already munched on the lower branches, and now the sound of happy cooing surrounds me as the birds feast on the black berries. Not many people have delighted in mulberries. I can't describe the flavors, but I grew up singing “All around the mulberry bush” as my siblings and I chased one another, pulling handfuls of this delicious fruit from the tree. My gigantic trees are shoots from that

original mulberry bush that were offspring of grandparents' and great grandparents' mulberry trees. Unfortunately, the birds leave me only the red, unripe fruit, which will not get sweeter if picked before maturity.

Yet, all is not lost. Both my Queen Anne and Bing cherry trees are brimming with luscious ripe cherries. While the birds gorge on the mulberries, they are leaving my precious cherries alone. In years past, I was lucky to harvest a handful of cherries before the birds arrived, but this year, probably because of the copious amounts of rain, my orchard is overflowing with fruit. As we farmers like to say, we have a bumper crop this season.

May was the month that ushered in the season of fruit picking for farm families

when I was growing up in Napa County. It began with cherries, proceeding to plums, prunes, apricots, peaches, pears, figs, grapes, apples, and walnuts with blackberries, citrus, kiwi, and all varieties of vegetables ripening through November that would be sold directly from the farm or at local fruit stands and co-ops. I was probably about 4 when my first job outside of our farm occurred, helping neighbors harvest their cherries. That neighbor's farm was a bit less than a mile away and the first day of cherry picking was highly anticipated. My parents, siblings, and I drove over at dawn in our World War II Willy jeep, hauling our tallest ladders accompanied by our biggest buckets. The ladders would be set up in the orchard with a pail dangling from a hook. Up we'd climb to begin our haul, with a paycheck determined by the crates of cherries picked, not the hours it took.

... continued on next Page



Branches of red mulberries are devoured by the birds and deer.

... continued from Page D16

My siblings and I craved cherries and, I shamefully admit, that for the first thirty minutes we ate more cherries than we put in the buckets. At dusk, we'd clamor back into the Willy to return home to make dinner. Around 9 p.m., the stomachaches began and our one tiny bathroom became the communal vomitorium. Although my parents commiserated with our suffering, secretly they were happy that we learned a valuable lesson on the first day of harvest. Don't eat the profits!

For years I couldn't eat cherries remembering that awful night. As farmers, during the fruit season, we would set up roadside stands selling freshly picked fruits and vegetables at a fraction of the cost posted at the local supermarkets. When we had an overabundance of produce, especially grapes, we'd make "U-Pick" signs offering people the opportunity to go into the orchards and fields to pick their own at even lower prices. We'd have a chuckle about the "city slickers" who'd arrive from San Francisco or the Peninsula with men in suits and women in high-heeled shoes with a desire to go picking. They, too, would eat as much of the fruit as possible in the vineyards and arrive back at our paying station covered in dirt with only a small amount of grapes and a visage green with nausea. When they asked where the restroom was, we'd point to the decrepit old outhouse or the tree behind a barn. There is a price to pay for eating the profits!

Until I was 18, I was a farm laborer, working on our own farm as well as many others picking, cutting, drying, sorting and selling fruit. All of us kids drove tractors, cut wood, branded cattle, pulled fences, planted vegetables, tilled the earth, and helped in any way requested. Since I had my own business raising chickens, I also sold fresh eggs. This fortunate upbringing was the foundation for my work ethic and love of nature that I have nurtured until this day.

As the fruit frenzy continues in the mulberry tree, I have blissfully plucked a basket of luscious ripe cherries that my family will eat fresh. Perhaps if the birds remain focused on the mulberries, or almost ripe plums, I'll be able to pick another bushel to become the ingredients for a Fourth of July pie.

Welcome to the summer bounty of local and fresh.

History repeats itself. I am eating the profits!



Bing cherries make great pies, jams, and brandied cherry desserts.



Pink geranium and purple Nelly Moses clematis are excellent bed partners.

Cynthia Brian's Gardening Guide for July

TRIM dead leaves, stems, or flowers from indoor plants. Cut back to the stalk. By trimming, re-growth is stimulated.

WEAR gloves when working with okra, jalapenos and chilies to avoid itchy painful rashes. If you do get a reaction, make a paste of oatmeal mixed with water. Spread on the rash and let it dry. It won't be pretty but you'll get relief. This works well with poison oak as well.

CUT hydrangeas for a beautiful, long-lasting dried arrangement. My preferences are the deep pink or magenta blooms that dry to a bluish purple.

STOCK up on 2019 seed packets from Renee's Garden at a 50 percent discount now. <http://ow.ly/eYZE50uBDE5>

MAKE your own compost with food scraps (no meat products). Keep a covered plastic container in your refrigerator where you can toss egg shells, coffee grinds including paper filters, corks, tea bags, vegetable scraps, cut flowers, etc. Once a week, empty your container into a bin or pile in your garden and mix with leaves, shredded newspaper, and lawn clippings. Keep damp and turn with a pitchfork or shovel as often as possible. Within three months, you'll have rich compost to return to your garden beds.

APPLY sunscreen every two or three hours. Of the numerous ingredients in all sunscreens, the one that protects the most is zinc oxide.

SOOTH sunburns and heal wounds with the antibacterial property plant, aloe vera. Its gel-like substance contains vitamins, minerals, amino acids, and antioxidants that will suppress inflammation and relieve pain. Make sure to have a pot of aloe vera on your patio for emergencies.

WARM a chilly afternoon barbecue with a tabletop gas heater to eat al fresco.

SHOW your patriotism with homemade USA steppingstones.

HARVEST plums, cherries, mulberries, apricots, and whatever other fruit is ripening in your yard. If you don't grow your own, take a trip to a farm area back road to purchase fresh produce that is packed with nutrients. Wear practical clothing and shoes.

LOOK up into the night sky and count the stars!

CAUTION : Fire season has arrived. Always be careful and heed red flag warnings. In my last article, "Sip into Summer," I suggested you bring in the summer solstice with a traditionally controlled and safe bonfire. I did not intend to imply building a fire with open flames, but in a fire pit with a spark arrester. Gas fire pits are the norm. Building a bonfire is allowed on some beaches where starting a wildfire is not an issue. (www.lamorindaweekly.com/archive/issue1308/Digging-Deep-with-Goddess-Gardener-Cynthia-Brian-Sip-into-summer.html) For more information on planting for firescaping for survival, visit <https://blog.voiceamerica.com/2019/05/21/firescaping-for-survival/>

CELEBRATE a safe Fourth of July by enjoying an evening picnic while watching the local firework productions.

CELEBRATE a safe Fourth of July by enjoying an evening picnic while watching the local firework productions.

Happy Gardening. Happy Growing! Happy Independence Day!



Eggplant blossoms forecast a bountiful crop.



A purple trumpet vine attracts hummingbirds.



Show your love for America the Beautiful with USA stepping-stones.



Three tiny eggs in a sparrows nest in Cynthia Brian's door wreath.



Set a pretty table outdoors for al fresco dining and add a gas heater for warmth.



Cynthia welcomes you to summer gardening.

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 her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store. Hire Cynthia for projects, consults, and lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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537 The Glade
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54 Hazel Tree Ridge
Turn-key home only a half a mile from BART! This upscale home built in 2014 offers community and convenience!
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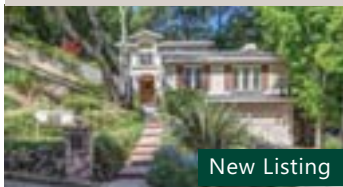
11 Hacienda Circle
Gorgeous home with classic character and stylish open floor plan. Ideal for entertaining.
\$1,595,000

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147 Camino Don Miguel
A fully renovated & enhanced home, this special property shines with living appeal both inside and out.
\$1,599,000

ORINDA



114 Goodfellow Drive
Updated 5 bed/ 4 bath storybook home in the heart of Orinda on an oak tree studded .48 acre lot.
\$1,675,000

ORINDA



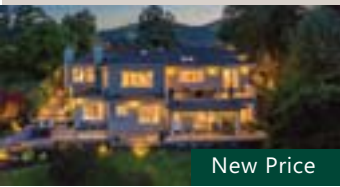
37 Sleepy Hollow Lane
Exceptional family home, quality craftsmanship & upscale finishes. Lovely amenities & a chef's kitchen.
\$1,695,000

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8 Santa Lucia Road
Lovely 5 bed/ 5 bath restored Spanish style home with quality features & craftsmanship.
\$1,795,000

ORINDA



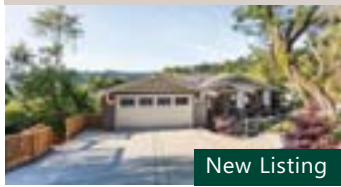
11 Crestview Court
Bold modern Mediterranean inspired villa. Ideal for privacy and luxury. Open floor plan, views.
\$1,995,000

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383 Miner Road
East Coast meets West Coast! Orinda Country Club Cape Cod home on 1.32 acres, updated.
\$2,695,000

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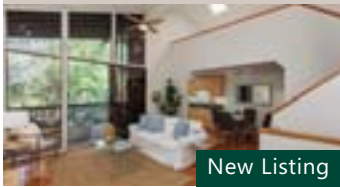
48 Oak Drive
Elegant 4 bed/ 3.5 bath two level renovated home with remarkable views from terrace decks.
\$2,765,000

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3 Honey Hill Court
Gracious gated estate, sweeping lawns, sports court, on a close-in cul-de-sac. Privacy & views.
\$2,795,000

LAFAYETTE



917 Dewing Ave
Modern treehouse 2 bed/ 2.5 bath, 1,324 sqft condo. Remodeled floor plan, lush patio & parking!
\$895,000

LAFAYETTE



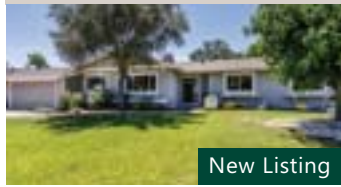
3660 Happy Valley Road
Extraordinary 5 bed/ 6.5 bath gated estate, with pool & stunning backyard. 5235 sqft of luxurious living!
\$3,595,000

MORAGA



259 Lakefield Place
Spacious 5 bed/ 4.5 bath Moraga estate with new kitchen & appliances; situated on 1.72 acres.
\$1,895,000

WALNUT CREEK



81 Las Lomas Way
Family friendly 4 bed 2 bath, 2032 sqft ranch style home. Updated kitchen & extensive backyard.
\$1,195,000

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