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Sunday, January 26th

Mass at 9:30 followed by open house at 10:30am

OPEN House



Niyi Olabode at the non-conference game against Granada, Livermore Dec. 28.

Photo Gint Federas

Miramonte teams winners in Wyoming

By Jon Kingdon

As the song goes, the weather outside was frightful, but the gym was so delightful for the Miramonte boys and girls basketball teams, who enjoyed three days and three games of basketball at the Energy Classic Holiday

Basketball Tournament in Gillette, Wyoming Dec. 31 to Jan. 4. Flying from San Francisco to Denver to Gillette offered picturesque views and a precipitous drop in temperatures but also provided a bonding experience for the teams and competition against top opponents. (See story on Page C2.)

Advertising



- Not to be missed B4-B5
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- Classified C2
- Love Lafayette C4

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PG&E attempts to reduce wildfire risk in El Toyonal area by hardening equipment



- Phase 1: complete by end of 2019.
- Phase 2 & 5: January through end of March 2020.
- Orinda 401: tentatively March to June 2020.

By Sora O'Doherty

Pacific Gas and Electric Company officials, including project manager Tony Chan, came to the Dec. 17 Orinda City Council meeting to explain how a project intended to harden equipment to reduce the risk of wildfire will impact Orinda residents. The company has sent out over 440 letters to residents who will be impacted by the closure of El Toyonal at various dates in the future. Residents will receive further notification in advance of each phase of the project.

PG&E planned to complete phase one by end of 2019 and phases two and five from January through the end of March. Another project, entitled Orinda

401, is tentatively scheduled for March to June. The work will include reconductoring 2.45 miles of overhead bare wire to overhead tree wire and replacing 114 poles and 69 overhead transformers. The project has been expedited to coordinate with the work in the same area by the East Bay Municipal Utility District.

According to PG&E, El Toyonal will be closed from 8 a.m. to 8 p.m. for the weekend of Martin Luther King Day, from Jan. 18 through Jan. 20, and possibly carrying over to Jan. 21 if necessary.

The road may be closed again from 8 a.m. to 8 p.m. for the long weekend of Feb. 14 through Feb. 17, which encompasses both Presidents Day and Valentine's Day.

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Canyon Bridge construction contract awarded - Page A4

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Battalion chief charged with grand theft - Page A8

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The gift of giving to Moraga's Goodwill Donation Center -- Page B1



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Lamorinda girls basketball shines at West Coast Jamboree - Page C1



Our Homes D1-D12

New Year offers opportunity to focus on the garden and get dirty - Page D1





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See public meetings schedule on this pages and check online for agendas, meeting notes and announcements

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Anderson spells out 2020 goals for the city



Lafayette Mayor Mike Anderson

Photo courtesy Jeff Heyman, city of Lafayette

By Nick Marnell

Though recent operational reports show the city of Lafayette in good overall shape, Mayor Mike Anderson pushed the city for more as he presented his major goals for 2020 at a

December city council meeting. The mayor kicked off his priority list by referring to the eight goals and objectives former Mayor Cam Burks spelled out for the city in 2019. Those targets included the augmentation of citywide emergency preparedness,

relief of downtown traffic congestion and the development of a comprehensive transparency strategy for the city. Anderson charged the city staff to develop a proposal and a budget for delivering the eight high-priority items. Recently passed legislation could impact the city planning and development review process, Anderson said, and his goal was for the city to increase the awareness of those impacts. For example, Senate Bill 330 changes the timeline for consideration of a project from 120 days to 90 days, with no more than five total hearings permitted. "That is going to be very difficult to do," Anderson said. The Capital Projects Assessment Committee comprises five members, and the mayor would like to add two more in 2020, with the goal to evaluate the operation of public utilities and to advise on future options. Anderson cited the development of microgrids for delivery of electrical service as a way to lessen the impacts of a citywide power shutoff. "Maybe in

parts of the city we can have separate power sources that can keep the city lit in those particular areas," he said. An unusual uptick in residential crime likely prompted the goal to review video surveillance systems in order to enhance city security. The mayor praised the work of the Lafayette Police Department, which had solved two frightening home invasion crimes in the fall, but Anderson pushed to stay ahead of the curve. "We need to keep on our toes and see if there are things out there we can do better," Anderson said. Impressed by the Park Theater renovation, the mayor led the charge for the city to codify a density transfer ordinance, a way for developers to trade increased density for certain public amenities, like affordable housing or height restrictions. Anderson also urged the city staff to focus on the General Plan update. "Hopefully it won't take 10 years," Anderson said. "Maybe we can get it done in five."

Lafayette battalion chief charged with grand theft and misappropriation of public funds



Photo Nick Marnell, Lamo archives
Former Battalion Chief Lou Manzo

By Nick Marnell

The Contra Costa County Dis-

trict Attorney's Office filed criminal charges in December against former fire district Battalion Chief Lou Manzo, who was charged with 12 counts of grand theft and misappropriation of public funds. Manzo had been assigned to Contra Costa County Fire Protection District Battalion 1, which includes Lafayette, Pleasant Hill and Walnut Creek, since 2014. According to Steve Hill, ConFire public information officer, district leadership became aware of possible misconduct by Manzo in December 2018. Manzo was

placed on administrative leave and a full internal investigation was ordered and conducted. When results of that investigation revealed apparent misconduct over five years, the results were immediately handed over to the district attorney for criminal investigation. Former Deputy District Attorney Dodie Katague worked the case in 2019 and explained the basis of the charges. "Manzo took advantage of his knowledge of ConFire's internal system to fraudulently misrepresent his hours and time off requests, in two separate fraud

schemes," Katague said. In one scheme, Manzo would take vacation days but then later change his timecard to claim special pay for an extra assignment outside of his normal course of duties. Manzo would list a special assignment that he did not attend, or which did not happen on the day he said it did. "He would then go back and not claim the vacation time. He wanted to preserve his vacation time in relation to his pension," Katague said. Manzo also claimed overtime pay for out-of-office work events that he never attended. A review was conducted of the GPS logs on his

assigned work vehicle. "Witnesses confirmed that Manzo did not attend these events or was never near the event location," Katague said. Hill said that after Manzo was placed on administrative leave Manzo subsequently applied for retirement. Manzo left the district in March after 29 years. "In total, the loss to ConFire is \$46,000 in direct salary payments and \$19,000 in costs incurred to cover shifts while Manzo was out of the office or claiming to be on special assignment," Hill said. ... continued on next Page

Happy New Year



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Lafayette battalion chief

... continued from Page A2

“The allegations involving Lou Manzo were limited to one individual and did not involve the public, other employees, or affect our services provided to the public,” Fire Chief Lewis Broschard said in a statement. “As public servants, we rightfully hold ourselves to the highest standards of conduct, and the public expects no less. This isolated incident is not a reflection on the professionalism and conduct of all those serving in our organization

who uphold the values of our agency and service to the public on a daily basis.”

Manzo faces up to nine years in state prison. He is also subject to forfeiture of his pension, which will have to be recalculated without the fraudulent vacation days, according to Scott Alonso of the DA's office.

In December, Manzo pleaded not guilty to all charges. His lawyer, Christopher Varnell, did not respond to a request for comment. Manzo's next court appearance is scheduled for Jan. 21.

Lafayette Public Meetings



Planning Commission and Transportation & Circulation Joint Meeting

Tuesday, Jan. 21, 7 p.m.
Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

Design Review

Monday, Jan. 13, 7 p.m.
Lafayette Library & Learning Center, Arts & Science Discovery Center, 3491 Mt. Diablo Blvd.

City Council

Monday, Jan. 13, 7 p.m.

Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo Blvd.

School Board Meetings

Acalanes Union High School District

Wednesday, Jan. 15, 7 p.m.

AUHSD Board Room

1212 Pleasant Hill Road, Lafayette

www.acalanes.k12.ca.us

Lafayette School District

Wednesday, Jan. 15, 7 p.m.

Regular Board Meeting

Stanley M.S. Library

3477 School St., Lafayette

www.lafsd.k12.ca.us

Public Safety

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Emergency: 24 Hours 911

Police Dispatch: 24 Hours

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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

Lafayette Police Department Incident Summary Report



Dec. 15 - Dec. 21

Alarms	33
911 Calls (includes hang-ups)	9
Traffic	70
Suspicious Circumstances	5
Suspicious Subject	14
Suspicious Vehicle	17
Service to Citizen	28
Patrol Req./Security Check	24
Public/School Assembly Check	2
Supplemental Report	20
Vacation House Check	10
Welfare Check	10
Vehicle violations	
Auto Burglary	
3500 Block Mt. Diablo Blvd.	
Olympic Blvd./Pleasant Hill Rd.	
Hit And Run Misdemeanor	
3200 Block Marlene Dr.	
3400 Block Mt. Diablo Blvd. (2)	
Mt. Diablo Blvd./Moraga Rd.	
Reckless Driving	
1200 Block Pleasant Hill Rd.	
Police Department	

Mt. Diablo Blvd./Acalanes Rd.
Olympic Blvd./Pleasant Hill Rd.
Happy Valley Rd./Deer Hill Rd.

Other criminal activity

Fraud Credit Card

3300 Block Mt. Diablo Blvd.

Fraud False Pretenses

400 Block Helen Ave.

700 Block Los Palos Dr.

3900 Block S Peardale Dr.

Grand Theft

900 Block Moraga Rd.

3600 Block Mt. Diablo Blvd.

Panhandling

3600 Block Mt. Diablo Blvd.

3500 Block Mt. Diablo Blvd.

Petty Theft

3400 Block Monroe Ave.

3200 Block Marlene Dr.

Police Department

10 Block Ellis Ct.

Residential Burglary

800 Block Mountain View Dr.

Robbery Armed

3300 Block Mt. Diablo Blvd.

Shoplift

3500 Block Mt. Diablo Blvd. (2)

3600 Block Mt. Diablo Blvd.

Threats

Mt. Diablo Blvd./1St St.

Nuisance to the Community

Disturbance-domestic

3600 Block Robertson Rd.

1100 Block Monticello Rd.

Disturbing The Peace

3700 Block Mt. Diablo Blvd.

Drunk In Public

3Rd St./Moraga Blvd.

Loud Music

1100 Block Upper Happy Valley Rd.

Public Nuisance

3500 Block Mt. Diablo Blvd.

Acalanes Rd./Eb Sr 24

3300 Block Mildred Ln.

Unwanted Guest

3200 Block Mt. Diablo Blvd.

3400 Block Mt. Diablo Blvd.

Vandalism

1200 Block Pleasant Hill Rd.

3500 Block Mt. Diablo Blvd.

Other

Violation Custody Order

Mt. Diablo Blvd./1St St.

3400 Block Mt. Diablo Blvd.

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Lamorinda Home Price Comparison Between 2018 & 2019

	ORINDA		LAFAYETTE		MORAGA	
	2018	2019	2018	2019	2018	2019
TOTAL HOMES SOLD	281	259	300	290	131	129
LOWEST PRICE SOLD	\$706,000	\$570,000	\$675,000	\$540,000	\$800,000	\$925,000
HIGHEST PRICE SOLD	\$12,250,000	\$4,850,000	\$7,800,000	\$5,850,000	\$3,500,000	\$2,805,000
AVERAGE SALES PRICE	\$1,730,000	\$1,628,161	\$1,737,000	\$1,788,877	\$1,489,000	\$1,486,336

Wishing everyone a Happy, Joyful and Prosperous New Year!

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MORAGA

See public meetings schedule on this pages and check online for agendas, meeting notes and announcements

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Moraga Police Department celebrates 40th anniversary



Photo Vera Kochan

From left, Moraga Police Department Lt. Brian South and Chief Jon King hold mayor's proclamation.

By Vera Kochan

Congratulations are in order to the Moraga Police Department for keeping the town one of the

safest cities in California. While the town was incorporated in 1974, it had no police department of its own. Any law enforcement was provided contractually by the Contra Costa County Sheriff's Office. Five years later, on Dec. 17, 1979, the Moraga Police Department was officially founded.

According to MPD's website, Larry Olsen was the first chief of the East Bay Regional Parks Police Department, albeit on a part-time basis, overseeing 10 officers. Within a few years, Chief Tom Simms began serving the town full-time. Current police chief, Jon King, took over the helm in 2016, now overseeing a staff of 13 officers, six reserve officers and two support personnel.

During the Dec. 11 town council meeting, where the anniversary milestone was recog-

nized, King stated, "I am blessed to be your police chief and to lead this group of incredible men and women, who work harder than any group I've ever been with, to keep our community safe."

King added, "I also want to recognize Lt. Brian South who is my second-in-command and who I couldn't do this without." South has been with the MPD for 18 years.

Initially the police department offered generalist services, but has grown to include specialties involving detective and traffic duties, along with an ever changing uniform. The original uniform was a tan shirt with green pants as shared with EBRPD. The late 1980s brought blue colored uniforms to Moraga. For a brief moment in the 1990s, a white shirt with blue pants made an appearance before returning to

the all blue uniform of today.

MPD also has a kinder, gentler presence within town. Outreach programs held in local schools are meant to show students of all ages that police officers aren't just someone wearing a badge and carrying a gun. Officers and police cars are also in attendance during family-oriented events such as the Spring Egg Hunt or Moraga Community Fair. Residents of all ages are encouraged to meet the officers and ask questions.

In Mayor Roger Wykle's proclamation, he recognized "the achievements of the Moraga Police Department throughout its 40 year history and commend all members of the Moraga Police Department, past and present, for their hard work and dedication in keeping Moraga a safe and desirable place to live and work."

Construction management contract awarded for Canyon Bridge project

By Vera Kochan

After receiving proposals from six firms, the field was narrowed to three by the Moraga Public Works Department in regards to awarding a time and materials contract toward the construction of a new Canyon Bridge slated to begin in the spring.

According to Interim Public Works Director/Town Engineer Shawn Knapp, after a Dec. 11 presentation to the town council, Harris and Associates, Inc. of Concord was chosen as consultant to perform construction management services which includes inspection, materials testing and construction engineering.

Harris and Associates is familiar with Moraga's

Canyon Bridge issues, having been the firm that successfully managed the opening of the temporary bridge in three months and 5.5% under budget. The firm has vast experience dealing with federal, state and county measures, which should come in handy with the town's Caltrans and Measure J grants funding the project.

The council unanimously voted to award the fully-funded contract to Harris in the amount of \$999,738, which includes a 15% contingency. The Caltrans Highway Bridge Program grant is expected to cover \$885,068 of costs, while the additional \$114,670 will come from Contra Costa County Measure J grant funds.

Before the new bridge can even begin a construction process, tree removal measures must be taken. In order to avoid any future landslide impacts on the new bridge, it has been designed for installation further east. In doing so, 31 trees need to be eliminated from its path by a separate contractor, Julian Tree Care of Richmond, this month. These trees could potentially serve as nesting sites for endangered species beginning February until the end of their nesting season, as late as July. If trees are not removed prior to that period and an endangered species were discovered it could delay the project and increase costs.

Knapp stated, "The work



Photo Vera Kochan

Delays are expected during the tree removal project beginning Jan. 13 at the temporary Canyon Bridge.

is anticipated to start Monday, Jan. 13 and go on for about 10 working days (Monday thru Friday), but the contractor may have the option to work on the weekends. The work hours are tentatively scheduled from 8 a.m. to 5 p.m." He added, "If the weather was severe enough to cancel work activities for a day, the contractor would be granted another day to resume work."

With public safety in mind, traffic flow may be stopped occasionally with delays of up to 15 minutes at a

time. The contractor will provide informational signs and warnings for drivers and cyclists.

The tree removal contract awarded to Julian Tree Care comes to \$43,955.30 (including a 15% contingency). Once again the costs are fully funded with Caltrans HBP grant funds of \$38,913.63 and CCC Measure J funds of \$5,041.67 taking care of the rest.



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Chief of Police, Jon King ext. 7049
Moraga Police Department Incident Summary Report Dec. 17 - Dec. 29
Alarms 18
911 Calls (includes hang-ups) 4
Traffic 35
Suspicious Circumstances 8
Suspicious Subject 2
Suspicious Vehicle 7
Service to Citizen 56
Patrol Req./Security Check 14
Supplemental Report 10
Vacation House Check 8
Welfare Check 7
Vehicle violations
Auto Burglary 1500 Block Moraga Way
1400 Block Camino Peral
DUI Misdemeanor 100 Block Danefield Pl.
Excessive Speed Moraga Way/St. Andrews Dr.
Ascot Dr./Moraga Rd.
Moraga Commons
Hit And Run Misdemeanor Ascot Dr./Moraga Rd.
Reckless Driving

St. Marys College
Tc - Property Damage
Campolindo High School
200 Block Deerfield Dr.
1000 Block Sanders Dr.
Other criminal activity
Battery 900 Block Country Club Dr.
Computer Fraud 100 Block Greenbriar
Grand Theft St. Marys College
Identity Theft Police Department
Panhandling 1000 Block Camino Pablo (2)
Shoplift 300 Block Rheem Blvd.
Nuisance to the Community
Disturbance-domestic 1000 Block Sanders Dr.
Disturbing The Peace 300 Block Rheem Blvd.
Loud Music 10 Block Natividad Ln.
Loud Noise 1900 Block Ascot Dr.
Not Available
Loud Party 40 Block Sanders Ranch Rd.
Vandalism Not Available
Other
Accident Property 3800 Block Campolindo Dr.
500 Block Center St.
Failure To Obey Sb Canyon/Pinehurst
Mentally Ill Commit Safeway
10 Block Cortes Ct.
Ordinance Violation 300 Block Rheem Blvd.
10 Block Haven Ct.
Public Assembly Check Rheem Valley Shopping Center (2)

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2020 Census workers needed from Lamorinda

By Vera Kochan

Since 1790, when the first United States census was conducted, every person living in the 50 states, District of Columbia and five United States territories (Puerto Rico, Guam, American Samoa, U.S. Virgin Islands and Northern Mariana Islands) is constitutionally mandated to be accounted for to the U.S. Census Bureau.

According to the Census Bureau, the nonpartisan agency requires that every household answer the short questionnaire accurately either by mail, phone or, for the first time in census history, online. The confidential information is essential in determining funding and services to communities. Every year, billions of dollars in federal funding are allocated to hospitals, roads, fire departments, schools and other resources based on the data collected.

For this year's census, the Bureau is lagging behind in recruiting applicants for the many positions available to help with the process. A national campaign was launched in October to recruit nearly 2.7 million job applicants for census takers, census field supervisors, recruiting assistants, clerks and office operations supervisors.

Moraga, the greater Lamorinda area, and the nation in general are enjoying a low unemployment rate. The need for a temporary job to pay the bills is not crucial. As such, the Census Bureau has attempted to change their recruitment strategy by offering "good pay" and "flexible hours" along with the chance to "help shape your community's future." (For information, visit www.2020census.gov/jobs.)

Another problem the Bureau is facing is the delay in background checks for the applicants who have been offered a job. Albert Fontenot, an associate director with the Bureau stated, "Our challenge is not getting people to apply, it's just getting them through the system." Once the applicant clears any background checks, they will begin paid training sessions in January and February.

Historically, the first nine censuses (1790-1870) were conducted by U.S. Marshalls before the Census Bureau was created. They typically lived in or near the towns and villages where they gathered information and more often than not, knew the inhabitants.

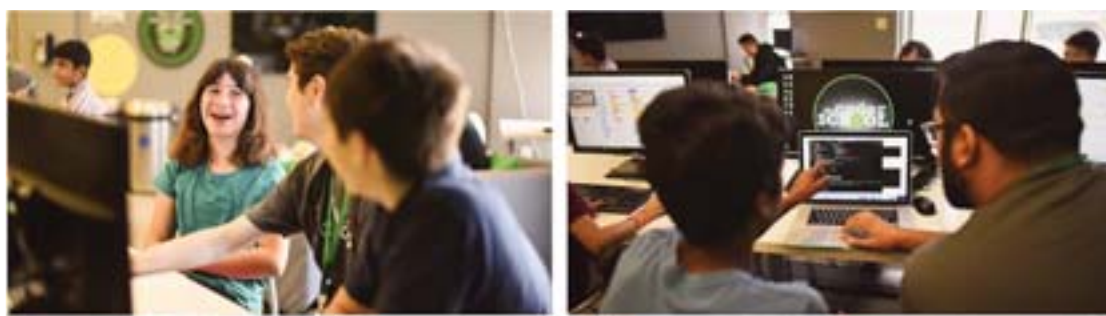
Throughout the years, the country's needs shifted, and every decade the census questions reflected the changing times. For the first six censuses (1790-1840),

only the names of the head of a household were recorded along with general information regarding the remaining members of the household. In the 1850s, social issues topped the list of questions with regards to crime, taxation, poverty and churches. At this point in time, all members of a household were named on the census along with those of slaves (which was carried over, for the last time, to the 1860 census). The late 19th century accounting included information about agriculture and industry as the country recovered from the devastating effects of the Civil War. Today, many Americans are in search of information regarding their ancestry. Little did the early census takers know that their efforts could one day be used to trace long-lost members of a family tree.

The 2020 Census is, according to the Census Bureau, an easy one to fill out. Questions include: how many people are living or staying at your home on April 1, 2020; whether the home is owned or rented; the sex of each person in your home; the age of each person in your home; the race of each person in your home; whether a person in your home is of Hispanic, Latino or Spanish origin; and the relationship of each person in your home.

The 2020 inquiries are designed to enforce laws, regulations and policies against discrimination. Also intended is to provide adequate funding to support specific age groups such as children and the elderly. The Census Bureau stresses that all personal information is kept confidential by federal law and that data is used for statistical purposes only. Any identifiable information cannot be released to law enforcement, government agencies or court. Their Information Technology infrastructure is designed to defend against and contain cyber threats.

According to the Bureau, you will never be asked to provide a Social Security number, bank or credit card account numbers, send money or make a donation, or be contacted on behalf of a political party. If someone visits your home to collect a response for the 2020 Census be sure to verify their identity. They should carry a valid ID badge with their photo, a U.S. Department of Commerce watermark and an expiration date. If you still have questions about their identity call (800) 923-8282 to speak with a local Census Bureau representative. If it is determined that the person at your door does not work for the Census Bureau notify your local police department.



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Town Council

Wednesday, Jan. 8, 7 p.m.
Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Planning Commission: TBA

Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Park and Recreation Commission: TBA

Council Chambers and Community Meeting Room, 335 Rheem Blvd.

Moraga School District Board Meetings: Thursday, Jan. 14, 7 p.m.

Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga

www.moraga.k12.ca.us. See also AUHSD meeting page A2



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ORINDA

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Average Sales Price



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Miller gives Mayor's Award of Excellence to Mo Mashoon

By Sora O'Doherty

Mo Mashoon may be the first person to spend significant money improving downtown Orinda in the past 30 years. The owner of Mash Petroleum Inc. has not only completely renovated the gas station at 1 Bryant Way, but has moved his corporate headquarters into the beautifully renovated building at 37 Moraga Way in the Theatre District. From the top floor, Mashoon's offices have beautiful views of the historic Orinda Theatre and the surrounding district. Downstairs, Orinda Cleaners remains, and is joined by two new businesses, Christian Ehrhorn Fine Arts and ShareTea. The new gallery is hosting a New Art and Wine Party on Saturday, Jan. 18 from 6 to 9 p.m., and will be serving some fancy libations and exhibiting new paintings by artist and gallery owner Ehrhorn. ShareTea is a boba tea shop started in Taiwan and now has over 500 stores in 18 countries and is rapidly expanding its franchises in California.

Mashoon is also building a new home in Orinda, as he moves his business operations from Oakland to Orinda. Mashoon and his wife have renovated many historic buildings in downtown Oakland, including one of the oldest, tallest buildings in the city. Built in 1904, the property at 1300-1304 Broadway is 11 stories tall, including one underground. He recently sold the building that had housed Mash Petroleum to Goldman Sachs.

During his career, Mashoon has built 100 gas stations since the 1970s. He has sold many, but now owns 15, in-



Mo Mashoon receives Mayor's Award of Excellence from outgoing mayor Inga Miller.



Photos Sora O'Doherty

Mo Mashoon's Mash Gas at 1 Bryant in Orinda.

cluding the one in Orinda. Mashoon said that he is very pleased with the renovated gas station, which now boasts a seating area where patrons can wait for their cars to be finished, while enjoying complimentary beverages from the station. He is also proud of the environmental innovations, such as a retention area that captures all rainwater, which is then filtered before going into storm drains.

Mashoon and his wife love restoring historic buildings, and own many properties around the Bay Area, including a mixed-use commercial/residential

building in downtown San Rafael, and a shopping center in Dixon. Their son graduated from UCLA before obtaining his MBA from Saint Mary's College in Moraga. He has worked for the family company, but is currently expanding his experience working for an online company.

Mashoon is a former chef. During the interview with the Lamorinda Weekly, he took calls from his wife and business partner, advising on the holiday leg of lamb, and swapped recipes with this reporter.

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New library manager is a familiar face



Photo Sora O'Doherty

Michael Beller, General Community Library Manager, Orinda

By Sora O'Doherty

Michael Beller is a colorful,

friendly academic type who has been the interim manager of the Orinda

library since mid-October 2018. Now the wish of the Friends of the Orinda Library has been granted, and Beller is the new, permanent manager of the library. He grew up in Berkeley, son of a faculty member at UC Berkeley, and attended Berkeley High School.

When he was young, his mother was getting an advanced degree at UC Berkeley and Beller spent his time roaming the stacks in the old Doe Library, playing games with his sister. Who could he find the oldest book? The most colorful?

Beller obtained his undergraduate degree in history at the University of Oregon and loves books, reading, all the possibilities


in books. He worked for a year in California book auctions for Butterfields, then worked for Stanford University. While working at Stanford, Beller got a librarian degree at San Jose State University. He had a friend and mentor at Mills College in the Special Collections section of the library. There was an entry level job as a reference librarian, and Beller got it. He was there 15 years, rising to the Head of Reference and Access Services in 2011.

At Mills, Beller taught literary bibliographic instruction. In 2014, he was the recipient of the prestigious "I love my librarian" award. The philanthropic foundation Carnegie Corporation of New

York sponsors the I Love My Librarian Award, which is co-sponsored by The New York Public Library and the New York Times.

But in 2017 Beller wanted to get beyond the academic world and support a broader community with broader needs. He wanted more of the tie to the community and got a job at the Ygnacio Valley branch of the Contra Costa County Library on the border of Concord and Clayton. He loved it, and developed many programs there. He is hoping to use the "great space" at the Orinda branch for lots of lectures and performances.

Beller is married to Karen Paulsen, an Orinda native whose parents still live in the city.

 <p>Orinda Public Meetings City Council Tuesday, Jan. 21, 7 p.m. Regular Meeting Library Auditorium, Orinda Library, 26 Orinda Way</p>	<p>Planning Commission Tuesday, Jan. 14, 7 p.m. Library Auditorium, Orinda Library, 26 Orinda Way</p>	<p>Citizens' Infrastructure Oversight Commission Wednesday, Jan. 8, 6:30 p.m. Sarge Littlehale Community Room, 22 Orinda Way, Orinda, CA 94563</p>	<p>Orinda Union High School District Board Meetings Monday, Jan. 13, 6 p.m. Regular Board Meeting 8 Altarinda Rd., Orinda www.orindaschools.org See also AUHSD meeting page A2</p>
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 Chief of Police, David M. Cook
 925-254-6820
Orindatip@cityoforinda.org



Orinda Police Department Incident Summary Report Dec. 1 - Dec. 14

Alarms	55
911 Calls (includes hang-ups)	9
Traffic	125
Suspicious Circumstances	4
Suspicious Subject	17
Suspicious Vehicle	21
Service to Citizen	64
Patrol Req./Security Check	84
Pubic/School Assembly Check	14
Supplemental Report	8
Vacation House Check	26
Welfare Check	6
Vehicle violations	
Abandoned Vehicle	20
20 Block Muth Dr.	
Auto Burglary	
Starbucks	
Wilder Sports Fields	
80 Block El Gavilan Ct.	
600 Block Orindawoods Dr. (2)	

DUI Misd	
Camino Pablo/El Toyonal	
Reckless Driving	
Moraga Way/Theatre Sq.	
Tamper With Vehicle	
Police Department	
Tc - Property Damage	
200 Block Camino Pablo	
10 Block Camino Pablo	
50 Block Citron Knoll	
Vehicle Embezzlement	
Camino Pablo Rd. School	
Vehicle Theft	
Moraga Way/Ivy Dr.	
Wild Lilac Way/Big Leaf Rd.	
Orinda Theater	
Not Available	
Other criminal activity	
Commercial Burglary	
Wild Lilac Way/Big Leaf Rd.	
Fraud False Pretenses	
50 Block Van Ripper Ln.	
Grand Theft	

Police Department	
Identity Theft	
200 Block Orchard Rd.	
Other Felony	
10 Block Warford Terrace	
Panhandling	
Post Office	
Petty Theft	
50 Block Orinda View Rd.	
Residential Burglary	
70 Block Davis Rd.	
Robbery Strongarm	
100 Block Alice Ln.	
Shoplift	
50 Block Moraga Way	
Warrant Arrest	
Safeway	
Shell Gas	
Santa Maria Way/Altarinda Rd.	
500 Block Moraga Way	
Orinda Convalescent	
Nuisance to the Community	
Disturbing The Peace	

100 Block Brookside Rd.	
Loud Party	
Donald Dr./Hall Dr.	
Phone Harass	
10 Block Aspinwall Ct.	
Public Nuisance	
Starbucks	
Theatre Square	
Vandalism	
Orinda Country Club	
Shell Gas	
700 Block Ironbark Ct.	
Other	
Accident Property	
70 Block Orchard Rd.	
Harassment	
Post Office	
Prom Shoot	
10 Block Mira Monte Rd.	
Unauthorized Possession	
Eb Sr 24 At Acalanes Rd., Laf	
Violation Of Parole	
Theatre Square	

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Orinda's new mayor has legislative agenda



Photo Sora O'Doherty

Darlene Gee, new Mayor of Orinda

By Sora O'Doherty

Stepping up from vice mayor to mayor of Orinda on Dec. 13, with, as she put it, the most experienced vice mayor, Amy Worth, in the history of Orinda, Darleen Gee has decided that she has four key priorities during her year as

mayor.

Gee is keen to renew and perhaps expand the local sales tax that is about to expire in 2023. She explains that the sales tax is a general tax that requires a simple voter majority, as opposed to a required two-thirds majority vote, and the council is allowed to use the revenues from a sales tax however it wishes. Orinda has chosen to use the sales tax to update its roads, but it is not obligated to use it for that purpose. Because of the upcoming expiration of the current tax, there are only two possible elections in which to pass a new tax, November 2020 and November 2022. Gee would like the voters to at least renew the current half-cent sales tax, and perhaps raise it to one cent. Gee and Vice Mayor Worth are on the subcommittee on tax and revenue.

Gee's second priority is to update the downtown development standards. The team has been working hard, and has issued a request for proposals to develop the standards, which, Gee says, is the next big step in the process of downtown development.

The new mayor's third priority is the construction of the mini-park at the entrance to the Theatre District from the Highway 24 exit. "I really

care about that," Gee said. "The Orinda Community Foundation has been so generous," she added. She hopes to see construction bids this year.

Fourth, Gee wants to explore the possibility of Orinda becoming a charter city, as opposed to its current status as a general law city. "One reason to do that," Gee explained, "is to raise funds with a real estate transfer tax," but that is not her driving motivation. She has two key reasons for exploring the status change: greater local control and the ability to impose much more serious penalties for code infractions.

Local control has to do with the housing situation. She cites a San Mateo lawsuit, in which that city prevailed over a state of California demand for denser housing. The judge, Gee said, ruled for the city because it is a charter city. However, Gee acknowledged that the situation is very messy, and is likely to be very fluid over the next five years. El Cerrito recently converted to a charter city, and Gee will be having a meeting with the

mayor of that city soon.

All members of the Orinda City Council are volunteers, and Gee spends at least 10 hours a week on council work, in addition to holding a full-time job. She said that she was especially proud of Orinda after the tragic shooting on Halloween. After the incident, Gee said, she was in shock, as the mass shooting at an Airbnb home rented for a party was so unusual, so out of character for Orinda. At the following city council meeting, she said, Orinda residents came out to express their point of view "so eloquently, with no one screaming, no one disrespectful." It seemed, she said, "so refreshing and so old-fashioned."

The city council, Gee noted, "is very collegial and gets things done." In fact, she added, "we've been accused of being too in sync." But she stressed that she believes in compromise, in pushing things forward, and getting things done. She has a year ahead to do just that.

An article outlining Vice Mayor Amy Worth's goals will be in the next issue.

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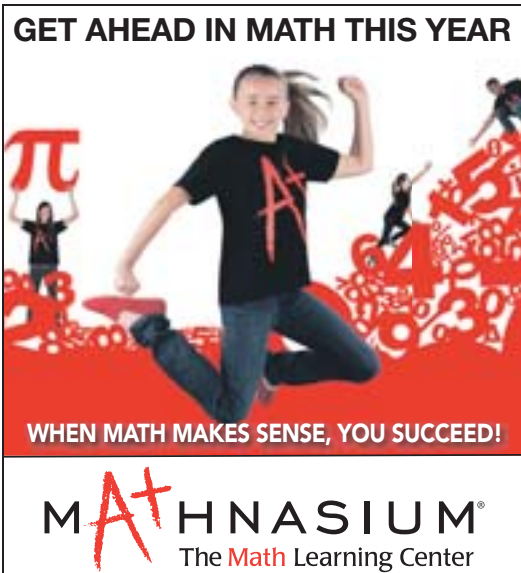
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Lamorinda homeowners receive break from California Department of Insurance

By Nick Marnell

Residential property owners in ZIP codes 94563 and 94549, which include the cities of Orinda and Lafayette, will benefit from a state insurance directive that protects regions recently affected by wildfires.

According to Senate Bill 824, an insurer may not cancel or refuse to renew a residential policy for one year after an emergency declaration "based solely on the fact that the insured structure is located in an area in which a wildfire has occurred." The Sky Fire burned 150 acres in Contra Costa County after Gov. Gavin Newsom's emergency declaration Oct. 27, and the law protects Orinda and Lafayette homeowners, whose properties were close to that fire, for one year from that date.

Insurance Commissioner Ricardo Lara released the af-

ected ZIP codes in December, after receiving information that many property owners have struggled to obtain insurance coverage when California insurers retreated from communities they identified as having higher wildfire risk. "If this trend is allowed to continue, it could further disrupt local real estate markets and cause property values to decline," Lara said in a statement. The drop in property values could reduce funds available for local services like fire protection, law enforcement and road repairs, he noted.

"It keeps the desirability of Lafayette and Orinda real estate very high and protects the property values," Paddy Kehoe of the Paddy Kehoe Team said of the state insurance directive.

State Farm led all California insurers in 2018 with \$6.4 billion in written property and casualty insurance premiums. "In California,

State Farm has not non-renewed customers' existing homeowners insurance policies solely based on wildfire risk," State Farm spokesman Ben Palmer said. "It is important to remember that wildfire is not the only risk we are considering. To keep our promises to all of our homeowner customers, we must find the appropriate balance between our exposure to loss, the resources available to maintain a quality level of service, and our ability to meet our financial obligations to pay claims."

Though portions of Moraga lie in a Very High Fire Hazard Severity Zone, as specified by the California Department of Forestry and Fire Protection, the state determined that the town did not lie within or adjacent to the fire perimeter of the Sky Fire, and its ZIP codes were not included in the state insurance directive.

Community shows it cares after burglary at Lafayette business



Minoo Montlagh in her Lafayette cleaners.

Photo J. Wake

By Jennifer Wake

Having a business next to Johnny's Donuts has its perks. On the Saturday before Christmas, Lafayette Vogue Cleaners and Alterations owner Minoo Montlagh grabbed her reusable coffee cup (since she's environmentally conscience) and headed next door to grab a coffee. Unfortunately, she left the store unlocked and while she was gone, someone came into the store and stole all the money from her cash drawer.

"I never thought in the five minutes I was gone there would be a problem," said Montlagh, who has owned the cleaners for 15 years. "I'm glad I didn't come back early."

After hearing about the burglary, Venture Quality Goods owners Tom and Roslyn Stenzel went into action,

sending an email plea for help to all of their Venture customers.

"If you have ever had your pants hemmed or a shirt tailored at Venture, Minoo ... is the person who did it. She is a magician with the needle ... and has worked on well over a 1,000 garments for us," the Stenzels wrote, explaining about the burglary. "So in the spirit of the Season, we have decided to help Minoo out and also collect any donations that our Venture contacts would want to give to Minoo. An event like this, especially for a small business, can shake your confidence in society. We want to give our community an opportunity to shine some light on Minoo!"

Calls began to come in from customers to Montlagh's shop on Monday, Dec. 23, with people asking how she was doing. "This just made

me so happy because customers care for me," Montlagh said. On the following Friday, the Stenzels came to Montlagh's shop with a box filled with notes and donations. "I just cried because at this time of year things are so hard and with the very bad news, especially after Halloween and the burglary in Springhill, it's so nice to know we live in a community that everyone cares about each other."

The notes of encouragement from customers and from some people Montlagh didn't even know filled her heart. "One lady wrote a check and lives in Rossmoor," Montlagh said. "She was so sweet and kind. It said in the memo, 'Hope this helps' It is wonderful we live in such a caring community. I think 2020 will be the best year ever."

Fire District Public Meetings

Moraga-Orinda Fire District
Board of Directors
Wednesday, Jan. 8, 7 p.m.
Go to the website for meeting location, times and agendas.
Visit www.mofd.org



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Lamorinda board elections shatter tradition and protocol

By Nick Marnell

The reorganization of several Lamorinda public governing boards has been anything but routine the past two years.

The Moraga-Orinda Fire District, which set the tone with an unprecedented reorganization in 2018, added to its legacy by electing Steven Danziger to a second consecutive term as board president Dec. 18. Traditionally – and that word has assumed less and less significance in MOFD elections – the district vice president is elected president for the succeeding year, but Craig Jorgens returned as vice president for 2020 after the board re-elected Danziger.

In 2018, the district bucked precedent by electing Danziger – a first-time board member – to the presidency to the dismay and disapproval of many district residents, who feared that Danziger, along with his two newly elected, union-backed directors, were plotting for the fire-fighters union to “take over the fire district,” as one

speaker warned at the 2018 election meeting.

The city of Lafayette also eschewed tradition and re-elected its mayor, though the reorganization came as no surprise and was fully endorsed by the vice mayor. Mike Anderson, who took over for Cam Burks after Burks stepped down as mayor in April, was re-elected by the city council Dec. 9. “I have a lot of learning to do before possibly filling in next year for Mike. I am very thankful that he is going to take this next year,” said Vice Mayor Susan Candell, who would traditionally have been elected to the mayoral post.

An unexpected twist occurred Dec. 17 during the Moraga town council reorganization. According to protocol and based on seniority, Council Member Renata Sos was next in line to be vice mayor. But two fellow council members argued that Sos, having been appointed and not elected to the council, should not assume a position putting her one heartbeat away from becoming town mayor. Sos withdrew her

nomination for vice mayor, not once, but twice. “It would be difficult for me to perform the job given the comments that have been made,” Sos said, and the council elected Kymberleigh Korpus mayor and Mike McCluer vice mayor for 2020.

Only the Orinda City Council facilitated a traditional reorganization, with Vice Mayor Darlene Gee succeeding Inga Miller as mayor Dec. 3.

Contra Costa County Supervisor Candace Andersen, whose District 2 includes Lamorinda, virtually won re-election because no one else filed with the county Elections Division in time to appear on the ballot. The only person who could oppose Andersen in 2020 is a write-in candidate.

Based on the recent history of elections of Lamorinda public officials, Andersen is taking nothing for granted. “If someone launches a write-in campaign, I will respond accordingly and run a full campaign myself,” Andersen said.

An open letter to State Sen. Steve Glazer and Assemblymember Rebecca Bauer-Kahan

Dear Sen. Glazer and Assemblymember Bauer-Kahan,

California Assembly Bill 5, which affects how freelance journalists and independent contractors are classified and compensated, is now in effect as of Jan. 1.

Since the summer of last year we have spent countless hours trying to figure out how AB5 would affect the Lamorinda Weekly, the paper your offices once commended when we were honored as the Business Persons of the Year in Lafayette.

While shopping at the Farmers' Market today a resident identified me as the publisher of the paper and started to talk to me. (It happens occasionally.) The woman was explaining how important the paper is and how much she enjoys its existence before she turned sad, telling me about the closure of the Martinez Gazette, a long standing paper.

Are we next in line to go? I don't know yet. What I know is that our writers are expressing a "lost spirit" and I'm tired of dealing with issues that have nothing to do with bringing news to the community. I feel like my life has been turned upside down and I don't know how I deserve this. I'm told by the Publishers Association to get legal advice. As much I appreciate their support, this is a joke! I'm in an industry making pennies and I should hire a lawyer who makes \$500 an hour for a case in which I have not done anything wrong or created something that wasn't a problem to anybody?

AB5 is telling the news industry how to run this business, but I thought I was in "The Land of the Free." Or is this a country where the government wants to take over running the news? There might be good reasons for AB5 but when it comes to its effect on the news industry, it just erects more coffins waiting to be filled.

We contacted your offices before the vote on AB5 to sit down and give you detailed insight about our situation. The offer still stands. Have you ever thought of a bill exempting the news industry from AB5??

Happy New Year and all the best to you and your families.

Andy Scheck
Publisher

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| Ann G. Newton Cane | Heritage Downtown | Lynn Molloy | Rheem Valley Pet Shoppe |
| Ann Ward | Hilton House | Mark Bellinham Painting | Rheem Valley Shopping Center |
| Anthony's Custom Picture Framer | Holcenberg Team | Mark Hoogs State Farm Insurance | Roughing It |
| Antigua Doors | Holiday Marketplace | Mary Beth MacLennan | Rusty Nails Handyman |
| April Matthews | Holy Shepherd Lutheran Church | Mary Piscitelli | Saint Mary's College |
| Artemis Rowing | Holy Trinity Cultural Center | Mary Robbins | Saint Mary's College |
| Ashley & Patricia Battersby | Home Helpers | Masterpiece Household Services | Alumni Engagement |
| Aspen Network | Honest Rodent Proofing | Mathnasium | Santa's Bag Boutique |
| Azia Rugs | In the Deets | Matt McLeod | Sarah Bruschi Tutor |
| Baja Cali Taqueria & Grill | Indigo & Poppy | Matthew McLeod | Save Lafayette |
| Barbering by Nance | Jane Smith- Dudum | McCaulou's | SewNow |
| Bass Medical Group | Janet Powell | McDonnell Nursery | Shannon Conner |
| Bay Area Drainage | Jennifer Perlmutter Gallery | MEF | Sherman Swim School |
| Bay Area Festivals, Inc. | Jerry Sung CPA | Melanie Snow | Sherrie Perlstein |
| Bay Area Greenscapes | Jesennie's Upholstery | Michael Young | Sherry Hutchens |
| Bay Area Home Companions | Jill Fusari | Mike Rosa | Sisi Caffè |
| Bay Area Underpinning | Jim Baca | Millie's Kitchen | Sleepy Hollow Swim and Tennis |
| Bel and Bunna's Books | Jim Brommers Berquist | Miramonte Swim Club | Lynda Snell & Jeff Snell |
| Bentley School | Jim Colhoun | Molly Smith | Social Circle |
| Berkeley Rep School of Theatre | Joan Evans | Moraga Art Gallery | St. Anselm's Church |
| Better Homes and | John Fondnazio | Moraga Barber Shop | St. John's |
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| Clark Thompson | Kurt Piper Group | MVPC - Moraga Valley Pres. Church | The Writing Studio |
| Clocks, Etc | La Porte Education Advising | Nancy Stryker | Theater View Veterinary Clinic |
| Coldwell Banker Orinda | Lafayette Auto Body, Inc | Nurtury Preschool | Tim Southwick - House for Rent |
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| Dana Reedy | Lafayette Rotary | Orinda Community Church | Town of Moraga |
| Diablo Acupuncture | Lafayette School District | Orinda Union School District | Tree Sculpture Group |
| Diablo Valley Oncology/Hematology | Lafayette United Methodist Church | Orinda Village Antiques | TUTU'S |
| Diane Reilly | Lakeridge Athletic Club | Outdoor Supply Hardware | UC School of Optometry |
| Doing College | Lamorinda Floors | Our Savior's Lutheran Church | Unity Church |
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| East Bay Eclipse Soccer Club | Lamorinda Sunrise Rotary Club | Park Place Wealth Advisors, Inc. | Village Associates |
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(partial list based on revenue /frequency)

~ Life in LAMORINDA ~

Declutter and help someone in need, all at the same time



Photo Andy Schreck

Moraga resident Craig (middle) and Easten Means drop off at the Moraga Donation Center with Goodwill employee Emile Andraed.

By Diane Claytor

We all do it. The calendar changes from one year to the next and we make lists of all the things we're going to change, all the ways we're going to improve ourselves and our lives. Lose weight. Exercise more. Declutter the house. Clean the garage. Stop yelling at the kids. The lists can be endless. And often times, long forgotten by the end of January.

Although resolutions must be made and kept (or broken) by each individual, we can offer a suggestion on how to make at least one of them a little easier to keep. Cleaning, decluttering, de-junking – whatever you call it – is as easy as driving to Moraga's Rheem Shopping Center, dropping off bags of useable but no longer-needed items at the Goodwill Donation Center and driving back, knowing your house is neater and you're helping change the lives of people in our own community who may have encountered any number of challenges.

The Moraga Donation Center is part of Goodwill Industries of the Greater East Bay, an independently owned, not-for-profit organization consisting of one donation center, two distribution centers and 28 stores throughout Contra Costa, Alameda and Solano counties.

According to Mike Keenan, president and CEO of Goodwill of the Greater East Bay, the organization's primary mission is to turn donations into jobs, offering opportunities to many individuals he calls "second chancers," those who have faced significant barriers and challenges in the past. This can include people with criminal records, previous addiction problems, generational poverty, job loss or disabilities. "We use the money earned by selling donations to hire employees to work in our stores and distribution centers," Keenan explained. "We teach them skills, train them, give them a job and a paycheck which, in turn, gives them self-confidence and often the im-

petus to continue improving themselves. We give them purpose and opportunity. It's a win-win."

Keenan went on to note that many of the leaders in the organization have come up through the ranks. As he said, "Who better to understand how it feels to need help or how to train someone so they, too, can follow a path to success?" The organization also offers a workforce development program, which includes job readiness training, at its four career service centers, in addition to their Goodwill Academy, which is a vocational education program tailored to help those with little work experience.

The Moraga Donation Center is quite busy, Keenan said, and "candidly, the quality of donations is very high." The Center, on average, takes in approximately 100 donations every day – that's 100 individuals bringing in anywhere from one item to dozens of items. And, according to Manager Gracinda Fernandes, Saturdays and Sundays average up to 150 donations each day. "We've received some incredible donations, including new Coach bags and a mink coat," Fernandes said. She recalled once receiving 14 new iPod Shuffles and recently, 10 brand new coffee pots. "The donor said he had purchased the coffee pots as gifts then changed his mind about giving them so decided to donate them to Goodwill."

The process is simple. Donations come in, get sorted into bins according to category. Trucks come every morning and pick up 12 to 15 full bins which are taken to various stores for further sorting, pricing and then put on the floor for sale. Kennan described their rotational program: items are on sale for five weeks, then discounted by 50%. If they still don't sell, they are sent to Goodwill's outlet store, where they are sold by the pound. Any items remaining are sold to a salvage company. The higher-end, newer donations – such as those Coach purses – take a different path: they are sent to an e-commerce site

where they are categorized, photographed and placed on the shopgoodwill.com website.

"One of the things people don't realize about Goodwill," Keenan explained, "is that we really are a sustainability company. First we try to sell, which is, of course, the best form of recycling there is. If that doesn't work, we salvage; those items are generally sent to other countries. We do not add to the landfill," he emphasized. This year alone, Keenan reported, Goodwill of the Greater East Bay has kept 10 million pounds of goods from reaching the landfill.

So those plates you no longer need, the old suitcases that were recently replaced by new luggage, the clothes that no longer fit and the toys that are suddenly too young for the kids can all find a new home while offering an improved life for someone in need.

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Photo Diane Claytor

Mike Keenan (far left), president/CEO of Goodwill of the Greater East Bay, and his Moraga Donation Center team: (from left) McKenna Martin, Vicki Akia, Gracinda Fernandes and Kyle Hinds

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Seasonal Blues: Feeling depressed, but only in winter?

By Linda Fodrini-Johnson

The holiday season brings with it a myriad of emotions and social gatherings. These are typically tied to positive experiences and uplifting memories, but for some, the holiday season can bring up emotions that are difficult to deal with. During the holidays people may struggle with the pain of loss and grief, or less than perfect interactions with family members. These emotional situations can lead to feelings of sadness and, in some cases, depression.

Even when some people have all positive holiday experiences filled with joyous activities and gatherings, it is possible to still feel sad or depressed when the whirlwind is over and the new year begins.

This phenomenon is called Seasonal Affective Disorder. If this cycle of sad emotions during the holidays sounds all too familiar to you, you might have this diagnos-

able disorder. You might even know a family member that has it. Thankfully, there are ways in which to address it.

Seasonal Affective Disorder can be caused by a disruption in melatonin and serotonin. Normally, we produce melatonin during the night time when it gets dark to help us sleep. When there is less sunlight and more darkness during the long nights of winter, your body may produce too much melatonin. Serotonin, a chemical and neurotransmitter that regulates feelings of happiness, is also diminished by lack of sunlight. The combination of these two imbalances can cause depression. Here are some ways to combat SAD:

1. **Be proactive.** Visit your physician proactively, especially if you know this happens to you every year. Tell him/her about your symptoms. An anti-depressant medication may be suggested as a remedy for that time period and may even need to be taken before any symptoms are evident.

2. **Purchase a therapy light.** You can find a therapy light on Amazon for around \$50. Use this to expose yourself to light for several hours each day. The light mimics the sun's effects, produces serotonin, and regulates melatonin which helps combat seasonal depression.

3. **Stay active.** Take a workout class, go for a run or walk outside, or watch a DVD/television program that has structured exercise. Movement helps combat depression of all sorts!

4. **Stay engaged.** Encourage yourself to go out and enjoy a light spirited movie or concert even if you don't feel like going out. Structure it into your week by having standing lunch plans or eating dinner with your family each night.

5. **Eat well.** Sugar and refined carbohydrates can contribute to feeling blue. Try to avoid processed sugar and move towards fruits, veggies, and proteins. Keep some hummus and cut up veggies ready for snacking. Ask your physician if adding

fish oil and Vitamin D to your diet might help.

If you make all the above changes and you are still feeling down, it might be time to call a professional counselor. At Eldercare Services several of our Professional Care Managers who are also licensed therapists. Give us a call and we will get you an appointment.

If you are feeling like life is not worth living, you should address these feelings immediately by calling 911 or an emergency suicide lifeline. Your feelings are real and there is help. Depression is very treatable. When you are in the middle of it, it can be hard to believe that there is a "life-preserver" out there for you or your family member, but there are certainly resources that can help.

Mental health can have a negative effect on physical health, so please stay well and seek professional advice if you are experiencing SAD. It can be hard for many of us to ask for help but our lives are short and each of us deserves to live each day to the

fullest. That means we need to seek answers for mental health challenges as well as medical challenges.



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 is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.

Comedic production raises money for charity



Photo provided

By Ania Keenan

The air buzzed with irreverent energy. The noise echoed around the small theater as people made their way to their seats. As the clock struck seven, the lights dimmed and the stage was filled with a soft, wide spot light. Taking a cue from the lights, the audience settled down and four teenagers made their way to center stage. The one to the far left took a small step forward and in a commanding, slightly British, voice proclaimed "Welcome to the Goats of Denmark." The crowd erupted in cheers.

The Goats of Denmark is a student run comedy club that hails from the halls of Miramonte High School. Although it is not affiliated with the Miramonte administration, it holds several shows annually. One in the spring, in the fall, and most recently, in the winter.

There were two shows on Dec. 21 and 22, drawing a mostly student-populated fan base to the Orinda Library.

The show consisted of 10 short sketches, each written by a different cast member, that brought the show to a total run time of about an hour.

Opening the show was "Thanksgiving Controversy" by Michelle Giovinazzo, taking a satirical look at the avoidance of politics while shining a light on the hypocrisy of this effort demonstrated the unique perspective offered by student

comedy.

Taking a slight break from political metaphors the show progressed with Athena Davis's "Diary of a Wimpy Kid: All Grown Up." The short story checked back in with the classic characters as they entered their senior year of high school, and continued the show's trend of plot twisting relationships.

Closing the show was the cast's final sketch, written by Jenni Coletta, "Pooh-dale." The parody take on the hit show "River Dale" places high stakes high school drama in the hands of the beloved stuffed animals from the Hundred Acre Wood.

Most every sketch involved the entirety of the cast, with the exception of the between scene improv pieces. As other cast members moved props and changed costumes, one to three cast members would take the stage to perform. These included everything from comedic reading of text messages to a prose love poem to the animated Hercules from Disney's "Hercules" as performed by Davis.

The ticket sale price was case based, with a little comedic twist. As every guest went to pay for tickets, each rolled a set of two dice. The numbers rolled was the price of the play for that person.

The group decided that the evening's proceeds of around \$1,000 will be donated to a local charity yet to be determined.

In Memory

Peter Emil Graf

(3/31/30 – 12/30/19)



Peter Graf passed away in Grass Valley on December 30th, 2019 at the age of 89.

Peter was born in Baltimore, Maryland, the oldest of three boys, to parents who emigrated from Switzerland. He attended schools in Binghamton and Syracuse, New York. He received a BS in Chemistry from the University of Rochester and a PhD in Physical Chemistry from the University of Wisconsin in Madison. He met Susan Flanders Ward while in Madison and they

married in 1958 in Rye, New York. They moved to the San Francisco Bay Area where Peter worked for Chevron Research in Richmond, California. They had three sons, Michael W. Graf (El Cerrito, CA), David D. Graf (Loma, CO), and Peter A. Graf (Boulder, CO). They lived in Orinda for 35 years before moving to Nevada City in 1996. In 1963, Peter and Susan built a ski cabin in Alpine Meadows with friends, and the family enjoyed years of skiing and hiking in the Sierras. Peter was also an avid windsurfer, mostly in South Padre Island in Texas, and after retiring learned to mountain bike and telemark ski. Peter volunteered at the South Yuba River State Park and the Bear-Yuba Land Trust. He helped the Sierra Club to build the Bradley Ski Hut and was a member of the Bear Creek Planning Committee in Alpine Meadows.

In addition to his wife and three sons and daughters-in-law, he is survived by his brother Rudi (Newcastle, Maine) and his nine grandchildren: Asa, Sam, Emil, Noah, Elsa, Henry, Toby, Ned, and Jasper.

In Memory

John Edward McClellen

April 21, 1931-December 14, 2019



John Edward McClellen, Sr. died peacefully on December 14, 2019. He is survived by his wife of 64 years, Joyce; children Jerry (Lilian), John Jr. (Joanne), and Jeff (James); three grandchildren, and three great grandchildren.

John was a fourth generation Californian, born in San Francisco on April 21, 1931, to Harold McClellen and Edna Soderman McClellen. He enjoyed his childhood years in San Mateo with cousin Lou Ann Breadlow Civiletti. John attended Santa Clara University on a baseball scholarship, playing summer ball for the semi-pro team Prune Packers. His favorite baseball memory was from a 1951 game against Lefty O'Doul's SF Seals, hitting an 8th inning, game-winning, 3-run rocket over the left field fence.

Upon graduating from Santa Clara in 1953, John served as a 2nd Lieutenant in the U.S. Army Reserve, assigned to an artillery unit of the 2nd Infantry Division at Fort Lewis.

In 1955, he started his career with Bethlehem Steel Corporation in the Labor Relations Department. In 1982, John finished his career with Kemper Insurance as a Hearing Representative in their law department, retiring in 2002.

A Moraga resident for 54 years, John was an active community member. He coached several LMYA baseball teams and served Boy Scout Troop 51 as lead and assistant scoutmaster for 10 years. He enjoyed attending Campolindo and Cal football games, serving Friends of the Moraga Library, and belonging to local chapters of SIRS and Kiwanis.

John leaves us with many good memories of a life well lived, having enjoyed his family, friends, sports, pets, and travels to Hawaii. His sparkling blue eyes, quick sense of humor, and gentle kindness will be missed. Aloha, John!

Donations can be made to: Friends of the Moraga Library at 1500 St. Marys Road, Moraga, CA 94556

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.

Please submit stories and story ideas to:
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Travel log

Spanish, served with a side of protest



Over 1.5 million protestors in Santiago's City Center (Plaza Italia) on Oct. 25. Photos provided

By Cathy Dausman

Kathy Ferber went to Chile for a wedding and a Spanish immersion class; little did she know she would “end up learning far more about this fascinating country” than she had ever imagined.

“There is the trip you plan ... and the trip you take,” she said.

The longtime Moraga couple (Kathy and husband, Stan) were introduced to Chile and its culture when they befriended several “expats” during the 1970s. “We knew very little of Chile before we met them,” Kathy Ferber said, “but they encouraged us to visit their homeland.” The couple made several trips and fell in love with the country’s Atacama Desert, its copper mines, the Patagonia region, the Lake District and Pacific beaches and most of all, its people.

Stan Ferber wasn’t taking this trip, but encouraged his wife to go, entrusting her welfare to their Chilean friends. After six years of adult education Spanish classes and three previous visits, Kathy Ferber was ready for a full immersion experience.

On Oct. 13 she flew to Santiago; starting class the next day. She commuted via

subway from her lodgings in the Las Condes district to Escuela Bella Vista. After a week Ferber began “to think in Spanish and feel more like a local.” On Oct. 18, she took an afternoon trip to the home of poet Pablo Neruda, an outspoken opponent of dictator Augusto Pinochet. Ferber then walked to her usual metro stop, but found it closed and surrounded by Carabineros (police) in riot gear.

“Que paso?” she inquired. What was happening? She was told high school students protesting subway fare increases had set fires and metro stations were closed throughout the city. She walked seven miles back to the hotel.

“The ‘manifestaciones’ (protests) had just begun,” she said. In class, Ferber learned the protests, while purportedly over fare hikes, were really the final straw after 30 years of government failings. “The list of grievances was a long one,” she said, amounting to disparities between the haves and have-nots. As the list grew the protests became more violent, and President Sebastian Pinera’s televised “we are at war” comment didn’t help.

Demonstrations, fires and looting continued, and de-

spite being assured her hotel was in a “safe” area, protests began nearby. Ferber fell asleep nightly to the sounds of the “casseroles” (demonstrators banging pots and pans). “Ear plugs helped,” she said. An 8 p.m. to 6 a.m. curfew left her “a prisoner” in the hotel overnight. With metro closed and buses jammed, Ferber resorted to daytime travel by private auto. “Uber is illegal in Chile, however, it still operates. I learned a lot from my wonderful drivers,” said Ferber as she commuted to class speaking “survival Spanish.”

“My school was a wonderful respite from the increasingly nerve-wracking demonstrations,” Ferber said. Instructors taught history alongside the language. “We were given a tremendous education ... (and learned) unrest had been building and demonstrations (were) inevitable – it’s not 30 pesos, it’s 30 years,” she said. Ferber said many of the school’s younger students defied the curfew and ventured into the thick of things, and suffered from tear gas exposure. Ferber knew better after the 1960 Berkeley protests.

Ferber continuously assured her worried husband and other family members she was safe, but conceded, “I’m not quite sure they believed me.” The U.S. Embassy warned her to avoid demonstration sites, always carry ID and keep a low profile. As a tall, fair-haired “gringa,” the latter proved most difficult. On Oct. 25 Ferber watched as 1.5 million converged on the city center. While largely a peaceful protest it was obvious “the city was still under siege.”

“I had graduated from my Spanish program,” Ferber said, but “travel to the airport was questionable.”

Three weeks into her stay Ferber took a shopping trip and encountered more protestors, police and tear gas and a State Department alert saying demonstrators were headed toward the U.S. Embassy. Ferber called local friends; they advised her to “get out if you can.”

“I called the airline ... packed in 15 minutes and somehow found a cab driver willing to drive to the airport,” she said. Gone was the Chilean custom of lingering goodbyes with hugs and kisses. After boarding the jet, she was offered a glass of wine. “I took it gladly, then burst into tears.

“I had come to study Spanish and enjoy a wedding,” she said. “I left, more ‘world citizen’ than gringa.”



Kathy Ferber, left, with Profesora Lidia and her class at Escuela Bella Vista ... before the demonstrations began.



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Not to be missed

ART

The Lamorinda Arts Council invites writers and artists to participate in their free program from 2 to 4 p.m. Sunday, Jan. 19 at the Lafayette Library and Learning Center Arts and Science Room. Emerging writers read from their work surrounded by visual artwork from local artists. Artwork is videoed and uploaded onto social media. In this way art literally "embraces" the spoken word. A reception with light refreshments follows the readings. Go to <https://lamorindaarts.org/art-embraes-words/>, email literary@lamorindaarts.org or call (925) 359-9940 for more information.

The Lamorinda Arts Council kicks off the New Year with the artwork of the F-15 Photography Group, Alex Meckes' mathematical origami and ceramics by Ian Clark, Diva Fontinelli and Angela Lusk of the Rossmoor Ceramic Arts Club at the Art Gallery at the Orinda Library, 26 Orinda Way, through Jan. 31. For more information visit www.lamorindaarts.org.

Jennifer Perlmutter Gallery presents "Artist talks 3D" at 6:30 p.m. on Tuesday, Jan. 14 and Wednesday, Jan. 22. It's time to bring in the artists to share their stories and studio practices on a deeper level. Featuring multiple artists on two separate nights, you will hear from sculptors working in clay, bronze, stone, metal and concrete. Each artist will have time to walk guests around the gallery to share specific

artworks and to answer your questions. Free. There is two-hour parking in the back parking lot of the building 3525 Mt. Diablo Blvd., Lafayette.

Moraga Art Gallery's new show "Serendipities," runs through Feb. 1 and includes artwork by a score of guest and member artists, including Graig Crossley of Moraga, an abstract painter who uses a full palette of blazing primary colors, and Rick Nelson, a wood-turner of the first rank whose forte is museum-quality wooden bowls. An oversized metal sculpture by popular Joe Bologna serves as the show's centerpiece along with jewelry by K. de Groot and walls lined with photographs of landscapes by Wenda Pyman, florals by Lucy Beck, watercolors by George Ehrenhaft and various mediums by new members. The Gallery's new location in the Rheim Shopping Center is 432 Center Street (between Nation's and the Dover Saddlery). For more information call (925) 376-5407 or visit www.moragaartgallery.com.

Lamorinda Arts Alliance presents an exhibit, Strictly Abstract, though Feb. 28 at the Lafayette Bank of America at 3530 Mt. Diablo Blvd. in Lafayette. The new exhibit features abstract paintings by Susan Erickson, Carla W. Gelbaum, Irenka Kudlicki, Pam McCauley, Geoff Meredith and Judy Bolef Miller. <https://laa4art.org>

MUSIC

The Kyle Athayde Dance Party (A

Not to be missed

22 piece big band with members from NYC, LA, DC, Utah, and the SF Bay Area) will give a concert performance at 7:30 p.m. Wednesday, Jan. 8 at Lafayette Library. Tickets are \$20 at the door. They will have a swing, salsa, and R&B/Soul dance night at 7 p.m. on Thursday, Jan. 9 at the Saint Mary's College Soda Center. Tickets are \$25 at the door. For more information visit www.kyleathaydedanceparty.com/performances.

Gold Coast Chamber Players concert "Czech Marks" at 7:30 p.m. on Saturday, Jan. 25 in the Don Tatzin Community Hall, Lafayette Library and at 4 p.m. on Sunday, Jan. 26 at Piedmont Center for the Arts, 801 Magnolia Ave., Piedmont. There will be a pre-concert talk 30 minutes prior to each concert. Tickets: \$45 General, \$40 Senior (65+), \$15 Student. Purchase online: GCCPmusic.com or by phone: (925) 283-3728.

St. Paul's Concert Series presents Rena Harms and Anyssa Neumann, Soprano and Piano Duo at 7 p.m. Saturday, Jan. 25 at St. Paul's Episcopal Church in Walnut Creek. St. Paul's Concert Series kicks off its 2020 Season with Soprano Opera Star Extraordinaire Rena Harms joining piano virtuoso Anyssa Neumann, presenting works by Strauss, Schoenberg, Barber, and Vaughn Williams. Donation at the door: average \$20, students \$10 (all are welcome regardless of donation).

Diablo Women's Chorale - Singers Wanted. Do you love to sing and want to bring more harmony, fun,

and musical company into your life? Then audition for the Diablo Women's Chorale at 6:30 p.m. on Jan. 27 at Saint Matthew Lutheran Church, 399 Wiget Lane in Walnut Creek. Auditions are by appointment only. Contact Nancy Hickman, Membership Chair, at (925) 899-5050 or hickmandg@gmail.com, to book an audition time. www.diablowomenchorale.org/join-us.

THEATER

Plotline Theater Company presents "The Glass Menagerie" at 7:30 p.m. on Thursdays, 8 p.m. on Fridays and Saturdays, and at 2:30 p.m. on Sundays from Jan. 17 to Feb. 2. at the Martinez Campbell Theatre, 636 Ward St, Martinez. Ticket Price(s): \$22 for adults and \$19 for seniors and students. Online ticket purchase at brownpapertickets.com or call (925) 350-9770. <https://www.campbelltheater.com> for more info.

LECTURE & LITERATURE

KPFA Radio 94.1 FM presents David Talbot and Quincy McCoy: "Between Heaven and Hell: Story of my Stroke" from 7:30 to 9:30 p.m. Monday, Jan. 27 at Hillside Club, 2286 Cedar Street, Berkeley. Talbot and McCoy will discuss Talbot's new book, "Between Heaven and Hell: The Story of My Stroke," answer questions and sign books. Cost: \$12 advance, \$15 door. For more info see <http://www.brownpapertickets.com/event/4486178> or call (510) 967-4495.

Daniel Levitin introduces his new book, "Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives" at 2 p.m. Sunday, Jan. 19 at Orinda Books, 276 Village Square, Orinda.

AAUW-OML Meeting on the 2020 U.S. Census - Matt Lardner, Census Outreach Coordinator for Contra Costa County, and Chunling Wang with the U.S. Census Bureau will speak at the AAUW-OML (American Association of University Women-Orinda Moraga Lafayette Branch) general meeting from 9:30 to 11:30 a.m. on Jan. 21 (9:30-10 a.m. social time) at the Orinda Community Church, 10 Irwin Way, Orinda. Free. Reservations are not required. For more information, visit our website at <https://oml-ca.aauw.net>

The Stanford Women's Club of the East Bay presents the 45th Annual Books on Review program, featuring four Stanford authors speaking about their books from 9:15 a.m. to noon on Jan. 30 at Shadelands Art Center, 111 N. Wiget Lane at Ygnacio Valley Road, Walnut Creek. Price: \$35, cash or check only, at the door. Or register for this sell-out event now at <http://alumni.stanford.edu/goto/BOR>. Everyone is welcome!

KIDS, PARENTS & TEENS

Packets for TK-5 Registration for the next school year, 2020-21 are now available at your neighborhood elementary school. Registration for Lafayette students entering TK and Kindergarten for the 2020-21 school year begins Jan. 13. Additional information can be found at www.lafsd.org. In addition, an informational presentation, "A Roadmap to Kindergarten" will be held from 6 to 7 p.m. on Jan. 9 at Lafayette Elementary, Multi-purpose Room at 950 Moraga Road for all interested parents. This presentation is for parents only.

Registration opens Jan. 24 for the fifth annual AAUW-OML Techbridge STEM (science, technology, engineering, math) conference for middle school girls being held from 8 a.m.- 3 p.m. on March 21, at Saint Mary's College in Moraga. For online registration and more information visit the conference webpages via the link on AAUW-OML's website <https://oml-ca.aauw.net>. Conference registration fee is \$25 per student. Space is limited; early registration is encouraged.

Martin Luther King, Jr. Observation from 4 to 7 p.m. on Jan. 19 at the Orinda Community Church, 10 Orinda Way, Orinda. Stuart House, who worked in the Civil Rights Movement in Alabama during the '60s, will share his stories. He has continued to fight for justice throughout his life. Please join us for Chili, crafts, and discussion about how we can fight racism and injustice now. This event is for kids and adults. All are welcome!

OTHER

Orinda Books presents an ARF Fundraiser at 11 a.m. Saturday, Jan. 11 at 276 Village Square, Orinda. Photographer Barbara Brady-Smith introduces Hug Tails, stories about the Pet Therapy Team from Tony La Russa's Animal Rescue Foundation. Animal lovers, photographers, veterinary professionals, and anyone interested in pet therapy will find in Hug Tails an array of stories to delight the eyes and lift the spirit. A portion of the proceeds from sales of this book will benefit ARF.

Lamorinda Lions Foundation 39th Annual Crab Feed beginning at 5:30 p.m. on Jan. 18 at the Holy Trinity Orthodox Church, 1700 School St., Moraga. Silent and live auction, cocktails, dinner. Tickets: \$60, or \$30 for ages 6-12. INFO: (925) 283-6921 or moragalions@gmail.com

Winter Rose Care Workshop at 10 a.m. Saturday, Jan. 25 at McDonnell Nursery, 196 Moraga Way, Orinda. Email info@mcdonnellnursery.com or call (925) 254-3713 to reserve a seat.

Understanding Your Breast Cancer Risk Factors from 6:30 to 8:30 p.m. on Jan. 28 at the Lafayette Library, Community Room. Come and experience an event focusing on the most common breast cancer risk factors. A panel of medical experts will give an overview of genetic counseling, MRI breast screening guidelines, extremely dense breast tissue findings, recommendations for chemoprevention therapy and lifestyle changes. Reservations recommended. Call (925) 677-5041 x272 or email to sjung@dvothmg.com.

... continued on next Page

Lamorinda's Religious Services



ST. MONICA CATHOLIC CHURCH

1001 CAMINO PABLO, 925-376-6900
WWW.STMONICAMORAGA.COM

Mass Times: Daily Mass Monday - Friday 9:00 am
Saturday - Confessions 3:30 - 4:30 pm / Vigil Mass 5:00 PM
Sunday - Masses at 7:30, 9:00 and 11:00 am

ORINDA CHRISTIAN SCIENCE CHURCH

24 Orinda Way (next to the Library) - 254-4212

Sunday Service and Sunday School 10 - 11 am
Informal Wednesday Meeting 7:30 - 8:30 pm
ReadingRoom/Bookstore M - F 11 - 4; Sat. 10 - 12

www.christianscienceorinda.org



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TRANSFORMED BY THE PATH WE WALK TOGETHER

JOIN US FOR OUR SUNDAY SERVICE AT 9:30 AM
CHILDREN AND YOUTH PROGRAMS AT 10:45 AM

JOIN US FOR WORSHIP

ALL ARE WELCOME

Sundays, 9:30 am & 5 pm



10 Moraga Valley Lane
www.mvpc.today.org
925.376.4800



St Stephen's Episcopal Church

66 St. Stephen's Drive, Orinda
254-3770. www.ststephensorinda.org
Sunday 8am, 10am

LAFAYETTE-ORINDA PRESBYTERIAN CHURCH

Where all are welcome, nobody is perfect,
and anything is possible with God.



- Sunday Worship 9:00 & 11:00 a.m.
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Practical biblical teaching, contemporary
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www.willowspringchurch.com

1689 School St. Moraga | 925-376-3550

Sunday Service 10:45 am



ST MARK'S CHURCH OF ORINDA & MORAGA

Sunday Service at 10 a.m.

451 Moraga Way, Orinda
www.stmarksorinda.org | (925) 254-5965
All Are Welcome

St. Anselm's Episcopal Church

An Open, Affirming & Loving Community

Sunday Services: 8 and 10 AM

In-church Youth Zone, 10 AM Nursery Childcare
682 Michael Lane, Lafayette, 284-7420, www.stanselms.ws

Lafayette United Methodist Church

955 Moraga Road 925.284.4765 thelumc.org
Sunday 10am Worship and Faith Formation for all ages

Opportunities to Love God, Love Others,
and Serve the World

ST. PERPETUA CATHOLIC COMMUNITY

celebrating our faith • enriching our community • sharing our gifts

Join us

Masses Saturdays at 5:00 p.m.
Sundays at 8:00 a.m., 9:30 a.m., 11:30 a.m.
School for TK - 8th grade
Faith Formation for children and adults

3454 Hamlin Road | Lafayette | stperpetua.org
925.283.0272 Parish | 925.284.1640 School

Holy Shepherd Lutheran Church 433 Moraga Way, Orinda, 254-3422 www.holyshepherd.org



9:30 a.m. CONGREGATIONAL WORSHIP
10:30 a.m. Coffee Fellowship
in the Center for Ministry

visit <http://www.holyshepherd.org> for more details



10 Irwin Way, Orinda | 925.254.4906 | www.orindachurch.org

"No matter who you are, wherever you are on life's
journey, you are welcome here!"

Join us Sundays at 10 a.m. | Sunday School 10 a.m.

Not to be missed

OTHER ... continued

Diablo Ballet presents the second program of their 26th season, "Balanchine & Beyond" at 8 p.m. on Feb. 7 and at 2 p.m. and 8 p.m. on Feb 8 at the Del Valle Theatre in Walnut Creek. The program features selections from five ballets. Tickets: \$15-\$48 (925) 943-7469; lesherartscenter.org, diabloballet.org

tatives for a cleaner, safer and healthier world for generations to come. Bring your questions about recycling, landfill technologies, and use of renewable energy.

The Moraga Garden Club Monthly General Meeting will be held at 9:30 a.m. on Jan. 16 at the Holy Trinity

Not to be missed

Cultural Center, 1700 School Street. Juanita Salisbury of Landscape Architecture will be speaking about "Leveraging Biodiversity in Your Landscape." Her work is elegantly understated and is sure to get the audience inspired. General meetings are free and open to the public. www.moragagardenclub.com

Not to be missed

The Montelindo Garden Club's January meeting will be at 9:30 a.m. on Jan. 17 at the Lafayette Library and Learning Center's Community Hall. Presentation: Camelia Sinensis, A Plant That Changed the World by speaker Susan Leech. Susan is an expert in the growing history and enjoyment of tea. One of Mon-

telindo's own, she is the owner of the charming Orinda Village Antiques shop, where she presents teas during which she regales people with the history of the British tea experience. www.montelindogarden.com

SENIORS

Anne Randolph Physical Therapy presentation on Arthritis from 11:30 a.m. to 12:30 p.m. on Jan. 22 at the Sequoia Room, Lafayette Community Center. Live the best life you can with arthritis! Understand the challenges and changes arthritis brings on and find practical solutions to make daily activities easier. Members: free; non-members: \$10.

GARDEN

The Lafayette Garden Club will meet at 10 a.m. (speaker at 11) on Jan. 9 in Lafayette Veteran's Building, 3780 Mt. Diablo Blvd. Lafayette. The guest speaker this month is Judy Thomas who will educate us on Trees and Mediterranean Plants. Judy formed her own consulting company, Bay Area Plant Consultants, in 1996, and serves as a consulting arborist and landscape adviser for attorneys, insurance companies and homeowners in tree-related cases. Free. Contact twalklet@comcast.net

The Walnut Creek Garden Club will hold its monthly meeting beginning at 10 a.m. (program at 11) on Jan. 13 at the Gardens at Heather Farm, 1540 Marchbanks Drive, in Walnut Creek. The topic of the January presentation will be "The three cans." Kerry Rivers from Republic Services presents the company's sustainability goals and ini-

Super savory side dish or Super Bowl appetizer



Roasted Tomato-Mushroom Ricotta Bake

Photo Susie Iventosch

By Susie Iventosch

This dish is simple and oh so delicious! It makes a wonderful side dish or a light meal, but can also be used as a topping for chicken or steak. I love it best served with grilled rustic Italian bread and if you want to use it as an appetizer, just serve it along with some toasted baguette slices. When I came up with this recipe, we had just been given a big bas-

ket of garden fresh tomatoes from a friend, but I have since made it with cherry tomatoes from our local grocer as well. Some ricotta bakes call for an egg to be beaten in with the ricotta cheese, but I really like the consistency of using just the ricotta all by itself. This dish would be fun to serve if you happen to be hosting a super bowl party this year! I will have one more recipe for Super Bowl parties in the next issue too.

Roasted Mushroom Ricotta Bake

(Serves 4 as a side dish)

- 16-ounce container of ricotta cheese
- 4 medium tomatoes, sliced, or 1 cup cherry tomatoes, halved
- 1 small package (10 oz.) sliced cremini mushrooms
- 2 tablespoon olive oil
- 1/2 teaspoon oregano
- Salt and pepper to taste

Preheat oven to 425 F. Toss mushrooms in a little olive oil and lay out on a greased or sprayed baking sheet. Roast for approximately 10-12 minutes, until beginning to brown. Remove from oven.

Meanwhile, spread half the ricotta in the bottom of a greased casserole dish. Layer half the tomatoes and mushrooms on top. Drizzle with olive oil and season with salt, pepper and oregano. Spread remaining ricotta over the top of the veggies, and layer the remaining tomatoes and mushrooms over the top. Again, drizzle with olive oil and season with oregano, salt and pepper.

Bake at 425 F for about 20-25 minutes, or until ricotta is bubbly and beginning to brown around the edges.

Remove from oven and allow to sit for 10 minutes to set up. Serve with meat, baguette slices or as a side dish all by itself.

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.



Family Focus

Some New Year's resolutions for parents

By Margie Ryerson, MFT

Happy New Year! Many of us take stock of our lives at this time of year and think of future goals. Parents in our community are almost uniformly loving, dedicated and conscientious. I see parents putting their children as top priorities. Even though you're probably doing a great job already, here are a few reminders of what can benefit your children.

1) Take good care of your marriage or partnership. Put your partner as a priority along with your children, not secondary. If your relationship is in jeopardy, work with a couples therapist before the damage is too entrenched to turn around. If there is physical abuse, don't hesitate to get help and find out about safe ways to leave the relationship.

2) Put yourself as a priority along with your children. Too often, parents with the best of intentions let their households revolve largely around the children and what they would like. If this is the case, you may be creating expectations for your children that their needs and desires always take priority. And you will be sacrificing your own needs in the process. In putting yourself in the mix, you may decide to leave time and energy for a relaxing soak in the bathtub instead of reading them another bedtime story. You may want to stay home instead of taking them ice skating, which they are begging you to do. The important thing is being able to put yourself first at times without feeling guilty. I often hear from moms who feel bad or guilty if they choose to do something for themselves and it means they won't be complying with their children's wishes. But I also hear from many moms who don't feel very appreciated by their children. If you are always catering to your children, they will come to expect this from you and naturally won't have a big sense of appreciation. So keep in mind that by saying no and choosing yourself at times, you will be fostering an attitude of appreciation in your children.

3) Help your children obtain the security and consistency that all children crave.

The best gift you can give them is a stable, happy home, whether it's two parents, one parent, a blended family, or relatives living together. It doesn't matter if you own a home or rent. What matters most to children is feeling protected and taken care of physically and emotionally by the adults in their lives. For that matter, take good care of all the relationships in your home. Make sure that your children are treated well by siblings and other family members. Try to foster connections so that family members share with each other instead of isolate. Even if an older sibling isn't being overtly mean, ignoring and excluding can feel hurtful to a younger child.

4) Practice kindness, generosity, and tolerance for others and others' ideas. In the current political climate it is especially important to show your children how to avoid being uncivil or thinking in extreme terms. Teach them how to stay at arm's length from people who do. Help them look for middle ground, if possible. Avoid negative confrontations with others, even when provoked. We need more role models for practicing restraint in our interactions. If you demonstrate respect for others and also self-respect, you will be a wonderful example for your children.

5) Distance yourself from anyone who persists in being too disrespectful, confrontational, or hurtful to you or your children. First it's important to try a variety of measures to encourage another person to alter his or her behavior. It's always a good idea to first make the effort to see if the relationship can be improved. But, if after all your continued attempts the person is unresponsive and persistent, you don't want continue to expose your children or yourself to words or actions of others that are damaging. This is not an easy task. You don't need to adopt an extreme approach; especially in the case of a family member, it can be hard and disruptive to cut off contact completely. But you can decide how much contact to have, under what circumstances, and how you can take more control of the relationship.

6) Show your children how it's possible not to take yourself too seriously. Laugh at some of your past and current mistakes. Admit some inadequacies and show how you can still feel good about yourself in spite of them. Walk the fine line between being a responsible, dependable person and letting less important things slide at times.

7) Along with not taking yourself too seriously, avoid putting too much pressure on yourself. If you have too many commitments and not enough time to relax, figure out ways to achieve a better balance. If you are expecting too much from yourself - a clean, organized home, perfect appearance, excellent coordination of all your personal and family activities, happy mood with others at all times - try to loosen up. Not only do you not deserve to be frequently stressed, but your children will also be affected, of course. You will be doing them a favor by showing them how setting realistic expectations for themselves can lead to greater contentment.

8) Last, remind yourself often of all your good motives and efforts. Parenting isn't a perfectly documented science - otherwise there wouldn't be thousands of parenting books on the market. Chances are your children recognize how important and valued they are to you, and how loved. Your words and actions show this in countless ways. Just like you try to concentrate on the positive with your children, focus on all that you are doing well as a parent and give yourself one of the countless high-fives you regularly give to your children.



Margie Ryerson, MFT, is a local marriage and family therapist. Contact her at 925-376-9323 or margierye@yahoo.com. She is the author of Treat Your Partner Like a Dog: How to Breed a Better Relationship and Appetite for Life: Inspiring Stories of Recovery from Anorexia, Bulimia, and Compulsive Overeating.

Service Clubs Announcements

Lamorinda Sunrise Rotary

JANUARY WEEKLY MEETINGS

10: Linton Johnson, BART Chief Strategist & Spokesman
17: Michael Barrington, Your Paul Harris Dollars at Work
24: Lisa Lopez, Habits of Incredibly Happy People
31: Steve Zuk, Member Presentation

Breakfast, Friday 7:00 a.m.

The Lafayette Park Hotel & Spa, 3287 Mt. Diablo Blvd., Lafayette, CA
 www.lamorindasunrise.com

Lafayette Rotary Club

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

January 9:

Nan Su

The Wisdom and Humanity from Ancient Chinese Culture

January 16:

Sharon Wood

Update of New Day for Children

www.rotarylafayette.org

www.facebook.com/Rotary-Club-of-Lafayette-CA

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 Business press releases: storydesk@lamorindaweekly.com
 General interest stories/Community Service: storydesk@lamorindaweekly.com
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Campo Leo Club members spread holiday cheer



Singing Christmas Carols at Moraga Post-Acute on Dec. 20. Photos provided

Submitted by Robert Murtagh

Present and former members of the Campolindo Leo Club presented gifts and sang Christmas Carols Dec. 20 to the residents of Moraga Post-Acute nursing home. This is the 20th year that the Campolindo Leo Club has visited the nursing home.

The Moraga Lions and Campolindo Leo Club also conducted several events during 2019 to promote awareness of the increasing threat of diabetes, one of the causes of blindness. Both clubs sponsored a booth at the Moraga Community Faire in May to encourage visitors to eat smart and do more exercise. A raffle gave away two one-month memberships donated by 24 Hour Fitness. In addition, the Leo Club conducted fundraisers that resulted in the purchase of a salad bar, which was placed in the high school cafeteria. The Moraga Lions Club and California Lions Foundation contributed to the purchase.



Leo President Kelly Robles and Leo Brent Avenall wrap gifts for residents at Moraga Post Acute Nursing home.

'Journey of Peace' poster contest winners



Photos provided

Submitted by Robert Murtagh

Each year the Lamorinda Lions Club joins 49,000 Lions clubs around the world in sponsoring a Peace Poster Contest. The contest encourages young people, ages 11 to 13, worldwide to artistically express their vision of peace. This year the theme was "Journey of Peace," and the Lamorinda area had over 230 entries submitted. The winners at each school are: **Stanley Intermediate** 1st Madison Rumberg 2nd Adriana Smith 3rd Katelyn Forschies

Joaquin Moraga Intermediate

1st Sitfat Sarang
2nd Gianna Caruso
3rd Luke Hickey
Orinda Intermediate
1st Eliani Kim
2nd Abigail Kim
3rd (tie) Isabel Lima/Chelsea Yuen
St. Perpetua
1st Leela Anzenbeger
2nd Marina Castilla Liu
3rd Natalie Aiken
In addition, Eliani Kim (OIS) won first place among all the contestants in Alameda and Contra Costa County and her entry will now compete with other entries in California.

Moraga community comes through for Toys for Tots



Submitted by Juli Hoogs

Community members in Moraga

dropped toys to the State Farm office on Moraga Road as part of its annual Toys for Tots drive.

Ex-Marine buys multiple tickets, wins Lamorinda Sunrise Rotary motorboat raffle



Photos Thomas Black

From left, winner Matt Morrow poses with newly acquired raffle prize alongside friend James Andrade and several Rotarians intimately involved as worker bees in yearlong boat rehab, Gary Fulcher, Leander Hauri and Steve Zuk.

Submitted by Thomas Black

When Matt Morrow left his house in Pittsburg to attend the Lafayette Art & Wine Festival last September, he had no idea that as a result he would become the owner of a restored motorboat being raffled there as a fundraiser by Lamorinda Sunrise Rotary.

"I went with a couple of buddies just for a fun afternoon, maybe drink a couple of glasses of wine," he recalled. As they cruised vendor booths Morrow's eye was drawn to a motorboat the Rotary club was raffling. Ogling it, he pictured himself behind the wheel, tooling about the Delta, maybe waterskiing, maybe fishing, maybe just making waves with the 140-horsepower outboard motor. To improve the odds of winning, he bought more than one ticket. In fact, he purchased \$500 worth, 40 tickets in all.

As his credit card was about to be swiped, one of his buddies, fellow ex-

Marine and housemate James Andrade, tried to talk him out of it. "Matt, are you sure? Are you sure?"

Morrow would later confess that although it was pretty much an impulse decision, "I really wanted the boat."

The stub of the winning ducat, drawn Dec. 6, read "Matt Morrow." The following week he and buddy James drove to Lafayette to haul away Morrow's prize, a classic 1963 Glasspar fiberglass runabout.

Worker-bee volunteers from Lamorinda Sunrise Rotary labored for more than a year in restoring the vessel from stem to stern. Street value, including the trailer that came with it, is estimated at \$25,000. Pretty good return on \$500.

The raffle netted upward of \$10,000. Every dollar will be invested in community programs the club sponsors.

Lamorinda Sunrise Rotary meets Fridays over breakfast at the Lafayette Park Hotel. Guests are always welcome. More information: www.lamorindasunrise.org.

JANUARY GAMES

UNIVERSITY CREDIT UNION PAVILION

JAN. 9
MEN'S BASKETBALL
vs. BYU // 8:00PM

THEME: RED OUT

GIVEAWAY:
FREE T-SHIRTS FOR ALL FANS
COURTESY OF UNIVERSITY
CREDIT UNION.

JAN. 11
MEN'S BASKETBALL
vs. SANTA CLARA // 5:00PM

THEME: SMC GARDEN GNOME NIGHT

GIVEAWAY:
FIRST 1,000 FANS
RECEIVE A PATTY MILLS
GARDEN GNOME
COURTESY OF COMMON
INTEREST.

JAN. 23
MEN'S BASKETBALL
vs. USF // 7:30PM

THEME: AUSTRALIAN HERITAGE NIGHT

GIVEAWAY:
FREE SAINT MARY'S
AUSTRALIAN HERITAGE
T-SHIRTS FOR ALL STUDENTS.



LAMORINDA SPORTS

Lamorinda girls basketball shines in West Coast Jamboree



Lauren Frechman



Mia Mastrov

Photos Gint Federas

The effort in putting together the brackets is the key to the success of the jamboree and keeps the teams returning each year, says Sopak: "Clay and Harold do a fantastic job in evaluating the teams so the brackets are really balanced all the way through. A lot of time goes into getting those brackets scheduled and the other part of it is not having league opponents playing each other and always trying to play out of town teams. They do such a great job that when the scores come in, there is very rarely a blowout. In almost every bracket, you will probably get a game you can win, a game that's going to be a 50-50 and a game in which you will be an underdog."

Miramonte defeated Damento (Reno, Nevada), Buchanan (Clovis) and lost to Salesian Prep (Richmond) 75-65 in the championship game.

... continued on Page C3

By Jon Kingdon

The Christmas break has become far more than just a time for college football bowl games. For the East Bay, it's become a tradition to watch high school girls' basketball at the West Coast Jamboree Tournament.

In 2000, David Jackson put together the first West Coast Jamboree Tournament with 56 schools. In the two decades since its inception, it has become the largest girls high school basketball tournament in the country. In this, its 20th anniversary, there were 136 different high schools competing in 17 different brackets, with eight teams in each bracket, that were played at various high schools

around the East Bay. The competing teams came from all over the state of California along with schools from Nevada, Oregon, Hawaii and Canada. In the past 20 years, there have been over 25,000 players and around 2,500 different teams that have played in the Jamboree.

All four of the Lamorinda high schools competed in their respective brackets: Acalanes in the Emerald bracket at Benicia High School, Campolindo in the Ivory bracket in Livermore at Granada High School, Miramonte in the Diamond bracket and The Bentley School in the Onyx bracket, both playing at Las Lomas High School in Walnut Creek. Miramonte (second place), Acalanes (third place) and Campolindo (third

place) won two of their three games and Bentley won their opening game finishing in fourth place.

The West Coast Jamboree is a 501(c)3 nonprofit that hired the company Hoops4-Girls to run the tournament. There are three tournament directors: Harold Abend, Clay Kallam and Miramonte head coach Kelly Sopak. Each had their own responsibilities, according to Abend: "I do the state rankings for Cal-Hi Sports and I go through the rankings and work with Clay and Kelly setting up the top three brackets, along with handling the marketing, hotels and sponsorships. Clay does the national MaxPrep rankings and does the bracketing for the other 14 divisions and handles all the finances. Besides helping with the brackets and working with me to attract the top teams, Kelly, along with his daughter Lauren Sopak, an associate tournament director, are in charge of all the operations."

This is the seventh year that Sopak has served as a tournament director: "We raised about \$50,000 from sponsors for the tournament and we donate the money back. All of the host sites receive money for hosting the games."

The West Coast Jamboree is the only high school tournament that offers scholarship opportunities to participants. This will be the third year in which at least three \$2,500 scholarships are awarded based on the players academic grades, athletic achievement, sportsmanship, leadership and with needs based criteria as well.

Making this tournament particularly special was the participation of the Paradise team that was devastated along with the entire town by the 2018 Camp Fire. An anonymous corporate sponsor covered the entire cost of the expenses for the Paradise team.



Jordan Allred



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Miramonte basketball teams winners in Wyoming tournament



Nick Watson

Photos Gint Federas

By Jon Kingdon

For those looking to get away for their Christmas and New Year's break, Gillette, Wyoming, located in the northeast section of the state, would not be most people's first choice. However, for a boys or girls high school basketball team, it was the place to be to compete in the 23rd Energy Classic Holiday Basketball Tournament, which is what the Miramonte basketball teams did from Dec. 31 to Jan. 4.

The idea for the tournament came about because Campbell County High School in Gillette had such dominant girls and boys basketball teams. Each team had won nine state championships between 1992 and 2004.

"We started the tournament because Campbell County was so good," said Dave Olsen, co-chairman of the Energy Classic Committee. "We couldn't get any home games in town. No one would schedule nonconference games up here. They only had five home games one year which is what sparked the idea for the Energy Classic."

Most of the teams that compete in the Energy Classic are from west of the Mississippi, and the 2020 event comprised eight teams from Wyoming, California, Idaho, Oregon, Nevada and Canada.

To attract the top teams to Gillette, the tournament pays for 10 meals for the teams, helps out with the motel rooms, tries to set up off-time activities and provides a host family for each of the teams. "Gillette, Wyoming is not a December Christmastime destination so we try to help the teams out," said Olsen.

The Miramonte girls team had played in this tournament before but this was the first time for the boys. Shortly after he was hired by Miramonte, boys head coach Chris Lavdiotis learned not only of the tournament but also that both the boys and girls teams were going to play there: "When I saw it on the schedule, I went up to Kelly (Sopak) and he told me that it was a wonderful event. I said great but I have only one question: Are the boys and girls teams staying at different hotels? When he said yes they were, I said that's one less headache for me."

The temperatures in Gillette, which ranged from 20 to 35 degrees, were a concern going in. "The view flying into Denver and then to Gillette was really good," said senior Matt Meredith.

"When we got off the plane in Gillette, it was really cold and a shock to us."

Junior Niyi Olabode echoed Meredith's reactions: "We were not that used to the cold. The moment we

came out of the plane, there was snow on the ground and it was cold with a lot of flatland. Still, it was good to see a different environment."

All of the games were played at Gillette Community College's Pronghorn Center. "We were all very impressed with the arena," said Olabode. "There was free admission and it was very well supported by the people."

There was a real opportunity for bonding for the team, said Meredith: "We went bowling one night as a team and we were able to really focus on basketball. When we were not playing in a game or watching our girls team play, we were watching game films."

Basketball is basketball but in Wyoming and in many other states, there is no shot clock as there is in California: "We did not let the lack of a shot clock affect us," said Olabode.

Lavdiotis has made it a point this season to use his entire roster and after eight games, there were nine players that have averaged at least ten minutes per game. This strategy worked out well in Wyoming for Miramonte: "Up here with the altitude at 4,500 feet, the players were getting gassed a little bit sooner so we were rotating players in and out," said Lavdiotis. "We were giving our players 3-4 minute bursts and if any of the play-

ers showed any wind, we would get them out and give them a drink and then get them back into the game."

Even with good game preparation, the Matadors lost their opening game to South Eugene (Oregon) by a score of 61-57 due to a number of missed free throws and assignments. Miramonte came back to win their final two games against the aforementioned Campbell County 62-40 and Benson Tech (Portland) 57-49. The Miramonte girls were playing shorthanded when Mia Mastrov fell ill and was sent home. The girls lost their opening game to Orangewood Academy (Garden Grove, California) by a score of 63-62 but came back to defeat Campbell County 66-42 and Bishop Gorman (Las Vegas, Nevada) 59-53. The tournament was an educational experience for Lavdiotis and the team: "I learned that my team can receive honest criticism when it's candid and direct. Our communication skills picked up after the loss in our first game."

For Lavdiotis, Gillette is a nice place to visit but ... "This has been a great venue and everything was first class. It's been a great experience and a top notch tournament. The people up here have been fabulous and very welcoming. The crowds have been great. Gillette Community college is really nice. It's a good venue with everything being first class. I love exploring places but I would not make this trip every year. There are a lot of good tournaments locally so returning to Gillette might be something that we could do every few years."



Mia Mastrov

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St. Perpetua 6th Grade Girls National Basketball Team wins CYO MVP Flight Holiday Classic Tournament



Photo Ellie Guthrie

Front row, from left: Charlotte Gellman, Alexa Weyland, Sam Murdin; back row: coach Kevin Guthrie, Olivia Whipple, Sela Sarbiewski, Grace Guthrie, Annabelle Brekke, Piper Coy, coach Tony Brekke (not pictured Grace Wolpert, Julia Lyons, & Abby Thomas

Submitted by Kevin Guthrie

The St. Perpetua Sixth-Grade Girls National Basketball Team captured the Championship in the highly competitive CYO MVP Flight Holiday Classic

Tournament Dec. 21-23. Determination, tenacity, and teamwork were the keys to their success as the Panthers won the first of their three victories in overtime and the second in double overtime.

The St. Perpetua 6th Grade boys win championship game in the MVP Holiday Tournament

Submitted by Andrea Hilsabeck



Back row, from left: coach Ronell Jones, Graham Schlicht, coach Brad Hilsabeck and Jack Cooney; front row: Corbin Gallegos, Jack Moran, Curtis Resnick, Preston Hilsabeck, Mason Briones, Illias Kaplanes-Jones, Joey Cronin

Lamorinda girls basketball shines in West Coast Jamboree

... continued from Page C1

Against Salesian, the Matadors trailed 22-4 after one quarter. It was a unique experience for Miramonte to trail by so much in the first period, said Sopak: "We're more used to the opposite score. We also trailed Buchanon early but we weathered it. You can't get down to a team like Salesian. It was absolutely a learning experience."

Miramonte did battle back to close the margin to 4 points with four minutes to go in the game before Salesian closed out the game. Mia Mastrov and Jordan Allred were selected to the all-tournament team for the Diamond Bracket.

Head coach Kelly Thomas, in her fifth year at Bentley, competed in the tournament when she attended Campolindo and appreciated the exposure for her team: "As a small school, we get to play a lot of big schools that we normally would not get to play against. We're a young team with only two seniors and half of our team has never been on a varsity team before. If we execute what we've been working on, then whatever the score says, it's still a victory for us because we're really focusing on competing for a full 32 minutes and playing our best basketball."

Bentley, with the smallest enrollment of all the schools in the tournament, defeated Deer Valley in their first game

behind senior Grace Kim's 22 points, lost to Gregori and then to Las Lomas 47-45 to finish in fourth place. Junior Alex Wechser was named to the Onyx All-Tournament team.

Campolindo head coach Matt Kirby particularly enjoys this event because "it's one of our more local tournaments with a lot of teams from out of state." Campolindo defeated Central Valley, lost to Granada and then defeated Foothill 57-39 to finish in third in the Ivory Bracket and bring their record for the year to 9-4. "Our half-court man defense has been a key to our success. It's been a pleasant surprise in how comfortable the girls have been playing that defense."

Senior Kate Brown and freshman Allie Cummins were named to the All-Tournament team for the Ivory Bracket.

Acalanes head coach Michelle Sasaki welcomes all tournaments, but the Jamboree in particular: "It's always an opportunity to play teams out of our area and it's a luxury that it's in our backyard. Our players look forward to play in a tournament like this of such high caliber. Anytime you play in a tournament, you're playing for something. For a championship, third place or consolation. That sense of urgency is good for team growth."

The Dons defeated Los Altos in their first game and lost to Montgomery and then defeated James Logan 54-42 to

finish third in the Emerald Bracket. Grace Gebhardt and Lauren Kobashigawa were chosen to the Emerald All-tournament team.

It proved to be a successful tournament from several perspectives, said Abend: "The fact we were able to over double the amount of sponsorship money with the help of some dedicated girls basketball fans, and to be able to bring the Paradise girls to the Jamboree at no expense to the school or families, made the 20th anniversary Jamboree even more special than it already was. Work on the 2020 West Coast Jamboree has already begun."

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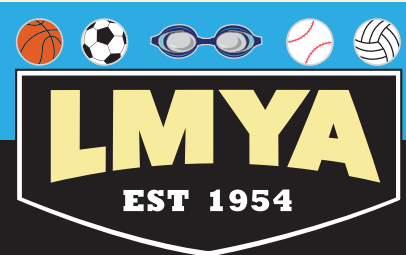
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OUR HOMES

Lamorinda Weekly Volume 13 Issue 23 Wednesday, January 8, 2020



Lamorinda Home Sales

... read on Page D2

Digging Deep with Cynthia Brian

Garden Trends for 2020, Part 1

The power of RE



Prune or shape your crape myrtles.

Photo Cynthia Brian

By Cynthia Brian

“Take a deep breath of life and consider how it should be lived.”

~Miguel de Cervantes

A new year, great cheer, time to eliminate the fear of getting dirty and starting a

garden. So many people confide to me that they have “brown thumbs.” I don’t believe it is possible. There are only those who have not tried, tried again. There is no failure in the garden. Failure is fertilizer. Every time I have a plant that does not do well, I send it to the compost pile where it will renew my garden. Pledge to get down in the dirt this

year and experiment with plants. Once you have success, you’ll be hooked on gardening, and your vivacity will soar.

To help you get into the swing of things, I’m offering you the top trends that are predicted for 2020 that have been formulated by the Garden Media Group. These trends help you choose plants, products, and services that assist you to survive and thrive in the outdoor world of Mother Nature. Who knows, with so much information you may become an influencer, or even a trendsetter yourself.

Dive in. Read the research and have some fun with greening our Earth.

Currently, more than 50% of the world’s population resides in cities. By 2050, that number will grow to 70%. With so much connectivity and urban living, people are hungry for nature. Because of urbanization, it will become increasingly imperative for cities and businesses to design tranquil, plant-filled spaces for people to refresh and enjoy. We live in the age of social media, and parks, forests, water elements and sustainable edible gardens are critical not only for recreational purposes but to get away from the hustle and bustle of urban living. People with knowledge of plants are in demand.

More trees will be planted as a cost-saving strategy to improve the health of communities while controlling stormwater runoff, reducing air pollution, and mitigating the heat. Green environments will become the norm with green businesses assisting in the education of the public about the necessity of becoming stewards of our planet.

... continued on Page D8

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MORAGA	6	\$760,000	\$2,065,000
ORINDA	10	\$1,031,000	\$3,220,000

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3396 Angelo Street, \$1,285,000, 3 Bdrms, 2143 SqFt, 1949 YrBlt, 11-18-19
3676 Happy Valley Road, \$5,850,000, 5 Bdrms, 6648 SqFt, 2018 YrBlt, 11-20-19, Previous Sale: \$2,295,000, 08-06-15
3345 Moraga Boulevard, \$1,765,000, 3 Bdrms, 1951 SqFt, 1941 YrBlt, 11-27-19, Previous Sale: \$1,030,000, 06-16-04
3388 Rossi Street, \$1,795,000, 4 Bdrms, 2537 SqFt, 1947 YrBlt, 11-20-19, Previous Sale: \$1,312,000, 06-22-13
3383 St Marys Road, \$2,470,000, 4 Bdrms, 2738 SqFt, 1978 YrBlt, 11-18-19, Previous Sale: \$941,000, 07-29-04
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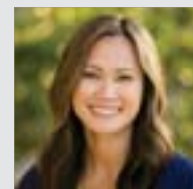
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Peardale Drive 3338 Freeman Road 828 Bancroft Road 5200 Grizzly Peak Blvd. 34 Thorndale Place 7 Donald Drive 80 Warfield Dr. 440 Tahos Rd. 28 Tappan Lane 2 El Caminito 40 Charles Hill Ct. 173 Glorietta Blvd. 6 Songbird Ct. 63 Davis Road 36 Los Dedos 27 Rheem Blvd. 115 Crane Terrace 78 Sleepy Hollow Lane 106 Scenic Drive 1847 Reliez Valley Road 3244 Glenside Dr. 11 Orchard Road 10 Dickenson Dr. 5 Charles Hill Place 255 La Espiral 4 Dolores Court 895 Las Trampas 74 La Encinal 136 David Drive 914 Kelley Court 1099 Sanders Dr 221 Erselia Drive 1741 Spyglass Lane 1 Acacia Dr. 95 Warfield Dr. 1725 Spyglass Lane 110 Camelia Lane 38 Mira Loma Dr 136 Manzanita Dr 710 Miner Rd. 76 Tarry Lane 525 Patterson Blvd 71 Ardilla Rd 9 La Fond Lane 50 Donna Maria Way 1420 Arbor Lane 120 Via Floreado 1253 Lindell Drive 73 La Espiral 29 Knickerbocker Lane 25 Risa Court 3959 Cowan Rd 63 El Gavilan 41 Vista Del Mar 121 Lombardy Lane 1014 Regio Court 108 Sleepy Hollow Lane 649 Miner Rd. 484 Dalewood Dr. 908 Chantilly Ct. 1 Middle Road 341 Camino Sobrante 867 Acalanes Rd 3242 Glenside Dr 7 Charles Hill 5 Charles Hill Road 323 La Espiral 151 Cypress Point Way 70 Monte Vista Road 38 La Cuesta 5 Woodcrest Road 361 Tahos Road 875 Camino Ricardo 855 Mountain View Rd. 21 North Lane 23 Sessions 539 The Glade 3875 Quail Ridge Rd 1930 Ascot Drive 15 Norman Ct 55 Mozden Lane 112 Via Floreado 16 Valley View Lane 47 El Gavilan 37 Camino don Miguel 62 Hacienda Circle 19 Glorietta Ct 68 Southwood Dr 111 Bear Ridge Trail 60 Muth 130 Camino Sobrante 30 Tiana Terrace 56 Davis Rd 27 Wilder Road 245 Overhill Rd 23 Ivy Drive 33 Overhill Rd Springhill Rd 3434 Little Ln 3369 Mildred Lane 13 Bates Blvd 516 Miner Road 144 Las Vegas Rd 61 Muth Drive 99 Somerset Rd 91 Coral Drive 412 Camino Sobrante 244 El Toyonal 3 Dollis Park Rd 5 Oak Arbor Rd 590 Silverado Drive 220 Camino Sobrante 23 Via Hermosa 37 Southwood Dr 1168 Glen Rd 41 Longridge Rd 4122 Canyon Rd 32 Coachwood Terrace 17 Tarry Lane 3364 Betty Lane 529 Silverado Drive 260 Camino Sobrante 260 Caldecott Ln, #302 11 Las Palomas 45 Don Gabriel Way 6 Irvine Drive 1 Kittiwake Rd 751 Miner Rd 3484 Hamlin Rd 5 La Noria 13 Sally Ann Road 29 Tappan Lane 10 Las Palomas 8 Charles Hill Place 411 Camino Sobrante 11 Orchard Road 3945 Woodside Ct 86 Hillcrest Drive 176 Camino Don Miguel 1954 Joseph Drive 2724 W Newell 173 Glorietta Blvd 10 Bobolink Rd 14 Van Tassel Ln 3374 Sweet Drive 1 Hidden Lane 42 Irving Lane 26 Van Ripper Lane 3 Duarte Court 151 Canon Drive 541 Banyan Circle 2345 Parish Drive 9 Valley View Road 44 Knickerbocker Ln 328 Village View Ct 22 Van Tassel Lane 49 Sanborn Rd 76 Miramonte Dr Camellia Ln 318 Elati Ct 134 Ardith Drive 35 La Cuesta Rd 346 First Ave. South 115 Crane Terrace 326 La Espiral 134 La Espiral 1218 Jillian Ct. 56 La Vuelta 66 Sleepy Hollow Ln 41 Van Tassal Lane 13 Sleepy Hollow Ln 134 La Espiral 208 Villa Nova Dr. 635 Augustine Ln 1340 Reliez Valley Rd 873 Solana Dr. 5 Brookbank Rd 5 Brookbank Rd 201 Ivy Drive 9 Sleepy Hollow Ln 95 Diablo View Dr. 33 Bates Blvd 1165 Nogales 15 La Cuesta Rd 3152 Somerset Place 37 Sleepy Hollow Ln 3987 Campolindo Dr 244 The Knoll 126 Miramonte Dr. 3971 Campolindo Dr 10 Las Cascadas 100 Ivy Drive 27 Rheem Blvd. 2043 Bush St., #2 50 El Castillo 831 Acalanes Rd 110 Crane Terrace 15 Van Tassel Lane 14 Cascade Lane 5 La Noria 45 Tarry Lane 234 La Espiral 70 Sleepy Hollow Ln 9 Vida Descansada 1 Gardiner Court 907 Augusta Drive 51 Los Altos Road 3959 Cowan Rd 33 Las Cascadas 49 Rheem Blvd 3364 Carlyle Terrace 5117 Lawton Ave 16 Valley View 1075 Upper Happy Valley 1415 Eagle Point Ct 899 Augusta Dr 5 Thune 1004 Howard Hills Rd 45 Robert Rd 3007 Hudson Ave 3025 Bradbury Dr 207 Rheem Blvd 378 Camino Sobrante 145 Danefield Place 8 Sessions Rd 3826 Quail Ridge Rd 36 Linda Vista 1218 Jillian Ct 119 Via Floreado 136 Amber Valley Dr 4 Patrick Lane 17 La Campana 90 Warfield Drive 1879 Joseph Dr 20 Los Cerros 3049 Bryant Place 1541 Moraga Way 197 Miramonte Dr 56 Via Floreado 16 Shangri la Ct 5 Thune 21 Top-per Court 17 Shadow Creek Lane 217 Village Gate Rd 65 Coral Dr 1743 Spyglass Lane 3 Fleetwood Ct 1 Estates Ct 34 La Vuelta 63 Ardilla Rd 26 St Stephens Dr 21 Greenwood Ct 1106 Upper Happy Valley 8 Southard Ct 18 Charles Hill Pacific Ave, #302 18 Mira Loma Rd 1229 Rose Lane 14 Silverwood Ct 25 Monte Vista 17 Tappan 1879 Joseph Drive 484 Dalewood Drive 945 Mountain View 8 La Campana 4 Las Cascadas Rd 89 Tarry Lane 137 El Toyonal 528 Tahos Rd 67 Ardilla Rd Ranch Rd 16 Fenway 3 Canyon View Rd 5 Valley View 45 Don Gabriel Way 25 Las Vegas 54 Diablo View Rd 1408 Meadowlark Ct 18 Monte Vista Rd 176 Lombardy Ln 50 San Pablo Court 112 Amber Valley 36 Linda Vista 2 Los Altos 33 Augusta Drive 259 Kingston Way 19 Via Hermosa 3023 Rohrer Drive 641 Cross Ridge Ct 3147 Windsor Court 35 La Cuesta 27 Rheem 37 Sleepy Hollow Ln 7 La Encinal 410 Wovenwood 18 Ichabod Lane 19 Mira Loma 4018 Tilden Ln 1907 Marin Ave 92 Sandhill

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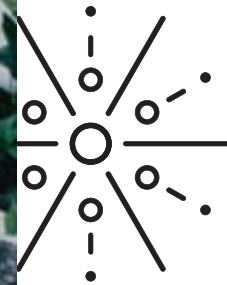
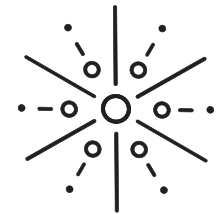
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Wishing you and
your family a
Happy New Year.

The Paddy Kehoe
Team



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ACTIVE LISTINGS



1003 Woodbury Road No. 207, Lafayette - \$995,000
Luxury 2BD/2BA/1,110 Sq. Ft. www.1003WoodburyRd.com



147 Donald Drive, Moraga - \$1,595,000
Wow! 2.23 Acres! 4BD/2.5BA www.147DonaldDr.com



1 Peralta Court, Sanders Ranch, Moraga - \$1,325,000
Gated Community/Super Updated! 4BD/2BA www.1PeraltaCt.com



COMING SOON

11 Gloria Court, Moraga - Contact Agent For Price
Remodel in Progress! Great Cul-De-Sac Location

JUST SOLD!



9 Valley Court, Orinda
Sold for \$1,600,000 Buyer Rep



28 Lynwood Place, Moraga
Sold for \$1,475,000 Buyer/Seller Rep



3419 St. Mary's Road, Lafayette
Sold for \$900,000 Buyer Rep



209 Sonora Road, Moraga
Sold for \$2,065,000 Buyer Rep



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Digging Deep with Cynthia Brian

Garden Trends for 2020, Part 1

The Power of RE

... continued from Page D1

We currently live in a throw-away society of major consumption. Many of us remember the days when appliances lasted 20 to 30 years. My mom's washing machine lasted 45 years! Today, we are lucky to get seven to 10 years before replacement. When I was a girl, I learned to sew and made all my clothes. Today I mend torn clothing and alter my wardrobe to replicate current fashions. I don't toss them. Since 1970, global consumption tripled with only 9% of consumed materials reused. This material "mismanagement" contributes to 67% of global greenhouse gas emissions. It's easy to reuse, repurpose or re-engineer items we already have to create new items we need.

Just today I was rereading a letter from my cousin who wrote to me about how he called my dad "Superman" because he was one of those farmers who always stopped to help anyone in distress and could fix anything and everything with baling wire and electrical tape. Daddy did more with less and he taught his growing family to do the same. Repair, reuse, recycle, repurpose, remake, renew! We were all doing these things before it was in vogue. Now the "re" everything is trending. It's the power of RE.

When you buy a plant, either return the plastic container or reuse it. A major goal for 2020 is minimal waste.

Are you looking for a great job or second career? Consider horticulture. Did you know that in 2018, gardening in America grew to an industry of \$40.6 billion according to Euro Monitor? By 2023, gardening is expected to reach \$49.3 billion, meaning that more labor will be necessary.

The next generations will need to learn to grow more food. Encourage children to seek an education that will offer them expertise in urban agriculture, environmental sustainability, or garden installation. Start on the job training now at home, in your backyard. Give your kids seeds to plant, weeds to pull, and areas to irrigate. Allow them to grow a few vegetables to make a pizza. They'll be happier, healthier, and will become automatic stewards of our soils.

As we begin 2020, take a deep breath and walk around your neighborhood. Consider the importance of the flora around you. What can you do personally to be more sustainable and regreen our planet? I'll have more information for you in my next column. Until then, remember that failure is fertilizer and do your part to implement the power of RE.



Refresh yourself by a lily pond in a public garden.



Illuminate a line of birdhouses to spruce up the winter nights!

11 Critical Home Inspection Traps to be Aware of Weeks Before Listing Your LAMORINDA Home for Sale

LAMORINDA - According to industry experts, there are over 33 physical problems that will come under scrutiny during a home inspection when your home is for sale. A new report has been prepared which identifies the eleven most common of these problems, and what you should know about them before you list your home for sale.

Whether you own an old home or a brand new one, there are a number of things that can fall short of requirements during a home inspection. If not identified and dealt with, any of these 11 items could cost you dearly in terms of repair. That's why it's critical that you read this report before you list your home. If you wait until the building inspector flags these issues for you, you will almost certainly experience costly delays in the close of your home sale or, worse, turn

This report is courtesy of The Jackson Group-Exp Realty DRE #01763819.
Not intended to solicit buyers or sellers currently under contract. Copyright © 2019

prospective buyers away altogether. In most cases, you can make a reasonable pre-inspection yourself if you know what you're looking for, and knowing what you're looking for can help you prevent little problems from growing into costly and unmanageable ones.

To help homesellers deal with this issue before their homes are listed, a free report entitled "11 Things You Need to Know to Pass Your Home Inspection" has been compiled which explains the issues involved.

To hear a brief recorded message about how to order your FREE copy of this report call toll-free 1- 844-941-0941 and enter 2503. You can call any time, 24 hours a day, 7 days a week.

Get your free special report NOW to learn how to ensure a home inspection doesn't cost you the sale of your home.



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Cynthia Brian's Gardening Guide for January

RECYCLE unflocked Christmas trees without any stands by the curbside on your regular garbage service day. Remove all lights, ornaments, tinsel, and trimmings. For trees over 8 feet, the collection company requests that you cut them in half.

RETURN grass clippings to your lawn. Grass mulching can fertilize the soil and minimize the amount of water needed to keep your yard green and healthy.

PRUNE roses and crape myrtles throughout this month.

REVISIT the wonders of winter in the Sierras, in the vineyards, or public gardens.

RE-BOOST your vitamin C with fresh fruit from citrus trees. Ripening for the next two months you will enjoy sweet navel orange, lime, lemon, grapefruit and Clementine.

REDEEM a planting offer from David Austin roses for 15% off with offer code UKA or UKB before March 6 at www.davidaustinroses.com

PERUSE spring catalogs for ideas on planting then regift them to a fellow gardener.

PROTECT plants from frost or freezing by covering with burlap or tarps.

HARVEST potatoes and beets.

REPLENISH bird feeders with nutritious seeds keeping our avian visitors nearby while supplementing their dietary requirements during the cold season.

REFRESH your vitamin D requirement by spending 15 minutes outdoors daily.

RESOLVE to utilize the power of RE in 2020.

Happy Gardening. Happy Growing.
Happy New Year!



A cement pig adds whimsy amidst the ivy in the rain.



Azaleas add color to a dreary day.

Lamorinda home sales recorded

... continued from Page D2

MORAGA ...continued

154 Miramonte Drive, \$845,000, 3 Bdrms, 1525 SqFt, 1966 YrBlt, 11-20-19,

Previous Sale: \$750,000, 09-09-15

51 Shuey Drive, \$1,415,000, 4 Bdrms, 2102 SqFt, 1967 YrBlt, 11-26-19,

Previous Sale: \$435,000, 05-01-92

209 Sonora Road, \$2,065,000, 3 Bdrms, 3408 SqFt, 2018 YrBlt, 11-26-19

419 Woodminster Drive, \$760,000, 3 Bdrms, 1572 SqFt, 1974 YrBlt, 11-25-19

ORINDA

10 Edgewood Court, \$1,650,000, 4 Bdrms, 2277 SqFt, 1966 YrBlt, 11-18-19,

Previous Sale: \$810,000, 12-14-09

2 El Caminito, \$1,815,000, 4 Bdrms, 2861 SqFt, 1937 YrBlt, 11-26-19,

Previous Sale: \$1,600,000, 10-16-13

11 Hacienda Circle, \$1,472,500, 3 Bdrms, 2322 SqFt, 1948 YrBlt, 11-20-19,

Previous Sale: \$1,025,000, 09-16-04

65 Lombardy Lane, \$2,450,000, 3 Bdrms, 3755 SqFt, 1952 YrBlt, 11-19-19

145 Meadow Lane, \$1,031,000, 3 Bdrms, 1335 SqFt, 1953 YrBlt, 11-21-19,

Previous Sale: \$650,000, 04-06-10

350 Miller Court, \$3,220,000, 5 Bdrms, 4106 SqFt, 2014 YrBlt, 11-20-19,

Previous Sale: \$2,500,000, 07-20-15

271 Orchard Road, \$1,570,000, 5 Bdrms, 3118 SqFt, 1950 YrBlt, 11-26-19,

Previous Sale: \$1,010,000, 12-02-04

140 Ravenhill Road, \$1,120,000, 3 Bdrms, 2460 SqFt, 1974 YrBlt, 11-27-19

24 Valley Drive, \$1,509,500, 2 Bdrms, 2033 SqFt, 1942 YrBlt, 11-19-19

30 Valley Drive, \$1,800,000, 4 Bdrms, 3074 SqFt, 1974 YrBlt, 11-21-19



Bright bergenia is always a welcome January perennial.



Cynthia Brian welcomes 2020 with optimism!

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 StarStyle® Radio Broadcast at www.StarStyleRadio.com.

Buy a copy of her books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store.

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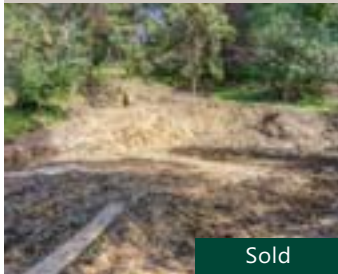
Lease

10 Ivy Drive

Lease! Lovely single story 4 bed/ 3 bath home centrally located near 12 years of top schools.

\$4,500 / mo

ORINDA



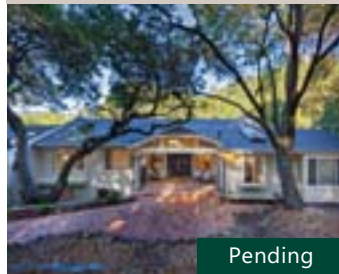
Sold

6 Linda Vista

Incredible opportunity to design & build a home in this fine enclave of Orinda Country Club properties.

\$399,000

ORINDA



Pending

8 Charles Hill Circle

Large 4320 sqft 6 bed/ 3.5 bath Orinda family home with separate in-law accommodations.

\$1,550,000

ORINDA



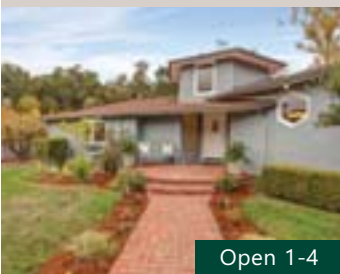
Sold

11 Crestview Court

Bold modern Mediterranean inspired villa. Ideal for privacy & luxury. Open floor plan & panoramic views.

\$1,899,000

ORINDA



Open 1-4

8 Moraga Court

Single level 5 bed/ 4 bath home with pool & expansive grounds. First time on market in over 34 years!

\$1,995,000

ORINDA

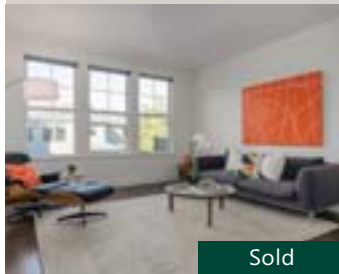


19 La Cintilla

Elegant 5 bed/ 3.5 bath home with chef's kitchen & hardwood floors. Minutes to commute & top schools.

\$3,198,000

LAFAYETTE



Sold

1000 Dewing Avenue # 413

Amazing 1554 sqft 2+ bed/ 2.5 bath Penthouse in the heart of desirable & vibrant Lafayette.

\$1,395,000

BERKELEY



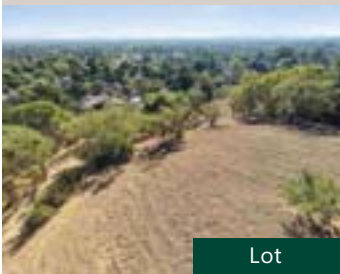
Lease

7164 Buckingham Boulevard

Fabulous, furnished, light-filled 3 bed/ 3 bath home. Easy access to Hwy 24, UC Berkeley, and the Caledcot Tunnel.

\$7,500/ mo

PLEASANT HILL



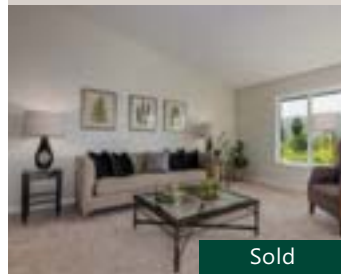
Lot

20 Whitfield Court

Great parcel at top of knoll with views of Mt. Diablo. Ideal for privacy. Investment opportunity!

\$1,375,000

WALNUT CREEK



Sold

2642 Saklan Indian Drive #3

Updated 1546 sqft 2 bed/ 2 bath upper unit condo. Includes office, washer & dryer, & 1 car garage.

\$829,000

WALNUT CREEK

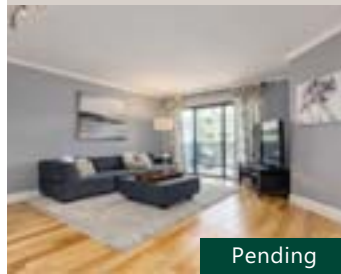


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Beautifully updated, sought after level-in Yosemite model, 2 bed/ 1.5 bath. Perfect for privacy. Views!

\$499,000

WALNUT CREEK



Pending

1670 San Miguel

Spacious 2 bed/ 2.5 condo w/ remodeled kitchen, hardwood floors, & oversized master w/ large closet.

\$699,000

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