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Fun and flavorful frittata beats the heat



Broccoli Cheddar-Feta Frittata

Photo Susie Iventosch

By Susie Iventosch

This summer I was slated to be Discovery Bicycle Tours' camp "chef" for a couple of weeklong cycling adventures in Vermont. I was really excited about the idea of planning and cooking a camping menu for this adventure and for my first visit ever to Vermont. Unfortunately, the trips were "Covided" just like so many 2020 plans all over the world. In any case, as I was planning the menu for the tours, I tried to come up with interesting and hearty breakfasts that would fortify our cyclists for a long day of rugged mountain riding. The only catch was that everything had to be cooked on a grill or a propane camp stove. There'd

be no oven in the great outdoors!

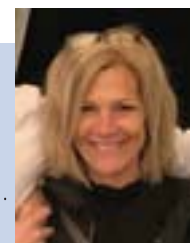
When the idea of a frittata came to mind, I had to figure out if it could actually be cooked all the way through on top of the stove, since they are generally finished off in the oven. Just this week, I finally got around to testing my theory that the frittata could indeed be cooked through over a flame. It turns out that it can, provided you have a lid that fits your pan. This allows the heat to be trapped to cook the eggs all the way through. This one turned out beautifully puffy and in fact, I used a combination of whole eggs and Eggbeaters and it turned out just right. The trick is to allow plenty of time to cook the frittata over medium heat so you don't burn

the bottom. This is a fun breakfast dish for any of you who love to cook outdoors, go camping, or hang out at the lake for your summer adventures.

I also have a little tip I'd love to pass on regarding outdoor cooking. We are big fans of our Weber barbecue and cook on it all year long, but this summer we purchased our first 3-burner camp stove and have absolutely loved using it, even on our patio. We selected the Camp Chef brand and we also bought the fry griddle accessory, which has been fantastic for making large batches of pancakes or burgers, grilling onions

and making egg and bacon breakfasts. You can find this through Amazon as well as on the Camp Chef website.

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. Or visit <https://treksandbites.com>



Broccoli Cheddar-Feta Frittata

(Serves 6 for breakfast)

INGREDIENTS

2 tablespoons olive oil
 6 sausage links of your choice, cut into bite-sized pieces
 1 red onion, chopped
 2 cups broccoli florets, pre-cooked
 12 eggs (or equivalent using egg whites or Eggbeaters)
 1/2 cup Half & Half
 1/2 teaspoon white pepper
 1 teaspoon pink salt (I love Himalayan pink salt, but any salt will do!)
 1 cup sharp cheddar, grated
 1/2 cup feta cheese, crumbled

DIRECTIONS

In a 10-inch cast iron skillet, heat olive oil and cook onions over medium heat until translucent. Add sausages and broccoli and cook until all are slightly browned.

Meanwhile, whisk eggs with Half & Half, salt and white pepper. Stir in feta and half of the grated cheddar.

When veggies and sausage are ready, pour egg mixture over them in the skillet and cook, covered, until all of the eggs are cooked through and beginning to look puffy. This takes about 15-20 minutes over medium-low heat. When eggs are cooked through and set, remove lid and sprinkle remaining cheese over the top. Cover again and cook until cheese is melted.

Remove from stove top and allow frittata to set up for 5-10 minutes before cutting and serving. Frittata will deflate slightly as it cools, but not to worry, this is normal.

*If you are not camping and do happen to have an oven handy, you can cook the eggs, uncovered, over medium heat on the stove until the custard begins to pull away from the edges of the pan. This will take 5 minutes or so. At this point, put the frittata in a preheated 400 F oven and cook for another 10 minutes or until eggs are cooked through. Sprinkle remaining cheese on top and continue to cook until cheese begins to brown.



In Memory

Donald Frederick Thielke

December 19, 1930-July 9, 2020



Born on Dec. 19, 1930 during the Great Depression in North Tonawanda, NY, Don Thielke was raised in a faithful Lutheran family. His childhood was spent in simple pursuits playing in empty lots, building snow forts, lake swims and taffy pulls.

Always a tinkerer, he worked as a mechanic in his youth. A 1949 graduate of North Tonawanda High School, Don enlisted in the Air Force, was sent to (Harlingen, TX) and later sunny, dry Sacramento at Mather AFB, rising from airplane mechanic to plane owner. This sealed his fate for a future California residency.

Upon return to New York, Don was finally able to secure a blind date with the ever social Phyllis (née Huk) Thielke to Niagara Falls. Theirs was a love story for the books and they married on Oct. 27,

1956 sharing nearly 63 years until her passing in 2018. Whether in Buffalo, Chicago, Alameda or Lafayette, "Don & Phyllis" will long be remembered for their mutual care giving for one another's health, hearts and dreams. After 15 years of marriage, a miracle baby (Kathy) brought them joy and the opportunity to become "parents" to countless friends in her growing up years. He knew the value of being a loving and generous dad.

After attending Spartan College of Aviation and Technology in Tulsa, Don flew with a variety of carriers in the advent of the jet age. He proudly served American Airlines as a flight engineer for 37 years and also as an executive with the Flight Engineers International Association. He cared deeply about flight safety and trained in accident investigations at USC. These roles led him to world travel, though his favorite became Kaanapali beach in Maui with his family and friends.

A Lafayette resident and member of Trinity Lutheran Church for 52 years, Don held every role imaginable. His easy going style and can do spirit were felt by neighbors too, where he served the Happy Valley Highlands HOA for decades. Don was the master of ceremonies, who could tell a joke or story that would keep you on the edge of your seat. A friend to many, he never stopped reaching into new social circles as the years went on with YoungLife, cardiac inmates, men's fellowship breakfasts, fishing buddies in Alaska, Jazz circles, Lutheran Golfers, the Grey Eagles. His dry wit and sly grin were his trademark, as much as his warm smile and knowing eyes.

He was happiest in his own "back-forty" maintaining the yard, fending off poison oak, taking in a swim with family and tackling the next project with a dog at his side. Or perhaps it was surf-side at Half Moon Bay with old friends, crab, chowder, a good sourdough and cold beer. Most likely it was sharing one of his "9 lives" stories with granddaughters and eating fudgesicles.

He is survived by beloved daughter, Kathy; son-in-law, Pete; grandchildren Leilani, Kalea and Malia; nephews, Alan, Mike and Chuck; nieces Elaine, Phyllis, Laura, Anne, Cindy and Linda.

Knowing that "he had some projects to do" heavenward, Don passed peacefully at home. He lived a blessed life knowing Jesus. May he dwell in the house of the Lord forever.

Lynn's Top Five Thoughts for managing your investment portfolio during a global pandemic

By Lynn Ballou CFP®

Given all the economic uncertainty and volatility in markets, I knew it was time to focus this column on how we can keep our plans on track despite our current life experiences. In writing this piece, I was very fortunate to catch up with Adam Phillips, partner and director of Portfolio Strategy for EP Wealth Advisors. You may have seen him on Bloomberg, CNBC, in the Wall Street Journal or other investment news channels and publications. Adam is not only a brilliant portfolio strategist and Chartered Financial Analyst (CFA), but he's also a Certified Financial Planner which makes him uniquely qualified to think not only about portfolio management on a macro level, but also about the impact of today's evolving economic situation and uncertainty on the portfolios and lives of real people. I think you'll find his wisdom very useful.

1. Start with your financial plan. It all begins with a plan. A successful journey begins with a roadmap and itinerary leading to a destination. What's your financial destination? To determine if you are on track and if your portfolio is properly allocated to help you reach those goals, you need to dust off and update your financial plan, using current, real numbers to reveal the impact of economic life during this global pandemic. An important aspect of this process must include a thorough review of your portfolio holdings, objectives and allocations. Ask yourself if the assets you own are supporting your goals and vision of your future financial life. Lean on your trusted team of advisors to help you assess where you are and if changes should be considered. As you embark on this process take into account the following thoughts as well.

2. Don't panic - THINK! It's so easy to be swayed by public opinion and the non-stop news and market coverage. However, that may be more entertainment than true guidance and it's never

personal to your own situation. During our conversation, Mr. Phillips reminded me that "Periods of market volatility can test the mettle of even the most disciplined investors, but short-sighted decisions can have long-term implications for one's financial plan. In fact, history shows that the best days in investing often follow the worst days, and missing out on the best five days so far in 2020 would have left an investor with a loss of 30% through the first half of the year. Meanwhile, investors who resisted the urge to sell in the throes of the first quarter sell-off were rewarded for their discipline as they saw the S&P 500 recover to within a few percent of where it began the year by the end of June."

3. Unless you are a knowledgeable investor, work with pros who are. While most of us know the difference between a stock and a bond, very few of us also know how to construct and manage a personally appropriate, diversified portfolio that holds the right variety of assets in different asset classes and sectors. For example, let's say one of your goals is to own stocks that pay dividends. As Mr. Phillips notes, "It's important to know what you own and look beyond what's on the surface, such as a stock's price or attractive dividend yield. For instance, just because a stock boasts a high yield doesn't mean that dividend is sustainable." Unless you have the skills, data access and time to take on the task of keeping up with the ever-changing evolution of each of your portfolio holdings, consider the benefits of a trusted investment advisor on your team to manage and guide this part of your investment journey.

4. Tax loss harvest when it makes sense, but it may not always be the right move. As we've explored in past columns, tax loss harvesting in your taxable accounts can be a way of making lemonade out of lemons by selling positions you still like but which have an otherwise unrealized loss.

... continued on Page B4