

Tackle summertime sizzle with refreshing fruit-filled rosé sangria



Rosé Sangria

Photo Susie Iventosch

By Susie Iventosch

We love a good summery cocktail and there is almost nothing more refreshing for an afternoon in the backyard than a pitcher of fruity sangria. With hints of strawberry, orange, grapefruit, lime, cucumber and mint, this drink is sure to make you and your guests happy!

Our recipe calls for rosé because

we love the lighter version of this drink that's normally made with red wine. We also add a little Aperol (an Italian liqueur) to our sangria. Besides, the taste, which is delightful and sparkly with lots of fresh and macerated fruit, the color is gorgeous. The Aperol adds a rich coral hue to the drink. By macerating some of the fruit with sugar for about 20 minutes, you get a super intense fruit flavor and

then you simply toss in some additional sliced fruit for color and texture. We also like to add the cucumber and mint to balance out the sweetness of the drink.

You can add a little seltzer to lighten up the alcohol content, too, which is nice if you're enjoying it during the daytime!

INGREDIENTS

1 orange, sliced with peels on
2 cups strawberries, sliced
2 tablespoons sugar
1 lemon, sliced with peels on
1/3 cucumber, sliced
1/2 small grapefruit, sliced with peels on
1/2 lime, sliced with peels on
1 bottle of rosé wine
1/3 cup Aperol
1 can of plain seltzer, optional
A handful of mint leaves
Garnishes: sliced orange, grapefruit, lemon and lime, and whole strawberries

DIRECTIONS

Chop the orange (keep the peel on) and slice the strawberries. Put both in a pitcher and add the sugar. Stir and let sit for 20 minutes to macerate and allow the fruit to develop some juices.

Meanwhile, slice lemon and cucumber and chop grapefruit and lime (keeping the peel on both).

Pour rosé and Aperol into the fruit mixture.

Add cucumber, lemon slices, grapefruit, lime pieces and mint, then stir.

Refrigerate for 1-4 hours.

Garnish the pitcher or individual glasses with the sliced citrus, cucumber and strawberries.

Serve as is, or over ice, and/or with a dash of sparkling water!

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>



Lynn's Top Five

Time to review your portfolio?

By Lynn Ballou CFP®

In the past two years we've been on quite the roller coaster ride with markets both swooning and swelling. For good reasons, we've been glued to the news wondering when it will be safe to travel, eat out and most basically, hug our friends and family! And despite the amazing vaccines available, with the surge of the recent virus variants, many of us are still left to wonder. All these issues and so many more have impacted our investments and I think many of us suffer from decision paralysis. Most recently it's especially logical to believe that we still don't have enough information to actually DO anything. But now is not the time to stick our collective thinking in the sand – let's agree to dust off the statements and take a look at what we own and our thoughts about if these holdings make sense given who we are, where we are, what we know and our vision and hopes for the future. Some perspective might help.

1) Should I lock in gains on investments?

Looking at your portfolio, if you feel that your equity holdings have overtaken your

portfolio percentages too much, despite the tax cost of locking in gains in non-retirement accounts, you might want to think about taking some gains off the table. This is especially true if you have need to access some of your capital in the next year or so for major purchases, or even for retirement income. If you are unwinding positions with large capital gains, work with your tax professional to determine if you have any timing considerations to guide you such as different income projections in different calendar years which could impact many calculations on your return.

2) **What's going on with inflation?** And how will that impact rates of return on fixed income investments? If you believe that pent up demands for goods and services and the labor shortage in some sectors will drive prices up, then you may also feel that those concerned about inflation are right to feel as they do. Clearly we are not being rewarded for sitting on cash with respect to interest income, although it does allow us to park funds while limiting valuation fluctuation. If you believe that rates are poised to increase, you should consider keeping your fixed

income assets liquid and short term. As rates increase, you can start to buy a ladder of longer-term maturities.

3) **Think about investing globally.** If you are looking to add depth to your high quality, dividend stock portfolio, don't neglect stocks that are not U.S.-based. Many very respected foreign-based companies in sectors from health care to finance are worth consideration as holdings in a diversified, large cap dividend-oriented portfolio. If this is not an area of expertise for you, look to investment managers to shoulder that work for you. You can access that type of capability with mutual funds, ETFs and private wealth managers. Other readers might be interested in investing globally in fixed income assets. Again, unless you feel competent handling the research yourself, lean on investment pros to assist in these types of holdings.

4) **529 Plans continue to be a college saving favorite.** In California we do not receive a tax benefit for funding 529 plans which leaves us free to use any state's 529 plan. Research which state has the investment choices you feel most appropriate for your future graduate. Understand what

all family members are doing to support future college students so that you know if you would like to retain control and how much to fund (www.scholarshare.com has a lot of helpful 529 information especially with respect to Californians). Be sure your plan choices are flexible so that as your student beneficiary ages, you can rebalance the holding allocations appropriately.

5) **Understand your risk tolerance as you consider changes.** So while I encourage readers to review their holdings and make changes as appropriate, I also want to emphasize the importance of understanding your risk tolerance before jumping in. And be open to the notion that your risk tolerance changes over time and with respect to your and your family's circumstances. Also, when reviewing your portfolio and thinking about risk management, you have the opportunity to use different types of accounts to handle different aspects of risk. For example, if you have holdings in retirement plans such as IRAs and 401(k)s and you are many years out from retirement, you can think about overweighting these accounts with equities, whereas you may want to keep your after

tax accounts more focused on tax free income holdings such as tax free muni bonds, or more tax efficient equity products such as ETFs. Remember to look at all your holdings together and how they are managed as a group, while nonetheless taking the opportunity to use different types of accounts to invest in different aspects of portfolio vehicles.



All investment strategies have the potential for profit or loss. Changes in investment strategies, contributions or withdrawals, and economic conditions, may materially alter the performance of your portfolio. Different types of investments involve varying degrees of risk, and there can be no assurance that any specific investment or strategy will be suitable or profitable for any investor's portfolio.

Live-ish theater returns to Orinda



Photo Sora O'Doherty

From left: Ken Sollazo, Al Guaraglia, Carson Campbell, Alicia Rydman and standing is the director Suzan Lorraine. Geotty and Susie Chappel are also cast in this show but were not present for this first read through of the Mini 10 Minute Play Festival.

By Sora O'Doherty

The Orinda Starlight Village Players are delighted to be back providing live entertainment in Orinda's Community Park, starting Aug. 6. Although the events will be in person, the plays won't be fully pro-

duced but will be read by actors from scripts. This is a first step toward returning to the group's normal season, after not being able to have any events at all last year owing to the COVID-19 pandemic.

The troupe will be performing in street clothes

without costumes, lights, sound effect, or a fully built out set. Still, the productions will feature professional actors and directors. The actors will have scripts in their hand and may move around a bit.

Mainly because of the uncertainty connected with the COVID-19 situation, OSVP didn't want to put in the tremendous hours of work to build sets and memorize lines, perhaps only to have their season canceled again, as it was last year. It takes months of work to produce a full season of plays. Normally OSVP builds its sets in April. But even without sets, the troupe guarantees that the season's performances will be "very entertaining."

Performances will be on Fridays and Saturdays at 8:30 p.m. and on Sundays at 4 p.m. The plays will run from one and a half to two hours. There will be an intermission, and prepackaged items will be for sale, such as bottled water and candy.

OVSP's Stories by Starlight

season will run through Oct. 3, with the exception of Labor Day weekend when the theater will be dark. The summer schedule is as follows:

"Tartuffe" by Molière
Adapted By Patrick Cleary, Director Amy Cook, Aug. 6-8;
"Two Left Feet" by P.G. Wodehouse, and "The Town in the Library, the Library in the Town" by Edith Nesbit, Director Eddie Peabody, Aug. 13-15;
"Mini 10 Minute Play Festival" by Bill Chessman, Director Suzan Lorraine, Aug. 20-22; A Triple Tryst of Terror including "The Black Cat" by Edgar Allan Poe, "The Monkey's Paw" by W. W. Jacobs, and "The Open Window" by Saki (H.H. Monroe), Director Malcolm Cowler, Aug. 27-29; "Don Quixote, A Play" by Matthew Garlin, based on the novel by Miguel Cervantes, Director Amy Cook, Sept. 10-12; "Seven Keys to Baldpate Inn" by George M. Cohan, Director

Suzan Lorraine, Sept. 17-19; "A Familiar Visage" by Eddie Peabody, Director by Eddie Peabody, Sept. 24-26; and lastly, "Carmilla" by Sheridan Le Fanu, Director Malcolm Cowler, Oct. 1-3.

OSVP president Geotty Chapple explains on the website that no one involved with OSVP is paid and they do not receive any civic funding. "We do this for the love of community theater and for YOUR enjoyment!" He explains that Orinda parks and rec charges for the use of the stage and publishers/agents charge between \$75 and \$100 per performance. In normal years, the cost of lumber, fasteners and paint run well over \$1,000. Used furniture, necessary props and costumes, etc., all add up quickly. Ticket sales, program ads, and concessions are OSVP's only revenue, so donations of cash or materials help tremendously.

A GoFundMe fundraiser for the theater group can be found at <https://www.gofundme.com/f/Orinda-Starlight-Village-Players>