Sunrise Stroll participants on Nov. 19 stretch before walking around Lafayette Reservoir.

Photos Sharon K. Sobotta

Sunrise Stroll at Res focuses on diversity, equity & inclusion

By Sharon K. Sobotta

By the time the sun rose on the morning of Nov. 19, an intergenerational crowd of about four dozen people were stretching in preparation for a stroll around Lafayette Reservoir. The sunrise stroll replaced the annual community breakfast and incorporated the United Against Hate theme acknowledged in the Lamorinda area for the week leading

As the community embarked on the reimagined and broadened event, they celebrated Diversity, Equity, Inclusion and Belonging progress in the community while also acknowledging the work that still needs to be done.

Jay Lifson, the executive director of the Lafayette Chamber said the vision of the event was two-fold: "We (traditionally) have an annual community breakfast ahead of the holiday chaos to get the community talking and connecting. We haven't been able to do it for the past two years (due to COVID) so I had the crazy idea of walking the reservoir," he said.

For Lifson, it was a natural fit to combine the gathering with United Against Hate efforts. "Unless you've been living under a rock for the last 400

years, you understand why we have to keep this (the united against hate) message going."

Pastor Dan Senter of Our Savior's Lutheran Church kicked off the walk with a reflection as he gently invited the crowd to continue leaning toward inclusive change.

"(As I was growing up) I loved coming together with my family which was very diverse. On the table was always a pilgrim and a Native American living in solidarity together. That's changed. We know our history much better now," Senter said.

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What's in your water?

By Vera Kochan

What's in your water? Hopefully nothing, but just to put the public's mind at ease, East Bay Municipal Utility District representatives held an Oct. 20 Zoom presentation to enlighten customers within their jurisdiction.

EBMUD Public Affairs Representative Sharla Sullivan, Manager of Public Quality Susan Teefy, Water Distribution Supervisor Javier Ramos, and California Water Board Division of Drinking Water North Coast Sectional Chief Stefan Cajina were all on hand during the informative session to explain and answer any questions.

There are six water treatment plants under EBMUD's umbrella with the largest located in Orinda. The facility was completed in 1936, and is considered the heart of the system. Far-sighted engineers created the plant in a way that uses gravity to keep the water flowing, thereby cutting down on the need for electricity. The original filter beds, which help to screen out finer particles in the water have been upgraded, but for the most part continue to be operational in the first step to water safety. The water goes through several main processes on its way to your faucet: coagulation, filtration and disinfection.

Before the water even shows up in Orinda it takes a long journey from the Sierra Mountains and the Mokelumne River via aqueducts. "From the control center, EBMUD mixes coagulants into the raw water to force very small particles to clump together," stated Teefy. "We also add a type of chlorine to kill pathogens." During the filtration process the water moves through two concrete channels into filter beds made of anthracite and sand to trap and remove the coagulated particles. Next ammonia and fluoride (a state requirement) is added to further disinfect and promote dental health along with sodium hydroxide to prevent corrosion in the distribution pipes that carry the water.

According to Teefy, EBMUD conducts 20,000 tests annually in every step of the treatment process to ensure that the drinking water is of the highest quality before it arrives to 800,000 customers. These tests check for a variety of contaminants that fall under three categories: physical, chemical, and biological. Physical contaminants may include sticks, dirt, sand and dissolved solids. Chemical contaminants may contain run-off from manufacturing, agriculture and other human-made contaminants. Some are already present in nature such as arsenic. Biological contaminants include bacteria, viruses and other microbes.

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An EBMUD technician performs a quality check

There are regulators on both the state and federal level that monitor the public's drinking water. The California State Water Resources Control Board and the United States Environmental Protection Agency put EBMUD through a series of checks and balances, stated Cajina. Permitting, inspections/enforcement, review of water system operations, review of contaminants monitoring, certification of environmental laboratories that analyze drinking water samples, and responding to drinking water emergencies such as wildfires, earthquakes and droughts are all part of water safety measures.

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