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Alexa (center) with Orinda's Xenophon support staff, leads her horse, George.

Photo Vera Kochan

Horses are the best medicine at Xenophon Therapeutic Riding Center

By Vera Kochan

The brainchild of founder Judy Lazarus, Xenophon began in 1993 at Black Point Farm in Martinez before moving in 1996 to its current location of 60 Don Gabriel Way in Orinda. The therapeutic riding center was named for Xenophon (430-354 B.C.E.), a Greek general who was the first to write a manual about how to train horses in a positive way.

Lazarus and her husband have an autistic son

and became very involved with the disabled community. Having ridden horses as a child she was aware of how beneficial the experience could be for anyone and decided to open her center with an eye to offering basic horsemanship skills interwoven with an individual's therapeutic needs.

The 3-acre property currently contains a covered arena, a viewing deck, a wooden horse shed, winter quarters for the horses, and a new office building. The facility's eight horses of varying breeds work with licensed physical therapists, ther-

apeutic riding instructors and occupational therapists – registered through the Professional Association of Therapeutic Horsemanship International (PATH). There are also an army of volunteers that serve as side-walkers, horse-handlers, horse caretakers, and facility maintenance workers.

Xenophon is an accredited center under PATH, having received a 100% score during its last accreditation visit, and the only such center serving Alameda and Contra Costa Counties.

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Orinda keeps on truckin' with 2022 Fourth of July parade



Photos Sora O'Doherty

By Sora O'Doherty

Orinda hosted its traditional Fourth of July parade this year, with many regularly scheduled activities returning after being in abeyance during the COVID-19 pandemic. The city was decorated with colorful banners on the light posts throughout downtown for weeks before the event. The day kicked off at 7:30 a.m. with a pancake breakfast fundraiser by Lamor-

inda Sunrise Rotary on the Library Plaza. At 8 a.m. participants set off on the Run for A Reason, in support of The Sudden Unexplained Death in Children Foundation. The flag was ceremonially raised at the Community Center at 8:45 a.m. and city and local elected officials dedicated the new City in Nature library mural before the Friends of the Orinda Library's Book Sale. This was followed by a concert in the park by local band Three Day Weekend.

The parade this year was chaired by Sally Hoga-

rty and co-chaired by Marianne Moser.

Before the parade, the Lewiston Jazz Band provided entertainment on the Village side. During the parade, spectators were treated to passing musical entertainment from a number of bands, including Concord Blue Devils C Corp with tall flags, MJ Brass Boppers with stilt walkers, St. Gabriel's Celestial Marching Band, Peter Pan Foundation, Orinda Idol Singers, East Bay Banjo Band, Spirit of '29 Dixieland Jazz and the Lamorinda Volunteer Marching Band.

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Lafayette first draft Housing Element moves to HCD for review

By Lou Fancher

Following a lengthy discussion that included public comments at the June 27 meeting, the city council reviewed, revised, and directed staff to submit an updated Housing Element draft on June 28 to the State Department of Housing and Community Development (HCD). In December 2021, the Association of Bay Area Governments Executive Board applied the Regional Housing Needs Allocation plan to all California cities and set Lafayette's RHNA at 2,114 units; an increase of 429% from the previous cycle.

Dominating the discussion at the meeting were issues relating to the city's responsibilities and approach for implementation of BART Transit-Oriented Development (TOD) standards under Assembly Bill 2923. Additional council and public comments centered on specific language and details included in the draft, especially in reference to upzoning, spot zoning or overlays; the definition of infrastructure; the perils and advantages of mentioning housing development plans in other cities or regions as models for Lafayette; and community interest in resisting over-development and retaining the area's semi-rural integrity.

The staff report presented by Housing Consultant Diana Elrod, Planning Director Greg Wolff and Senior Planner Renata Robles explained how state law requires cities to demonstrate the community is

able to accommodate housing quotas established by the state and meet the related requirements, such as preparing a Draft Environmental Impact Report and more. HCD will have two 90-day review periods. When HCD has completed its review of the draft submitted on June 28, Lafayette can expect to receive a comment letter in the fall.

Of the 48 public comments received between May 6 and June 6, Elrod said most residents centered on the Opportunity Sites Inventory and text incorporated in the draft document that emphasized not upzoning to high-density housing in the downtown core, limiting BART development zoning to the minimum required (75 dwelling units per acre, per AB 2923), strengthening the incentives for Accessory Dwelling Units (ADUs), excluding Happy Valley Glen and DeSilva South as opportunity sites, and locating affordable housing close to high resource areas.

Elrod explained that Housing Elements have to be actionable, with specific timelines for completion of programs and evidence or certification that land for housing development can be located and is properly permitted. Special populations must be supported by projects that include affordable housing and programs offering incentives such as reductions in fees for ADUs to encourage their de-

velopment. Other programs must update and monitor compliance with rules issued by the state during what appears to be an ever-evolving development processes. Failure to comply with or meet Housing and Community Development deadlines or standards the council was repeatedly reminded, could result in consequences such as loss of control of programs, loss of funding, fines up to \$10,000 per unit per day up to \$600,000 per month, and more.

Elrod outlined two meetings held to discuss concerns raised by Lafayette resident Colin Elliott about potential negative consequences resulting from proactive upzoning of the BART parking lots. City staff, Mayor Teresa Geringer and Council Member Susan Candell met on June 21 and 22 with BART TOD staff representatives Kamala Parks and Deb Castles to discuss the topic.

Clarifications in the packet available online include details and an FAQ sheet with similar questions regarding BART property zoned for housing development that were raised by West County residents in the Ashby BART process. Elrod said Lafayette is not in the 10-year work plan that BART has established and will not be included in the next housing element cycle. Once again, a warning was issued: If Lafayette does not

take action to meet the BART TOD work plan, over 820 units will need to be allocated elsewhere in the city and would require upzoning, according to staff.

Important among other considerations, development on BART sites is complicated and can take several years. During the predevelopment phase of a specific project, BART works with jurisdictions to determine the best approach to obtaining funding that may or may not include grant funding and partnering transportation entities. State Density Bonus Law is applied irrespective of whether the city upzones the AB 2923-eligible parcels or whether the statutory TOD standards apply by default, the report noted. Local zoning impacts future development on Housing Element sites, as do concerns community members may have about parking, pedestrian access, and other issues.

The staff report emphasized that "AB 2923 is a 'blunt' instrument that does not include objective design standards or other ways to mitigate development concerns. These objective design standards are a means by which the city can use local control to establish a vision for the site that incorporates community priorities, which would not be possible if the city were to simply allow the AB 2923 TOD standards to apply by default." The report went on to

say, in part, "If the city is committed to developing a project on this (BART parking lot) site, not upzoning the sites signals a disengagement in the development process. The city's demonstration of genuine efforts towards proactively implementing AB 2923 can not only help the city move up in the TOD Work Plan timeline, but also increase the likelihood that HCD will accept BART as an opportunity site."

Ultimately, it was determined Lafayette will apply to the area an overlay district, not upzoning, that Wolff explained is equivalent to additional zoning that is applicable to a prescribed geographic area for a project. "If the area meets the requirement, the provisions in this instance can allow for increased density and parking," Wolff said. He noted that the overlay zoning can have a sunset period or a trigger-ending mechanism if provisions change.

The council after much discussion determined the best course of action was to move the draft forward without, using Mayor Geringer's words, delays due to "more digging in and editing." If HCD stays on track, comments will return to the council in October, a second draft will be submitted in November for a second 90-day review, and the final Housing Element will be adopted for certification on Jan. 31, 2023.

To view the Housing Element and appendixes, visit http://lafayette.granicus.com/GeneratedAgendaViewer.php?clip_id=59e5a760-6c4b-40cf-8fd8-7b8a446305f

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COMPASS

City thanks retiring Parks and Rec Commissioner for 15 years of service



Brook Street Park ribbon cutting on April 18. Photo Sharon K. Sobotta

By Lou Fancher

The Lafayette City Council at its June 27 meeting recognized longtime Parks, Trails and Recreation Commissioner Mark Poole for his impressive 15 years of volunteer service. Poole will be ending his term due to his workload increasing and demanding more of his time, but he also says 15 years on the commission leave him believing it's time for new ideas and new energies.

"We need refreshing," Poole says. "I'm not saying a new commissioner has to be younger, but representation of younger families is lacking on some committees and we need all elements represented. It's someone else's time."

In his "real life," Poole is a Deputy Attorney General for the California Department of Justice whose work centers on environmental law. He is married and the father of two children, a college-age son and a daughter who this year graduated from Acalanes High School. A native of Oregon, Poole grew up camping, fishing, hiking and participating in sports, including competitive soccer during college. While team sports have him tapping into the energy of a group, he says fishing feeds his soul and teaches him patience and to slow down and appreciate the natural environment.

Lafayette PTR Director Jonathan "ACE" Katayanagi says Poole stood out as a respected leader on the commission whose legal background often served the city well. Among the many projects during Poole's years on the commission and its subcommittees are the Petanque Courts and Multi-Sport Rink, improvements to the Community Park Play Area, dedication of the Bellenger Trail, renovation of the Cedar Room, Brook Street Park, and Community Center Restrooms, and the construction of the Jennifer Russell Building.

"Mark would listen to all viewpoints in meetings and would go the extra mile to make sure he was understanding what residents wanted to communicate to the Commission," Katayanagi says. "He would work to find common ground. Where there might be a difference of opinion, he would take the time to explain his reasoning so there was always an understanding of how he came to decisions."

Completed projects such as the replacement of the children's playground at the southern end of the Community Park and the addition of play features at Brook Street Park he says are important and positive for families with young kids. The addition of the Batwing property, a 22-acre area that will be developed into a nature park, Poole marks as most significant,

while noting his absence from the process. "I live within 500 feet of the property, so I had to recuse myself from the commission's part in that project," he explains.

Success for the 51-year-old resident who moved with his young family to the city in 2004, is marked by projects he says reflect the commission's greatest positive energy, commitment to improving the community, and demonstration of synergistic team work.

"You might find it strange, but things that stand out are projects that failed more than projects that succeeded," he says. "We had two big projects, Lafayette Bike Park in the early 2010s, and the Deer Hill Community Park that would have been part of the development of 45 homes, a dog park, and desperately needed sports field and children's play area. The Deer Hill project ended in a public referendum that voted it down. They stand out to me because the commission functioned well, worked hard, and developed good plans that would have served the community. They would have added real value. So I'm proud of that process."

Asked which role models had the most influence on his service as an adult, Poole speaks immediately of family. "My volunteer ethic stems from my parents. Both were tremendous examples. My father worked as a public servant; as a judge for 35 years. My mother was a longtime teacher and high school counselor who volunteered with churches, (organizations that serve) the homeless, and teens who were struggling. My parents set the tone for contributing to your community in an altruistic way."

As Lafayette grows, the need for balance between increased housing density, new retail and restaurant businesses, greater population and maintaining park and recreation areas is essential, according to Poole. "We have to anticipate growth and maintain livability and quality of life. The Parks, Trails and Recreation Commission will serve an important role in acquiring additional park properties and we all know land is more and more expensive and harder to find."

The pressures of a thriving, semi-urban city and the complexities for volunteers, council members, city staff, and residents of the community working to maintain balanced growth might, but don't cause Poole to worry. "I've been so impressed during my time in how many people volunteer in Lafayette. It's been rewarding to be a small part of it. I've learned so much about how the city functions and I tell people I'd love to see more people involved."



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Lafayette Public Meetings

City Council

Regular Meeting
Monday, July 11, 7 p.m.
Teleconference via City of Lafayette's
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Planning Commission Meeting

Monday, July 18, 7 p.m.
Teleconference Meeting via Love
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Design Review

Wednesday, July 13, 7 p.m. Zoom
Teleconference Meeting via Love
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Town Council: Wednesday, July 13, 6:30 p.m.
Planning Commission: Tuesday, July 19, 6:30 p.m.,
Park and Recreation Commission:
 TBA
Moraga School District Board Meetings:
 TBA

Potential uses of Palos Colorados – Fund 100

By Vera Kochan

The Palos Colorados project had been in development for over 30 years. It involved a 1986 original plan submittal for 146 homes and a golf course in Moraga, bordering Lafayette. After several years of litigation, Moraga, Lafayette and Richfield Real Estate Corporation agreed to a settlement surrounding the original Palos Colorados project, reducing the number of homes to 123 and no golf course.

The town created Fund 100 – One Time Developer Fees (Palos Colorados), which are unrestricted and can be used for any purpose that the town council sees fit. At this point, the Fund has approximately \$2.8 million available which may increase by an additional \$11 million in the future if the Palos Colorados 123-unit residential development moves forward and the outstanding loans are repaid.

During the council's June 22 meeting, staff presented potential uses for the funds.

One suggestion was to have an emergency reserve fund to protect against any future financial or physical emergencies. Staff was directed to bring back a future agenda item regarding a possible establishment of such a fund.

According to the staff report by Town Manager Cynthia Battenberg and Parks and Recreation Director Breyana Brandt, recreation and open space enhancements should be included for consideration "to improve the nearby trail system and construct projects and improvements identified in the Parks and Recreation Master Plan and the Moraga Commons Park Site Specific Master Plan." The council decided that this issue should be discussed at a future meeting after the engagement of the Park and Recreation Commission and stakeholders with regards to potential uses and priorities related to that department's infrastructure.

Another use for the funds would be to address Moraga's unfunded pension liability. A 2019 study showed that costs

will peak between 2026 and 2035. Staff recommended that the town set aside \$1 million to \$1.5 million now, in a side fund, to assist in making the liability payments during the peak years. Council members agreed on a creation of some type of supplemental pension trust.

Additionally, as directed by the town council during its June 8 meeting, a \$250,000 contribution to the John Muir Land Trust from Fund 100 for the purchase of Harvey Ranch has been added to the proposed Fiscal Year 2022-23 budget. The decision passed with a 4-1 vote. Mayor Steve Woehleke expressed a desire to wait closer to the December 2022 deadline before making a contribution, in the event that more donations from the public might lessen Moraga's monetary load. The town received an overwhelming amount of correspondence from residents in favor of the \$250,000 decision in JMLT's favor.

PG&E donates \$100K for Moraga Commons Enhancement Program

Submitted by Kerry Hillis

Pacific Gas & Electric Co. doubled its donation to the Moraga Community Foundation's Moraga Commons Enhancement Program. PG&E's recent dona-

tion of \$50,000 matches a previous donation in 2021, raising to \$100,000 the total donation from the company.

"PG&E's generous donations in 2022 and 2021 will ensure that the Moraga Commons is fully accessible to all visitors. MCF appreciates and is grateful to have PG&E's support," said Dave Trotter, MCF's president and former Moraga mayor.

Initiated in 2021, MCF's Moraga Commons Enhancement capital campaign will fund accessibility improvements and amenities at the Commons and West Commons parks. The program's major elements include: Replacing aging restrooms to ensure ADA accessibility; installing a new water bottle filling station and drinking fountain near the entrance to the Commons and the Lafayette-Moraga Regional Trail; supporting the town's construction of ADA improvements to picnic areas near the All-Access Playground; planting trees in the Commons and West Commons parks; making irrigation improvements in the Commons and West Commons parks; and replacing the aging

flagpole at the entrance to the Commons Park.

With PG&E's recent donation to the enhancement program, MCF has raised over \$365,000, bringing the foundation close to its goal of \$450,000 in total funds raised. Between this year and last, MCF has presented checks totaling \$132,000 to the town of Moraga to fund the new drinking fountain, flagpole, tree planting and irrigation improvements, all of which have already been installed or are in progress. Additionally, a large portion of these funds are a down payment toward the construction of new accessible restroom facilities, which are expected to be completed in 2023.

"PG&E is proud to serve all of our hometown communities. It's at the heart of what we do and why we decided to support the Moraga Community Foundation and the Moraga Commons project," said Aaron Johnson, PG&E's Vice President of Bay Area Region. "We look forward to seeing the progress along the way, as this will benefit Moraga for years to come."

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MPD discusses military equipment use policy



Bean bag projectiles

Photo Vera Kochan

By Vera Kochan

Assembly Bill 481 is intended to increase transparency, accountability, and oversight surrounding the acquisition and use of military equipment by state and local law enforcement, which includes, but isn't limited to unmanned aerial or ground vehicles, armored vehicles, command and control vehicles, pepper balls, less lethal shotguns, long range acoustic devices and flashbangs.

While the Moraga Police Department does not utilize most of the above-mentioned

weaponry, nevertheless as of Jan. 1 it is required to obtain approval from the town council through an adoption of a military equipment use policy. The policy must be reviewed and approved annually after a community review process and an MPD report.

MPD Chief Jon King related to the town council during its June 22 meeting that such equipment becomes available to local law enforcement agencies after military action overseas ends. Currently, MPD has less lethal shotguns and bean bag projectiles in addition to two free surplus military gen-

erators used to power town facilities during outages.


"The less lethal shotgun and bean bag projectiles allow officers to confront a potentially armed or dangerous suspect at a longer distance, potentially preventing a deadly force encounter," King stated in his staff report. "The range of the weapons system helps to maintain this increased distance between officers and a suspect, reducing the immediacy of the threat, which is a principle of de-escalation."

Mayor Steve Woehleke asked King if Moraga was excluded from the use of drones, to which King replied, "We do not currently operate drones. We have other agencies who do. For example: Moraga-Orinda Fire District has drones; the Lafayette Police have drones; the Sheriff's Office has drones; and those law enforcement agencies all have similar policies about their use. As long as those policies are abided by on a mutual aid or assistance basis, we could have them assist us, but if we wanted to start a drone program of our own, I would have to come to you [the council] ahead of time and get your approval to make those purchases."

The item will return to the council on Aug. 24.

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City Council Regular Meeting:
 Tuesday, July 19, 7 p.m.
 By Teleconference Only
Planning Commission
 Tuesday, July 12, 7 p.m.
 By Teleconference Only
Supplemental Sales Tax Oversight Commission
 Wednesday, July 13, 6:30 p.m.
 By Teleconference Only

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An Orinda icon, Nation's to move across the street, remodel



Image provided

By Sora O'Doherty

After 50 years in Orinda, the well-loved hamburger restaurant, Nation's, is moving. But not very far: the new restaurant will be right across Moraga Way from the original location, taking the space at 65 Moraga Way, last occupied by Taverna Pelligrini, which closed during the COVID-19 pandemic (next to Peet's Coffee at 63 Moraga Way). Nation's has worked with Peet's to design a harmonious façade for both businesses.

The design, by architect Michael Hanna, won approval from the Orinda Planning Commission on June 28. In the new plan, Peet's canopy, which currently reads "Peet's Coffee & Tea," will be removed and replaced with a brand new canopy with illuminated letters spelling out Peet's Coffee, as Peet's has recently dropped the addition of "& Tea" in its sig-

nage. The existing columns on the building's façade will be removed, and there will be a new façade treatment with vertical aluminum slats with a wood texture.

On the Nation's side of the building, there will be three new projecting architectural features. The name "Nation's" will appear on the awning in lighted letters. At the request of the planning commission, the architect agreed to reduce the overall size of the letters by about 20%, working with the Planning Department. On the front of the side of the building at one side will be a structure that resembles a tall sandwich in its three-layer construction. On the front, near the top, it will bear the Nation's logo, which will be in color and subtly illuminated. The illumination is the "meat" in the sandwich; the soft lighting will illuminate the front logo and also, down the side of the "sandwich," the let-

ters spelling out Nation's will appear vertically, and will also be gently illuminated.

One area of controversy was the height of this structure with the company logo. The architect presented two options, based on previous work with the planning commission. The features of the façade in option A were bigger overall, and the structure bearing the logo projected higher than the roofline. Option B had smaller features, and the logo structure did not project above, but was even with the roofline. The fact that the structure rose above the roofline was controversial, and, as well, neighbors whose houses are behind the restaurant objected to the fact that the back of the structure would be translucent and gently lit.

Hanna agreed that he could easily add another layer to the sandwich, covering the translucent panel with an opaque one and thereby eliminating any illumination from the back of the sign. He explained to the Planning Commission that his idea with having the company's illuminated logo above the parapet was to echo the theme of the iconic Orinda Theatre, with its towering neon-enhanced sign. While the theatre is near the north end of the Theatre dis-

trict, Nation's will be at the south end, so that the taller signs would bookmark the Theatre district, he suggested. Hanna pointed out that Orinda Theatre itself could not be approved today under current requirements. His arguments persuaded the commission, which voted unanimously to allow the lighted logo to rise five feet above the parapet. The other conditions of approval were that the back of the sign not be illuminated and the reduction in the size of the letters on the canopy.

All windows and doors on the adjoining buildings will remain the same. The exterior material will remain stucco. The facade will be touched up in areas where the stucco is eroding. The brick material on the west wall of the building will remain. The burnt orange stucco color and black window framing will remain the same. The wood patterned aluminum slats and canopies will be a "Knotwood" color. No new light fixtures will be featured on this building. The only form of lighting on the exterior of the building will be the subdued indirect LED lighting for the building's signage.

City Council to discuss the draft Safety Element, staff seeks public input

By Sora O'Doherty

Orinda staff have invited the public to submit comments about the draft Safety Element and Vulnerability Assessment. The draft Safety Element, which will be submitted to the state along with the Housing Element, was prepared by the city's consultant, Placeworks.

In the draft, Placeworks explains that the Safety Element is a state-mandated ele-

ment of the city's General Plan that must identify potential natural and human-created hazards that could affect the city's residents, businesses, and services. It identifies the natural and human-caused hazards that affect existing and future development, describes present and expected future conditions, and sets

policies and standards for improved public safety.

In addition, the city is working on a newly required component of the Housing Element: Affirmatively Furthering Fair Housing (AFFH), that requires the city to examine existing and future policies, plans, programs, rules, practices and related activities to

promote a more inclusive community. The downtown planning and housing element subcommittee hosted a workshop on AFFH on June 27, and residents are encouraged to complete a fair housing survey. That survey, and others, are available from the Plan Orinda website, www.planorinda.com/involve

The draft Safety Element is available for review at: <https://cityoforinda.app.box.com/v/DraftSafetyElement/file/968200724142>

Orinda proclamation recognizes the 80th anniversary of Japanese interment

By Sora O'Doherty

The Orinda City Council on June 21 issued a proclamation honoring and solemnly remembering the many Japanese Americans who experienced a tragic violation of fundamental civil rights 80 years ago when, by Presidential Executive Order 9066 in 1942, they were forced to leave their homes, employment, and schools and were incarcerated in concentration camps throughout the inland parts of the Western United States.

The proclamation, read by Mayor Dennis Fay, acknowledged that over 120,000 Japanese Americans were interned, and that approximately two-thirds of them were born in the United States. Those interned had not been charged with any crimes and were not afforded due process before being forcibly removed from their homes and communities, the proclamation continued.

The proclamation also refers to "the poignant per-

sonal memoir, 'Lotus,' written by Chieko Tahira," through which, "we can learn first-hand about the tragic relocation and incarceration experience of a Contra Costa family and the many other families in our county who experienced this terrible episode in our country's history."

The author's daughter, Kimi Tahira Dowell, attended the meeting on her mother's behalf. "My mother," she said, "would have been overcome with emotions to think that her book contributed to this proclamation." She went on to say that her mother had attended Mt. Diablo High School but never graduated. Forced into an arranged marriage, she always regretted not having graduated from high school, but to her credit she nonetheless got this book written.

"These are very difficult times, not only for our country but also globally, as we witness the rise of nationalism and some of the telltale signs of a dark past," Tahira said.

... continued on Page A9

NOTICE OF PROPOSED CONSTRUCTION

Para más detalles llame 1-800-660-6789

PROJECT NAME: Sobrante-Moraga 115 kV Power Line Project - (City of Orinda, P.No. 5791338)
 ADVICE LETTER NUMBER: 6644-E

Proposed Project: To replace foundationally unstable infrastructure, ensure electrical reliability, and replace outdated facilities with newer, more resilient ones, Pacific Gas and Electric Company (PG&E) is proposing to replace conductors (wires) over approximately 0.32 mile of the existing Sobrante-Moraga 115 kilovolt (kV) Power Line in the City of Orinda, Contra Costa County. To support the new conductors PG&E will replace approximately 4 existing lattice steel pole (LSP) structures with 4 new single tubular steel pole (TSP) structures (replacement of existing power line facilities). PG&E will also remove approximately 3 existing LSP structures on the adjacent existing Moraga-Lakewood 115kV Power Line that runs parallel with and in the same utility corridor as the Sobrante-Moraga 115kV Power Line. The existing conductor on the 3 Moraga-Lakewood 115kV Power Line LSP removals will be moved to 3 of the new adjacent Sobrante-Moraga 115kV Power Line TSP structures (minor relocation). Replacement structures will be approximately 6 feet to 12 feet taller than the existing structures with one new structure decreasing in height. Taller structures are needed to comply with California Public Utilities General Order 95 minimum ground-to-conductor clearance requirements.

The project begins at an existing PG&E LSP approximately 1,200 feet north of the westerly terminus of Dolores Way and runs north and then east approximately 1,700 feet adjacent to and northerly of PG&E's Moraga Substation crossing 1 unnamed intermittent stream, terminating at an existing PG&E LSP located approximately 300 feet east of the intersection of Valley View Drive and Don Gabriel Way.

The project will span over 1 unnamed intermittent stream. No work will occur within the bed or bank of the stream or riparian areas and no removal of riparian vegetation is required. Construction is tentatively scheduled to begin in September 2022 or as soon as practicable after project approval. Construction will be completed in March 2023, or as soon as possible after construction begins.

Exemption from CPUC Permit Requirement: CPUC General Order 131-D, Section III, Subsection B.1, exempts a utility from the CPUC's requirement to file an application requesting authority to construct if a project meets specific conditions. This project qualifies for the following exemption:

- b. "the replacement of existing power line facilities or supporting structures with equivalent facilities or structures."
- c. "the minor relocation of existing power line facilities up to 2,000 feet in length, or the intersetting of additional support structures between existing support structures."

Additional Project Information: To obtain further information on the proposed project, please call PG&E's Project Information Line at (415) 973-5530.

Public Review Process: Individuals or groups may protest the proposed construction if they believe that PG&E has incorrectly applied for an exemption or that the conditions set out in Section III.B.2 of General Order 131-D exist;

- a. There is reasonable possibility that the activity may have an impact on an environmental resource of hazardous or critical concern where designated, precisely mapped and officially adopted pursuant to law by federal, state, or local agencies; or
- b. The cumulative impact of successive projects of the same type in the same place, over time, is significant; or
- c. There is a reasonable possibility that the activity will have a significant effect on the environment due to unusual circumstances.

Protests should include the following:

- 1. Your name, email address and daytime telephone number.
- 2. Reference to the CPUC Advice Letter Number and Project Name.
- 3. A clear description of the reason for the protest.
- 4. Whether you believe that evidentiary hearings are necessary to resolve factual disputes.

Protests for this project must be filed by July 27, 2022 at the following address:

Director, Energy Division
 ED Tariff Unit
 E-mail: EDTariffUnit@cpuc.ca.gov

With a copy emailed to:
 Pacific Gas and Electric Company
 PG&E Tariffs
 E-mail: PGETariffs@pge.com

PG&E must respond within five business days of receipt and serve its response on each protestant and the Energy Division. Within 30 days after PG&E has submitted its response, the CPUC Executive Director will send you a copy of an Executive Resolution granting or denying PG&E's request and stating the reasons for the decision.

Assistance in Filing a Protest: If you need assistance in filing a protest, contact the CPUC Public Advisor: email: public.advisor@cpuc.ca.gov or call: 1-866-849-8390 (toll-free), or (415) 703-2074, or TTY (415) 703-5258.

Public Comment: Even if you do not want to file an official protest, you may still comment on the request. To do so, send your comments to the Energy Division at the address noted above. Please reference Advice Letter 6644-E.

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Orinda council approves mid-cycle budget, CIP, and grant to Friends of Orinda's Creeks



Photo provided

By Sora O'Doherty

There may have been a little confusion, but the end result was that the Orinda City Council on June 21 agreed to allocate \$50,742 from its general fund to complete the funds required by

the Friends of Orinda Creeks to restore a portion of San Pablo Creek directly behind the Vintage Office Building. The allocation came during the city council's adoption of its mid-cycle budget and capital improvement projects.

The source of the confusion was that Assembly Member Rebecca Bauer-Kahan has secured an allocation of \$125,000 from the California state budget to begin work on the San Pablo Creek Pedestrian Trail and Restoration Design Project. Although there was a ceremony in which Bauer-Kahan presented then Mayor Amy Worth with an oversized check, in reality the funds have yet to actually come through to the city and, consequently, the city cannot know the exact terms attached to the allocation of funds. Nevertheless, the city is in full support of the restoration of the creek, and decided unanimously to make the allocation from its general fund reserves.

Friends of Orinda Creeks has already raised 67% of the total cost of the current project, which is phase one of the creek restoration. The total cost of this project is \$154,303, of which the Friends have raised \$101,561 from private donations and community groups. In a letter to the council, Friends President Bob Stoops and Vice-President Michael Bowen requested that the city allocate the remaining \$50,742. The city agreed to that request unanimously. The pro-

ject will remove large, loose concrete slabs from the currently degraded creek bed and replace them with step pools created by 3-boulder weirs. The project, the first enhancement of San Pablo Creek downtown since it was channelized in 1958, will improve the aquatic habitat and aesthetics, allowing fish and other creek inhabitants easy passage. An improved creek-side trail will parallel the stream. A presentation about the project, scheduled to begin work on Aug. 1, can be viewed online at <https://restoresanpablocreek.org/phase-i-presentation>.

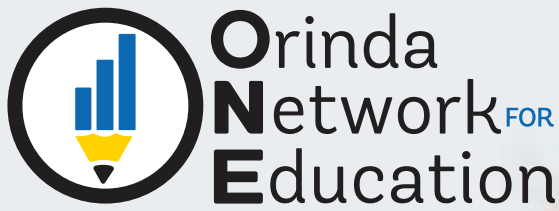
In adopting the mid-cycle budget, the city council also adopted the revised Capital Improvements Plan, which includes some new projects. One project also affects San Pablo Creek in downtown Orinda. This project affects a 1,300 linear foot reinforced concrete culvert from the Safeway Parking lot to Orinda Way. The culvert is within a public drainage easement and is therefore a city facility that the city must maintain. The cost of the work will be spread over three fiscal years and will total nearly \$4 million, to be largely funded

from Measure R Sales Tax revenues.

Other new projects include a new crosswalk on Moraga Way at Valley View, and raised crosswalks on Glorietta at Martha, both funded by grants. The 20-year-old elevator at Orinda Library will be modernized at a cost of \$320,000, funded by the library parcel tax. Grants will also pay for the replacement of generators at the Orinda Community Center and City Hall, and the addition of new generators for the library and maintenance yard, with the addition of solar battery back-ups. Retrofitting the lamps at the community park tennis courts with LED lights will improve efficiency and provide costs savings. The lamp retrofit will be funded by Orinda's field maintenance surcharge. Wilder fields one and two will also be retrofitted with LED lights, paid for by park dedication fees and the Wilder community maintenance endowment. The community center will also benefit from the replacement of existing carpets, installed in 1997, in the lobby, hallways, offices and rooms seven and eight.

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MOFD celebrates 25 years of service to the community



First Orinda Firehouse, 1924

Photo courtesy MOFD

By Vera Kochan

The Moraga Town Council honored the Moraga-Orinda Fire District with a proclamation during its June 22 Zoom meeting acknowledging the 25th anniversary of its existence and service to the communities of Moraga, Orinda, Canyon and some adjacent unincorporated areas.

Before an official fire department was formed in 1923, any fires that occurred prior

to that period were extinguished by neighbors, farmhands and cowboys in the area. The Orinda Volunteer Fire Department was formed that year, while the Moraga Fire Protection District began in 1963.

The proclamation, signed by Moraga Mayor Steve Woehleke, noted that “MOFD has 65 full-time public safety professionals who responded to more than 3,250 911 calls last year.” It also stated that

“MOFD provides mutual aid to lend assistance across jurisdictional boundaries to assist with major disasters, fires, and other emergency responses, including the recent Caldor, Dixie, River Complex, SCU Lightning Complex, and Lava Fires,” while recognizing that “the brave firefighters of MOFD are prepared to risk their lives to help save the lives of others and to protect homes and property from the destruction caused by fire.”

Council members each expressed gratitude to MOFD for continuing to make its district safe; and for constantly educating the residents in fire protection techniques that the communities can help participate in.

On hand was MOFD Chief Dave Winnacker who stated, “The men and women of the Moraga-Orinda Fire Protection District are committed to this community day and night. Wildfires, medical calls, structure fires, vehicle accidents, pandemics, etc. They continue to answer the bell 24 hours a day. While we acknowledge and we appreciate all the hard

work they do, we also acknowledge and appreciate the hard work that the members of the community have done to allow us to be more effective.

“The work community members have done to create defensible space and to harden their homes to follow fire-safe best practices, to be prepared for a timely evacuation when ordered, is tremendously helpful and allows our firefighters to be more effective,” Winnacker added. “We appreciate that. We appreciate everyone taking ownership for this problem and the degree that the community sees that they have a role in reducing a risk of not only wildfire loss, but of structure fire loss

and all of the other perils that as a community we’re working to reduce.”

Winnacker went on to thank the entire town staff for being such great partners in cooperation with MOFD and their needs.

Also present was MOFD Board of Directors Vice President Steve Danziger. “I just want to say thank you. We do have a fearless leader in Chief Winnacker; and our little district here that serves 14,000 properties is becoming the model not only for the Bay Area, for the state, and for even the nation. We look forward to continuing partnership with the town and some new programs coming up.”

Fire District Public Meetings

Moraga-Orinda Fire District

Board of Directors
Wednesday, July 20, 6 p.m.
For meeting times and agendas, visit www.mofd.org

ConFire

Board of Directors
Regular Meeting: Tuesday, July 12, 1 p.m.
For meeting times and agendas, visit www.cccfpd.org
(http://64.166.146.245/agenda_publish.cfm?id=&mt=ALL)



Horses are the best medicine at Xenophon Therapeutic Riding Center

... continued from Page A1

Their mission is “to enrich the lives of children and adults with disabilities through a high-quality program of equine-assisted activities and therapies, including therapeutic horseback riding, hippotherapy [therapy that utilizes the natural gait and movement of a horse to provide motor and sensory input], horsemanship, life skills and related activities.”

The center provides therapy to a wide range of “participants,” from pediatric to young adults; veterans or Alzheimer’s sufferers and their caregivers. The horses become attuned to their riders’ needs and form a symbiotic relationship.

Military veterans are typically referred by the VA Medical Center in Martinez and occasionally through Wounded Warriors. Xenophon offers vets a program titled Operation Hooves on the Ground geared to helping those with traumatic brain injuries and post-traumatic stress disorder (PTSD).

Matthew Carroll, a Danville resident, served with Search and Rescue in the Navy. So far he has had four half-hour sessions with Go-Go (his horse). Currently a police officer, Carroll was injured at

work and was looking for something to keep him busy, he said. Carroll is disappointed that the military doesn’t do a better job of preparing vets for life after the service. “There’s no transition. I come here to just get my service experience out of my head. Reading a horse is like reading a person. It’s interesting how in tune you can get with a horse.”

Carroll said therapy at Xenophon is a very alternative type of thing. “You just have to try it,” he said. “It may not work for everybody, and I think it’s just as much therapy for the horses. I also wear boots a lot, and people ask me if I’m a cowboy.”

John Davenport, a former Army paratrooper who served for 10 years during the Gulf War and in Iraq, and later as a recruiter just before and during 9/11, has been coming to Xenophon from Vacaville since late 2018. “I look forward to this every week,” he enthusiastically replied. “Bo [his horse] can be challenging. He brings his A-game. As I’m learning, I’m dealing with his temperament. When you’re out here and learning, it’s a partnership and it helps me to use that when I interact with people. They [the horses] share when they need their space. With a horse, you’re able to live in the moment.”

Davenport owns a permaculture design business (he designs drought tolerant garden spaces). Besides suffering from PTSD, tragedy struck him with his 20-year-old son’s suicide and his 22-year-old daughter’s murder. “I was afraid to deal with people because of the anger I carried inside. I think I’ve found peace,” he said. “I use this place as maintenance; I’ve been working on getting a balance in my life. This place reminds me of how we can look to tomorrow with hope.”

Army Medical Lab Technician Dwuna Ebel-Tom enlisted in 1987 and served for 20 years. Stationed at Fort Bragg, she helped to provide blood supplies from donors and processed units to be deployed during the Gulf War; also serving a year in the Sinai Peninsula with multi-national forces and observers. “It was sometimes hard being a female in the military, but not that different being in the medical field,” she explained. “I had to show that, no, I’m not worried about my nails.”

“Once I retired from the military and the structure was taken away I began to feel deep anxiety and then developed ADHD [attention-deficit/hyperactivity disorder],” she stated. “I felt like I had a loss of identity. I’m not a soldier anymore – who am I?”

A resident of Antioch and the owner of a floral business, Ebel-Tom has been coming to Xenophon for almost four years. “It’s a little bit of structure, and I totally enjoy it. Not just the people, but the connection with the horses. It helped with my anxiety and ADHD – to be in the moment. I help to get the horse to release its tension, and it helps me to relax. I’ve calmed down and it helps me to focus.” She also enjoys the benefit of camaraderie with the other veterans.

Xenophon’s therapy continues to help disabled children with a wide range of issues. Lauren Wong, age 7, who rides Kiwi, was born with a gene variant (ALG13-CDG). Besides suffering seizures, she has a developmental delay which resulted in her 6-8 month old age range of skills. “We wanted her to walk and strengthen her core,” stated her mom, Mary. After a year, “the experience for her is better than traditional therapy. She does smile and she shows her enjoyment. I don’t know what we would’ve done without this place.”

Simon Keenan, 12, came to Xenophon four years ago, after two years on the waiting list. His mom, Alicia, is thrilled with how much the therapy has helped her son, who has Down syndrome. “He ab-

solutely loves it! He looks forward to coming. It provides him with confidence and a social aspect. It gives him a sense of responsibility. It’s something he can say that he does. The summer camp they provide here is a diamond. It’s hard to find a summer camp for kids with disabilities.”

According to Executive Director Jean Johnstone, before any horse is considered therapy-providing material, the original owner allows their horse to go through a screening process to see if they are in good shape and safe for participants to ride. If they pass, a veterinarian gives them a physical. All new horses are then quarantined for 30 days to make sure they don’t have any communicable diseases, after which staff members begin to train them. Under a “free lease agreement” Xenophon will continue to provide all of the horses’ needs (medical, food, and even massages), until the horses “tell” them they’re no longer happy with the job, at which point they are returned to the owner.

Xenophon Therapeutic Riding Center is a 501(c)(3) nonprofit corporation. For more information or to make a donation visit: www.xenophontrc.org or call (925) 377-0871.

Public Safety

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

Lafayette Police Department Incident Summary Report June 12 - June 25

Alarms	56
911 Calls (includes hang-ups)	11
Traffic	33
Suspicious Circumstances	7
Suspicious Subject	14
Suspicious Vehicle	8
Service to Citizen	37
Patrol Req./Security Check	19
Public/School Assembly Check	0
Supplemental Report	24
Vacation House Check	18
Welfare Check	23
Ordinance Violation	3
Vehicle violations	
Auto Burglary	
1000 Block 2Nd St.	
3200 Block Sweet Dr. (2)	
3400 Block Orchard Hill Ct.	
Brown Ave./Mt. Diablo Blvd.	
Hit And Run Misdemeanor	
3500 Block Golden Gate Way	
Not Available	
Moraga Rd./Mt. Diablo Blvd.	

Police Department	
Dewing Ave./Mt. Diablo Blvd.	
Reckless Driving	
Mt. Diablo Blvd./Mountain View Dr.	
Mt. Diablo Blvd./Happy Valley Rd.	
Moraga Rd./Nemea Ln.	
Pleasant Hill Rd./Springhill Rd.	
Stolen Vehicle Recovery	
3600 Block Mt. Diablo Blvd.	
Tc - Fire And Amb Enroute	
Oak Hill Rd./Mt. Diablo Blvd.	
Tc - Property Damage	
Olympic Blvd./Pleasant Hill Rd.	
El Nido Ranch Rd./Acalanes Rd.	
2Nd St./Moraga Blvd.	
500 Block Glenside Dr.	
3500 Block Mt. Diablo Blvd.	
Olympic Blvd./Bridgfield Rd., Wcr	
Vehicle Theft	
300 Block Saranap Ave.	
Other criminal activity	
Commercial Burglary	
Sun Valley Swimming Pool Assn	
Fraud Credit Card	
4000 Block Mt. Diablo Blvd.	
Fraud False Pretenses	
3500 Block Springhill Rd.	
800 Block Solana Dr.	
Police Department	
Pleasant Hill Rd./Wb Sr 24	
Grand Theft From Veh	
3100 Block Lucas Cir.	
Grand Theft Veh Parts	
Pleasant Hill Rd./Wb Sr 24	
Identity Theft	
1000 Block Miller Dr.	
900 Block Carol Ln.	
Police Department	
3300 Block McGraw Ln.	
Petty Theft	
1200 Block Rose Ln.	
Police Department	
3500 Block Mt. Diablo Blvd.	
Petty Theft From Veh	
3200 Block La Canada Rd.	
Petty Theft Veh Parts	
700 Block Glenside Cir.	
Shoplift	
3600 Block Mt. Diablo Blvd. (6)	
3500 Block Mt. Diablo Blvd. (5)	
Warrant Arrest	
3300 Block Betty Ln.	
Nuisance to the Community	
Disturbance-domestic	
3500 Block Terrace Way	
10 Block Northridge Ln.	
3700 Block Mosswood Dr.	
10 Block Southampton Pl	

Disturbing The Peace	
3500 Block Mt. Diablo Blvd.	
Loud Music	
3500 Block S Silver Springs Rd.	
3600 Block Mt. Diablo Blvd.	
3100 Block Somerset Dr.	
Loud Noise	
1200 Block Monticello Rd.	
Loud Party	
Hough Ave./Wildwood Ln.	
600 Block Sky Hy Cir.	
600 Block Huntleigh Dr. (2)	
Public Nuisance	
900 Block S Thompson Rd.	
3500 Block Mt. Diablo Blvd.	
Camino Diablo/Mt. Diablo Blvd., Wcr	
3500 Block Mt. Diablo Blvd.	
Old Tunnel Rd./Linda Vista Ln.	
Vandalism	
1000 Block Vista Bella	
900 Block Colina Ct.	
Other	
Brandishing Weapon	
3500 Block Mt. Diablo Blvd.	
H&S Violation	
3500 Block Terrace Way	
3100 Block Old Tunnel Rd.	
Harassment	
3400 Block St Marys Rd.	
600 Block Doreen Way	
Possession Of Contr Sub	
60 Block Lafayette Cir.	
Return After Eviction	
3100 Block Cordova Way	
Suicide Attempt	
1000 Block 2Nd St.	
Threats	
600 Block Doreen Way	
10 Block Fiesta Ln.	
Trespass	
3600 Block Mt. Diablo Blvd.	
Unwanted Guest	
3500 Block Mt. Diablo Blvd.	
3300 Block Mt. Diablo Blvd. (2)	
1000 Block Blackwood Ln.	
Violation Restraining Ord	
3600 Block Boyer Cir.	
10 Block Southampton Pl	
Moraga Police Department Incident Summary Report June 14 - June 19	
Alarms	5
911 Calls (includes hang-ups)	3
Traffic	43

Suspicious Circumstances	3
Suspicious Subject	0
Suspicious Vehicle	2
Service to Citizen	22
Patrol Req./Security Check	11
Supplemental Report	2
Vacation House Check	8
Welfare Check	1
Public/School Assembly Check	1
Ordinance Violation	0
Vehicle violations	
Excessive Speed	
Moraga Way/St. Andrews Dr. (3)	
St. Andrews Dr./Augusta Dr.	
Moraga Way School St.	
Moraga Way/Camino Ricardo	
Large Ave./Wandal	
Moraga Rd./Ifo Commons	
Seven Eleven	
Hit And Run Misdemeanor	
Police Department	
1900 Block Ascot Dr.	
Tc - Property Damage	
Fernwood Dr./Stafford Dr.	
Other criminal activity	
Burglary	
20 Block Hour Fitness Mor	
Other Felony	
St Marcus Church	
Nuisance to the Community	
Loud Music	
Homegoods	
Other	
Conspiracy	
Moraga Way/Camino Ricardo	
H&S Violation	
Safeway	
Mentally Ill Violent	
10 Block Woodford Dr.	
Orinda Police Department Incident Summary Report June 12 - June 18	
Alarms	22
911 Calls (includes hang-ups)	6
Traffic	23
Suspicious Circumstances	1
Suspicious Subject	5
Suspicious Vehicle	4
Service to Citizen	19

Patrol Req./Security Check	13
Supplemental Report	3
Vacation House Check	0
Welfare Check	4
Public/School Assembly Check	0
Ordinance Violation	1
Vehicle violations	
Accident Property	
Orinda Way	
200 Block Moraga Way	
Dui Misd	
Wilder Rd./Big Leaf Rd.	
Reckless Driving	
Camino Pablo/Monte Vista Rd. (2)	
Camino Pablo/Manzanita Dr.	
Hidden Valley Rd./St. Stephens Dr.	
Camino Pablo/Bear Creek Rd.	
Tc - Property Damage	
Camino Pablo/Santa Maria Way	
500 Block Moraga Way	
Vehicle Theft	
200 Block Brookwood Rd.	
Other criminal activity	
Identity Theft	
60 Block Windy Creek Way	
Panhandling	
Orinda Way	
Camino Sobrante	
Petty Theft From Veh	
Wilder Sports Fields (2)	
60 Block Wilder Rd.	
Residential Burglary	
20 Block Bobolink Rd.	
Nuisance to the Community	
Disturbing The Peace	
Moraga Via/Rheem Blvd.	
Loud Music	
Theatre Square	
100 Block Camino Don Miguel	
Loud Party	
70 Block Brookwood Rd.	
100 Block Camino Don Miguel	
Robert Rd./Glorietta Blvd.	
100 Block Hall Dr.	
Robert Rd./Glorietta Blvd.	
Public Nuisance	
Orinda Way (2)	
Other	
Fireworks	
Dalewood Dr./Sundown Terrace	
Moraga Way	
H&S Violation	
Camino Sobrante	



Contra Costa County now offering COVID-19 vaccines for littles

By Sora O'Doherty

Contra Costa County has announced that safe and effective COVID-19 vaccines are now being offered to children ages 6 months to 4 years old at county-run vaccination clinics.

According to Supervisor Candace Andersen, the Food and Drug Administration, the Centers for Disease Control and Prevention, and the Western States Scientific Safety Review Workgroup recently authorized pediatric versions of Pfizer's and Moderna's vaccines for this age group. Previously, only children between the ages of 5-17 and adults were eligible to receive COVID-19 vaccinations.

The pediatric COVID-19 vaccines come in smaller doses than the adult vaccines. Pfizer's vaccine for this age group is a three-dose series: the

first two doses are spaced three weeks apart and the third dose is given eight weeks after that. Moderna offers a two-dose series with each shot given one month apart.

"Vaccines are our best defense against severe disease from COVID. While kids tend to get less sick from COVID-19 than adults, they can still get seriously ill from the virus," said Dr. Ori Tzvieli, health officer for the county. "COVID is now one of the leading causes of death among children in the United States," Tzvieli said, concluding, "Vaccination is the best way to reduce health risks to kids."

An estimated 60,000 county residents are in the newly eligible age group. Parents and guardians can schedule vaccination appointments at county-run vaccination sites or with their children's regular healthcare provider. Children must have consent

from a parent or adult guardian to receive the vaccine.

Contra Costa Health is also planning a series of mobile vaccination clinics in partnership with local child-development organizations in the coming weeks and will provide more details about those mobile clinics in the future. More information about vaccines for kids and appointments for vaccinations are available from the county at www.coronavirus.cchealth.org/vaccine-for-kids

In addition, members of Kaiser Permanente can also receive vaccinations for young children. Visit the county website (above) for more information or call the KP COVID InfoLine at 1-855-550-0951 (available in English and Spanish) 24/7 for regular recorded updates.

Teens fill vacancies as job openings persist

By Ashley Dong

For many children, summer is a sacred season. It is the time to swim at the public pool or attend fun summer camps. Unfortunately, with the nationwide labor crunch and reports across the country of a shortage of lifeguards to monitor pools and camp counselors to run the programs, finding qualified employees is proving to be a challenge.

The Lafayette Parks and Recreation Department, which runs a local summer program for 4- to 11-year-olds, Camp Awesome, found a solution to their summer labor deficit. Using Camp Awesome as their foundation, they created an afterschool program, called After School Awesome [ASA], to offer childcare throughout the school year. This way, the employees of Camp Awesome have an opportunity for year-round employment with the ASA, according to Director of Lafayette Parks, Trails & Recreation Jonathan Katayanagi.

With less experience than adults and more time on their hands, teenagers are often willing to work for lower pay

and benefits, which is ideal for hiring companies. In the annual summer job outlook for American teenagers, the Drexel University Center for Labor Markets and Policy predicted a summer teenage employment rate of 32.8%, the highest it's been since 2007.

By getting a job, teenagers not only help out companies in need, but they also learn invaluable life skills, like how to work with adults, how to assist customers, and how to take responsibility for one's actions. "We have found that working in programs like these camps and classes creates well-rounded individuals and gives the students experiences they can write about in their college essays," Katayanagi said. Additionally, teen employment is path-dependent, meaning that teens who are working now are more likely to continue working as adults.

But, working as an inexperienced teenager in a fast-paced environment alongside more adept and well-trained adults has its difficulties. "The biggest challenge for me was learning how I should be treated at work, even as just a minimum wage employee,

and how to stand up for myself when I am mistreated," Acalanes High School graduated senior Anson Añonuevo said, after spending a year working as a crew member for Chipotle.

"Real" jobs like Añonuevo's – as cashiers, retail associates, waitresses, and more – are mostly available to just those 16 years old and older. According to the California Child Labor Laws, 14- and 15-year-olds can only work 18 hours a week, while 16- and 17-year-olds are permitted to work up to 48 hours a week, which makes them more hireable.

However, there are still many job opportunities for those 15 years old and younger. Eden Berzansky, a 14-year-old rising freshman at Campolindo High School, has a summer job coaching 3- to 5-year-old swimmers at Las Trampas. But Berzansky is already learning some hard lessons after joining the ranks of the recently employed.

"Earning money is a lot tougher than it looks," Berzansky said. "I didn't expect to have to work so much and whenever I get a paycheck, it's never as much as I thought it would be."

Free concert planned at Reservoir to thank local volunteers fighting hunger and homelessness

The Rotary Club of Lafayette is planning a special free concert on Aug. 6 at the Lafayette Reservoir's Rotary Stage to say "thank you" to the hundreds of volunteers who are working with the hungry and homeless in Contra Costa County.

Over the last two years the Rotary Club of Lafayette has launched a monthly program, "Rotary Cares," finding ways to make significant contributions that might make a difference, including donations to the Monument Crisis Center, the Contra Costa Food Bank, as well as other projects such as making and donating warm blankets; making and

donating breakfast kits and hygiene kits for shelters; and collecting and donating gently used shoes.

The concert, which is a way to say thank you for the time, the hard work, and the money that has been raised by volunteers to help the very programs that create a safety net here in the East Bay, will begin at 4 p.m. with a warm-up act, followed by a 90-minute concert featuring the Big Band of Rossmoor. Audience members are encouraged to bring a picnic, a blanket, and enjoy the music. Visit www.lafayetterotary.com and order free tickets. - J. Wake

Orinda recognizes anniversary of interment

... continued from Page A6

"Your proclamation brought events that happened 80 years ago to the present and underscores the need to learn from our past to ensure that our history does not repeat itself and affirms the adherence to the rule of law." She concluded by thanking the council very much and saying that she will ensure that her mother and others know of Orinda's bold stance.

The proclamation was put together by Council Member Amy Worth. Worth said at the meeting, "I learned about it (the Japanese internment) when I was 10 years old and I was horrified." She had previously read a copy of "Lotus" that she found in the Orinda Library, but when she looked again, the book was no longer in the library. She has purchased another copy to donate to the library. Worth also

mentioned that this year Mt. Diablo High School presented retroactive high school diplomas to those Japanese students whose educations were ended prematurely when they were interned.

Library Manager Michael Beller was also at the meeting. "Memoires like this," he said, "remind us that it can happen here, that tragic decisions, racism and xenophobia can happen here and everywhere." He added his hopes that the public will read "Lotus," and will use other resources at the library in order that "we never forget what happened and to ensure that it doesn't happen again." Council Member Inga Miller agreed that it is "so important to pass along the stories of what happened, the awful, terrible thing that happened in our country's history." She said she was very happy that this book is being restored to the library.



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Governor signs Assembly bill creating a legal shield for abortions in California

By Sora O'Doherty

A bill introduced by local Assemblymember Rebecca Bauer-Kahan that creates a legal shield for abortion, was passed by the legislature and signed by Gov. Gavin Newsom and, as an urgency matter, came into effect immediately upon signing.

Assembly Bill 1666 protects those in California from civil liability for providing, aiding, or receiving abortion care. "Twenty-six million women nationwide are already facing near-total abortion bans, and the U.S. Supreme Court has abandoned its duty to ensure their equal rights," said Assemblymember Bauer-Kahan. "Extremist laws from anti-choice states are putting California and its providers in danger. AB 1666 creates a strong legal shield to ensure abortion care stays legal in our state."

AB 1666 declares that any legal action brought against the right to reproductive choice is against the public policy of California, and therefore will not be enforced by California courts. The right to an abortion is enshrined in California law. Because the Supreme Court overturned Roe v. Wade, laws like AB 1666 will be the primary bulwark to

protect abortion rights. AB 1666 makes it possible for California to protect providers and patients in the face of an onslaught of reactionary and restrictive policies being enacted across the nation, according to the bill's sponsor. The bill was co-sponsored by 40 members of the Assembly.

"These precautions and protections are a key first step as California prepares for a post-Roe world, and unfortunately necessary given the increased hostility and frequency of abortion bans in other states seeking to target patients and providers," said Molly Robson, Legislative Director for Planned Parenthood Affiliates of California. "Taking this action now is crucial and we applaud the California Legislature for taking swift action on this legislation."

According to information provided from Bauer-Kahan's office, AB 1666 is part of a suite of bills from the California Future of Abortion Council, which convened community leaders, advocates, providers and policy makers to shape legislative and budget priorities for reproductive healthcare. The bill was developed in consultation with constitutional experts and abortion providers to speak to this unprecedented watershed mo-

ment for reproductive rights in the United States.

"I have seen the devastating effects of limiting access to abortion," said Dr. Selina Sandoval, MD, on behalf of the American College of OBGYN's District IX. "We are already seeing patients who were forced to delay their care, travel hundreds if not thousands of miles, and take time off that they can't afford just to undergo straightforward and safe medical procedures."

For 1.4 million women, California will soon be the closest state without an abortion ban. AB 1666 is a key piece of a larger legal framework that makes California a sanctuary state for abortion, said Bauer-Kahan.

However, it should be noted that in the dissent to the judgment, the three dissenting Supreme Court justices wrote, "Most threatening of all, no language in today's decision stops the Federal Government from prohibiting abortions nationwide, once again from the moment of conception and without exceptions for rape or incest. If that happens, 'the views of [an individual state's] citizens' will not matter. The challenge for a woman will be to finance a trip not to "New York [or] California" but to Toronto."

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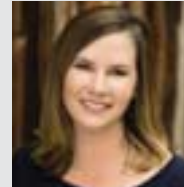
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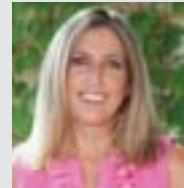
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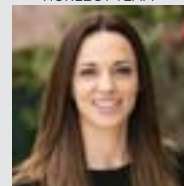
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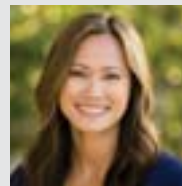
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~ Life in LAMORINDA ~

Emmy winner thanks Orinda teachers



Photos provided

Estefany Mendez, KPIX 5, receiving an Emmy for the story she wrote, produced and directed about a young Fremont skater

By Diane Claytor

Estefany Mendez is living proof that dreams really can come true. As a little girl growing up in Mexico City, Mendez never imagined she could be producing the morning news broadcast at a major English-speaking television station in the sixth largest market in the nation (according to Nielsen DMA rankings). And then, the cherry on the top: winning an Emmy for a story she pitched, developed, produced and directed.

At 12 years old, Mendez, along with her mother and younger sister, left family and friends in Mexico and moved to Orinda, where her older sister was already living. Mendez spoke and understood very little English. "I could say 'my name is Estefany' and I knew colors," she recalls. "In Mexico, I was a top student and here everything was a challenge."

Mendez started fifth grade at Del Rey Elementary, fondly remembering her first teacher, Mrs. Hayes. "I spoke no English and Mrs. Hayes spoke no Spanish so we communicated by using a dictionary and pointing," Mendez remembers.

The family returned to Mexico after that first year because of legalities; they stayed for several years before returning to Orinda. Mendez attended Orindia Intermediate for one year before heading to Miramonte, where she graduated.

It took many years before Mendez actually understood why her mother insisted they leave their homeland. Her fa-

ther was a journalist and "Mexico is among the most dangerous places for a journalist," Mendez says. "He often uncovered corruption and issues surrounding drugs. If you reported something negative, the government would often go after you and in the '80s, my dad almost lost his life. My mom decided it wasn't safe for us to grow up there."

While at Miramonte, Mendez, who was interested in storytelling, took a video production class. She was hooked. She went to BYU-Idaho and discovered broadcast journalism. Her passion grew. While at BYU, she served as a producer, writer, cameraperson and reporter for the campus newscast. She went on to start the campus' first Spanish-speaking broadcast. Her career path was set.

Her first job was as a video journalist at a small TV station in Park City, Utah, working on feature stories. "That really wasn't my thing," Mendez reports, realizing that she wanted to do serious news stories.

Univision, the largest U.S. television network providing Spanish-language content, had a freelance position open at its Sacramento station. Mendez applied and spent almost four years there, producing, writing and editing. "That's where my broadcasting career really launched," she notes. She was working on "Wake Up Sacramento," and in addition to her regular segments, she had the opportunity to work on special stories. She received her first Emmy for a story she did on undocumented youth who self-deported themselves back to

Mexico.

Maria Leticia Gomez, the former longtime anchor at Univision 14 (San Francisco/San Jose), is Mendez's friend and mentor. A call from Gomez gave Mendez her next move up the career ladder. "She told me she thought I was ready to move up to a bigger market," Mendez says. She was right. Mendez spent the next two years at Univision 14, first producing the weekend news and finally the 6 p.m. news broadcast.

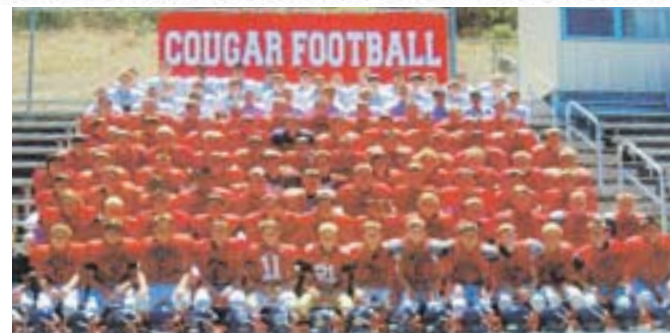
Her biggest jump, Mendez says, was about four years ago when she finally had the courage to cross over to English-speaking KPIX 5, the local CBS affiliate. "I was so nervous," she remembers. "I was always self-conscious about my Spanish accent and worrying that people wouldn't understand what I was saying." She's currently working on the morning news show, producing and writing. "The team has been so welcoming and so supportive," she graciously states.

Perhaps her proudest professional moment came recently when she was awarded another Emmy, this one for an English-language piece she did on a young Fremont roller skater. "It was during the pandemic when all the news was so depressing," Mendez says. "I was looking for something different, something uplifting." With 35 stations competing in the "Youth, short term piece" category, Mendez didn't think she had a chance. Winning this award, Mendez says, shows that "dreams really do come true."

Gracious, generous and humble succinctly describe Mendez. Even after all these years and her many accomplishments, Mendez easily credits her Orinda teachers for much of her success. She remembers their names and their kindness to a young Spanish-speaking girl. Her Miramonte English teacher, Mrs. Plant, particularly stands out. "She helped me so much," Mendez says. "I remember her telling me that I was always working hard and even with the challenges I faced I never gave up. Those words have stuck with me ever since," she emotionally notes.

Following her recent Emmy win, Mendez contacted as many of her Orinda teachers as she could find, thanking them for their assistance. "I think it's important to acknowledge all the help I received," Mendez says. "I am so grateful. These teachers went out of their way to help a student, one who wasn't even from here. If it weren't for them, I know I wouldn't be where I am today. That's why I felt it was so important to reach out to them so they know that their extra time and sacrifice does pay off."

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Estefany Mendez standing outside the KPIX 5 studio in San Francisco

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Moist, chocolatey and delicious French almond flour cake



Isa's Almond-Flour Chocolate Cake (Gluten-free) Photo Susie Iventosch

By Susie Iventosch

This gluten-free chocolate cake recipe comes via my younger brother, John Michael Paul, who is a Catholic priest and has lived in Europe for many, many years. One of his good friends, Isa Lefevre Pontalis, served him this delicious cake one day when he was visiting and he loved it so much that he asked for the recipe. Isa and her husband have five children, so she knows a thing or two about cooking and baking. When my

brother got ahold of the recipe, he gave it to my mom, who made it for us and I loved it so much, that I asked her for the recipe. Now, I'm passing this easy recipe on to all of you.

The great thing about this cake is that it's made with the almond flour, so it's gluten free, and with lots of dark chocolate, so it's full of magnesium. The recipe is best using real butter, however, so it's not non-dairy. If in doubt, Isa says to undercook this recipe rather than overcook it. That way it will re-

main soft and moist (or moelleux as they would say in France).

I have taken a few liberties with the original recipe, which called for almond meal and a scant tablespoon of all-purpose flour, but I simply use almond flour and it turns out great every time. According to Bob's Red Mill, almond flour and almond meal have a different texture, but can be used interchangeably in recipes, which is

what I've done here. One notable difference between almond meal and almond flour, is that the almonds have been boiled to remove the skins before being ground, whereas almond meal has the skins ground into it, giving it a coarser texture. I've also added a bit of salt and vanilla to the cake. We have yet to add hazelnuts, but I am sure that is also delicious. This cake is super-moist, chocolatey, delicious and

it comes together very quickly. So, if you have last minute guests you can make this homemade dessert in no time flat!

Another important thing to note about this recipe is that it bakes much better in a metal pan, so refrain from using glass or ceramic when baking the cake. I've made it in both and the texture comes out much better in a metal pan.

Isa's Almond-Flour Chocolate Cake (Gluten-free)

8 Servings

INGREDIENTS

7 oz. dark chocolate we use Ghirardelli's 60% cacao chocolate chips
6 oz. butter (1 1/2 sticks or 3/4 cup)
3/4 cup granulated sugar
1/4 tsp. salt
7/8 cup almond flour
4 large eggs, beaten
1/2 tsp. vanilla extract
1/2 cup chopped hazelnuts, optional (can also use walnuts or pecans)

DIRECTIONS

Preheat oven to 350 F. Grease or spray a 9-inch square metal baking pan.

Melt chocolate and butter together on the stove in a saucepan, or in the microwave. Add sugar and beaten eggs. Mix until well-blended.

Stir in salt, vanilla and almond flour and continue to mix until incorporated. If you are adding nuts, add them at this time too.

Turn batter out into the prepared baking pan and bake for 15-20 minutes, or until set in the middle. This cake will be very moist even when it is fully baked!

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>



Water is life



Photo Wade Barrett

San Pablo Creek

By Toris Jaeger and Bill Hudson

"We forget that the water cycle and the life cycle are one." ~ Jacques Yves Cousteau

Part of the goal at the Orinda Nature Area is to create an opportunity for guests to be in reverence of the gifts of nature. We also want to engage that unique human capacity to understand, and consider the science (derived from the Latin for knowledge, awareness) of nature to only add to our sense of wonder and reverence.

There is no better example of this than water, ubiquitous to the point of boredom and seeming so simple, yet the substance without which life does not exist, which fosters the favorable conditions for that life on our planet, and upon which

civilization is largely dependent.

To begin, water is a combination of the two most abundant elements on earth, hydrogen and oxygen, and has the unique property of being a liquid, vapor and solid (ice) within the conditions of the surface of our planet.

Water is essential to the basic chemistry of life, because as a liquid it is the solvent, the basic environment, in which organic compounds can interact in the innumerable processes of metabolism and reproduction that are life. Indeed, life was created as those processes developed from the myriad of reactions that occurred within the primordial water on earth. These processes are not static, water is used in various ways and must be continually replen-

ished in each organism, including us.

Water has yet another role, as the source of the oxygen, via photosynthesis, upon which we totally depend. Water is also responsible for many of the physical processes and conditions within which life conducts itself. As vapor, water forms clouds to later fall as rain and snow, continuously redistributing itself, reshaping the land by erosion and deposition, and transporting minerals and organic material for use by life in new areas. Snow and ice act as reservoirs that extend the benefits of water as they melt.

Water helps stabilize the climate because it can absorb or release an extraordinary amount of heat without changing temperature; as continents heat and cool the oceans and lakes act to keep the global thermometer constant.

Water is also highly unusual because it expands as a solid. This results in faster circulation of minerals because water breaks up rocks when it freezes (and therefore expands) in cracks. It also means ice floats, so actually insulates ponds and lakes during cold periods, preventing lower temperatures that could kill many plants and animals below the surface.

It is no secret that civilization developed along rivers, the Nile, Tigris and Euphrates, Indus, and Yellow, because their water made possible the crops supporting concentrated popu-

lations with the attendant benefits of productivity in human affairs. Also important was the role of water in transportation, allowing resources and knowledge to be widely distributed. Later, water was an initial source of power in the early stages of the industrial revolution.

We, as a society, are now realizing that all life on this planet exists as an intricately interconnected web, in which water's numerous roles are threads whose pull we cannot avoid. If we do not sequester dangerous chemicals, water will return them to us to interfere with the functioning of the cells of our bodies. If we divert rivers, the collapse of seemingly distant ecosystems is only the first domino to fall in a series that comes back to us. If we affect the climate, water will no longer circulate in the patterns

we depend on, reducing our overall capacity to sustain ourselves.

Knowing the details of water's actions does not diminish its magic. Each time I use water for drinking, cooking, watering plants, filling bird and butterfly baths, I think about how precious each drop is. In fact, I make an active effort to capture rain by placing barrels around my property. I use these containers, as well as my gray water, to hydrate my landscape. I also reserve buckets in each sink to be used for watering plants and rinsing dishes. I am so thankful for this sacred gift. Every day we have a choice to slow down and breathe in the moments we share with the living world around us. Finding a deepened reverence for water can be extremely gratifying and enlightening.

Water saving tips

The East Bay Municipal Utility District has implemented a mandatory 10% water use reduction. Do your part by limiting outdoor watering to three times per week, between the hours of 9 p.m. to 6 a.m., with no runoff. (No irrigation within 48 hours of rainfall.) Don't wash sidewalks and driveways, turn off non-recirculating decorative fountains, and use hose shut-off nozzles when washing cars. Run full loads of laundry and dishes. Turn on the tap only when you need to rinse. Don't let the water run unnecessarily when you brush your teeth, lather up, shave or wash dishes. Take shorter showers. Use dye tabs to find toilet leaks. Leaks are usually caused by worn out flapper valves, easily replaced with a trip to the hardware store. Replace worn out washers in faucets to stop drips and leaks. Install aerators on your bathroom and kitchen faucets.

Source:

www.ebmud.com/water/conservation-and-rebates/watersmart-tips

Lamorinda Weekly

is an independent publication, for the residents of Lafayette, Moraga and Orinda, CA 25,000 printed copies; delivered to homes & businesses in Lamorinda.

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Sport events/stories/pictures: sportsdesk@lamorindaweekly.com

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Wagner Ranch 4th graders win 2nd at Odyssey of the Mind World Finals

Submitted by Jill Gibson

Wagner Ranch Elementary fourth-graders (now rising to fifth grade) placed second in the World Finals of Odyssey of the Mind held at Iowa State University May 28, competing against 35 teams. Refining their ideas in Part I - Long Term Problem Solving and Part II - Spontaneous Problem Solving, from their earlier wins this year in San Francisco Bay Regionals and

Northern California State competitions, led to this top result. Winning team members are Drew Alameda, Gianna Campbell, Ryan Gibson, Elise Nguyen, Anya Parikh, Stella Schmitt, and Connor Volk, and coaches Leslie Volk and Maggie Wang, who guided the innovation and spontaneous team problem solving.

This team, nearly the youngest competitors, were also the highest placing out of all the competing

Northern California teams in the World Finals, which included elementary to college level students. Creativity, scene assembly, and problem solving is all done by the team, who spent over 100 group work hours since October 2021.

Other Lamorinda team winners at Worlds: Moraga Rotary Team A - 6th Stanley Middle School - 8th Sustainable Lafayette - 11th Moraga Rotary Team B - 24th

Wagner Ranch fourth-graders win second place in Odyssey of the Mind World Finals. From left, bottom row: Drew Alameda, Connor Volk, Stella Schmitt, Gianna Campbell; top row: Ryan Gibson, Anya Parikh, Elise Nguyen.

Photo Praveen Singh

Local Girl Scouts enrich Burton Valley School Garden with Silver Award Project

Submitted by Queenie Hill



Abigail Hui and Rena Liu

Photo Queenie Hill

Girl Scout Troop 33551 was honored to present Abigail Hui, Lucy Kao, Aila Lind and Rena Liu with the Girl Scout Silver Award.

As alumni of Burton Valley Elementary, the girls had fond memories of the school's thriving garden and sought ways to enhance it for current and future students at the school. They identified a goal to increase bee and bird activity in the garden.

After consulting with the school's garden teacher, Mrs. Tasha McNamara, the scouts developed a plan to build a bee habitat and two birdhouses. They tried to use as much reclaimed material as possible, sought out donations, and borrowed tools from neighbors to construct the habitats. Finally, to share all that they learned with Burton Valley's students, they created educational posters on the importance of birds and bees in the garden and a video on how to clean and maintain the habi-



Lucy Kao and Aila Lind

Photo Leah Kao

tats. Each scout spent over 50 hours planning and executing the project.

The Silver Award is the highest award a Girl Scout Cadette in grades 6-8 can earn. To earn the Silver Award, the girls must explore a community issue, conduct research, and develop a

project that addresses the root cause of the issue. The scouts were supported in their Silver Award efforts by troop leaders Liz Shipman and Queenie Hui, teacher Mrs. McNamara, as well as numerous neighbors, family and friends.

Friends Corner Book Shop receives grant from Mechanics Bank



Photo provided

Submitted by Caz Cazanov

Friends of the Lafayette Library and Learning Center would like to thank the Lafayette branch of Mechanics Bank for their grant in support of Friends Corner Book Shop. Pictured

are: Book Shop manager Sharon Lingane and Carlos Meraz, manager of the Lafayette Mechanics Bank. Friends Corner Book Shop proceeds support programs, collections, and services of the Lafayette Library and Learning Center. www.lllcf.org/friends-book-shop

Community Service: We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions may be sent to story-desk@lamorindaweekly.com with the subject header In Service to the Community.

In Memory

Paul Conescu

1944 - 2022

Paul Conescu, of Moraga, died June 11, 2022, age 78.

Paul moved to California with his wife, Liz, five years ago to be near their children and grandchildren. He suffered complications of Alzheimer's Disease and had been a resident of Aegis Living in Moraga.

Before his illness, Paul had been a talented and much-loved orthopedic surgeon for 33 years.

Born in New York, Paul was a graduate of Rensselaer Polytechnic Institute, with a degree in Mechanical Engineering. He and Liz had been married three weeks shy of 55 years.

His mind was never static - he was continually inventing, imagining, adventuring, learning. Like his three brothers, he had a hilarious sense of humor.

Surviving this loss are Paul's adoring wife; his two beloved children, Ron (Lisa), of San Diego and Jeremy (Haidy) of Orinda; his three grandchildren, Alex, Sam and Josh; his three brothers, Bob (Lisa), Jon (Sandra) and Matt (Malgosia); his sister-in-law and brother-in-law, Cory and Michael Stebel; and his nieces and nephews.

Before moving to Aegis, Paul attended the group social program called LARC, at Good Shepherd Lutheran Church in Orinda, which provided him with well researched stimulating activities presented by experienced, thoughtful and devoted staff. When he could no longer participate in that program, he was helped and guided by expert and loving caregivers at home.

Paul spent his last two years as a resident at Aegis Living. The well thought-out programs and the stellar caregiving staff at Aegis gave him pleasure and a peaceful, loving environment that saw him through his many changing needs. The attention and careful adjustments and the love these people gave to Paul softened his experience.

Suncrest Hospice tended Paul with expert nursing and experienced advice, and the gentle approach that gives Hospice its deserved reputation for kindness and excellence.

In memory of Paul, contributions may be made to Suncrest Hospice, Walnut Creek or to LARC, 433 Moraga Way, Orinda 94563.

In Memory

Carol Gamble



Carol Gamble, a longtime resident of Moraga, died peacefully on May 15, 2022, due to Alzheimer's. Carol and her husband, Ted, were married 56 years and raised their two daughters in Moraga.

Carol graduated from the University of Wisconsin with a degree in finance, one of only two women in her class. Subsequently, she worked with Northern Trust in Chicago. She decided to move out to San Francisco "just for a year" to try something new, worked for Bank of America as a trust officer, where she met Ted. When Ted was transferred to Fresno, Carol stopped working in banking and devoted another 15 years to their children and volunteering. After the family was transferred to the Bay Area, and the kids were in school, Carol became a Certified Public Accountant and worked for an accounting firm in Walnut Creek doing individual tax returns.

Carol's passion was time with her daughters and their three children, her dogs, traveling, and spending time in their other home in Borrego Springs, California. She drove their station wagon to all the kid activities, with Heidi, the poodle, riding on the back of the bench seat. She was president of the swim team at Moraga Valley. She watched countless hours of dance classes and gymnastics meets. The family camped all over the West in their Airstream trailer. Later, Carol traveled extensively through Elder Hostel and "Space Available" on military flights to Asia, Europe and even the Galapagos Islands. She hiked down the Grand Canyon multiple times. She wore waders and rubber boots and volunteered with the Marine Mammal Center for 16 years, rehabilitating seals and seal lions, making certain they had the proper medications placed into their fish meals.

Carol is survived by her husband, Ted; her daughters, Anna and Sara; her three grandchildren, Isabelle, Luca and Charlie; and her brother, Raymond Caldwell, plus the family Labrador, Gracie.

The family expresses their appreciation to Aegis of Moraga and Suncrest Hospice for their compassionate care.

Carol will be interred in the Sacramento Valley Veteran's Cemetery and the family plans a celebration of her life in the early Fall.

Not to be missed

ART

North Shattuck Association presents Chocolate & Chalk Art Festival on Saturday, Aug. 13, from 10 a.m. to 5 p.m., at North Shattuck Ave., 1601 Shattuck Ave. @ Cedar St., Berkeley. Eat Chocolate & Make Art! Free! Chalk Art Contest cash prizes; Chocolate tasting tickets 20/\$20. Street fair. Beer & Wine. ChocolateAndChalkArt.com Cost: Free Entry, Box of Chalk is \$10/\$20; Chocolate tasting 20 tickets/\$20. www.anotherbullwinkshow.com/chocolate-chalk-art/ or call (510) 334-6523

"Creative Contrasts" at the Moraga Art Gallery's New Show. Featuring the eye-catching work of two member artists: ceramicist Mary Leigh Miller and acrylic painter Angelica Samame. Running through Aug. 28, the show also contains paintings, jewelry, ceramics, sculpture, glassware, etchings, woodwork, photographs, monotypes, and a great deal more by the gallery's core of 18 member artists and two guests. Free reception on Saturday, July 16 from 5 to 7 p.m. Open from noon until 5 p.m. Wednesday to Sunday, 432 Center Street in Moraga's Rheem Shopping Center. www.moragaart-gallery.com or call (925) 376-5407.

Art show at Orinda Books. July features beautiful paintings full of color and life by local artist Helen Ann Licht. Her works have been shown in galleries and museums throughout the United

States and in Mexico City. She graduated with a B.A. with honors in Studio Art and Art History from the University of California in Berkeley and studied with some of the most important Californian painters, including Joan Brown, Karl Kasten, Elmer Bischoff, Jay DeFeo and Lundy Sigriest. Visit the Artist of the Month at www.orindabooks.com. Orinda Books is located at 276 Village Square, Orinda, 925-254-7606.

Looking for an easy craft to ward off summer boredom? Learn to make your own cute and personalizable accessories in this free online scrunchie program. Register at www.ccplib.org under online events, pick up a kit with everything included at the Lafayette Library, then attend the Zoom class on July 12 from 3:30-5 p.m. This program is run by Lily & Adelina, two local high-schoolers who want to spread their love of crafting.

Art Gallery at the Orinda Library – Lords of the Garden Drawings, Juxtamorph Sculpture, "You Are Here" Paintings and Photos from the Road Less Traveled. The Lamorinda Arts Council presents paintings which play with time by Carla Gelbaum, color-rich fairytale pen and ink animal drawings from Tim Hancock, photographs from the Road Less Traveled by Karl Stinson depicting fellow humans from far-away places and printed 3D Juxtamorph sculpture from Andrew Werby. Meet the artists at their

reception on Saturday, July 9 from 3 – 5 p.m. where light refreshments will be served.

Art Gallery at Wilder – Reclaimed Wood Transformed with Patina and Imagination Grant Glossop's woodturnings arise from found wood and metal on their journey to the Wilder Gallery from July 10 through Aug. 6. Meet the featured artist at his July 10 opening reception from 2:30 – 4:30 p.m. where light refreshments will be served. Glossop will also demonstrate a variety of woodworking treatments including patination options at different stages of design completion. See <https://lamorindaarts.org/current-exhibits-wilder/> for details.

Art Embraces Words - Live Program July 23 from 2 to 3:30 p.m. Artists paint with colors, writers paint with words. Together they enrich our community. Missing your creative tribe? The Lamorinda Arts Council invites you to return to its free live program at the Lafayette Library. Emerging writers read from their work surrounded by artwork from local artists Pam Stefl and Alvin Ziegler. In this way art literally "embraces" the spoken word. AEW program dates are July 23, and Oct. 29 (Costume Program). We invite lovers of the spoken word and visual art, writers and visual artists to register online to participate. Reception follows outdoors in the Library Courtyard. Visit <https://lamorindaarts.org/art-embra>

embraces-words/ for more information.

Music

Paper Moon Presents offers Brett Dennen at the beautiful Bruns in the Berkeley hills on Saturday, July 30, from 5 to 11 p.m., at Bruns Amphitheater, 100 California Shakespeare Theater Way, Orinda. Come out and enjoy a night of sweet songs and good vibes with Brett Dennen and Megan Jacobs at a spectacular setting in the Berkeley hills. Cost: \$40. Lyrics Born and Destani Wolf at the beautiful Bruns - Berkeley hills on Friday, July 29, from 5 to 11 p.m. Come join us for an amazing night of great local artists. It is going to be a best night ever with great food and great music in a perfect setting. Cost: \$35. For more info see www.papermoonpresents.live or call (510) 517-2010 .

Lamorinda Idol Singers - July 14: Concert at Orinda Community Park 6 – 8 p.m. Hear talented young singers from Lamorinda Idol in the Orinda Community Park at a free concert. Visit <https://lamorindaarts.org/lamorinda-idol-audition-information/> for details.

Live outdoor performance by Bay Area musician Andy Z and the Andyland Trio takes place on the courtyard of Creekside Commons, Tuesday, July 12 from 3 to 4:30 p.m. Kids' activities include face painting, balloon twisting, a kindness rock activity, a game

area, snacks and drinks. While the event is free, donations are encouraged in advance or at the door and 10% of all donations go to support Soul Shoppe in their mission to help school communities cultivate a culture of compassion, connection and curiosity. Visit the events page at CreeksideCommons.org.

Theatre

Shotgun Players presents Dream House on July 9-10 and 14-16 at 8 p.m.; July 17 at 5 p.m.; July 20-Aug 7: Wed-Thurs at 7 p.m., Fri-Sat at 8 p.m., Sun at 5 p.m., at Ashby Stage, 1901 Ashby Ave, Berkeley. A dark comedy about two Latinx sisters who land the opportunity to remodel and sell their historic family home on a popular reality television show. Cost: \$7 - \$40. For more info see <https://shotgunplayers.org/online/article/dream-house> or call (510) 841-6500 x303 or email boxoffice@shotgunplayers.org.

Aurora Theatre Company presents Wives through July 24: Tuesday through Wednesday at 7 p.m., Thursday through Saturday at 8 p.m., Sunday at 2 p.m. Streaming July 19 - July 24, at Aurora Theatre, 2081 Addison Street, Berkeley. From Hemingway's widow to a maharani in Rajasthan, great men are left behind as their wives claim center stage in this celebration of female power. Cost: 40-75. For more info see www.auroratheatre.org/ or call (510) 843-4822 or email boxoffice@auroratheatre.org.

Literature

Thursday, July 7, 11 a.m. at Orinda Books. Pat's Book Club will read and discuss "The Netanyahu" by Joshua Cohen. Winner of the 2022 Pulitzer Prize for Literature, "The Netanyahu" is a fictionalized account of Harold Bloom's encounter with the Netanyahu family while studying at Yale. Mixing fiction with nonfiction, "The Netanyahu" is a wildly inventive, genre-bending comedy of identity and politics. Everyone is welcome; just email info@orindabooks to let us know you're coming.

Dave Iverson will introduce his memoir, "Winter Stars," at 2 p.m. Saturday, July 9 at Orinda Books. Iverson was a busy broadcast journalist recently diagnosed with Parkinson's disease when he decided to do something he'd never quite imagined: He moved in to take care of his 95-year-old mom. Winter Stars is the moving story of their 10-year caregiving journey. This is a free event. Register at: www.eventbrite.com/e/dave-iverson-author-of-winter-stars-tickets-361207861437

Other

Sunday Strong! Free summer fitness classes at Moraga Commons. Presented by MCF, with the sponsorship of the Town of Moraga Department of Parks and Recreation. This program is free and will be held every Sunday in July at 8 a.m. on the grassy area near the intersection of St. Mary's Road and Moraga Road. Schedule: July 10 Flow Yoga; July 17 Mat Pilates; July 24 Bootcamp. See Moragacommunityfoundation.org to register and see our amazing instructor's bios.

The Ecology Center will host Plastic Free July, a month-long series of interactive and educational events throughout Berkeley. The event line up includes: Your Zero Waste Home a live waste auditing demonstration on July 9 at the Ecology Center Store & Resource Center (2530 San Pablo Ave, Berkeley); Plastic Free Pop-Ups at the South Berkeley Farmers' Market on July 19 and at the Downtown Berkeley Farmers' Market on July 30; and a workshop on gardening sustainably and without plastic on July 23 at the Ecology Center EcoHouse (1305 Hopkins St, Berkeley). Full schedule of events at: ecologycenter.org/plastic-free-july/

Mocktails & Cocktails – Sunday, July 24 from 3 to 5 p.m. Join others who love art, literature, music and everything in between at The Coop, 32 Lafayette Circle from 3-5 p.m. Time for some artsy banter with Ani Breslin and Elana O'Loskey of the Lamorinda Arts Council. No host bar. Just show up. Questions? Email literary@lamorindaarts.org.

Lamorinda's Religious Services



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LAMORINDA SPORTS

Local athletes reflect on Title IX



Kim Bachman at USF

Photo provided

By Jon Kingdon

When longtime Miramonte girls' basketball coach and current Carondelet coach Kelly Sopak grew up in the state of Washington, graduating in 1987, he was a witness to the double standards at his high school. "We had separate boys' and girls' gyms," Sopak said. "The boys had the bigger gym and the girls the older, smaller gym. The girls' games were more of an afterthought and were never in prime time like the boys' games were."

His 11 years of coaching at Miramonte was a revelation for Sopak. "I can honestly say, and I mean this in a positive way, Title IX did not exist in Lamorinda," Sopak said. "There was never a situation where the school or district ever treated the girls differently from the boys in everything that we did. ... That was what was awesome about being at Miramonte."

The equality that Sopak alluded to did not come easily. It was the outcome of efforts by players, coaches and parents, since before the inception of Title IX in 1972 which legislated that "No person in the United States shall, based on sex be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving aid."

It was people like Scott Brown, who was a longtime girls' basketball coach at Campolindo and is now an assistant basketball coach at Acalanes, who saw firsthand the walls that deterred and prevented girls from participating in sports and wanted to do something about it.

Kim Bachman

When Brown was coaching fifth- and sixth-grade boys' flag football, the parents of Kim Bachman asked if she could play on the team. "I agreed to let her come out and she turned out to be the best player on the team," Brown said. "They then asked if she could play on my basketball teams in the 1970s and I never looked back. I thought I was the best coach ever because we never lost a game. However, when Kim left, I realized she had a lot to do with it."

Soon people began to realize that Title IX would be a valuable tool that could be used for sports. "The opportunities for girls were still limited," Brown said. "What turned out to be the key in getting the girls fully involved in sports was the work of the parents. When they were told that there were not enough girls to play on the school teams, the parents showed that there was. It was amazing how dogged the administrators were in putting up roadblocks to the girls that wanted to participate in sports."

Bachman's inclusion on the teams was not met with unanimous acceptance. "There was a big 'to-do' about my playing on the boys' team, but I was not made aware of it until later," Bachman said. "My mom (De Etta) told me some of the parents weren't happy about my being on the team though my teammates were never a problem. My mom was huge in getting stuff going for girls. She got the Walnut Creek Youth Association to get the girls' sports programs started with flag football, softball, and basketball. Scott Brown was huge for me," Bachman said. "He was the first person that gave me a chance and was responsible for my basketball career."

De Etta was incessant in her effort to increase the access to sports for Bachman and the other girls at Las Lomas. "I camped out at the high school and was always told they were working on it," DeEtta said. "I told them that if they didn't do something, Kim was going to play on the boys' teams and you won't like that very much and when she started her freshman year in 1974, they had their first girls' basketball team."

"That's when I realized what Title IX came to mean," Kim said.

Bachman would go on to earn a basketball scholarship at the University of San Francisco and was on her way to making the U.S. Olympic team before a knee injury forced her to drop out of the tryouts. She would ultimately be inducted into the USF Sports Hall of Fame. In seeing the programs at high schools today, she couldn't help but be impressed. "I look now, and it is so amazing what they have now for girls," Bachman said.

Carey Schuler

Carey Schuler, Campolindo class of 1993, grew up around baseball. Her father, Ron Schuler was a professional baseball player, coach, and general manager. Carey began playing on the boys' little league, pony league and travel teams. "I took my grief from people that did not want me to be a part of those leagues," Schuler said. "I wanted to play baseball for Campolindo and that was when I first learned about Title IX because we had to do a little bit of fighting to allow me to play on the team," Schuler said. "I was the beneficiary of Title IX and the hard work put in by generations of women before me. I was very lucky to grow up in a family where, not for one moment did I feel I was limited."



Photo Cathryn Haynes/klcphotos.com

USA Water Polo Women vs Italy at London Olympics



Heather Petri coaching at Cal last March.

Heather Petri

Heather Petri, Miramonte class of 1996, like so many in Lamorinda, learned to swim at an early age. Although there were no water polo teams, Petri did have some exposure to competition in the water. "Many of my swim team coaches at Major 5 had played water polo so I knew what it was," Petri said. "We would play a game in the water called jungle ball every Friday at our rec swim club where we would get thrown around. So, when I was introduced to water polo it was not as scary or foreign as it could have been. Prior to my sophomore year, the mother of a boy on the Miramonte water polo team encouraged me and Chris Grace to play with the boys in the fall of 1993."

Former Miramonte Athletic Director James Lathrop played with Petri on the JV team and had nothing but great memories of that team. "Coach Bill Brown was super supportive of the girls playing on the team and it was no big deal for the boys," Lathrop said. "The girls were hard working and helped everyone get better. Heather was not far behind us in terms of experience but in terms of ability she was right up there with us."

"I never experienced a single negative vibe from any of my teammates," Petri said. "I made it a point to thank the boys (who are now men) that I had played with many, many times because they had the opportunity to be awful. Bill Brown spearheaded the acceptance of myself and Grace. They really respected the fact that I was strong and capable of being there, so it was less about me being a girl and more about coaching and ultimately making me to be a better person and player."

The girls then took matters into their own hands in starting their own team at Miramonte. "After that first season, there were so many that heard what we were doing, we had a petition signed by fifty girls to start a

girls' team," Petri said. "We had to go to the school board and present our petition and told them what we wanted to do. We had great support from our parents who came with us. The school board was very skeptical, giving us one season of exhibition to see how it would go and it grew from there."

Petri went on to play for UC Berkeley and participated in four Olympics (2000, 2004, 2008, 2012), earning a gold, two silvers and a bronze medal. In 2018, she was inducted into the U.S. Water Polo Hall of Fame and is currently a coach on the Cal women's water polo team.

For Petri, the timing was right and the opportunity was there: "I never saw myself as a crusader but if I reflect on how many times I was part of something brand new and how I was willing to be part of that journey," Petri said. "I know that it's part of my nature to accept and champion something that's unknown and I have done it time and time again - beginning with men's water polo, starting a women's program, being on the first Olympic water polo team and starting my own business after I finished my Olympic career. All those things took a bit of character in terms of accepting that unknown role and I embraced it."

Kim Everist

Kim Everist, the Campolindo girls' water polo coach, grew up in Minnesota where she played on the boys' basketball and hockey teams as there were no girls' teams. When her family moved to Florida, it wasn't much better. She played on the boys' water polo and basketball teams and played soccer on the only girls' team.

As with Petri, Everist had no issues with the boys on the teams. "My closest friends were my teammates," Everist said. "One time I had an opposing player grab me inappropriately and I came out swinging and before I knew it, my team was in the water physically defending me."

Everist went on to swim at Northeastern University, where she was an academic All-American and also became a member of the USA Junior National Women's Water Polo Team.

As a coach, Everist encountered more issues of gender inequity than she had as a player. "I've definitely faced inappropriate remarks and treatment," Everist said. "Prior to an NCS championship, I had a referee make a comment on my coaching style and other negative remarks just before the game and I then saw him go over and hug the other team's coach. I've seen a coach step into a women coach's space and scream at her in a way he would never have done to a male coach. With experiences like these, I learned not to be afraid of confrontation and developed into a GSD person - get sh-t done person."

The image which Everist presents to her players in these situations is what's most important to her: "That's true, 1,000%," Everist said. "These are conversations that we have regularly on multiple levels because it is my responsibility to make sure that the young women I coach are ready and prepared for some of these things that they are going to face when they get out into the real world. Things have gotten better, but there are still gender elements and you're always going to run into people that still have traditional views of women's roles and what women are capable of. Whether you're a male or female coach, these are things that you have to address. The kids are always paying attention. They see it, they recognize it and they are certainly cognizant of it."

Patty Hung

Patty Hung, local marathoner extraordinaire, grew up in Boston and went to Notre Dame Academy, an all-girls parochial school, where basketball was the only team sport. Sport for Hung was a matter of learning how to skate on a pond or playing softball in her front yard.

However, when she began running casually and then competitively in the 1980s, it became apparent that not only were women being shortchanged on the playing field they were an afterthought by the sporting goods companies. "When I started, they did not make women's running shoes, clothing, or sports bras. I had to run with shoes made for men which were too wide, so I ended up buying boys' shoes. Slowly the women's running clothing and shoes began to be available and it really helped women to run with comfort and faster times."

Participation in sports has provided valuable benefits to women that carry over into their professional lives. Heather Petri acknowledges sports in providing her with a lifelong education, leading her and a former teammate to start a small business selling bathing suits: "We definitely learn a lot of things through sports and it's one of the things that I talk about when I speak to young kids in terms of life skills building character; putting you through things when you're in a supportive environment where you can fail every day in your sport and you still learn how to come back the next day."

As a coach, Kelly Sopak makes it a point to teach more than how to play the game of basketball to his players: "The first thing I taught them was leadership, leading a group and leading yourself."

... continued on Page C2

Title IX in Lamorinda

... continued from Page C1

I wanted the players to have a voice for themselves and then the ability to communicate effectively. These are both keys in professional life as well."

For Carey Schuler, it was "learning how to handle defeat and victories in the right way and learning how to use time management, from having to fit in classes, practices, a social life and being a good teammate, sharing time and encouraging others. For some it was a struggle when their sport was out of season because they've gotten so used to a certain regiment and schedule."

"My wife (an all-American softball player at Cornell), works in commercial real estate, an extremely male dominated field and is still highly successful, becoming a partner at her firm," Schuler said. There's no doubt that the lessons she learned in sports led

to the success she's had in her career. "There's just so many lessons learned that you take out in the world that makes you a much more well-rounded human being."

"Sports was my whole life," Kim Bachman said. "I learned how to work together on a team, finding discipline, and utilizing the adrenalin I got from competing. My whole life has been doing stuff in male-dominated fields, starting with playing sports. From 1987 to 1996, I worked for the California Highway Patrol and discovered that my experience in competing head-to-head with boys growing up facilitated the transition to working in law enforcement. I had to work twice as hard to be able to feel equal with my male peers and my playing sports helped me get through the police academy."

For those athletes who had to battle gender inequities, it is important that the next genera-

tion understand what their predecessors struggled to achieve. "Because I and many of my peers were in the thick of it, I share my stories with the athletes that I coach at Berkeley," Petri said. "It's important for young women to know the history behind the opportunities that are there for them now. I tell them my story and many of them can't understand how things were different than they are today. There is a lot of education that is needed but you start where you can and keep sharing."

For Everist, at times she has to remind herself how far women's sports have come. "I would say, honestly, even I have to review the history and see how things have changed and where they stand now. Today's female athletes have a general idea of what Title IX is, but they don't know enough about it."

Sopak wants his players to do more than just speaking up

when they are witness to double standards. "With Lamorinda being so equal with the boys and girls, our players will sometimes see an inequality between the boys' and girls' sports outside of our area and see we have a long way to go," Sopak said. "I will point out these things to my team when they see those inequalities. It's how you make a difference about it and not just complain about it. There needs to be action behind it. Often, there doesn't seem to be a lot of thought in how things impact the women as far as the men."

Bachman's two daughters, both who swam and one who played lacrosse, did not seem to appreciate what their mother went through. "It's so far removed for them," Bachman said. "I don't know how much the kids know what it was like then and how much different it is now though they do know what I went through."

Schuler appreciates the access to so many sports that her daughter Grace will have as she grows up. "Grace (2 years old) will be able to play and do anything," Schuler said. "We're going to open up every opportunity to her and it's wonderful that we're in a time where she can pick and choose. She may not be an athlete, but she is not going to be limited by a lack of possibilities and she will have every option available to her, which is amazing."

There is still room for greater opportunities, according to Scott Brown: "I think we're doing really well in communities where sports are important but there are still schools outside of Lamorinda where the girls are not getting their fair share; whether they don't have the time, or the facilities and I feel bad about that. I would love to see the state of California level the entire playing field."

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Lamorinda

OUR HOMES

Lamorinda Weekly Volume 16 Issue 10 Wednesday, July 6, 2022



Handyman discusses gas mains ... read on Page D4

Digging Deep with Goddess Gardener, Cynthia Brian

Humming along



You might get up close and personal when you add a Rose of Sharon hibiscus to your hair.

By Cynthia Brian

“Like the hummingbird sipping nectar from every flower, I fly joyfully through my days, seeing beauty in everything.”— Amethyst Wyldfyre

After tucking a hibiscus plucked from my mother’s garden behind my ear, I was immediately the object of desire for a hungry hummer. The iridescent red crown identified the hovering nectar hunter as a male Anna’s hummingbird. The females and young have green crowns. What a photo op, but alas, no camera or iPhone in sight.

Of the known 331 species of hummingbirds, 27 types are found in the United States, and 14 reside in California. Hummers only live in North and South America. When most people think of pollinators, bees, butterflies, bats, beetles, birds, and moths may come to mind. Yet, hummingbirds are some of the greatest pollinators as they can



Bee balm is a favorite for hummers.

Photos Cynthia Brian

visit one to three thousand flowers in a single day. As they whiz from flower to flower, pollen from the stamen sticks to their long bills and forehead as they feed. They prefer plants with tubular-shaped flowers and many plants have evolved (some with the help of human intervention) to be more attractive to hummingbirds with brighter colors, higher nectar counts, and daylight blooms. Because they have long, slim bills, hummingbirds can feed deep into chambers and cannulas that bees or other pollinators cannot reach. They also eat tiny insects and spiders that are detrimental to flower beds and vegetable gardens.

Native and navitar plants that are red, blue, orange, yellow, blue and purple are favorites. What is the difference between native and navitar plants?

... continued on Page D12



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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	27	\$624,000	\$5,195,000
MORAGA	16	\$450,000	\$3,487,000
ORINDA	13	\$1,350,000	\$3,850,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

LAFAYETTE

- 1018 Ameno Court, \$1,925,000, 4 Bdrms, 2493 SqFt, 1960 YrBlt, 05-24-22,
Previous Sale: \$498,000, 06-21-99
- 3229 Burton Court, \$2,775,000, 3 Bdrms, 1818 SqFt, 1956 YrBlt, 05-19-22,
Previous Sale: \$929,000, 07-10-08
- 1140 Camino Vallecito, \$4,600,000, 4 Bdrms, 3716 SqFt, 2006 YrBlt, 05-18-22,
Previous Sale: \$3,018,000, 02-18-20
- 10 Dianne Court, \$2,530,000, 4 Bdrms, 2497 SqFt, 1977 YrBlt, 05-20-22,
Previous Sale: \$1,575,000, 09-23-15
- 1025 Dolores Drive, \$1,522,000, 3 Bdrms, 1181 SqFt, 1950 YrBlt, 05-25-22,
Previous Sale: \$860,000, 10-06-15
- 3963 Franke Lane, \$2,850,000, 5 Bdrms, 3117 SqFt, 1941 YrBlt, 05-20-22
- 1025 Hampton Road, \$2,210,000, 4 Bdrms, 1955 SqFt, 1951 YrBlt, 05-19-22,
Previous Sale: \$792,500, 01-24-11
- 1126 Hidalgo Court, \$2,800,000, 3 Bdrms, 2030 SqFt, 1955 YrBlt, 05-26-22,
Previous Sale: \$1,335,000, 03-25-16
- 820 Las Trampas Road, \$1,700,000, 3 Bdrms, 1622 SqFt, 1955 YrBlt, 05-24-22,
Previous Sale: \$1,100,000, 03-12-14
- 655 Los Palos Drive, \$3,300,000, 4 Bdrms, 2904 SqFt, 1952 YrBlt, 05-19-22,
Previous Sale: \$2,440,000, 09-17-19
- 3357 Mildred Lane, \$2,100,000, 4 Bdrms, 1543 SqFt, 1953 YrBlt, 05-20-22,
Previous Sale: \$745,000, 11-17-11
- 1171 Monticello Road, \$5,195,000, 4 Bdrms, 3570 SqFt, 1951 YrBlt, 05-24-22,
Previous Sale: \$3,925,000, 02-24-21
- 3376 Moraga Boulevard, \$1,250,000, 2 Bdrms, 762 SqFt, 1941 YrBlt, 05-27-22
- 3494 Moraga Boulevard, \$3,550,000, 2 Bdrms, 1430 SqFt, 1941 YrBlt, 05-18-22,
Previous Sale: \$1,155,000, 07-09-14
- 850 Mountain View Drive, \$2,700,000, 4 Bdrms, 2644 SqFt,
1957 YrBlt, 05-27-22, Previous Sale: \$1,200,000, 10-25-02
- 3235 Mt Diablo Court #210, \$624,000, 2 Bdrms, 1084 SqFt, 2019 YrBlt, 05-19-22,
Previous Sale: \$595,500, 09-21-20
- 750 Old Jonas Hill Road, \$2,612,500, 4 Bdrms, 3059 SqFt, 1953 YrBlt, 05-24-22
- 1092 Orchard Road, \$1,828,000, 3 Bdrms, 1888 SqFt, 1947 YrBlt, 05-27-22
- 3134 Ramada Court, \$1,875,000, 3 Bdrms, 2144 SqFt, 1972 YrBlt, 05-25-22,
Previous Sale: \$1,000,000, 05-05-14
- 3406 Shangri La Road, \$2,950,000, 4 Bdrms, 2991 SqFt, 1961 YrBlt, 05-16-22
- 657 Sky Ranch Court, \$2,800,000, 3 Bdrms, 3262 SqFt, 1978 YrBlt, 05-20-22,
Previous Sale: \$1,750,000, 03-29-19
- 3485 Stage Coach Drive, \$3,125,000, 3 Bdrms, 3289 SqFt, 1988 YrBlt, 05-19-22,
Previous Sale: \$3,125,000, 03-22-22
- 957 Stow Lane, \$2,850,000, 4 Bdrms, 2857 SqFt, 1941 YrBlt, 05-17-22,
Previous Sale: \$400,000, 08-01-88
- 16 Toledo Court, \$3,665,000, 4 Bdrms, 3164 SqFt, 1979 YrBlt, 05-20-22
- 1061 Via Alta, \$3,100,000, 4 Bdrms, 2682 SqFt, 1965 YrBlt, 05-20-22,
Previous Sale: \$975,000, 10-22-12

... continued on Page D10



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Gas mains



Seismic auto-shutoff valve



Gas valve

Photos Jim Hurley

By Jim Hurley

Did you know that natural gas has no smell? It's true, the natural gas that we pump out of the ground is treated to give it that distinctive odor at the processing plant before it is piped to your home. The reason is simple: if you could not smell the gas, you might sit in a room with a gas leak and suffocate or worse.

At your house, the gas main shutoff is a valve located in the pipe that feeds into your meter. It is good to know where this is should an emergency arise where you smell gas and need to shut it off.

Newer gas valves are a ball valve and are easy to shut off. Older valves are literally a cone, (not a ball), with a hole through it, wedged in the valve housing. The cone has a rectangular stem one side and a nut on the other. The long side of the stem aligns with the pipe when it is open and is perpendicular to the pipe to close. The hardware store sells a gas valve shutoff wrench; don't buy it. They are thin and short and hurt your hands.

I recommend that you buy a large crescent wrench and store it near the shutoff valve. It has a longer (better leverage), and wider (more comfortable) handle.

Should the time come that you need to turn the valve off and it is stuck, the following information will help. Now kids, I will not be responsible for homes blowing up, so please never attempt this procedure without sufficient competency with tools and plumbing. Sometimes the cone has been wedged in there many years and painted over several times. If the valve is stuck and not turning, you can loosen the nut just a little, not more than one full turn, (Do not remove the nut!), tap gently in on the nut, the cone will loosen in the housing and turn easily. (You may spray the valve and nut with TriFlow to help loosen it.) Tighten the nut again as soon as this is accomplished to prevent gas leaking from the valve.

Your gas main is a "low pressure" system, around 1/4-PSI (pounds per square inch). Compare this to the 70 to 90 PSI for your water main and 40 PSI in your tires and you can see that's pretty low. As a result of this low

pressure, you may smell a leak (thanks to the odorant mentioned earlier) but finding that leak might be difficult. I keep a bottle of leak check in my truck; you can find it at your local hardware store and is not expensive. It is a blue liquid that brushes on the fittings and bubbles up when there is a gas leak. Slop it on threaded pipe fittings generously because that ounce of prevention is worth every cent. Slop some on your main shut off valve if you have loosened and tightened the nut to unstick the valve. Make sure there is no leakage.

One other component your gas main might have is a seismic sensing shutoff valve. These are not on every home yet, but many homes in earthquake country have them. You will know quickly if you do because its red color stands out. It might be a rectangular box or a round, bell shaped object located in the gas line after the meter but before the point that the line enters the house. Bell or box, they essentially work the same way, when the ground moves sufficiently, they activate and stop the flow of gas to the house. When this happens, it can easily be reset with a flat head screwdriver. Find the little reset screw on the side of the mechanism and give it a 1/4 turn to reset, (don't try to unscrew it). If there was a hefty earthquake, make sure that there was no damage to the gas lines in your house before you reset this device.

The risk of fire or explosion from natural gas to the home is no joke. PG&E provides lots of free service regarding your gas lines for that very reason. Please use this information to your advantage only if you are experienced and confident in your ability to accomplish the task.

Jim Hurley is an independent handyman with over 25 years of experience in residential repairs. Hopefully this free advice is helpful to someone attempting Do-It-Yourself home repairs. The information presented is intended for informational purposes and for use by persons having appropriate technical skill, at their own discretion and risk.



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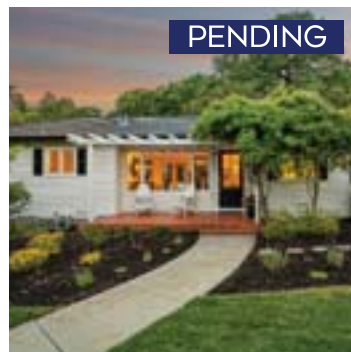
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6 Tofflemire Drive, Lafayette | \$7,500,000 | 6TofflemireDrive.com



4136 Canyon Road, Lafayette | \$5,499,000 | 4136CanyonRoad.com



74 Yarrow Valley Lane, Orinda | \$4,500,000 | 74YarrowValley.com



Listing has been virtually painted

1 El Caminito, Orinda | \$2,950,000 | 1ElCaminito.com



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Is Contra Costa's Real Estate Market in a Bubble?

Simple answer – YES. However, an RE Bubble does not always burst resulting in a reduction in home prices. Many economists believe our Bubble will result in a soft landing and continued increase in home values, just not as rapid as the last 17 months.

If there is an expectation that today's Real Estate Bubble will result in a reduction in prices, like the market of 2008, those buyers will be disappointed. A Housing Bubble, by definition, **occurs when housing prices rises rapidly, driven by high demand, limited supply, and emotional buying.** That defines the market of 2004 – 2007 as well as 2021 and YTD 2022. However, today's market or Bubble is quite different.

The Housing Bubble of 2004 to 2008 burst because of cheap debt, predatory and unregulated lending, and buyers often financing 100% of their home purchase, without verifiable income. When home values started dropping rapidly, homeowners were "underwater" and either walked away from their homes, did short sales (selling for less than their mortgage) or ended up in foreclosure. This flooded the market of available homes.

Today's purchases are subject to stricter lending regs, require good credit, sufficient & verifiable income and typically a down payment of 20% or more. Other economic factors affecting our market include historically low unemployment, a region of highly paid white collar wage earners, strong buyer demand and low, but growing inventory.

Rising mortgage rates are slowing down the rapid rise in home values. Also, our active inventory is creeping up as is the Days on Market and there are smaller numbers of competitive bids. To see a chart by city that will give you a glimpse of our changing market, Inventory and Days on Market, go to www.YourContraCostaRealtor.com



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DRE #01104264

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Lamorinda home sales recorded

... continued from Page D2

LAFAYETTE .. continued

1065 Via Baja, \$2,195,000, 4 Bdrms, 3344 SqFt, 1957 YrBlt, 05-19-22,
Previous Sale: \$583,000, 04-28-98

1086 Via Media, \$4,000,000, 5 Bdrms, 3594 SqFt, 1966 YrBlt, 05-16-22,
Previous Sale: \$1,616,000, 12-26-12

MORAGA

118 Ascot Court #8, \$450,000, 1 Bdrms, 858 SqFt, 1970 YrBlt, 05-24-22,
Previous Sale: \$500,000, 07-16-19

1919 Ascot Drive, \$1,200,000, 2 Bdrms, 1455 SqFt, 1973 YrBlt, 05-27-22,
Previous Sale: \$750,000, 12-20-18

772 Augusta Drive, \$1,400,000, 3 Bdrms, 1908 SqFt, 1974 YrBlt, 05-26-22

783 Augusta Drive, \$2,700,000, 3 Bdrms, 1728 SqFt, 1974 YrBlt, 05-20-22,
Previous Sale: \$799,000, 02-24-11

296 Birchwood Drive, \$2,500,000, 4 Bdrms, 2431 SqFt, 1971 YrBlt, 05-18-22

10 Corte Azul, \$2,850,000, 5 Bdrms, 2644 SqFt, 1966 YrBlt, 05-27-22,
Previous Sale: \$1,125,000, 08-16-04

89 Greenfield Drive, \$2,150,000, 5 Bdrms, 2598 SqFt, 1969 YrBlt, 05-20-22,
Previous Sale: \$1,258,000, 11-18-21

4 Kendall Circle, \$1,630,000, 4 Bdrms, 2147 SqFt, 2016 YrBlt, 05-20-22,
Previous Sale: \$1,259,500, 02-02-17

6 Miramonte Drive, \$890,000, 3 Bdrms, 1248 SqFt, 1964 YrBlt, 05-18-22,
Previous Sale: \$585,000, 03-26-18

67 Miramonte Drive, \$1,175,000, 4 Bdrms, 1762 SqFt, 1964 YrBlt, 05-23-22

1541 Moraga Way, \$945,000, 2 Bdrms, 1548 SqFt, 1974 YrBlt, 05-20-22,
Previous Sale: \$510,000, 06-26-08

2 Paseo Linares, \$2,650,000, 4 Bdrms, 4048 SqFt, 1986 YrBlt, 05-17-22,
Previous Sale: \$1,460,000, 12-27-16

500 Rheem Boulevard, \$3,487,000, 3996 SqFt, 2004 YrBlt, 05-24-22,
Previous Sale: \$1,904,000, 07-08-14

1294 Rimer Drive, \$2,100,000, 4 Bdrms, 2092 SqFt, 1964 YrBlt, 05-25-22

47 Sanders Ranch Road, \$3,175,000, 4 Bdrms, 3463 SqFt, 1984 YrBlt, 05-18-22,
Previous Sale: \$1,396,000, 06-19-12

801 Villa Lane #2, \$585,000, 2 Bdrms, 942 SqFt, 1968 YrBlt, 05-23-22,
Previous Sale: \$365,000, 10-01-15

ORINDA

25 Altamont Drive, \$2,410,000, 4 Bdrms, 2572 SqFt, 1950 YrBlt, 05-20-22,
Previous Sale: \$220,000, 07-01-87

42 Ardilla Road, \$3,300,000, 5 Bdrms, 3479 SqFt, 1960 YrBlt, 05-25-22,
Previous Sale: \$635,000, 03-20-03

41 Claremont Avenue, \$2,000,000, 4 Bdrms, 2690 SqFt, 1946 YrBlt, 05-16-22

163 Crestview Drive, \$2,155,000, 4 Bdrms, 2247 SqFt, 1950 YrBlt, 05-20-22,
Previous Sale: \$999,000, 03-10-14

34 Descanso Drive, \$2,750,000, 4 Bdrms, 2340 SqFt, 1961 YrBlt, 05-20-22,
Previous Sale: \$925,000, 04-24-09

25 Frogs Leap Way, \$3,850,000, 5 Bdrms, 4127 SqFt, 2014 YrBlt, 05-27-22,
Previous Sale: \$2,545,000, 03-15-16

38 Los Altos Road, \$3,525,000, 4 Bdrms, 4467 SqFt, 1970 YrBlt, 05-16-22,
Previous Sale: \$2,110,000, 01-17-14

25 Marston Road, \$1,880,500, 3 Bdrms, 2326 SqFt, 1968 YrBlt, 05-20-22

5 Muth Drive, \$1,710,000, 3 Bdrms, 1736 SqFt, 1956 YrBlt, 05-23-22

121 Overhill Road, \$2,600,000, 3 Bdrms, 2044 SqFt, 1948 YrBlt, 05-18-22,
Previous Sale: \$350,000, 06-01-90

15 Parkway Court, \$1,960,000, 3 Bdrms, 1816 SqFt, 1954 YrBlt, 05-20-22,
Previous Sale: \$1,124,000, 11-14-18

33 Valley Drive, \$1,350,000, 3 Bdrms, 1666 SqFt, 1952 YrBlt, 05-23-22

17 Vista Del Mar, \$2,632,000, 4 Bdrms, 2894 SqFt, 1964 YrBlt, 05-18-22

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Digging Deep with Goddess Gardener, Cynthia Brian

Humming along



Drought-resistant lantana and lavender will bring the pollinators.



Blue salvia is a preferred food source.



A hummingbird paradise. Photos Cynthia Brian

... continued from Page D1

Native:

- highly adapted to the climate and soil they are naturally growing in
- requires less babying (within their particular climate) than non-natives
- promotes biodiversity throughout your garden
- naturally resistant to local pests
- attract beneficial pollinators

Navitar:

- combination of the words 'native' and 'cultivar' (result of careful selection and crossbreeding by humans)
- wider variety of flower colors, shapes and forms
- incorporate different sizes of plant
- heightened insect or disease resistance
- select preferred hardiness
- main concern for - and argument against - is their lack of genetic diversity

Plants Attractive to Hummingbirds

Petunia	Weigela	Lupin
Calibrachoa	Oregon grape	Purple
Catmint	Azalea	Rhododendron
Sage	Currant	Zinnia
Salvia	Flowering quince	Lantana
Penstemon	Trumpet vine	Red hot poker
(beardtongue)	Trumpet	(torch lily)
Bee balm	honeysuckle	Echinacea
Daylily	Bleeding Heart	Delphinium
Fuchsia	Butterfly bush	Crocsmia
Cardinal flower	Cardinal Flower	Hollyhocks
Blazing star	Columbine	Pink Bower Vine
Garden phlox	Rose of Sharon	
Lobelia	Hibiscus	

...continue on Page D14



Daylilies attract hummingbirds



Crocosmia firecracker plant and roses attract hummingbirds.

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Digging Deep with Goddess Gardener, Cynthia Brian

Humming along



Plant pretty petunias as annuals to appeal to the hummers.



Bees love zinnias, too!

... continued from Page D12

Hummingbirds remain in landscapes that provide all the supplies they need to survive and thrive. Besides planting species that will feed them, there are other things you can do to encourage hummingbirds to hang around.

Bathing Fountain: Due to the sticky nature of the nectar, hummingbirds need to bathe frequently. They prefer running water in a shallow area. Bubbling fountains or misters are an important investment in their healthcare. They even will frequent sprinklers!

Nests: Hummingbirds do not nest in birdhouses. They build tiny, usually around 1 inch in diameter, nests camouflaged with lichen, moss, and spider webs. This makes them hard to discover. They can be 3-60 feet from the ground and sometimes as much as a half-mile from their favorite food sources.

Feeders: Place feeders in areas where you'll be able to watch the frenzy. It's best to have multiple feeders to reduce territoriality. Hang them high enough to be safe from cats or predators which include snakes, squirrels, and larger birds. Recommended height is at least 4 feet from the ground.

Recipe for homemade nectar:

*Boil 4 quarts of water and let it cool. Tap water is fine. Do not use distilled water.

*Dissolve 1 cup cane or beet sugar in the cooled water. Do not use any

other type of sugar, artificial sweetener, or honey.

*Fill feeder $\frac{3}{4}$ full or however much is used within a few days.

*Store unused remainder in a closed container in the refrigerator for a week.

Maintenance of feeders: It is important to change the mixture every 4-5 days. If the weather exceeds 90 degrees, the nectar will ferment. Change it more often if it gets cloudy. Clean feeders between refilling without topping off. Many feeders can be safely sanitized in the dishwasher. Otherwise, use mild detergent, wash, and rinse thoroughly. Monthly sterilize the feeders in a solution of bleach and water.

Other Tips: To entertain all pollinators, maintain an organic landscape free of pesticides, insecticides, and chemical fertilizers. Your garden is their dinner table, and their daily dining provide the ingredients for your dinner table.

My garden is buzzing with every type of pollinator. As I sit in my office writing this article, a beautiful, black-chinned hummingbird with its shimmering purple and white collar was busy outside my window investigating my roses. Again, I couldn't get an appropriate photo through the window screen and shutter, but the visit was enchanting.

See the beauty in everything and thrill to the metallic humming of the wings of these living hovercrafts. Fly joyfully through your day!

Happy Gardening. Happy Growing.

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Cynthia Brian in her summer garden.

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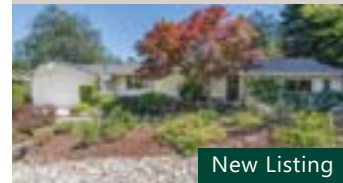


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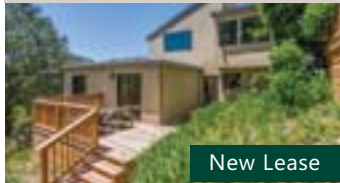
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