

Reliving our experiences in nature

By Toris Jaeger

As we move from summer to fall, we can remember all of our special connections in nature – maybe it was a hike on your favorite trail, along your local creek, a visit to the mountains or the ocean or just sitting in your backyard enjoying watching the birds and other wildlife enjoying the food, water and cover you have provided.

Deciduous flora is beginning to change color from green to yellow, red and brown. The Buckeyes and Elderberry are the first to let go of their leaves to conserve water until the rains return. The

evergreens are also shucking off their spent leaves to make room for new growth.

Many of the Conifers have really felt the three-year drought and are dying despite a wet winter. These connections with nature heal us and help us understand life better. As Albert Einstein once said, “Look deep into nature and then you will understand everything better.”

The issues of climate change are ever present and we must work together as communities locally, statewide, nationally and globally to find solutions.

Sitting Bull Hunkpapa Lakota put it best: “Let’s put

our minds together and see what life we can make for our children.”

The indigenous systems approach offers answers to the climate crisis by sharing resources, working with the flow of nature’s cycles, not wasting them, and going with the seasons of nature.

“Indigenous people know what it takes to save our planet and the life-giving resources it provides,” said Jade Begay, the director of policy and advocacy at NDN Collective, an Indigenous-led organization dedicated to building Indigenous power.

It begins with our neighborhoods; we can make this



Backyard photo of bird feeders

Photo Toris Jaeger

happen if we have hope and we work together.

May nature touch you today.

Optimism abounds for the Lamorinda girls tennis teams

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“Sharon is better suited with the more technical side of tennis and understands and is much better understanding the clinics and drills and in the end, it has shifted the burden a little bit from both of us.”

“It’s a big-time commitment so it’s good for each of us to have the other as a backup,” Langtry concurred.

Both have come to appreciate the quality of the team as athletes and their character as

individuals. “They are really good as a group,” Langtry said. “We had a nine-hour tournament playing in 90-degree heat out in Oakland and it was tough, and the girls really pushed themselves and I think they learned a lot. They’re all friends and they have all come together as a group.”

“This is very much a team and they have bonded and genuinely like being with each other,” Schottland said. “They all cheer for each other to the end and that says a lot about

our team, and it also makes it special for us as coaches.”

The singles are led by co-captain Aamena Shipchandler, the team’s line one singles player followed by Piper Duff, freshman Grace Colaco, sophomore Emily Roberts, junior Siena Moise, and senior Nicole Parlett. “We’re definitely younger than last year,” Schottland said.

“Aamena plays competitively all year round,” Langtry said. “She has a high skill level, and she is a fighter and more

tactical on the court. All of the girls have played well and even though she is only a freshman, Grace is very strong and plays with a tremendous amount of endurance and grit.”

This is the time of year that all the schools are trying to find the right combination of doubles players and Acalanes is no exception. “We’re still working on finding that perfect coupling,” Schottland said.

The leading doubles players are Olivia Dawkins and co-

captain junior Lucy O’Brien. “Olivia is a great net player and Lucy is also a line one doubles player,” Langtry said.

There is a unity that carries over to off the court activities. “The girls will pick a theme to dress up to on matches days and also go together to cheer for other girls’ sports,” Langtry said.

If the team is going to be ultimately success, they need to improve in two areas – “Strength and consistency of serve and rallies,” Schottland said.

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