

FREE YOGA CLASS

FREE Introductory yoga class at Lafayette Community Center Sat. Sept. 10 with Howard VanEs, author of "Beginning Yoga: A Practice Manual".

Find out why yoga is so popular! No experience necessary. Class time: 11:00 am -12:15 pm, wear clothing you can move in.

Register by calling 925-284-2232 or at www.lafayetterec.org

Not to be missed



Not to be missed



R.S.V.P: (925) 639-3143 or register at www.copefamilysupport.org. The C.O.P.E Family Center is nonprofit Parenting Center.

9/11 EVENTS



Lafayette Flag Brigades' 10th Annual 9/11 Remembrance and Candlelight Vigil.

Where: El Curtola Bridge, Hwy 24 overcrossing @ 680 Freeway, Lafayette. Take Hwy 24 to the Pleasant Hill Rd. Exit, turn on Old Tunnel Rd, go to top of hill. When: September 11, from 3-8pm.

Partial Schedule of Events: 3pm Arrival of Harris Trucking hauling 9/11 artifacts for display at Remembrance 5:30pm Speaker, retired FDNY fireman 7:30pm Candlelight Vigil begins For more information, see www.nevereverforget911.com.

9/11 Ten Year Anniversary Commemoration - "One World, One Community."

When: Sunday, September 11, 2-5 pm. Where: at Frank Salfingere Park (Gazebo area next to Pleasant Hill Community Center on Taylor Blvd.) The event will mark the tenth anniversary of the attacks on the World Trade Center, the Pentagon and United Airlines Flight 93. Everyone is invited to participate in this event, especially families and children. A formal ceremony begins at 2:15pm followed by music, food and activities for children. Information is available at www.hillcrestucc.org/9-11.

FALL COMMUNITY EVENTS

Las Trampas is holding its 1 mile or 5k Walk n' Roll event on Saturday, September 10 from 9am - noon along the Lafayette-Moraga Trail. The walk starts at Las Trampas - 3460 Lana Lane in Lafayette and continues towards Olympic Blvd. and ends at Las Trampas. Everyone is welcome! The trail is wheelchair friendly. Registration is \$25 per person and includes: event, T-shirt, gift, refreshments, prizes, music and more! Register online at www.active.com or contact us at (925) 284-1462 ext. 239 for a registration form. Proceeds support people with developmental disabilities.

16th Annual Lafayette Art & Wine Festival, September 17-18 in downtown Lafayette. Over 270 Arts, Crafts, Food, Beer, Wine & Commercial Vendor Booths. Kidzone ~ 4 Music Stages ~ Premium Wine Pavilion. Avoid the hassle of finding parking...Park free at any BART station and take BART to the event.

Coastal Cleanup Day in Orinda - September 17, 9am-noon. Join the Friends of Orinda Creeks to participate in Coastal Cleanup, the largest cleanup event on the planet. We will be removing trash and weeds from San Pablo Creek as it flows through down town Orinda. Removing trash here prevents pollution from reaching San Pablo Reservoir, (a source of drinking water). We will have bags and buckets, data cards and pencils, and some latex gloves but if you have work gloves bring them. For safety, wear closed-toed shoes. We will meet in the parking lot behind the shops at 23 Orinda Way at 9am.,(across from the Library). If you have questions, please call Elizabeth at (925)376-5378.

Friday, September 23rd at 7pm. Party in the streets of Orinda at Avenida de Orinda & 63 Orinda Way. A Friday night of dining and dancing with car owners and fans - set among the classic cars themselves. Stroll with your cocktail and view an all new version of the exhibit, "Orinda Through the Years" - an incredible display of vintage cars with historical memorabilia in a museum-like setting. Purchase tickets

at www.orindacarshow.com.

The Orinda Classic Car Show, Saturday, September 24 from 10am - 2pm at Orinda Motors, 63 Orinda Way in Orinda. Free admission to enjoy more than 170 American & European cars ranging from the 1920's, to the classics of the 50's and 60's, as well as modern exotics. This year's event will also have an all new edition of the special exhibit -"Orinda Through The Years" - coordinated by the Orinda Historical Society and Orinda Motors. This unique exhibit combines vintage and classic cars with historical materials in a museum-like setting; www.orindacarshow.com.

Pear & Wine Festival- Saturday, September 24, 10am-4pm at the Moraga Commons Park. Enjoy Wine Tasting, Local Food, Pear Pies, Inflatable "jumpsies" as well as an Artist and Business Fair. For more info contact John Haffner, (925) 330-9930, johnhaffner@comcast.net.

Orinda Restaurant Tour, Tuesday, Sep 27, 5:30 - 8:30 pm. The Tour begins at Theatre Square. Admission: Advance Purchase \$30 (\$35 at the event). One glass of wine is included for adults. Participants will ride a San Francisco Trolley from restaurant to restaurant. Tickets are now being reserved online and are limited to 250 guests - to purchase your advance discount tickets go to www.orindachamber.org.

OTHER

The Contra Costa Master Gardeners are holding a Fall Event on Saturday, September 10 from 9:am-2pm at the Garden of Learning at St. Perpetua's School at 3445 Hamlin Rd. Lafayette (off Moraga Road). Further details can be found at: <http://ccmg.ucdavis.edu>. (See article on right)

Join National Park Service rangers for a free evening full moon walk on Monday, September 12 at the John Muir National Historic Site's Mt. Wanda. During the two-hour walk, visitors will see the big beautiful moon rise over Mt. Diablo, and may spot the nocturnal native grey fox. Reservations required. Exact start time of walk will be given when reservation is made. Meet at the CalTrans Park and Ride lot at the corner of Alhambra Avenue and Franklin Canyon Road, Martinez (at the Alhambra Ave. exit off Highway 4). Bring water, binoculars (if you have them), a light jacket, and a flashlight. Wear good walking shoes because the trail is steep. If it rains heavily, the walk will be canceled. For reservations, please call the John Muir National Historic Site at (925) 228-8860.

Community Tai Chi is a free class for the community of Lamorinda. We will meet on Saturdays at the Lafayette Reservoir under the big tree just past the second parking lot, beyond the boathouse from 8-10am on Saturdays. Drop in! <http://NorthStarMartialArts.com>.

Sons in Retirement Lamorinda Branch 171 meets the first Wednesday monthly at Holy Trinity Culture Center, 1700 School St., Moraga. Social hour 11am, lunch 12pm. The after lunch speaker will be Bruce Berman, a certified instructor in CERT, and a Moraga resident. His topic will be disaster preparedness. His discussion will include what is a disaster, why we need to prepare for one and how we can prepare for one. For membership information, call Larry at (925) 631-9528.

Nana (Taemi Westernoff) a skilled teacher of Japanese cooking, will conduct a fun, easy and healthy method of making Japanese Tempura. This is a hands-on demonstration and traditional Japanese dishes will be served to complement the tempura. You will learn the difference between fried and tempered. Sunday, September 11, 2pm, St. Mark's Methodist Church, 451, Moraga Way, Orinda. Cost: \$20 (includes all materials) To Reserve call (925) 254-5965 or (925) 0324-4718. (See article page B7)

"The Stroke Support Group Of Contra Costa County will hold its monthly meeting in the Ball Auditorium at John Muir Medical Center- Walnut Creek Campus, 1601 Ygnacio Valley Road, Walnut Creek on Monday, September 12, 7-9pm. Harvey Brosler, a member and caregiver, will speak on "Being Partially Paralyzed- An Analogy For Stroke Survivors." For further information about the Stroke Support Group, contact Ann Dzuna at (925) 376-6218. Meetings are free and open to the public.

Montelindo Garden Club program: Friday, September 16, Carole Austin, who is the retired curator of the Museum of Craft and Folk Art in San Francisco, will discuss " In a Chinese Garden" at the Orinda Community Church, 10 Irwin Way, Orinda. A plant sale and refreshments will start at 9am, followed by the lecture at 10:30am. The event is free and the public is cordially invited.

Campolindo freshman Sam Larson is collecting men's, women's, boys, and girls clothes, shoes, and accessories, sizes infant through adult. The items will be used for a free clothing shop Sam is running with San Pablo Rotary for disadvantaged families in San Pablo on October 8th. Drop off your items at 243 Paseo del Rio, Moraga, or call 284-8142 for pick up. Thank you for your support.

Volunteer at Chabot Space & Science Center in the beautiful Oakland hills. Volunteer Orientation: Saturday, October 1, 10am-2pm. For more information on our volunteer program and to RSVP for orientation, visit <http://www.chabotspace.org/adult-volunteers.htm> or email the Volunteer Department at volunteers@chabotspace.org.

Please submit: calendar@lamorindaweekly.com

Great Advice and Plants Available at Master Gardeners' Fall Event

By Cathy Tyson

Who doesn't need some help in the garden? For Lamorinda residents in need of plants or garden art or those seeking advice from a pro about sick plants - this is your golden opportunity to get the answers from volunteers in the know - Contra Costa Master Gardeners. On Saturday September 10 from 9:00 a.m. until 2:00 p.m. at the lovely St. Perpetua Garden of Learning, 3445 Hamlin Road, Lafayette, the Contra Costa Master Gardeners will host their annual plant sale with native and drought tolerant plants, flowers and winter vegetables, new and gently used garden items and a personal favorite - help desk and sick plant clinic.

"The scope of our Fall Event is to provide information on home horticulture, pest management and sustainable landscape practices in a setting that would be fun and informational for all ages. St. Perpetua's school garden fits the bill in so many ways!" says Master Gardener and event coordinator Sue Roif.

"This school garden not only teaches sustainable and organic practices to the students, but it also provides an incredibly beautiful and playful environment for the children. Art, science, math and spiritual curriculums are enriched. The harvest is enjoyed by students and also made into culinary delights sold at the Cafe Perpetua. Sales make the garden totally sustainable. In fact, Cafe Perpetua will be open the day of our Fall Event and the students will not only be selling their goodies, but will be helping the public carry their plants,

garden items, etc. to their cars," says Roif.

In addition to spearheading the creation of the garden, Master Gardener Monette Meo has worked long and hard to guide students on projects that include a chicken coop, a cold frame, rain harvesting system and more. "One of my main goals is for the children to realize where their food comes from, when it's in season and why it doesn't have to come from 3,000 miles away. From seed to plate is such a wonderful lesson," says Meo.

A variety of plants will be available at very reasonable prices and there's already an army of thirty volunteers lined up to help at the sale. Feel free to bring sick plants, or clip off a few leaves with issues for diagnosis and advice.

Roif explains that the Contra Costa Master Gardeners receive training from the University of California. The organization functions as a volunteer outreach arm of the U.C. Cooperative Extension with the mission of extending research based knowledge. If you can't wait until the sale on September 10 and have plant questions, the free Master Gardener Help Desk is staffed every week from Monday through Thursday, 9:00 a.m. to 12:00 noon at (925) 646-6586.

- There will be free demonstrations throughout the day and tours of the fantastic Garden of Learning.
- Composting & Vermiculture - 9:30 & 12:30
 - Plant Propagation from Cuttings - 10:00 & 1:00
 - Raising Chickens - 10:30 & 1:30
 - Drip Irrigation - 11:00

Saturday, Sept. 17th 10-7 PM Sunday, Sept. 18th 10-6 PM Downtown Lafayette

16th Annual Lafayette Art & Wine Festival September 17 & 18

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For further information, please visit our Website: www.lafayettefestival.com • Also look for us on: Facebook & Twitter

