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Campolindo takes the title in a fourth-quarter thriller - read the story on page C1. Photo Gint Federas

State Champions!

LAMORINDA WEEKLY

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The Lamorinda Weekly team (pictured here enjoying some holiday festivities) sends its warmest wishes to you and yours for all the best in 2015!

Life in Lamorinda

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One writer's unique holiday excursion - page B2.



Sports

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Our Homes


D1-D8

Feng shui and the decluttered home - page D6.



please...

 RECYCLE THIS
 NEWSPAPER
 ...thanks



Lafayette

Public Meetings

City Council
Monday, Jan. 12, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

Planning Commission
Monday, Jan. 5, 7 p.m.
Lafayette Library & Learning Center,
Community Hall, 3491 Mt. Diablo Blvd.

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Design Review
Monday, Jan. 12, 7 p.m.
Lafayette Library & Learning Center,
Arts & Science Discovery Center,
3491 Mt. Diablo Blvd.

School Board Meetings

Acalanes Union High School District
Wednesday, Jan. 14, 7:30 p.m.
AUHSD Board Room
1212 Pleasant Hill Road, Lafayette
www.acalanes.k12.ca.us

Lafayette School District
Wednesday, Jan. 14, 7 p.m.
Regular Board Meeting
Stanley Library
3477 School St., Lafayette
www.lafsd.k12.ca.us

Check online for agendas, meeting notes and announcements

City of Lafayette:
www.ci.lafayette.ca.us
Phone: (925) 284-1968

Chamber of Commerce:
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Lafayette Police Department Incident Summary Report will be back next time.

Share your thoughts, insights and opinions with your community. **Send a letter to the editor:**
letters@lamorindaweekly.com

Meet the Mayor for 2015 – Brandt Andersson

By Cathy Tyson



In the library's Community Hall, Linnea, new mayor Brandt, Patricia and Erik Andersson celebrate with chocolate cake. Photo Cathy Tyson

This year's mayor looks surprisingly like the 2010 mayor. The five members of the Lafayette City Council rotate the mayor-ship, so Brandt Andersson once again wields the seldom used gavel. He's been serving on the council for a total of 10 years and was recently reappointed for another four-year term, along with Council Member Don Tatzin, at the Dec. 8 council meeting. Look for him, and the other four volunteer members who compose the city

council, at two usually lengthy Monday evening meetings per month, until the end of 2018. Traci Reilly will be the vice mayor – or as she calls it, the “understudy” – for 2015. Andersson recalls three very big issues the council was wrestling with five years ago – the downtown specific plan, road repair and the budget. Now the specific plan is complete; road repair, which overwhelmed the city for decades, has now reached a manageable level and

should be substantially complete in the next five or so years; and the budget is on very solid ground. He will face more public hearings in the coming year about the revised Terraces of Lafayette project as it moves through the city's review process. Earlier this year the proposed project, now 44 single-family homes with a portion of the property near Acalanes High School slated for a public soccer field, tot lot, parking area and

multi-purpose path, took the first of many steps –focusing on the draft environmental impact report; as the year progresses, it will move on to public hearings on the merits of the project. The mayor and city council members also give direction to staff who maintain the day to day operations that keep the city running, conveniently identified as the four P's – police, public works, parks and planning. Andersson sees a bit of tension between what residents want and what the city can provide. “Lafayette incorporated as a low tax, limited service city, but there always seems to be a demand for more services.” He notes that there are scores of volunteers who donate their time helping on a variety of commissions and committees from downtown street improvements to the Public Art Committee and the Parks, Trails, and Recreation Commission. In the coming year he would like to provide more support to volunteers, beyond the very basic date and times of meetings. “Although we are blessed with citizens with a remarkable breadth of knowledge and expertise, cities don't always operate in the same way that businesses or other institutions do.” ... continued on next page

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Meet the Mayor for 2015 – Brandt Andersson

... continued from page A2

He calls for developing a Commissioners Academy that details the roles they are expected to fill, how that fits in with the overall operations of the city's administration, how to get the most out of meetings, and legal regulations.

Looking forward, Andersson sees several opportunities to focus on; topping the list is downtown traffic. There's currently a downtown traffic study that seeks out game changing ideas about how to reconcile traffic moving throughout the city. It's not yet complete.

Addressing downtown parking is a close second, with ramped up demand due to the success of restaurants and other retail activity. With 10,000 parking spaces in the downtown area, the mayor feels "parking management is where the most significant improvements can be made."

He also sees a pair of opportunities in creek development and environmental activities. Many residents may not know that most sections of creek are privately owned. Improvements will have to be made in conjunction with private development. Currently there are no plans in place to assess what is needed to restore the creeks.

On the environmental front, the city council is looking at giving residents a choice of who will provide their electricity and how that electricity will be gen-

erated. Andersson continues to support Lafayette moving toward a greener future – with a goal of diverting 75 percent of the waste stream to compost, reuse and recycling.

Finally, Andersson would like to start a civic dialogue, by sponsoring a number of community conversations around the city to generate ideas looking ahead to longer term priorities, whether that's a community center, a parking structure, or restoring the Park Theater. There are many possibilities, but no clarity about what tops the list.

Andersson works full-time with fellow attorney and very patient wife, Patricia Andersson, in their own estate planning and probate services law office in Walnut Creek. She practices estate and income tax planning and compliance, along with trust and probate administration, living wills and more.

The couple has two children, Erik and Linnea; mom and dad enjoyed an empty nest for about nine months, then both the kids came back home. Erik was attending art school; unfortunately the photography program he was interested in was canceled, so now he's involved in glass blowing. Linnea was attending the Los Angeles campus of the Fashion Institute of Design and Merchandising, but recently transferred to the San Francisco location and commutes from the family's Lafayette home.

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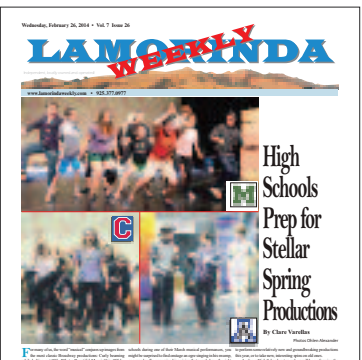


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Lamorinda Weekly's Front Pages in 2014





Moraga

Public Meetings

Town Council

Wednesday, Jan. 14, 7 p.m.
Joaquin Moraga Intermediate School,
1010 Camino Pablo

Planning Commission

Monday, Jan. 5, 6 p.m.
Hacienda De las Flores, La Sala,
2100 Donald Dr.

Design Review

Monday, Jan. 12, 7 p.m.
Moraga Library, 1500 St. Mary's Rd.

School Board Meeting

Moraga School District
Tuesday, Jan. 13, 7:30 p.m.
Joaquin Moraga Intermediate
School Auditorium
1010 Camino Pablo, Moraga
www.moraga.k12.ca.us
See also AUHSD meeting page A2

Check online for agendas, meeting notes and announcements

Town of Moraga:

www.moraga.ca.us
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Moraga's Mayor for 2015: Roger Wykle

By Sophie Braccini



Roger Wykle

Photo Sophie Braccini

Leading the Moraga Town Council in 2015 is a relatively young mayor – being under 50 qualifies Roger Wykle as the youngest gavelholder in quite a while. The poised civil engineer is firmly focused on town topics such as preserving open space and ensuring that the town develops a plan to address its unfunded maintenance projects.

Growing up in an Ohio family, where his father was in manufacturing, Wykle and his brother saw jobs moving overseas and decided they needed a way out that would not create a financial burden for their family. His older brother joined the Air Force, while Moraga's new mayor decided to enlist in the Coast Guard. High test results on the Armed Services Vocational Aptitude Battery sent him to the academy where he trained as a civil

engineer before going for a master's degree at the University of Illinois. There he met his spirited wife, Julie. Wykle later added an MBA from Old Dominion University. His military career took his family many places, including Hawaii, Turkey, New Orleans, Virginia, and Oakland, where the Coast Guard Civil Engineering unit is located. When it came time for him to retire from the military, in 2009, a family meeting was convened. "The unanimous decision was to settle in California," he explains.

The Wykles chose Moraga primarily because of its good schools; and for Wykle, who had been raised in an area where the closest neighbor lives half a mile away, the open hills of the little town also had great appeal. "We found people to be very

welcoming here." Between the Campo Cabana swim team, the Moraga Juniors, and the kids' schools, it didn't take long for the friendly family to find its social niche.

Professionally, Wykle continued his career as a civil engineer, first working for a consulting firm before starting his own company two and half years ago.

It was his wife who told him about an opening on the Moraga Planning Commission, and he could not resist. "Since I was 16 and a volunteer firefighter, I've always placed high value on community service," he says. Wykle served on the planning commission where he made his mark as someone who interprets the Moraga Open Space Ordinance, or MOSO, quite literally. "I think we live in a pretty special place here, to be able to look up and see the hillsides without any structures on them."

Wykle says he respects the right of property owners to develop their land. He believes that the whole population benefited from the town's incorporation 40 years ago, that property values have increased as a result, and that the people need to respect the rules and regulations the town adopted for itself.

"I opposed the Hetfield Place development because the property is a high-risk area and MOSO prohibits development in such areas." He says that when the town council interpreted the MOSO text several years after the passage of the ordinance, it concluded that if a piece of land could be re-engineered, and the high risk mitigated, then development could be approved. "You can scrape the mountain tops down, you can dig landslides, but you permanently hurt the landscape; and if the landslide becomes active again, the town's re-

sponsibility could be engaged," explains Wykle, adding that he is not opposed to development per se – infill development makes sense to him, as long as it is done the right way and fits with the rest of the community.

Wykle was elected to the Moraga Town Council two years ago. He served as vice mayor in 2014, and in November the council named him mayor for 2015. He says he is looking forward to studying some of the projects located in the Moraga Center Specific Plan area, which are in the pipeline for the council's review. "I like the vision of the plan; I like a walkable community there," he says, "but some details need to be adjusted."

Like most council members before him, Wykle values Moraga's prudent fiscal management. He is quick to add that although he knows the operational budget has been balanced for years, the town needs to address its deferred maintenance needs. "My experience says that we should do a facilities assessment, develop projects, determine the cost of those projects, and prioritize those projects." He adds that it will cost a little bit of money to do the assessment, but once you have the program, you can make intelligent funding decisions. "You can't say that you have a balanced budget when you have unfunded liability."

Wykle would like to see a survey conducted to determine what residents think their town should do with the Palos Colorado development fees. "Do we maintain the town's facilities, do we build new facilities, do we purchase open space? I'd like to have a feel for what people want."

"The public should be respected and listened to, and that will happen under my watch," the new mayor concludes.



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Chew Moves On



Photo Sophie Braccini

Former Moraga mayor Ken Chew led his last council meeting Dec. 10. Chew served two consecutive terms on the Moraga Town Council but lost a re-election bid in November. Public and private citizens paid tribute to Chew, who has given the town more than 11 years of voluntary service on the planning commission and town council. Contra Costa County Supervisor Candace Andersen pre-

sented Chew with a plaque and expressed her appreciation. He also received gifts and thanks from council colleagues and residents – including Cheng Liao, who offered a heartfelt thank you speech. Pictured are the 2014 Moraga Town Council and guest, from left: Dave Trotter, Phil Arth, Candace Andersen, Ken Chew, Roger Wykle, Michael Metcalf. - S. Braccini



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Orinda

Public Meetings

City Council

Tuesday, Jan. 13, 7 p.m.
Auditorium, Orinda Library,
26 Orinda Way

Planning Commission

Tuesday, Jan. 6, 7 p.m.
Auditorium, Orinda Library,
26 Orinda Way

School Board Meeting

Orinda Union School District
Monday, Jan. 12, 6 p.m.
OUSD Office, 8 Altarinda Road,
www.orindaschools.org
See also AUHSD meeting page A2

Check online for agendas, meeting notes and announcements

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The Orinda Association:

www.orindaassociation.org



Orinda Police Department Incident Summary Report, Dec. 14-20

- Alarms** 24
- Battery** 10 block Calvin Dr
- Burglary, Auto**
20 block Los Amigos
- Burglary, Residential**
90 block Claremont Av
100 block Hall Dr
100 block Moraga Wy
- Civil Problem**
10 block Calvin Dr
30 block Miner Rd
600 block Ironbark Cr
- Custody Violation**
10 block Calvin Dr
- Hit & Run**
90 block Brookwood Rd
- Identity Theft**
70 block Lost Valley Dr
10 block Crescent Dr
100 block Van Ripper Ln
- Missing Adult**
Miner Rd
- Noise**
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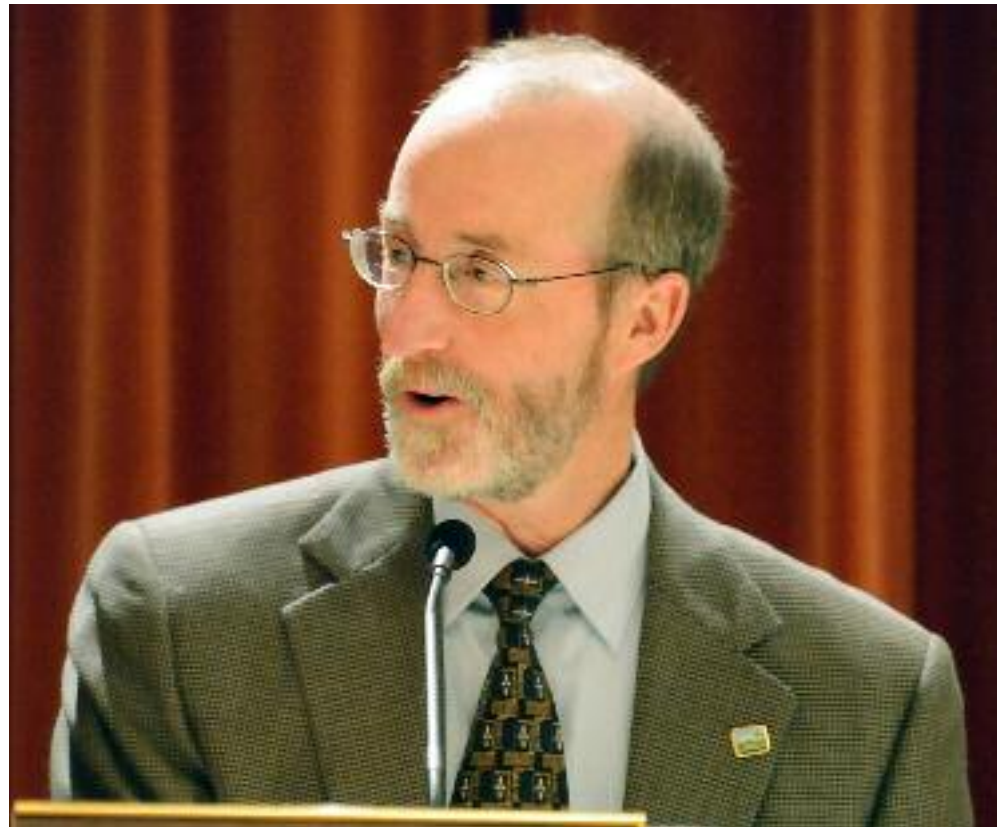
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Orinda Mayor Steve Glazer – Listening for Consensus

By Laurie Snyder



Steve Glazer

Photo Ohlen Alexander

“The thematic elements for me, if you go back to my start on the council, are collaboration and community,” says Orinda mayor Steve Glazer. Appointed to the city’s top leadership post in December, 2014, Glazer has been chosen by Orindans three times in the past decade to serve four-year terms on their City Council – in No-

vember 2004, 2008 and 2012. He last served as mayor in 2012 – and before that in 2007. As mayor, Glazer fulfills his leadership role by chairing city council meetings and serving on council task forces, such as the Audit and Finance Committee and Roads and Housing Element subcommittees, as well as being the council’s representative to

key city advisory bodies – the Finance Advisory Committee, Citizens’ Infrastructure Oversight Commission (CIOC), Public Safety Committee, and Mayor’s Liaison Group.

One of his most recent mayoral duties was to plan and secure the council’s recent adoption of the 2015 list of city and regional appointments for fellow councilmembers. His own regional responsibilities will include functioning as a voting delegate with the League of California Cities and as the city’s liaison with the Lamorinda Mayors’ Meeting, Contra Costa County Mayor’s Conference and East Bay Municipal Water Utility District.

The water job is a clue to one of his greatest passions – preserving the environment for our children’s children. In furtherance, he served on the Orinda Parks and Recreation Commission from 1997 to 1999, and helped expand recycling choices for Orindans through his prior council liaison role to the Central Contra Costa Solid Waste Authority. Lauded by environmentalists for his pragmatism, he has partnered with The Trust for Public Land and Save the Bay to preserve California open space and water quality while also fighting to protect California’s last remaining stand of privately-owned, old growth redwood trees – the Headwaters Forest Reserve.

... continued on next page

Theft, Grand 40 block Bates Bl	Circumstances	4
Theft, Petty 50 block Coral Dr	Vehicle	5
Reckless Driving Overhill Rd/Glorietta Bl	Threats 10 block Theatre Sq	35
Suspicious Person	Traffic Stops	
	Trespass 10 block Frogs Leap Wy	1
	Uncontrollable Juvenile	1
		8

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Orinda Mayor Steve Glazer – Listening for Consensus

... continued from page A6

“I can’t recall a time in my adult life where I wasn’t involved in a civic or charitable activity. Service is enjoyable, fulfilling and a gift to me. I am grateful to be able to serve.”

Another of his hectic, high profile roles is his membership on the Board of Trustees of the California State University’s 23-campus system. Appointed to the position by Gov. Jerry Brown, Glazer is finishing the fourth year of an eight-year term. Each year, trustees attend six full board sessions plus meetings of their assigned special committees. “It is a great honor and responsibility. Our challenging role as a board of trustees is to hire exceptional leaders for our campuses and set policy that ensures a high quality and affordable education is available to top performing California students.”

Glazer, who has chosen to decline all compensation for his service and function as a volunteer the way he does as Orinda’s mayor, is currently chairing the search for a new president for Sacramento State University. “The CSU is the largest higher education system in the United States. It provides affordable learning opportunities for almost 450,000 students and employs 45,000 faculty and staff. We award degrees to about 100,000 students annually with around 60 percent going to students who are the first in their families to graduate from college. Helping students fulfill the dream of advanced education is extraordinarily rewarding.”

Running a sprawling univer-

sity system spread over nearly 164,000 square miles might seem dramatically different from running a small city, but Glazer says there are genuine similarities in the tasks he takes on. “All of our campuses are mini-cities with housing, roads, public safety, health care and educational elements. The budgets are different – \$11 million for Orinda versus \$4 billion for CSU, but you still need to set goals, instill accountability and make thoughtful choices in order to stretch every dollar.”

Positioning himself as a fiscal conservative during his recent run for the California Assembly, fiscal prudence has been another of his favorite touchstones over the years. He takes great pride in Orinda’s ability to maintain a balanced budget during America’s recent major recession.

But what is most clear when one interacts with Orinda’s mayor is that, while others would be utterly exhausted by his demanding schedule, Glazer thrives on public service the way redwoods draw strength from a dense California fog. “Sitting in the mayor’s chair gives me the opportunity to work with my fellow council members and community members in finding common ground on the important issues that are before us. Building consensus in an open and respectful way is an enjoyable part of the job. Good mayors talk less because they have to listen for the common ground between their council members and the community.”

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Fire Districts

Public Meetings

MOFD Moraga-Orinda Fire District Board of Directors
 Wednesday, Jan. 21, 7 p.m.
 Go to www.mofd.org as the meeting date approaches for location and more information

ConFire Board of Directors
 Tuesday, Jan. 13
 Board Chamber room 107, Administration Building, 651 Pine St., Martinez
 For meeting times and agendas, visit <http://alturl.com/5p9pu>.

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Supervisors Approve ConFire Labor Contract

By Nick Marnell

The Contra Costa County Board of Supervisors, acting as the Contra Costa County Fire Protection District board of directors, approved a new labor agreement between the district and Local 1230 of the firefighters' union at a special Dec. 19 meeting. The highlights of the new contract include a 7.5 percent pay increase, the gradual elimination of the 9 percent firefighters' subvention of the employer portion of retirement costs and beginning in 2016, an equal split between the district and the firefighters for any increase in their medical benefits premium. The contract term runs July 1, 2014 through June 30, 2017.

"The contract maintains a balance between how much we bring our firefighters up in wages

and what we need to do for the organization after not allocating any infrastructure money over the last few years," said Fire Chief Jeff Carman. The board recently approved a \$10 million purchase of fire apparatus for this fiscal year, with a similar purchase expected next year. Carman stressed that his goal for 2015 is to be able to maintain the district's 24 companies and two squads as they are currently assigned.

"Based on the current circumstances – coming out of a recession and trying to rebuild our district – I think it's a fair contract," said Vince Wells, Local 1230 president. "Our firefighters have not had a pay increase since 2008. In fact, we lost 10 percent. We tried to get some of that money back

and get it back in a timely fashion."

The contract is cleverly constructed to give the rank and file a bump of some sort every six months beginning Jan. 1. A 2.5 percent wage increase kicks in then, followed by another 2.5 percent July 1, with a final 2.5 percent raise July 1, 2016. Three percent of the subvention of the employer retirement contribution discontinues Jan. 1, with a further 3 percent reduction Jan. 1, 2016 and a final 3 percent decrease exactly one year later, at which point the entire 9 percent subvention disappears.

"In the long run, the 9 percent retirement contribution going away was the biggest thing for us in the contract," said Wells.

Barber Joins MOFD Board

Three for the roads

By Nick Marnell



Brad Barber

Photo provided

As did directors Steve Anderson and Alex Evans when they joined the board, new Moraga-Orinda Fire District Division 4 director Brad Barber exudes a passion to improve the condition of Orinda roads.

"I was co-chair of Measure J, a partial solution to fix Orinda's appallingly bad roads," said Barber, speaking of the \$20 million bond measure that Orindans approved in 2014. Barber noted that while MOFD will benefit from improvements to Orinda roads, the district is partially responsible for their deterioration. "The fire trucks and ambulances need good roads in order to provide good service," he said. "In addition, the equipment is not easy on our roads, and the roads in Orinda are not very good to begin with. And they have not been well maintained."

Anderson ran for his seat after watching a citizens' group complain to the Orinda City Council that if MOFD funds were assessed and allocated equitably, more money would be available to fix Orinda roads. Evans, newly elected board president, was a founding member of the Fire and Infrastructure Renewal committee, an Orinda group

that espoused a similar platform.

"It's not a question of not getting our money's worth, exactly," said Barber, who was appointed to the board in lieu of election after no challengers emerged for the District 4 seat. "There is an issue of equity between different parts of the district. Orinda and Moraga are different places, with different needs, different topography, different property values." Many Orinda residents have long maintained that they pay well over \$1 million more for district services than they should, and that they unfairly subsidize Moraga residents.

"If we were starting from scratch, I don't think we'd fund the district this way," continued Barber. "We'd treat it as a single district, one entity. We'd treat the taxpayers in one area the same as the taxpayers in another."

Barber brings experience as a tax attorney and financial manager to the board. "MOFD has received a lot of bad publicity over the preceding few years and I wanted to see if there was something I could do," he said. "It's time to stop deferring the district's financial problems to future generations. It's time to solve these problems now." Outgoing MOFD president John Wyro promised district residents that a tax increase will not be necessary to cure the district's financial problems, highlighted by a \$40 million unfunded firefighters' pension liability. "It's too early for me to make that assessment," said Barber. "I would like to be able to solve the problems without raising taxes. But I'm not able to speak with the confidence that John has."

The new director also stopped short of a full-fledged endorsement of station 46, a proposed consolidation of MOFD station 43 and closed station 16 of the Contra Costa County Fire Protection District. "Financially it looks good," he said. "But how do we provide service to north Orinda to make certain that the residents aren't seriously disadvantaged? If some Orindans are more negatively affected than those affected positively, how do I weigh that? I need to learn more about it."

Barber was sworn in at the Dec. 17 district meeting. The south Orinda resident stressed that a solution to the above problems will not magically materialize. "It will require a lot of work over a sustained period," he said.

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Letters to the Editor

Share your thoughts with our community! Opinions in Letters to the Editor are the express views of the writer and not necessarily those of the Lamorinda Weekly. All published letters will include the writer's name and city/town of residence -- we will only accept letters from those who live in, or own a business in, the communities comprising Lamorinda (please give us your phone number for verification purposes only). Letters should be 350 words or less; letters of up to 500 words will be accepted on a space-available basis.
 email: letters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Editor:

A Letter to the Editor titled "A Practical Housing Strategy for Orinda" appeared in the December 17 publication of *Lamorinda Weekly*. I have a different view.

Initially, the author states that Orinda is obliged to complete the Housing Element process. However, as has been discussed during recent City Council Meetings, this "obligation" isn't as clear cut as it would seem. Additionally, Alternative 3 of the Housing Element, which does reside within Orinda Village, was passionately argued against by the sensei and a multitude of young students of a martial arts studio located at 1 Orinda Way. Like many Orinda residents, I am also extremely concerned about the dire parking situation which will result from the loss of the existing parking lot at 27 Orinda Way (Rite Aid). There is scant street parking downtown and easy accessibility to this lot is absolutely essential for participation in public meetings and classes, as well as Park activities. Other serious concerns regarding all three Alternatives, including this one, have been expressed by council members and citizens.

I was surprised to see "village character" mentioned in a discussion of high-density market-rate housing that includes additional building height and higher floor area ratios. The Orinda General Plan defines village character as "a commercial area of relatively low density with a predominance of small-scale, low lying buildings of varying architectural styles (generally not exceeding two stories)..."

Yes, the City's Municipal Code does indeed discuss downtown development. This situation exists because a previous attempt to deviously include this subject in the Planning Process Review Task Force proceedings was met with such severe community opposition that City Staff was later specifically directed by a City council member to exclude any mention of a "Downtown Plan" in the prior Housing Element. The Municipal Code was a more stealth vehicle for this contentious subject.

The eighteen thousand Orindans who will not financially profit from downtown development need to decide whether or not we want to subject ourselves to the urbanization of our semi-rural community and subject our neighbors to displacement by high-density housing.

Bruce London
 Orinda

Editor:

Can someone explain the 'logic' being used by our town staffers and members of the Moraga planning board to change zoning rules and principles of sound community planning in order to push an out of character housing project at the entrance to our town (Town Center Project)? Let me repeat what every affected neighbor is saying. The town is defying logic and trying to hammer a square peg into a round hole by greasing the deal. This project has created an unusual amount of local opposition and I hope wise minds prevail here. It's amazing that those of us who oppose this project and want it stopped before it goes any further have to basically sue the town to get them to pay attention. There's something very wrong with this picture. Do any of the Planning committee members live in the area that will be impacted by the project? Do the paid staffers live in the Moraga? Will any of these people be impacted? Is it simply money that's driving this project or is there something more sinister behind this? Those of us in opposition need to stand united and take every possible action to stop or better, relocate this project to another part of Moraga where it will have less visual and environmental impact.

Chuck Everett
 Moraga

Public Forum

If you have significant knowledge about an issue facing Lamorinda, or one of its communities, that requires more than the 350 words to which we must limit Letters to the Editor, don't despair! You can submit your letter to our Public Forum section. Just send your letter to letters@lamorindaweekly.com and let us know you'd like to be considered for the Public Forum. We will not accept Public Forum submissions regarding a current ballot measure or candidate for public office. Opinions expressed in Public Forum are the express views of the writer and not necessarily those of the Lamorinda Weekly.

Community Service

Bring in the New Year by Saving a Life

Submitted by Sheena Wellman-Miner



a.m. to 3 p.m. on Wednesday, Jan. 7 in the Orinda Community Center Founder's Auditorium, 28 Orinda Way. Individuals who are interested in donating are encouraged to schedule an appointment online, but donors do not need an appointment to participate. To schedule an appointment, go to www.redcrossblood.org and enter sponsor code Orinda, or call 1-800 RED CROSS (1-800-733-2767). For more information, visit www.cityoforinda.org or call (925) 254-2445.

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Kindergarten Registration for the 2015-16 School Year

Will your child start kindergarten in 2015? Registration dates in Lamorinda's school districts are just around the corner. To be eligible for kindergarten, a child must turn 5 years old by Sept.1. To be eligible for the transitional kindergarten program, a child must have his or her fifth birthday between Sept. 2 and Dec. 2

Lafayette
The Lafayette School District will offer its "Roadmap to Kindergarten" informational presentation for parents from 6 to 7 p.m. on Wednesday, Jan. 7 in the Multipurpose Room at Burton Valley Elementary, 561 Merriewood Drive, Lafayette.
Registration for kindergarten/transitional kindergarten will take place at the district's four elementary schools on Tuesday, Jan. 20 and Wednesday, Jan. 21 at the following times:

<p>Burton Valley Elementary 9-11 a.m. and 1-3 p.m. 561 Merriewood Drive (925) 927-3550</p> <p>Happy Valley Elementary 8:30 -11:30 a.m. 3855 Happy Valley Road (925) 927-3560</p> <p>Lafayette Elementary 9 a.m.-noon 950 Moraga Road (925) 927-3570</p> <p>Springhill Elementary 9-11 a.m. 3301 Springhill Road (925) 927-3580</p>	<p>Moraga Online registration for incoming kindergarten/transitional kindergarten students in Moraga opens Tuesday, Jan. 6 – go to https://moragaesd.aspaeries.net/air to begin the registration process. Parents can complete their child's registration at the district's three elementary schools on Thursday, Feb. 5 and Friday, Feb. 6. Registration times are based on last names – those beginning with A-L should plan to register between 9 a.m. and noon; last names beginning with M-Z should register between noon and 2 p.m.</p> <p>Camino Pablo Elementary (925) 376-4435 1111 Camino Pablo</p> <p>Los Perales Elementary (925) 631-0105 22 Wakefield Drive</p> <p>Donald L. Rheem Elementary (925) 376-4441 90 Laird Drive</p> <p>For more information visit the district's website, www.moraga.k12.ca.us.</p> <p>Orinda Union School District registration information was not available by press deadline; visit the district's website, www.orindaschools.org.</p>
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Registration packets can be obtained from the schools beginning Jan. 5. For more information visit the district's website, www.lafsd.k12.ca.us.



We want to take this opportunity to wish you and your loved ones a Happy New Year!
We hope that this coming year is filled with peace and joy.

If a change of address is on the horizon for 2015, our market is certainly filled with wonderful opportunities for both buyers and sellers. Opening Doors of Opportunity is what we do.
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Wishing all of Lamorinda continued blessings and great happiness throughout the New Year.

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Lafayette Resident Offers Young Children the Gift of Music

By Diane Claytor



Xiomara Di Maio works with preschoolers on musical skills at Happy Days Learning Center in Lafayette. Photo Diane Claytor

“Music is a more potent instrument than any other for education.” So said Plato, the famous Greek philosopher. Many studies looking at the relationship between music and brain development in young children concur, noting that early exposure to music increases abilities in other areas, including math and language. Xiomara Di Maio, Lafayette resident and owner of the Lamorinda School of Musical Arts (SOMA), couldn’t agree more. And she practices this belief every day. “Kids need music, not only to develop intellectually,” Di Maio said, “but to learn to express themselves, to survive in this busy world. They need the simplicity of making music.”

Di Maio, a native of Venezuela, became immersed in music at the young age of 5. She began taking piano lessons, singing with children’s choirs and, as she got older, attending the Conservatory of Music every day. She left home at age 20 to attend Indiana University, where she earned her B.A. in music and her master’s degree in choral conducting.

Having taught music to young children while living in Venezuela, Di Maio learned that the “playful aspects of learning” work best, especially with young children. “They need to play, need to be themselves,” she noted. And she learned that teaching children to sing is what she enjoys most.

Moving to San Diego in the late 80s, Di Maio studied the Suzuki method of teaching, where the goal is

to embrace the whole child, nurture a love of music and develop character rather than just mastering a musical instrument. While in San Diego, Di Maio created her own adult vocal ensemble, singing chamber music devoted to the Latin American repertoire. In addition to maintaining her teaching studio, she continued to perform on piano and percussion instruments.

Coming to Lafayette in 1998, she “found her treasure in meeting Bob Athayde (Stanley Middle Schools’ director of music education). He opened so many doors for me,” Di Maio said. The following year, believing that “each child has the ability to learn music,” she founded SOMA and opened her home studio. The passion Di Maio has for music is evident. Two pianos fill her living room; they are flanked on one side with a wall of shelves filled with what appears to be hundreds of CDs, and on the other, a wall of shelves holding files and files of sheet music.

Di Maio, soft-spoken and nurturing, offers a music curriculum that “helps develop young minds by exploring sound through singing, moving, listening and playing instruments.” She teaches private piano and vocal lessons as well as group classes. “I want kids to love playing the piano, love singing,” she explained. “I want them to come here and be happy.” She even encourages her students to bring other instruments they like and is happy to accompany them on the piano while

they play their guitar or saxophone.

This year, Di Maio added Child’s Play, a program for kids as young as 8 months. The curriculum, using live rather than recorded music, is based on traditional and folk music, chanting rhymes and singing games. Classes are taught both in her studio and in several local preschools and are also offered in Spanish.

“I believe it’s important to start the musical journey when children are very young,” Di Maio said. And she embraces a holistic journey, working with both sides of the brain – “exposing them, embracing them, giving them the opportunity to learn. Singing together gives them confidence, moving together gives them security, opens them up emotionally and intellectually.” It’s also Di Maio’s belief that beginning the musical education early encourages creativity and imagination as well as physical coordination, memory and accuracy. “It makes you such a different person,” she exclaimed. “This is something that I have loved since I was a very young child and music, the universal language, is what keeps me in touch with this wonderful world.”

According to Childrensmusic-workshop.com, “Music is for life. Most people can’t play soccer, or football at 70 or 80 years of age but they can sing. And they can play piano or some other instrument. Music is a gift you can give your child that will last their entire lives.”

Di Maio totally agrees.



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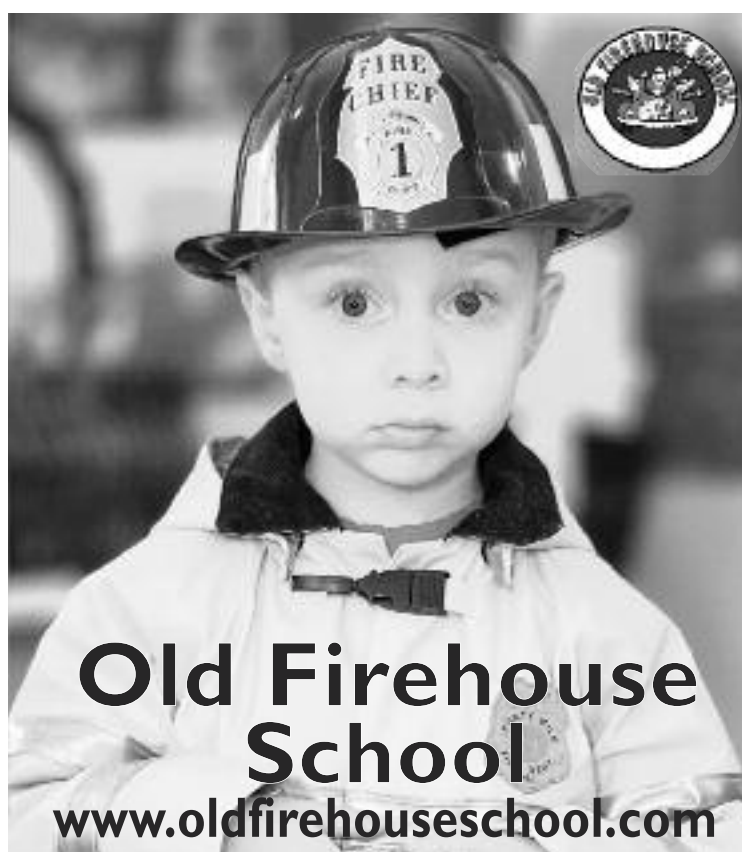


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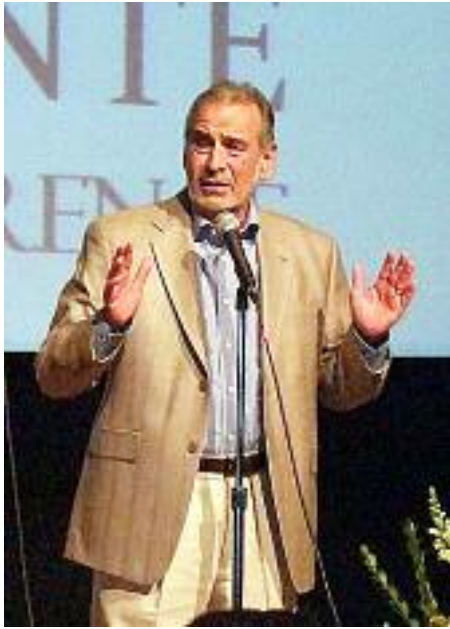
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Vines to Wines: A New Class at LLC

By Franette Armstrong



Alex Saragoza Photo provided

Even the most ardent wine lovers will have their eyes and taste buds opened during a six-week course, "Hands on the Vines: The California Wine Story," beginning Jan. 29 at the Lafayette Library and Learning Center, taught by Alex Saragoza — a professor who grew up with grape stains on his fingers.

In his class, Saragoza, who is an author and history professor at UC Berkeley, will survey the centuries leading to the current wine boom, profiling the owners and wine masters who made it happen, the wines they produced, and the \$60 billion economy that resulted.

"It's hard to imagine now what California was like before Mike Grgich's chardonnay won the Paris Wine Tasting in

1976," Saragoza said, "before grapevines lined Highways 101 and 5 and many of the places between. Everything from wine tourism to wine-pairing dinners grew out of that single event, as did much of the foodie movement of the last 40 years."

But even before all of that, pioneering immigrants from several countries began to replicate here what they had learned in vineyards at home. Later, a handful of Mexican immigrants came to California under the 1942 Bracero guest worker program and bootstrapped themselves from working the fields into owning thousands of acres. "They made a little money picking grapes and saved a bit until finally they could buy a little land. At first they sold their grapes to other wineries until they were able to leverage those profits into the multi-generational wineries we know today."

Saragoza's family is an embodiment of the forces that drove immigrants to succeed; when he was only 5 he worked alongside his parents picking cotton in California's central valley. "My parents were extremely hard working," he said. "Eventually they both got jobs at an olive bottling plant but took their vacations during the grape harvest seasons so that they could make extra money."

When Saragoza graduated from college he spent a summer tending vines to help his parents out, then he was off to graduate school at Harvard and earned his Ph.D. at UC San Diego before beginning his 37-year career at Cal.

His new class will feature guests such as a wine critic, winery owners and a

winemaker. Tastings in each session will underscore the concepts presented and trends in wine will also be examined.

"Every generation has its hallmark drink for celebration, holidays and romance. In the 1920s it was hard liquor, in the '50s it was mixed drinks, and since the mid-70s it has been wine in one form or another," Saragoza maintains.

Each bottle of wine reflects a particular historical, social and cultural background — that is part of the romance of wine, he said. "Those of us of a certain age might remember drinking Mateus and Lancers during our younger days. Those tastes morphed into an appetite for heavy

reds and oaky chardonnays. Then one film, 'Sideways,' which we will briefly view in class, won an Oscar, and suddenly many of us moved to pinot noir. Now the young and hip are discovering rosés ... like Lancers and Mateus."

This class is Saragoza's fourth for the Osher Lifelong Learning Institute. Most recently he taught a Spanish Civil War history class in Lafayette, and earlier, one on Cuba. In June he will be leading a 12-day OLLI Travel Study trip to Catalonia.

For more information on Saragoza's class or the upcoming Catalonia trip, go to olli.berkeley.edu or call (510) 642-9934.

New OLLI Classes in Lafayette

Three new six-week courses from UC Berkeley's Osher Lifelong Learning Institute (OLLI) begin on Jan. 27 at the Lafayette Library. Instructors will present their courses as well as the travel study program to Catalonia offered in June by Dr. Alex Saragoza during a free Info Session on Thursday, Jan. 8.

Exploring Philosophical Issues Through film, taught by Richard Lichtman, examines how the dynamic of "moving pictures" can reveal the flow of everyday life and the grandeur and minutia of being. Tuesdays from 1 to 3 p.m.

Hands on the Vines: The California Wine Story surveys the history of the California wine industry from its roots in Europe to its present boom. Taught by Alex Saragoza on Thursdays from 10 a.m. to noon.

Dilemmas in Biomedical Ethics explores the ethical issues arising from new biomedical technology and its effect on society, patients, families, and consumers. Taught by Marjorie Schulz on Thursday from 1 to 3 p.m.

For more information, visit olli.berkeley.edu or call (510) 642-9934.

The Making of the President

Or, Finding the meaning of Christmas and New Year's in Argentina

By Nick Marnell



Cafe in the trendy Palermo district

Photos Nick Marnell

A few issues ago I wrote about my online dating experiences. What Lamorinda readers do not know is that my terrestrial dating experiences have spanned both hemispheres. In fact, I once traveled to Argentina to ask its president, Cristina Fernandez, for a date. I was bored in Moraga, she was newly single and she seemed like a lot of fun, so I bought a plane ticket, rented an apartment in Buenos Aires for a month, and I flew there.

It was the first time I tried international apartment living. I always stayed at hostels or guest houses, and at those, a front desk person will help you, or fellow travelers will guide you. Even the time I rolled off of a boat and stumbled into a snake farm in Nicaragua, the owner at least told me what snakes to avoid as I walked to my quarters. Here, I was on my own, totally dependent upon strangers.

First, I sent Madame Presidente a Christmas card. Since she was all by herself, maybe lonely during the holidays, I asked her to take a break from the madness of her job and meet me for coffee. I enclosed my contact information and mailed her the card and hit the Buenos Aires streets.

My first observation: Forget that "dressed to kill" myth about Argentina. Young people, texting away on their iPhones, wore American clothes, usually T-shirts, tennis shoes, even flip flops. The late hours required an adjustment. A

10:30 p.m. dinner was routine, and the bars picked up around midnight, at the earliest. Victor, a bouncer, told me that the ladies in Buenos Aires love to practice their English so I shouldn't get too carried away with learning Spanish.

Most of the folks whom I told about my plan for coffee with the president thought I was out of my mind. Justina, a tough, tiny, opinionated lady who worked in the import-export business, did not speak kindly of her leader. "Everyone knows she was having an affair with one of the senators," she said.

Neither was Maria, an attorney, amused by my attempt to go on a date with Ms. Fernandez. She hated her; nearly everybody I talked to hated her. "The educated people do not like her," said Maria. "Those who are lazy, and want handouts, they love her;" which was how I felt she had marginalized me. Maria did give me her phone number, but I wasn't sure if it was for social reasons, or if she thought I might need her legal representation while I was in the country.

Christmas approached and as my hopes to meet the president faded, I did learn plenty about the culture. Christmas feels like a minor holiday in Argentina. The neighborhoods hang no lights, no wreaths, there are no trees. Not only did I see no bell-ringing Santa Claus, I found only one Christmas display in a mall. The season was refreshingly non-commercial.

On Christmas Eve people scammed

about in the 90 degree heat, but not as panicked as Lamorindans looking for a spot in the Diablo Foods parking lot. I ate a ham and cheese sandwich and walked around my neighborhood, but by sunset everybody had vanished, because Argentines spend Christmas Eve at home, with family. At midnight, fireworks went off and folks hit the streets. The celebration lasted a half hour, and the people returned to their homes.

About the only thing to do on hot, silent Christmas Day was to visit La Recoleta Cemetery and see Eva Peron's tomb. By late afternoon, the bars reopened, and the partying resumed.

Christmas Eve at home with family was not hard to grasp. But New Year's Eve, too? That was a culture shock. The streets were deserted by mid-afternoon. A cafe cooked me a pizza to forget, I worked a Sudoku puzzle and I tried to translate the Buenos Aires newspaper into English until the sun went down.

Alone near midnight, I was so desperate that I walked to a tourist bar, one of a handful open in the city. I sat with a tall, lonesome, long-haired lady from Paraguay and we split a small bottle of champagne and between her limited English and my even more limited Spanish, we probably communicated three comprehensive thoughts in an hour. She was meeting a "friend" so we hugged and went our separate ways, equally mystified at the turn of events here.

The firecrackers and the cherry bombs



Iconic, pastel-splashed La Boca neighborhood

exploded at midnight followed by yelling and hollering in the streets, but it all died down after about 20 minutes and the family parties continued indoors through the night. New Year's Day was just as quiet, about the same as a typical day in Orinda.

So while I did not accomplish my original goal, I experienced the most radical and least commercial holiday season of my life.

And you never know. Ms. Fernandez, after she steps down next year, may track me down and meet me for lunch at Home/Made Kitchen Café in Moraga.



Typical street scene, on any night but New Year's Eve.

'Soup and Substance' Invites Discussion of Lasallian Education

By A. K. Carroll



A simple table set with bread and soup awaits a small group for discussion at Saint Mary's College. Photo A. K. Carroll

A long wooden table is blanketed in red, laden with baskets of fresh sourdough and set with clean glass goblets, stiff white napkins and white ceramic plates and bowls. Around the table, 14 wooden chairs wait to be filled. A vat of steaming vegetable barley soup stands off to the side, in the center of the Germany Brother's Community Dining Room at Saint Mary's College. Beside it is a stack of thick cardstock handouts.

In the middle of the month, in the middle of the day, at the center of Saint Mary's campus, there is an integrated meal that nourishes more than just the body. "Soup and Substance," a year-round series of mid-day meals, gathers members of the SMC community for a communion of mind, soul and body. Now in its 14th year, "Soup and Substance" is a catalyst for conversation, an opportunity for faculty, staff, Brothers and students to come together and discuss the text of one of the De La Salle Brothers.

One text is selected each year by the Office of Mission. This year they have chosen to discuss the thoughts that Brother Armin Luistro shared in his 2014 Convocation Address, which challenged the members of the SMC community to rethink the process of education, to problem-solve a way of reaching the 57 million uneducated children in the Philippines. "Bringing education is more than just access," remarked one of the recent attendees. "It's also about creating a condition in which you can learn."

Each "Soup and Substance" meal is hosted by a different member of the SMC community.

In October, that member was Brother Dominic Berardelli, special assistant to the president.

"They like to call me SAP," Berardelli joked as October's group took turns introducing themselves and identifying their various roles on campus. Among the dozen or so present were a professor of mathematics and computer science, representatives from the Office of Institutional Research, a staff member from Information Technology, a representative from Mission and Ministries and an undergraduate biology major preparing for a Lasallian Service Internship in Nepal.

"This is the 12 disciples," Berardelli remarked with a smile and a laugh. He opened the group in prayer, then ushered them to the red-clothed table, where they dipped hunks of bread into steaming bowls of soup while delving into the thoughts of Brother Armin and discussing the work of the Christian Brothers in the Philippines.

The first "Soup and Substance" was originated by Brother Stan Sobczyk in 1994 as a response to SMC President Brother Mel Anderson's conversations defining the mission of the college. Brother Stan gathered faculty and staff to discuss the college's three traditions of Catholicism, the Liberal Arts, and Lasallian teaching in relation to the college mission, suggesting that Saint Mary's revisit the practice of dining and Lasallian discussion.

After a several-year break, "Soup and Substance" gatherings have been re-instituted and are currently organized by Coordina-

tor of Mission Sally Jamison. "I do most of the inviting through personal contact, email, the SMC web page and a news flash in the Collegian," said Jamison, who is always happy to see new faces around the table. A full table is anywhere from 12-14 participants, which Jamison noted, "allows for comfortable (or uncomfortable) conversation." There are regulars who participate, but variety is key.

"Both Carole (Swain, vice president for Mission) and I agree that meeting new community members is a highlight," said Jamison. "The discussions are also a highlight. Even though they revolve around the same reading, they vary, focusing on different themes in the text."

The key purpose of "Soup and Substance" isn't to brainstorm or problem-solve as much as it is to foster thought, build community and provide participants with an introduction to the Christian Brothers and an understanding of Lasallian traditions and the mission of Saint Mary's College. The meals provide food for the body, food for spirit and food for the soul.

The next "Soup and Substance" will be held on the SMC Rheem campus in January. "Soup and Substance" was started as a means of generating discussion about Lasallian education, and though this is typically contained within the SMC community, anyone with an interest in such discussions is welcome to join the conversation. To reserve a spot or inquire about future meals, contact Sally Jamison in the Office of Mission at (925) 631-4406 or sjamison@stmrys-ca.edu.

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Community Service

Community Members Restore Local Creek Habitat

Submitted by Emily Mathews



Community members hard at work transplanting native Santa Barbara sedge plants. From front to back: Sam McGonigle, Patsy Dinstell, and Larry Zedaker Photo provided

Sanders Ranch community members joined the Sanders Ranch Homeowners Association and The Restoration Trust Nov. 15 at a hands-on restoration project on a section of stream bank. Led by a team of biologists, volunteers helped remove non-native plants and plant native sedges and rushes.

The restoration work provides habitat for many native plants and animals, increases plant cover, which reduces erosion and sedimentation, and improves water quality.

Mike McGonigle and his son Sam were two of the participants. Mike especially liked the planting work and said that the event "... was a great opportunity to meet new neighbors and restore our creek at the same time."

Mike Dinstell, a HOA board member and organizer of the restoration project, noted that "The Sanders Ranch Homeowners Association supports restoration of our creeks and we're

glad to be able to organize events such as this. It's also great to get out during a break in the weather and do some planting that will help stabilize creek banks and provide wildlife habitat."

The project coincides with the completion of the reconstruction of two culverts in the Sanders Ranch creek system. The culverts had been inspected recently and discovered to be on the point of failing. With the assistance of California Department of Fish and Wildlife staff, the HOA was able to receive permits for the work in time to get it done before the winter rains. Stan Roth, head of the Ranch Creeks committee, said that "we couldn't have done this important work without the help of CDFW staff."

The Restoration Trust is a nonprofit organization dedicated to promoting native habitat restoration, stewardship, and education in central California. More information can be found at therestorationtrustonline.org.

Moraga Rotary Awarded Certificate of Appreciation from County Juvenile Hall Auxiliary

Submitted by Gary Irwin



Moraga Rotarians, spouses, and friends gather around about 300 decorated and stuffed Christmas stockings to be given to children in Juvenile Hall. Photos Carol Irwin

Rotary Club of Moraga was awarded a Certificate of Appreciation by Janet Young, executive director of the Contra Costa County Juvenile Hall Auxiliary, an organization that aids the boys and girls incarcerated there. The award was accepted by Rotarian Barbara Bruner, the community services chair for several years, on behalf of the club.

This is the 18th year that Moraga Rotary has provided about 300-320 children at Juvenile Hall with handmade and decorated Christmas stockings filled with presents such as candy, a pair of socks, a deck of cards, puzzle books, soaps, shampoos, and other cosmetics. The stockings were cut and sewn by Moraga Rotarians, spouses, and friends; girls at Juvenile

Hall participated in the decorating of the stockings with original designs in glitter glue. This year, stockings were given to about 30 girls and 270 boys on Christmas Day, along with many dozens of cookies which were donated by Joan Bruzzone. In some cases, the stocking was the only present these children received. The program was originated by Rotarians Jim and Linda Campbell.

Rotary Club of Moraga is a local service club within Rotary International, one of about 33,000 Rotary Clubs in about 200 countries. Regular meetings are held on most Tuesdays at the Soda Center at Saint Mary's College. For further information, call Frank May at (925) 376-8195, or check out moragarotary.org.



Working the stocking stuffing line, from left: Ron Schopke, Janet Gregory, Marilyn Simonsen, Al Simonsen, Suzanne Costanza, Linda May, Roger Gregory, and Joan Ulrich

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 can be sent to storydesk@lamorindaweekly.com with the subject header In Service to the Community.

Girl Scouts Adopt a Family

Submitted by Karen Watson



Photo provided

Girl Scout Troop 30095 of Glorietta Elementary School (troop leader, Diane Acevedo) participated in the annual Adopt a Family with Shelter Inc. The gifts were delivered to Shelter Inc. Dec. 13 for a family of two: a mom and her 11-month-old daughter. From left, front row: Ava Caballero, Anaya Budayr, Samantha Scott, Sophia Acevedo, Anna Watson, Allyna Bagga; back row: Maddy Ng, Aubrey Rosso and Eva Santos

Outpouring of Love and Support Continues Through the Holidays

Submitted by Jen Boxerman



Photo Michael Fox

Temple Isaiah volunteers serve dinner to Contra Costa County families in need during Winter Nights Rotating Family Shelter, a project of the Social Justice Alliance of the Interfaith Council of Contra Costa County. For more information about the program, visit cccwinternights.org.

Assistance League of Diablo Valley's Operation School Bell Receives Donation from Wells Fargo

Submitted by Betty Miller



Wells Fargo-Walnut Creek Bank Manager Lori Noia, left, presents check to Assistance League of Diablo Valley President Veronica Gant, Vice President Resource Development Wendy Schmitz, and Grants Chairman Susan Angle. Photo provided

Assistance League of Diablo Valley has been serving the Contra Costa community since 1967. One of its nonprofit hands-on programs, Operation School Bell, has provided new clothing and shoes to elementary school children since 1994. When young, lifelong learners receive such items as two pairs of pants for boys and optional skorts for girls, three polo shirts, one sweatshirt, six pairs of socks and underwear; improved school attendance, campus citizenship and overall performance result.

While accepting a check in the amount of \$5,000 from Wells Fargo-Walnut Creek Bank Manager Lori Noia at a recent meeting, Assistance League of Diablo Valley President Veronica Gant expressed appreciation for continued generosity from the champions of "strength and stability."

With financial contributions and staffing support from corporations like Wells Fargo, Operation School Bell, which is the largest Assistance League of Diablo Valley's community-based program, furthered a successful learning experience for more than 4,200 local schoolchildren in 2013-14 alone. To date, Operation School Bell member volunteers have clothed 3,655 children in the Mt. Diablo and Pittsburg school districts. Succinctly worded, "Together, we'll go far!"

To learn about Assistance League of Diablo Valley's eight other philanthropic programs and its recently awarded GuideStar Exchange gold participation level status, please visit diablovalley.assistanceleague.org or the GuideStar Exchange.

Community Service

NCL Brings Holiday Cheer for Those in Need

Submitted by Deanna Wentzel



Photo provided

One hundred and six members from the Lamorinda Chapter of National Charity League came together Dec. 7 for the 3rd Annual Ticktock Holiday Giving Meeting to bring holiday cheer for those in need at the Monument Crisis Center in Concord. The girls

shopped for, and assembled food boxes and goodie bags, made ornaments and cards, and donated over 180 games to help low-income families in Contra Costa County celebrate the holidays. NCL is a volunteer organization composed of mothers and daughters who join

together in community involvement. The Lamorinda Chapter has a membership of 254 mothers and daughters, in grades 7 through 12, all of whom actively participate in local philanthropic programs, leadership development, and cultural experiences.

Changing Diets to Prevent or Reverse Alzheimer's – Is that Possible?

By Linda Fodrini-Johnson, MA, MFT, CMC

Executive Director and Founder of Eldercare Services

“Really?” you say! The longer we live, the more important our health becomes, especially as the risk of developing Alzheimer’s disease and other illnesses that cause cognitive decline increases as we age. Over 50 percent of the population age 85 and older has a dementia such as Alzheimer’s disease – an alarming and growing percentage, as the baby boomers move into their later years. Fortunately, recent research suggests that certain foods may help prevent or reverse diseases like Alzheimer’s, as medical experts discover more about the powerful, direct relationship between our diet and our brain.

Three interesting studies were published this fall. One of the studies was a small sampling and, statistically, not relevant to the medical community; however, it is worth considering. The study was performed at UCLA and UC Irvine. Nine patients were treated with a novel therapeutic systems approach program that focused on diet, exercise, sleep, mindfulness, and some targeted vitamins. The study was released on Oct. 2.

The results were amazing: memory loss was reversed for most of the participants, with the exception of someone in the advanced stages of the illness. The primary diet changes were eliminating all simple carbohydrates, gluten and processed foods while eating more fruits, vegetables, and non-farmed fish. Sounds easy, but making significant shifts in eating patterns can be challenging.

The other two studies are about adding ingredients to your diet: walnuts and turmeric – a spice often found in curries and Indian cooking.

The Walnut Enriched Diet

study was done by the New York State Institute for Basic Research and was published in the Journal of Alzheimer’s Disease. They found that an extract in walnuts (1 ounce a day) might have a protective effect against oxidative stress caused by beta-amyloid protein. After nine months, all the tested mice in the study (I know you are not a mouse) improved in all areas – that included learning abilities, spatial memory, motor coordination and anxiety-related behavior. Walnuts are an excellent source of alpha-linoleic acid – a form of omega-3 that has been associated with heart and brain benefits.

The study regarding turmeric is coming out of the Institute of Neuroscience and Medicine in Jülich, Germany. It says that the turmeric compound promotes stem cell proliferation and differentiation in the brain. The bioactive compound found in the spice is called *aromatic tumerone*; previous studies have shown it can block the activation of microglial cells. When they are activated, these cells cause neuroinflammation, which is linked to certain neurological disorders.

Before this study, the effect of this spice on the brain’s self-repair ability was unknown. Turmeric contains another compound called curcumin, which is known for its anti-inflammatory and neuroprotective features. Interesting spice!

Eating more fruits and vegetables (organic if possible), whole grains, healthy fats (nuts, avocado, olive oil), legumes, reducing red meats (replace them with non-farmed fish) as well as eliminating all processed foods could make a big difference in the long run, both physically and mentally. Adding walnuts and

curry to our diets might not be such a big sacrifice in the end, if it helps keep our body and brain healthy. But, before making any major changes to your diet or the diet of someone you care for, you should consult your physician and/or a registered dietician to make sure there are no detrimental effects from these changes.

I am committed to a healthier diet for long life and part of that is eating six small meals daily. I have eliminated caffeine, dairy, and daily alcohol and have added exercise and mindfulness activities to my day. I am not a mouse – so time will tell how the small changes I am making will affect my health and life – but I can say that I sleep better and have more energy.

So, have some walnuts and curry tonight! Stay healthy, strong and sharp!

Please feel free to email me any questions. I may use your questions and the answers in a future column. Email me at Linda@ElderCareAnswers.com.



Linda Fodrini-Johnson, MA, MFT, CMC is the Executive Director and Founder of Eldercare Services. Eldercare is a Joint Commission Accredited Home Care Agency, which provides Professional Care Management and Family Education. For more information, visit www.ElderCareAnswers.com.

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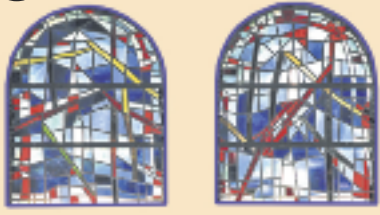
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ART

The Moraga Art Gallery's new show entitled "Waters of the Koi" highlights the bright, colorful abstract paintings of Heather Metcalf, and the exquisitely turned-wood platters, bowls and vases of Jacques Blumer through Jan. 11. The exhibit "Art Appassionata," featuring the light-washed landscapes and portraits by Lisa Gunn of Orinda and oil paintings of the California coastline by Carol Tarzier, launches the Moraga Art Gallery's 2015 schedule of shows. The show runs from Jan. 14 to March 24. The public is invited to a free opening reception from 5 to 7 p.m. Saturday, Jan. 17 in the gallery at 522 Center Street in Moraga's Rheem Shopping Center. For more info, visit www.moragaartgallery.com, call (925) 376-5407 or email moragaartgallery@gmail.com.

Jennifer Perlmutter Gallery presents a solo exhibit with artist Julie Schumer. "Without Hesitation" focuses on recent work in the artist's bold expressive style. Landscapes are constructed in an intuitive manner in the tradition of post-modern expressionism. The show runs through Feb. 14, with an Artist's Reception from 6 to 8 p.m. on Jan. 10, 3620 Mt. Diablo Blvd. in Lafayette. For more information: www.jenniferperlmutter-gallery.com or call (925) 284-1485.

MUSIC

WomenSing will be holding auditions for experienced singers for the continuing 2014-15 season on Tuesday, Jan. 6 or by appointment at Orinda Community Church, 10 Irwin Way, Orinda. New this season is the formation of the new WomenSing Ensemble, a small a cappella ensemble, selected from the larger WomenSing chorus. Membership in this group will provide additional opportunities for performing, both at and outside of regular WomenSing concerts. Email at audition@womensing.org, or visit www.womensing.org for more information. All voice parts are welcome and scholarships are available.

Voci Women's Vocal Ensemble, directed by Dr. Anne Hege, will be holding auditions for experienced choral singers in all voice parts through Jan. 15. Voci is a 24-voice, auditioned ensemble, which performs classical music from a wide variety of historical periods and rehearses from 7:30 to 10 p.m. on Wednesday evenings in Orinda. For more information or to schedule an audition, please contact artistic director Anne Hege at anne@annehege.com. To learn more about Voci, visit www.vocisings.com.

THEATER

Role Players Ensemble Auditions: "Of Mice and Men" (John Steinbeck; director Eric Fraisher Hayes). Five male roles (ages 20-60), one female (age 20-30). All ethnicities encouraged. Roles of George and Lennie pre-cast. Monologue and cold read. Non-AEA. Stipend. Auditions from 3 to 6 p.m. on Jan. 18 at Danville Town Meeting Hall, 201 Front Street, Danville. Rehearsals begin March 2. Performances: April 17-May 3. For appointments, email ehayes65@yahoo.com or call (312) 286-9224.

LECTURE & LITERATURE

Join Julia Scheeres, Berkeley resident and New York Times and London Times bestselling author as she discusses her latest book, "A Thousand Lives: The Untold Story of Jonestown" at 7 p.m. Thursday, Jan. 15 as part of Sweet Thursday program at the Lafayette Library and Learning Center. In this true life story of blind loyalty and daring escapes, of corrupted ideals and senseless, haunting loss, Scheeres follows the experiences of five Peoples Temple members who went to Jonestown. Free.

Join the Orinda, Moraga and Lafayette Branch of the American Association of University Women (AAUW) at 9 a.m. Tuesday, Jan. 20

for a free program examining the powerful role of women in the WWII workforce. Location: the Holy Trinity Serbian Church Cultural Center at 1700 School Street, Moraga. The guest speaker is Ranger Raphael Allen from the Rosie the Riveter National Park.

January Term Speaker Series at Saint Mary's College Soda Center (unless otherwise noted). Ruth Ozeki: "Writing A Tale for the Time Being and cultivating your superpower" at 7:30 p.m. Monday, Jan. 12; Reverend Bryan Hehir "Pope Francis, the Church and the World" at 7 p.m. Tuesday, Jan. 13; Jesse Saperstein "Getting a Life With Asperger's" at 1 p.m. Wednesday, Jan. 14 (Hagerty Lounge); Alan and Karen Jabbour "Life-Changing Encounters with Appalachian Culture" at 7 p.m. Tuesday, Jan. 20; Matthew Boger, Tim Zaal, and Jason Cohen "Facing Fear: A Path to Forgiveness" at 1 p.m. Wednesday, Jan. 21 (Hagerty Lounge); Tobias Buckell "The Future You Don't See" at 7 p.m. Monday, Jan. 26; and Theresa Sparks "The Emerging TGNC (Trans-Gender-Non-Conforming) Community: Challenges and Opportunities" at 1 p.m. Wednesday, Jan. 28. Free.

KIDS, PARENTS & TEENS

Contra Costa Children's Chorus - a nonprofit, community-based organization for boys and girls, ages 4-18 years - is accepting new members for the spring semester. Rehearsals are held weekly at Our Savior's Lutheran Church, 1035 Carol Lane, Lafayette. For a free placement interview, visit www.childrenschorus.org and fill out the registration form under "Join Us," or email frontdesk@childrenschorus.org.

Parent Ed night at Miramonte High School from 6 to 7:30 p.m. Tuesday, Jan. 13 will feature Simone Marean, executive director and co-founder of the internationally recognized Girls Leadership Institute (GLI). Marean will share with parents and teachers how to help girls practice assertive self-expression, emotional intelligence, and healthy relationships, preparing them for a life of personal and societal leadership. Her engaging presentation will cover the development of girl dynamics beginning in pre-school through high school. The presentation is for adults only. Space is limited - RSVP at http://rrgmiramonte.eventbrite.com/.

Five Habits of Healthy Families Nutrition Workshop from 7 to 8 p.m. Tuesday, Jan. 13 at Lamorinda Music, 81 Lafayette Circle, Lafayette features Jill West, RD, author of the book "400 Moms" and a nutrition consultant in Lafayette. Cost: \$37. To register, visit http://www.400moms.com/workshop. For more info, email Jill@400moms.com.

OTHER

Friends Corner Book Shop Half Price Sale from 9 a.m. to 5 p.m. Saturday, Jan. 3 at the corner of 1st Street and Golden Gate Way.

American Red Cross Blood Drive from 10 a.m. to 3 p.m. Wednesday, Jan. 7 in the Orinda Community Center Founder's Auditorium, 28 Orinda Way. See story on page A9.

Registration is now open for the next series of Community Emergency Response Training (CERT) classes held at the Lafayette Community Center, 500 St. Mary's Road. Classes begin Jan. 13 and are held from 6:30 to 9:30 p.m. every Tuesday night through Feb. 24. Classes are open to residents and employees of the Lamorinda area, as well as teenagers 16 and older with a parent. Free, but there must be a commitment to attend all classes. Register online at www.lamorindacert.org.

Bentley School will present the Freedom Award to Honor Former FBI Special Agent Jim Clemente at 7 p.m. Thursday, Jan. 15 at the Bentley School Student Performing Arts Center (SPAC), 1000 Upper Happy Val-

ley Rd. in Lafayette for his success in investigating and prosecuting crime and advocating for its victims. Clemente, who is currently an expert advisor and writer for CBS's "Criminal Minds," will share his own experiences and determination to protect children and adults, across the country. Free.

"Strategies to Maximize your Social Security Retirement Benefits" - a free educational workshop from 5:30 to 7 p.m. Wednesday, Jan. 28 at the Lafayette War Memorial Center. Do you know which Social Security retirement benefit filing strategy is optimal for you? There are 567 filing choices for a married couple ... over 70 percent of people file for benefits before their full retirement age. Learn how to make the best decision regarding your Social Security retirement benefits. RSVP required: tfriedman@financialguide.com.

SENIORS

Sons in Retirement Lamorinda Branch 171 will meet at 11 a.m. Thursday, Jan. 8 at Holy Trinity Culture Center, 1700 School St., Moraga. The after lunch speaker will be Sal Captain, a Moraga resident who has been growing grapes in Moraga since 2005 and who will talk about his Captain Vineyard's startup with an overview of wine making and grape growing from ancient times to today. His vineyard is dry farmed and is the first and only green winery in Contra Costa County. For information on attending the lunch and membership in Sirs, call Larry (925) 631-9528.

Lamorinda Home Expo '15 - A Home Show for the Lamorinda Community. Lamorinda Home Expo '15 offers the latest trends in home and landscape improvement and design. Homeowners wondering how to make changes to their home will get answers to their questions and find local high quality contractors and suppliers. The expo runs from 10 a.m. to 4 p.m. Sunday, Jan. 25 at the Veterans Memorial Building, 3780 Mt. Diablo Blvd., Lafayette. Free.

Origami - Instruction by Julia Lam from 2 to 4 p.m. Wednesday, Jan. 28 in the Elderberry Room, Lafayette Community Center. Learn the ancient art of origami - Japanese paper folding to create works of art. Although there are very intricate designs, beginning paper folders will start with a basic design. Lam will accommodate those who would also like to learn slightly more difficult, but still easily mastered designs. Please bring one crisp, new \$1 bill with which to make a special creation. Paper for all other projects will be provided. Free for Senior Services members; non-members: \$10.

GARDEN

The Lafayette Garden Club January meeting from 9:30 a.m. to noon Thursday, Jan. 8 in the Lafayette Veterans Memorial Hall, 3780 Mt. Diablo Blvd., will feature Gary Bogue speaking on the subject of "Garden Friends and Not-Such-Friends." Gary was curator at Lindsey Wildlife Museum and a long-time gardening and wildlife columnist for the Contra Costa Times. Now in "retirement," he is an author, lecturer, and friend to all who garden. Guests are welcome at this meeting.

Hands on Winter Pruning Workshop from 11 a.m. to 1 p.m. Saturday, Jan. 10 at Mt Diablo Nursery and Garden, 3295 Mt Diablo Blvd, Lafayette. Fruit trees, perennials, Japanese maples and roses, bring your questions and hand pruners. Free. For info, visit mtdiablonursery.com.

Montelindo Garden Club Meeting (third Friday, September thru May) will be at 9 a.m. Friday, Jan. 16 at St. Stephen's Episcopal Church, 66 St. Stephens Drive, Orinda. Speaker Claire Splan, a San Francisco Bay Area Gardener, author of California Fruit and Vegetable Gardening, will discuss fruit and vegetable gardening. For info, visit www.montelindogarden.com.

... continued on next page

Service Clubs Announcements



Explore Lamorinda Rotary clubs. The heart of Rotary is our clubs—dedicated people who share a passion for both community service and friendship. Learn about Lamorinda's Rotary clubs.



A global volunteer organization working to improve the lives of women and girls through programs leading to social and economic empowerment.



Please join us at our new location **THE LAFAYETTE PARK HOTEL** on Friday mornings at 7am. For more info, please email us at lamorindasunrise@gmail.com

January 9:

Jan Cushman and Gail Chesler from AAUW California will speak about "Tech Trek—Empowering Women For Over 130 Years"

January 16:

Gustavo Silva is Rotary exchange student living in Lamorinda and attending Acalanes High. Gustavo's topic is "My Life as a Brazilian Exchange Student"

We will not meet on January 2nd – Happy New Year!

SOROPTIMIST OF 24/680



"Improving the lives of women and girls through programs leading to social and economic empowerment"

Please join us for our next meeting:

WHEN: Wednesday 1/7/15
Social 5:30-6:00 p.m.
Meeting 6:00 – 8:00 p.m.

WHERE: The Buttercup Grill
660 Ygnacio Valley Road, Walnut Creek.

Please join us for our "Super" Pasta Bowl Fundraiser, **Sat. Jan. 24th** Lafayette Community Center Call (925) 323-1797 for details and tickets \$35.00

For more information, contact:
Regina Englehart @925-876-9076 or go to: **soroptimist24-680.org**

Not to be missed

GARDEN

Worm Composting Bin Workshop from 10 a.m. to noon Saturday, Jan. 17 at Heather Farm Community Center in Walnut Creek. Learn about vermicomposting and build your worm bin. All supplies are covered, including worms. Cost: \$20 per household. Space is limited and registration is required by Jan. 9. Visit www.wastediversion.org to download registration form. Sponsored by the Central Con-

tra Costa Solid Waste Authority. For info, call (925) 906-1801.

Winter Rose Pruning Workshop at 10 a.m. Saturday, Jan. 24 is a must for rose lovers. Rejuvenate your rose bushes and encourage beautiful new canes to produce the best blooms. Workshops are held in a covered outdoor area. Dress warmly and be prepared to learn a lot! Call (925) 254-3713 or email info@mcconnell-nursery.com to reserve a seat.

In Memory

Donald Harrison Stephens



Donald Harrison Stephens, 71, died Dec 17, 2014, at 6:24 p.m. with his wife Mary Kaye by his side at their Moraga home. Don was born Aug. 9, 1943, in Los Angeles, Calif., to Harrison and Doris Stephens. His father was a journalist, his mother raised in Merced, Calif. Doris Landram was an airplane pilot – a very uncommon vocation for beautiful female in 1939. Harrison met

Doris as a journalist while writing a story about her. They moved to La Verne, Calif., in November 1947.

As a boy Don spent summers sailing and surfing on the Southern California coast and hiking in remote areas of the mountain wilderness. He graduated from Bonita High School in 1961. He attended college at Cal Poly, Pomona. He met Mary Kaye Ripley through a mutual friend, Howard Wolff. After getting married, Don and Mary Kaye had four children while living in Pomona. Don's career spun into high gear as a creator and toy engineer, where he developed well known toys such as Barbie, Care Bears, Strawberry Short Cake, Fisher Price Tape Player and Record Player, to name a few, with many more to his credit. In his retirement from the toy industry Don ran a very successful handyman business "The Other Handyman." Many would say his success was due to his honesty and creative thinking. He was an active member of the Moraga Valley Presbyterian Church, Assistant Scout Master to the Boy Scouts of America Troop 212 and worked with various charities like Joni and Friends.

His interests included, most importantly, family where there was a foundational pillar, sailing, donating his time to missions and charities.

He is survived by his father, Harrison Stephens, Claremont, Calif.; sister, Sally Reeder, brother, David Hulse-Stephens; his wife, "the love of his life" Mary Kaye Ripley Stephens, and his four children and their spouses: Jess of Windermere, Fla.; Michael of Newberg, Ore.; Jody Wenglin of Westwood, Mass.; and EriK Stephens of Rockton, Ill.; 14 grandchildren; and three great-grandchildren.

Don was preceded in death by his mother, Doris Stephens and his sister Susan Collins.

A Celebration of Life service is scheduled Saturday, Jan. 10, 2015, at Moraga Valley Presbyterian Church, Moraga, Calif. In lieu of flowers donations may be sent to the Boy Scouts of America Troop 212, care of Moraga Valley Presbyterian Church, Moraga, Calif.

MOVIE REVIEW

'Into the Woods'

By Derek Zemrak



Photo provided

Each year Disney releases a holiday film; last year it was "Frozen," which earned two Oscars (Best Animated Feature and Best Original Song for "Let It Go"). This year Disney presents "Into the Woods," a family musical based on the Broadway play which has already received three Golden Globe nominations – Best Motion Picture, Musical or Comedy; Emily Blunt, Best Actress in a Motion Picture, Musical or Comedy; and Meryl Streep, Best Supporting Actress in a Motion Picture, Musical or Comedy.

Rob Marshall, who previously received an Oscar nomination for the 2002 box office hit "Chicago," has directed his second musical. The witch, portrayed by Meryl Streep, is in full pursuit to reverse a family curse with the help of magical items from several classic fairy tale characters. She uses the Baker (James Corden) and his wife (Emily Blunt) to attempt the curse reversal. The all-star cast also includes Anna Kendrick (Cinderella), Johnny Depp (The Wolf), Chris Pine (The Prince) and Christine Baranski as the wicked stepmother.

"Into the Woods" is a beautifully shot film and takes the moviegoer to a faraway place, making it a great family movie event this holiday season. If you are a fan of musicals you will truly enjoy this movie. The entire cast does an outstanding job in the singing category. "Into the Woods" is rated PG and runs slightly over two hours with a total running time of 124 minutes.

Derek can be heard each Saturday morning at 8 a.m. on KEST 1450AM discussing movies and entertainment in the Bay Area.

Crispy Finger Food for New Year's Festivities

By Susie Iventosch



Mini Cheddar-Potato Pancakes

Photos Susie Iventosch

A couple of weeks ago, we had dinner guests arriving in a few hours and I had yet to decide what to serve for hors d'oeuvres! Although we have a pretty big finger food and dip game, I really wanted to try something different. Because everyone seems to love potatoes, the idea of mini potato pancakes or latkes, sounded like a fun idea. Cheese always goes so well with potatoes, so we grated in a little cheddar, along with onion to make them nice and crispy and hearty. Then, there was some leftover red onion jam in the refrigerator and it could be mixed with something like plain yogurt or sour cream to make a nice dipping sauce. That was it! It all made for a fun, festive and easy finger food to munch on before dinner! These also make for a wonderful side dish to go with any sort of meat or poultry.

Mini Cheddar-Potato Pancakes

INGREDIENTS

- 4 medium sized Yukon gold potatoes, grated
- 1/2 yellow onion, finely chopped
- 3 tablespoons flour
- 1/2 cup grated cheddar (white or yellow)
- 1 egg
- 1/2 teaspoon each, salt and pepper
- 1/2 teaspoon lemon pepper
- Garnish: Serve with red onion jam mixed with Greek yogurt or sour cream.

DIRECTIONS

Grate potatoes and wring out excess liquids through cheese cloth. Place in a large bowl along with lemon pepper, salt and pepper. Add onions and grated cheddar and mix well. Sprinkle flour over potatoes and mix into batter. Then add the egg and stir until egg is well integrated. Heat olive oil or canola oil in a skillet over medium-high heat and drop soup spoon-full scoops of potato mixture into pan. Pat down with spatula and cook on first side until golden brown and crispy, then flip and cook until golden brown on the second side. You can sprinkle extra grated cheddar on top just before serving, if you like a lot of cheddar! Serve on a platter with a bowl of the red onion jam mixture in the middle for dipping. * The Red Onion Jam recipe is on the *Lamorinda Weekly* website, www.lamorindaweekly.com in the Dec. 3 archive or on the "food" tab at the top of the page.



Susie Iventosch can be reached at suziventosch@gmail.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.

Lamorinda Weekly

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LAMORINDA SPORTS



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State Champions!

By Caitlin Mitchell



The Campolindo football team poses with their State Championship trophy. It is the program's first title.

Photos Gint Federas

The Campolindo varsity football team gave head coach Kevin Macy a gift he has never received. The team won the CIF Division III State Championship on

Dec. 20. In 19 years as Campolindo's head coach, Macy has never won the title. In his second trip to the finals since 2011, the Cougars pulled off a 35-28 im-

probable win against El Capitan. Quarterback Jack Stephens said it was the greatest game he's ever been a part of.

In the third quarter, the

Cougars found themselves down 28-7 after El Capitan scored back-to-back touchdowns. Despite a 21-point hole heading into the fourth quarter, Macy looked to inspire his team, telling them to play for personal pride. The outcome was unexpected.

Senior Adam Remotto scored two touchdowns on passes from Stephens. Stephens was 19-of-32 for 291 yards and four touchdowns

on the game. Down a score, Max Flowers scored his second touchdown of the afternoon on a 14-yard throw from Stephens.

With 35 seconds to play and the game tied, El Capitan was within field goal range. On a second down play, Tiger Garcia forced a fumble. Remotto recovered the ball and ran it back 85 yards for the win.



Adam Remotto (25) ran a fumble-recovery back for the game winning touchdown. Tyler Petite (8) followed behind ready to celebrate.

Longtime Athletic Director Remembered

By Conrad Bassett



Bob Wilson

Photo Karen Drinkwater

Bob Wilson, longtime Campolindo High School athletic director, teacher and coach, passed away on Dec. 17 after a three-year bout with cancer at the age of 62.

While a student at UC Berkeley, Wilson began his coaching and teaching career at El Cerrito High School, where he helped coach the frosh-soph football team. He taught and coached for nearly 40 years, the last several at Campolindo.

He raised his kids, Bobby, Bonnie, and Jenny, in Moraga. He positively touched the lives of hundreds of students as a physical education teacher and football coach.

"I spent every morning in Bob's PE office before I would head off to my classroom," said Campolindo football coach Kevin Macy. "Bob had a way of brightening up your day."

During his 15-year tenure as athletic director at Campolindo, he was an active member of the Moraga community.

"Bob was more than an AD to the administration, he almost looked like a vice principal with all the extra duties he accepted," Macy explained. "He was one of former principal Carol Kitchens' right hand men."

Under his direction, the Campolindo athletic program was twice named Division III School of the Year by Cal-Hi Sports.

Many of the starters on this year's CIF Division 3 state championship team played for Wilson in his final season as Campolindo freshman football coach. "Bob was perfect as a freshman football coach as he had a village elder's persona that helped nurture freshmen who were playing their first year of contact football," said Macy.

The day before the NorCal Regional game, the juniors and seniors on the varsity football team visited Wilson at his home. They presented him with a signed team picture bearing an inscription dedicating the

NCS championship victory to him.

Before the CIF State Championships, Macy asked his team to play in the spirit of Wilson. After Adam Remotto's fumble recovery led to the winning touchdown, Macy said he thought of Wilson and the possibility there was some intervention taking place.

Macy remembers Wilson as great role model. "Bob was a mentor, and his life is a great inspiration."



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2015 Winter Soccer Clinics

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The Lamorinda Winter Clinics are a place where kids have fun and learn about the game of soccer! We focus on the development of individual ball mastery and technical skills while playing small-sided games from 1v1 to 4v4 and futsal 4v4 and up! The Lamorinda Soccer Club would like to welcome all girls and boys at any skill level between the ages of 5 to 11, born 8/1/2003-7/31/2010, to LMSC's Winter Clinics.

Friday January 2, 2015 - Sunday February 8 2015

(See website for dates and times for each age group)

Location: Wilder Field#2 in Orinda

To Register:

Registration Fees \$275.00

All Winter Clinic Registrations are available online at www.lamorindasc.com

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DFAL All-League Teams

Compiled by C. Mitchell

Lamorinda dominated fall sports. Lamorinda teams qualified for the North Coast Section playoffs for every sport, recording titles

in football, boys' cross country, girls' cross country, boys' water polo, and girls' water polo. The Diablo Foothill Athletic League

honored the performances of individuals who greatly contributed to their teams' success during the regular season.

Lamorinda schools took top honors at the NCS meet in both **boys' and girls' cross country**. Campolindo boys and girls finished No. 1 overall at NCS. Campolindo girls finished No. 2 at the CIF State Championships. At NCS, Miramonte and Acalanes boys rounded out the No. 4 and No. 5 spots, respectively. Miramonte girls took fifth place at the NCS meet.



Cameron Gaskell

Boys' First Team:

- Cameron Gaskell Acalanes
- Jared Yabu Campolindo
- Parker Lothamer Campolindo

Boys' Second Team:

- Jonathan Semenza Campolindo
- Sid Bagga Miramonte
- Kevin Buckley Campolindo
- Richard Gong Campolindo
- Nathaniel Sauerberg Campolindo

Todd Blakely Campolindo
Cameron Gee Miramonte
Jared Finney Acalanes
Kevin Hull Campolindo
Tommy Nimura Acalanes
Ryan Anderson (defense) Miramonte

The girls' **golf** programs enjoyed a strong season. Miramonte finished second in the NCS tournament.

Most Valuable Player:

- Emily Attiyeh Acalanes
- First Team:**
- Arielle Caronna Miramonte
 - Vanessa Van Pell Acalanes
- Second Team:**
- Ali Ingrey Miramonte
 - Valerie Rockewell Campolindo

Lamorinda sent one team to the NCS girls' **tennis** tournament. Miramonte earned a No. 4 seed and upset the No. 1 team to reach the finals. They finished in second place overall.



Hannah Ross

First Team:

- Taylor James Miramonte
- Riley Eversole Miramonte
- Hannah Ross Campolindo
- Cece Andrews/Bella Kelly Miramonte
- Nicole Finney/Grace Roberts Campolindo



Melissa Van Pell

Second Team:

- Melissa Van Pell Acalanes
- Sasha Schtein Acalanes
- Jess Simon-Parker Campolindo
- Haley Stanten Miramonte
- Lauren Ladrech/Quinn Harrington Acalanes
- Maddie Geary/Vivian McGowan Miramonte

Honorable Mention:

- Tara Barabi Acalanes
- Emma Price Campolindo
- Jen Stanten Miramonte

The **volleyball** programs all qualified for the NCS tournament. As a No. 6 seed, Miramonte reached the second round. At a No. 4 seed, Acalanes lost in the semifinals to No. 1 Campolindo. Campo was upset in the finals and lost in the first round of the NorCal tournament.



Kelly Wirth

Most Valuable Player:

Kelly Wirth Campolindo



Molly Dalziel

First Team:

- Molly Dalziel Acalanes
- Annie Doyle Campolindo
- Caroline Schafer Miramonte
- Kristen Sibley Campolindo



Caroline Schafer

Second Team:

- MacKenzie Brown Campolindo
- Emily Fabian Miramonte
- Parker Jones Acalanes
- Sabrina Smith Campolindo

Honorable Mention:

- Lauren Budde Campolindo
- Vanessa Tang Miramonte

The Lamorinda **water polo** teams were a dominant force in the DFAL and NCS this season. The boys qualified all three teams. Campolindo and Miramonte took the top two seeds, respectively. Acalanes earned the No. 5 seed. After a dramatic semifinal game, Campolindo advanced to the finals where they faced Miramonte. The Mats took the title. In the girls' bracket, Campolindo, Miramonte, and Acalanes took the top three seeds, respectively. Miramonte ousted Acalanes in the semifinals. Then, Campo beat the Mats in the finals.



Spencer Tagg

Boys' Outstanding Goalie:

Spencer Tagg Campolindo



Tyler Abramson



Jordan Hoover

Boys' First Team:

- Tyler Abramson Miramonte
- Garrett Felix Campolindo
- Jordan Hoover Miramonte
- Grayson Judge Miramonte
- Charlie Rodgers Acalanes
- Cole Stevens Campolindo
- Brendan Supple Acalanes
- Scott Zurnacian Campolindo

Boys' Second Team:

- Nima Anjedani Miramonte
- Peter Brassinga Campolindo
- Tommy Fellner Acalanes
- Yurii Hanley Campolindo
- Jack Winther Acalanes
- Alex Zamanian Miramonte

Boys' Honorable Mention:

- Brad Robison Acalanes
- Cullen Jacuzzi Campolindo
- Evan Pauletich Miramonte



Madison Tagg

Girls' Most Valuable Player:

Madison Tagg Campolindo

Girls' First Team:

- Hannah Buck Campolindo
- Emily Byrne Miramonte
- Kristen Hong Miramonte
- Hannah Kresnak Acalanes
- Rachel Lewin Campolindo
- Lauren Paxton Miramonte
- Brooke Presten Campolindo

Girls' Second Team:

- Brooke Alsterlind Acalanes
- Hailey Eberle Miramonte
- Kari Jensen Campolindo
- Avery Martin Miramonte
- Emma Myall Acalanes
- Olivia Price Campolindo
- Grace Tehaney Miramonte



Emily Byrne

Girls' Honorable Mention:

- Lucy Fellner Acalanes
- Katie Klein Campolindo
- Katrina Drake Miramonte

Campo Girls Win Tourney

Submitted by Martha White



Campolindo JV basketball girls won the 2014 JV Livermore Basketball Tournament on Dec. 13. From left: Kate Miles, Grace Mcguire, Emma VanDeWyngaerde, coach Matt Kirby, Cameron Kvech, Jessalyn Simon-Parker, Ellen White, Kalli King, Jessica Sanchez, Danielle Rhoda and Carly Grisham; not pictured: assistant coach John Kirby

Holiday Sweep

Submitted by Junaid Khan



Santa Maria seventh grade National team won the MVP holiday tournament on Dec. 21, going 3-0 through pool play. From left: Carson Essabhoy, Amir Khan, Alex DaRosa, Ryan Banisadr, Nick Acevedo, Johnathan Hollis, Chris Watson; not pictured: Tanner Zwahlen

Cheer for the New Year

Submitted by Beth Musacchio



Photo provided

Reaching New Heights

Submitted by Susan Louie



Photo provided

Katrina Louie, a senior at Miramonte High School, earned a bronze medal in her age division for Speed Climbing at the 2014 Youth Pan American Championships held in Mexico City on Nov. 26-30. This biennial event involves climbers from countries in North, Central, and South America in the disciplines of sport climbing, bouldering and speed climbing.

Row, Row, Row Your ... Erg

Submitted by Irlene Van Ardenne



Lamorinda rowers take a break at the Artemis Erg-A-Thon. From left: Dylan Aaron (Acalanes), Colin Mooney (Orinda Academy), Natalie Van Ardenne (Campolindo) and Jackie Van Ardenne (Campolindo).

Artemis rowers flocked to CRUFit in Montclair on Dec. 13 to log kilometers on ergometers to raise money for the team. The coaches led the athletes, who collectively logged more than 24 hours on the indoor rowing machines. It was a festive atmosphere at the Erg-A-Thon with parents, coaches and siblings cheering the rowers – some joining in for a few meters on the ergs.

Miramonte Beats Acalanes in Wrestling Meet

Submitted by Kristen Correll



Photo Kristen Correll

Miramonte High School has been rebuilding its wrestling program in the past several years. This year the wrestling program has the largest team it has had in four years. The wrestlers have been working hard in preseason to build both strength and technique. Team captains, seniors Alex Jang, Owen Chang, and Justin Joss, are anxious to lead their team in a winning season. It has already been a positive start. Led by head coach Jose Herrera, the Mats were victorious in their first DFAL dual meet of the season against the Dons on Dec. 11.

Jessie Musacchio and Julia Gomes, a junior and senior at Miramonte, respectively, were chosen to travel to London to perform in the New Year's Day Parade.

Cheerleaders from around the country are invited to perform in the parade after being selected as an All-American at one of the summer camps hosted by a national cheerleading organization.

All-Americans are selected to try out based on superior cheerleading skills at the camps. Musacchio and Gomes were selected in Santa Cruz this past summer.

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sportsdesk@

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(we prefer to receive your original photo file, minimum size: 200 dpi and 1200 pixels wide)



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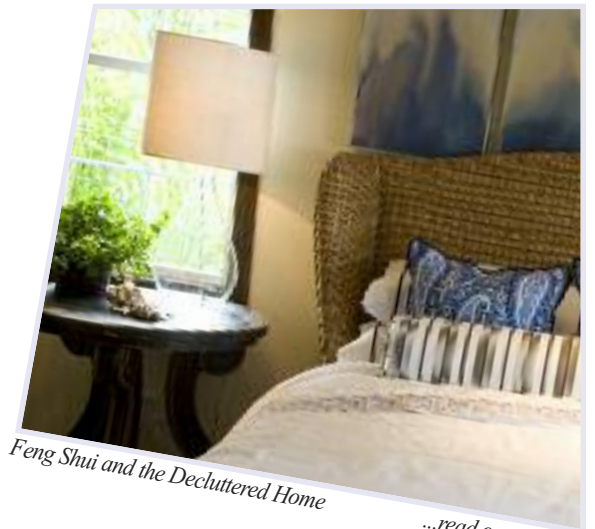
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Lamorinda OUR HOMES

Lamorinda Weekly Volume 08 Issue 22 Wednesday, December 31, 2014



Feng Shui and the Decluttered Home

...read on page D6

Cynthia Brian's Gardening Guide for January

By Cynthia Brian

"Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour." –John Boswell

As an extreme gardener and sun worshiper, winter is most definitely my least favorite season. After the hoopla of the holidays and the extravagance of a New Year's celebration, January demands reflection, re-interpretation, and relaxation. With the glorious rain we experienced in December, the three creeks on my property are rushing, offering a meditative sound that soothes my soul. The hills are greening, daffodils are blooming, mushrooms are sprouting, and branches are bare. As tempted as you may be to gather wild mushrooms, refrain from doing so unless you are with an expert mycologist or the outcome could be dire. With the exception of pruning, spraying, and weeding, we have very little to do in our gardens this first month of the year. That suits me just fine as I am busy catching up and voting on the numerous nominated films and TV series in the upcoming 21st Screen Actors Guild Awards to be simulcast live coast to coast on TNT and TBS at 5 p.m. Sunday, Jan. 25. If I'm not gardening, movies on the big screen entertain and intrigue me, offering a winter respite from the travails of the yard. This is also my special time to analyze what I did right and wrong in the past year, peruse seed catalogues, dream about creative new outdoor spaces, set goals for the new year (maybe I'll study edible fungi), and cook with fruits and vegetables that I froze this past summer in anticipation of this downtime. Embark upon your sentimental journey to enjoy the slow pace of January.

... continued on page D4



What a lovely surprise to see Jade in bloom in the winter.

Photos Cynthia Brian



Kyle Davis

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Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
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MORAGA	3	\$512,000	\$670,000
ORINDA	5	\$1,000,000	\$2,285,000

Home sales are compiled by CalREsource, 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

419 Castello Road, \$1,050,000, 3 Bdrms, 1579 SqFt, 1953 YrBlt, 11-19-14

1004 Howard Hills Road, \$1,935,000, 4 Bdrms, 3099 SqFt, 1980 YrBlt, 11-18-14;
 Previous Sale: \$1,150,000, 11-16-09

1944 Reliez Valley Road, \$885,000, 3 Bdrms, 1619 SqFt, 1967 YrBlt, 11-20-14;
 Previous Sale: \$310,500, 08-24-95

514 Silverado Drive, \$1,300,000, 4 Bdrms, 2377 SqFt, 1965 YrBlt, 11-17-14;
 Previous Sale: \$910,000, 07-24-08

3375 St. Marys Road, \$2,440,000, 5 Bdrms, 4996 SqFt, 1985 YrBlt, 11-19-14

3198 Stanley Boulevard, \$570,000, 4 Bdrms, 1514 SqFt, 1950 YrBlt, 11-20-14

MORAGA

828 Country Club Drive, \$550,000, 2 Bdrms, 1743 SqFt, 1973 YrBlt, 11-19-14;
 Previous Sale: \$274,000, 06-03-97

131 Cypress Point Way, \$670,000, 2 Bdrms, 1464 SqFt, 1973 YrBlt, 11-17-14

61 Miramonte Drive, \$512,000, 2 Bdrms, 1248 SqFt, 1964 YrBlt, 11-18-14;
 Previous Sale: \$232,500, 09-25-00

ORINDA

25 Estates Drive, \$2,285,000, 5 Bdrms, 3736 SqFt, 1940 YrBlt, 11-18-14

28 Jack Tree Knoll, \$1,443,000, 11-18-14

7 La Encinal, \$1,230,000, 4 Bdrms, 3212 SqFt, 1955 YrBlt, 11-19-14;
 Previous Sale: \$469,000, 03-05-99

21 Los Dedos Road, \$1,000,000, 4 Bdrms, 2756 SqFt, 1938 YrBlt, 11-18-14;
 Previous Sale: \$39,500, 12-11-70

37 Sleepy Hollow Lane, \$1,750,000, 4 Bdrms, 2849 SqFt, 1960 YrBlt, 11-20-14;
 Previous Sale: \$1,175,000, 08-16-06



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Seasons Greetings



Warmest thoughts and best wishes for a wonderful holiday and a very Happy New Year.

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Cynthia Brian's Gardening Guide for January

... continued from page D1

RECYCLE your Christmas tree. Remove the ornaments, lights, and all the trimmings before putting by the curbside on your regular garbage day through mid-January. If your tree was taller than 10 feet, the disposal service requires that you cut it in half.

TUCK surprises into your containers or along walkways to invite guests to stop and start a conversation. I've slipped empty Angel star perfume bottles between orchid fronds (can't throw those lovely blue stars away) and also placed an iron sculpture of two fighters created by my husband in high school on top of a birdbath planted with succulents.

SOLVE the problem of a bare spot by purchasing an azalea, fuchsia, or cyclamen in bloom and placing the pot directly in the garden. When it has finished blooming, transplant wherever you wish.

PRUNE roses, vines, and fruit trees. Canes of roses can be shared with friends. Dip a healthy cane into a growing medium, plant in good soil or in a container.

TIME to order bare root roses. David Austin is introducing four new English roses to the United States for spring. My favorite is called The Lady Gardener. More information at <http://www.DavidAustinRoses.com>.

MULTIPLY delight by bringing bouquets of pink bergenia and fragrant narcissi into your rooms. Jade is in bloom, yet there is not much other color in the

landscape right now except these enthralling favorites.

WATCH the 21st Screen Actors Guild Awards simulcast live coast to coast on TNT and TBS at 5 p.m. Sunday, Jan. 25. The award shows of the season have nothing to do with gardening, and that is the point.

FEED the birds! With winter in full throttle there is little food for our feathered friends. Make sure to keep feeders out of the rain.

SPRAY fruit trees, dogwoods, and cotoneaster this month with the first of the dormant sprays.

ADD sulfur or coffee grinds to acid loving plants including rhododendron, fuchsia, azalea, rose, daphne, and citrus to give an added boost of energy.

SAVE fireplace wood ashes to fertilize your alkaline loving plants and iris.

MULCH hillsides to prevent erosion, maintain warmth, and assist with water retention.

WEED whenever you notice the unwanted greens popping up to save yourself the trouble when the ground is dry. Weeds are easy to pull in the rainy weather and can be added to your compost heap.

SPRINKLE laundry detergent on mushrooms that grow in your lawn. Personally I love seeing mushrooms as they remind me of my favorite fairytales, but if they bother you, a dusting of laundry detergent exterminates them quickly and safely.

CARE for indoor plants by wiping large foliage with a damp cloth to remove the dust, use room temperature water on all pots, and be vigilante about watching for pests.

TAKE cuttings from fruit trees to graft in April. Wrap cuttings in wet newspaper, seal the wrapped twigs in plastic bags, and store in the freezer until you are ready.

FORCE bulbs of crocus, hyacinth, and lily of the valley.

INSPECT and repair all garden tools and equipment. Make sure to oil, sharpen, and store them securely.

PERUSE garden catalogues and magazines for ideas for a spring garden. Make a list of seeds you'll want to try this year.

REST, relax, rejuvenate, reinvent. Give yourself a respite from the cold, damp, and dreary to dream about a flourishing spring.

Have a safe, happy, and healthy New Year.



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Winter is the best time to start pruning deciduous plants and trees, such as maples, shrubs, roses, most fruit trees and most of all your Monterey pines. They go dormant in the winter and some lose their leaves. Deciduous plants are best pruned in the winter because that's when they're dormant and less prone to disease.

Before you start hacking away at your yard, you may want to call in a professional Arborist from Advance Tree Service to give you their advice on what should be done, the proper handling during pruning is essential to ensure a healthy future for your trees and shrubs.

So don't wait until it's too late, call your local Arborist at Advance Tree Service and Landscaping to help make your yard its very best.

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Rain drops on the Meyer lemons.



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Cynthia Brian ice skating for New Year's.



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Feng Shui and the Decluttered Home

By Michele Duffy



Keeping homes, especially the master bedroom, clutter-free can enhance Qi, or the flow of good energy.

Photos provided

There is no better time to say adios, au revoir, and goodbye to stagnant unhealthy clutter that makes us feel stuck and otherwise overwhelmed than at the start of a new year.

Don't we all accumulate and attach ourselves to too much "stuff" and then our "stuff" makes us feel weighed down? Visualize your home with a declutter facelift – tidy, relieved of the burden of too much stuff crammed in too little a space. If you clench your fist tightly around something your hand remains un-open and unable to receive any additional gifts. When you let go of the unnecessary and unwanted, you make more room for the blessings you are meant to receive.

Feng shui addresses a person's life holistically; dieting, exercising, meditating, attending workshops, and pursuing work you love are only part of the picture for a healthy and prosperous life. The homes and offices we spend our lives in have as much to do with our

path for health, prosperity, wellness, and resilience as anything else, and if they are clogged with clutter we are undermining our wishes for sustainable health.

In feng shui we call clutter "sha" Qi or "killing" Qi and the reason why is that clutter is devoid of life and represents dead energy. Since feng shui is based on the ancient Chinese philosophy of the Tao (pronounced Dao) which, since ancient times, has asserted that we are connected to our environment and our environment is connected to us, it stands to reason that the energy of our spaces have an influence on our health and, subsequently, many areas of our lives.

Clutter is unhealthy on many levels: First, it creates real chaos, especially when we cannot find what we need or what we are looking for; second, it is not cost effective to continually accumulate "stuff" we already have and do not need more of; and third, clutter is not sustainable, and since we cannot live in ever

smaller areas when clutter takes over, we need to make the choice to pare it down to a manageable level.

Clutter can snowball and overwhelm our spaces and lives, and create that depressing stuck Qi that holds us back from experiencing the ideal shifts in our destiny.

Where to start the decluttering process? The garage.

1. Schedule a pick up day with the Salvation Army or other nonprofit. Try to pick a bright sunny day to start, firmly schedule two to four hours to begin, get a good night's sleep, make sure you have your tools ready to go (e.g. large black garbage bags, storage bins, non-toxic cleanser and cloths).
2. Begin in the garage to create the extra storage for some of the household items you may store later.
3. Begin with a mental intention to work happily. Change your perspective from the "drudgery of cleaning" to the act of "space clearing" – use orange cleanser for abundance. Be mindful that you are getting rid of what's weighing you down and holding you back, and are making room for new opportunities, new growth, and a fresh start. Feel the shift.
4. Try your best to get to the bottom of boxes and to the back of shelves. Pull everything out so you can really eyeball what you have since you may have forgotten all that's there.
5. Organize multiples of items together or donate them.
6. Make one pile for donations, one pile for storage and a third pile for garbage. Complete the process by tying up the bags, placing them immediately on the curb for garbage or donation pick up, or in your car for donation drop off or for your storage unit, and acknowledge and admire your organized space.

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Garage storage systems and shelving units can help keep your items organized and avoid encroaching clutter.

7. Next, organize your master bedroom, bath and closets, creating a vision for what should be sacred adult space. Repeat all the above steps. From a feng shui perspective, if we make improvements in the master bedroom power area, where rest and romance nurture the keepers of the castle, that positive energy will spread to the rest of your home. No room in a home is more important to a couple or an individual than their bedroom.

8. Next do the kitchen, children's rooms, family room.

Decluttering must begin with your mind and heart's sincere and honest invitation for vitality, happiness, confidence, creativity and abundance to come into your space and life. With a firm mental commitment to start where you are, start small, and build upon your successes, the follow through will be there. If you are worried about letting go of sentimental items or family heirlooms, consider storing them elsewhere and freeing up your space for the living we are meant to do. If you cannot tackle it yourself, consider asking for help from professionals who can assist you in at least getting the ball rolling.

Meditate honestly about any attachments to your stuff and remember the age-old wisdom that if we cling too tightly to anything we are not allowing ourselves to be open to accepting the new gifts we are meant to receive from the universe.

Now please go scan this article, then throw *it away!* Happy New Year!



Although shelving is used in this garage, the amount of boxes and items on and near the shelves has led to disorganization and a sense of chaos.



Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, spending

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