

National Charity League event focuses on philanthropy and mental health

Submitted by Laura Dillard & Cheryl Bjornson



The Acalanes Area and Lamorinda Chapters of the National Charity League hold first ever joint meeting.

Photo Ann Murphy Photography

The two local chapters of National Charity League held their very first joint meeting Oct. 14, bringing together 200 young women from the Acalanes Area and Lamorinda Chapters of National Charity League. NCL is an organization of mothers and their daughters in seventh to 12th grade

that focuses on community service, leadership development and cultural experiences. The daughters are referred to as Ticktockers. For this special event, the Senior Ticktockers chose to focus on teens in foster care and teen mental health. They hosted two fantastic young female speakers.

The first was Sydney Somerville, the founder of FreeStyle, a branch of the local philanthropy Grateful Gatherings that gathers new and gently used clothes for teen girls in foster care, then creates pop-up boutiques where teen girls in foster care can shop for as many items as they would like. The NCL

Ticktockers organized a tremendously successful clothing drive for FreeStyle. At the Ticktocker Day event they sorted the clothes to help prepare for the next FreeStyle boutique opening. The experience of choosing new clothes at the boutique can be life changing. Somerville shared a story of a

young woman who was excited to go to school again because of the confidence and joy these new outfits gave her.

The second speaker was Lauren Cook, author of "The Sunny Side Up" and "Name Your Story." Lauren is a marriage and family therapist who is passionate about destigmatizing mental health concerns and adopting healthy approaches to lifelong psychological wellness. Lauren asked many questions of the Ticktockers and brave seventh-grader Emmie Cimperman actually kicked off the open conversation. A lively and meaningful discussion among the entire group followed. The Ticktockers learned that over 25 percent of us experience mental health conditions and that seeking and offering help is a sign of strength that we all need to encourage. The Acalanes Area and Lamorinda NCL Chapters look forward to more joint events in the future. For information, visit nationalcharityleague.org, <https://gratefulgatherings.org/> or <https://thesunnygirl.wordpress.com/about/>.

Scouts clean up after festival

Submitted by Siv Ricketts



More than 30 Scouts and adults from Moraga Boy Scout Troop 212 gave three hours of their time to serve their

Lamorinda neighbors by cleaning up after the close of the 2018 Lafayette Art & Wine Festival.

Boy Scouts canvass Lamorinda neighborhoods for food drive

Submitted by Charles Regan

Youth from local Scouting organizations were observed canvassing Lamorinda neighborhoods on Saturday, Nov. 10. The uniformed Scouts distributed informational door hangers to residences promoting the 2018 Scouting For Food program benefiting the Food Bank of Contra Costa and Solano.

Keep an eye out for the uniformed Scouts again on Saturday, Nov. 17 as they return to neighborhoods to collect food donations from participating residents. This year's goal is to maximize community involvement and all residents can participate by simply contributing a single non-perishable food item. Participation is easy; residents who receive

a door hanger can place their nonperishable food donations outside, in a recycled bag or box marked with the door hanger, in view of the street by 9 a.m. this Saturday morning.

Residents who did not receive a door hanger can participate by delivering their nonperishable food items directly to local designated collection sites on Nov. 17 at The Church of Jesus Christ of Latter-day Saints, Moraga at 3776 Via Granada, Moraga or The Church of Jesus Christ of Latter-day Saints, Pleasant Hill at 555 Boyd Road, Pleasant Hill Road. Food donations benefit Food Bank programs.

State of discourse in Sacramento discussed

Submitted by Michael Metcalf



From left: Ian Cook, club president, Sen. Steve Glazer, and Barry Behr, member at large.

Photo provided

California state Sen. Steve Glazer spoke about the state of discourse in Sacramento and some of the reasons why there seems to be so little comity among elected representatives at the Oct. 25 meeting of the Kiwanis Club of Moraga Valley. His comments were not restricted to state politics; Glazer suggested his remarks applied equally to general interpersonal interactions. He remarked that the all-too-common approach to conversation is confrontation, right from the outset. "Much more could be accomplished if parties in a discussion could begin by finding something on which they might agree, then proceed to work on areas of disagreement. What happens, however, is two parties immediately jump on a point of disagreement, after which reaching any compromise is difficult. What is needed is for people to

join with one another with more positive orientation, thinking from the outset that something can be found in common." Glazer shared some positive experiences where he has found common ground with people with whom he shares hardly anything in common, noting it can be done. His remarks applied not just to the state of affairs in Sacramento, but to other areas of interpersonal interactions as well. A lively group discussion followed what was described as a hopeful and upbeat presentation.

Kiwanis frequently invites speakers to talk on thought-provoking subjects. Topics are required to be apolitical. The club even steers clear of political forums or debates. For information, visit <https://www.moragavalleykiwanis.org>.

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

Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to storydesk@lamorindaweekly.com, and include "Celebrations and Remembrances" in the subject line.

In Memory

Norah Bain



On October 18, 2018, Florence Norah Bain, longtime resident of Orinda, California, passed away at the age of 96. Norah Lunt grew up in Harrogate, Yorkshire, in the north of England, with her parents Stanley and Florence, and her sister Vera. In 1947 she crossed the Atlantic on the Queen Mary to visit her aunt Elsie Wright in Berkeley, California, where she met brothers George and Hugh Bain. George and Norah were married in Harrogate the following year, then returned to California where their son George Donald was born in San Francisco.

When George was called up in the Air Force Reserve at the beginning of the Korean War, Norah and her 2-year-old son returned to England. Her daughter Kathleen Florence was born in Harrogate. George was declared Missing in Action. Two years later Norah and her two young children returned to their home in El Cerrito.

In 1956 Norah married Hugh Paul Bain and they moved to Orinda, where various family members have lived ever since. Nora's sister Vera Neilson of Bury St Edmunds in England died in 2003. Hugh Bain died in 2007 after 51 years of happy marriage.

Norah is survived by her two children, Don Bain in El Cerrito and Kathie Bain in Orinda, daughter-in-law Nora Weldon, son-in-law Andy Norrell, grandchildren Jeffrey Kottcamp in Sacramento, Sarah and Chris Weld in Lafayette, Eric and Kristy Norrell in Nevada City, Dana and Bubb Rader in Santa Cruz, and great-grandchildren Ada Norrell, Sloane Weld, Leon Rader, and Greer Weld. Norah was also very close to her nieces and nephews in Canada and the UK: Anne and Clive Field in Qualicum Beach BC, Heather Price in Malvern UK, Jeremy and Jonathon Neilson in UK, and their children and grandchildren.

Norah taught pre-school both in England and many years later in Lafayette. In the 1970s she developed a keen interest in birding. She belonged to the Mount Diablo Audubon Society and worked as a docent at Audubon Canyon Ranch in Marin for more than 20 years. She also taught birding classes in Orinda, and led many field trips. She received the William Penn Mott Jr. Environmental Award. In the last years of her life she took up painting.

Hugh and Norah attended the Lafayette-Orinda Presbyterian Church almost from its founding, and Norah maintained the connection to the last days of her life through her friend Pastor Judy Durff.

Norah loved little children and nature. In lieu of flowers, contributions may be made to one of the following or a nonprofit organization of your choice:

- Lindsay Wildlife Experience
- Friends of Wagner Ranch Nature Area
- Audubon Canyon Ranch

A memorial service is planned at 1:30 p.m. Nov. 18 at LOPC. For information, please inquire via email at: norahbainservice@gmail.com.