

Daphne Ganter of LMYA

Photo Gint Federas

Springbrook leads the way at 8th annual Lafayette Championship Meet

By Jon Kingdon

With 722 swimmers, 300 volunteers and very interested families and friends, the 8th annual Lafayette Championship Swim Meet was held July 27-28. In what is becoming an annual ritual, Springbrook came away with the championship trophy. They were followed in order by Rancho Colorados, LMYA, Sun Valley and Oakwood. Springbrook also won the Leap Award as they had the highest result when dividing the current year team points by prior year team points and Sun

Valley won the Spirit Award.

Springbrook head coach Ray Meadows attributed the success of his team to a couple of factors: "We have had a good run over the years. We're the biggest team and have an advantage there. We've been able to maintain our 15-18 swimmers and they have done a great job of mentoring the younger kids. Plus we have a mature and seasoned coaching staff, 'Springbrook Grown' that has kept things consistent.'

Rancho Colorados head coach Tom Rottici had a much younger team than he was used to and had to

"Overall, it's been a success. We're very happy with the way our team was swimming. We had a lot of new members this year (63 6 and unders). We graduated 10, 15-18 boys last year and so a lot of our younger boys stepped up and emerged as role models." Rottici found great satisfaction on two extremes: "Katherine Hawkins broke the all-time cumulative record at the Springbrook Pentathalon and on the other end, I got a kid that finally worked up the courage to make it to the end of the pool for the 6 and unders." ... continued on Page A11

adjust to the start of the school dates moving up:



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Peter Liu, Ph.D. 劉澤明博士

Dine and dance to help purchase the Joaquin Moraga Adobe



Featured band Los Arribeños de San Francisco.

Photo provided

B1-B8

By Sora O'Doherty

The Friends of the Joaquin Moraga Adobe, a local nonprofit, is holding its sixth annual Fandango Aug. 24 at the new Art and Garden Center at Wilder in Orinda to help meet its 2021 goal of purchasing the historic 1841 Moraga Adobe. Last year the Friends had hoped that their event would be the first at the new Art and Garden Center, but unfortunately the building was not completed in time.

All proceeds from this benefit event will go toward the purchase and restoration of the Moraga Adobe, located in Orinda – the oldest original structure in Contra Costa County and the original Mexican land grant home of the Moraga Family. It is listed as a California State Historic Landmark and on the National Register of Historic Places. Since 1841, this Adobe has been privately owned, but now, the community has the opportunity to preserve a part of California history for all to enjoy.

Fandangos were an important part of life

for families in the Rancho period of California history and the Moraga family was no exception. Fandangos were occasions when neighbors would come to visit, eat, dance and have a good time. FJMA is carrying on this tradition by hosting a fundraising evening with an historic 1850s theme. The Fandango will include a dinner catered by local Orinda chef Charles Vollmar, authentic Hispanic music by Los Arribeños de San Francisco, dancing demonstrations, a silent auction, a wine talk by Captain Vineyards of Moraga, and a handmade textiles exhibition.

Guests may feel like they are back in the Rancho days as a group of local elementary and middle school students demonstrate historic Hispanic dances such as the El Borrego, and the Jarabe (the Mexican Hat Dance that has been around since the 1700s.)

Guests will also be able to find out about another "mystery" adobe that was also part of the Lamorinda area.

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Life in Lamorinda A Nautical

check mark on Moraga man's bucket list - Page B1



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Orinda Country Club **OMPA** Champs - Page C1



Our Homes

Finding balance in your home

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Strong support for downtown vibrancy, but jobs-housing ratio is critical



Photo Pippa Fisher

The Lafayette City Council is exploring options for increasing downtown vibrancy, upping the "Ooh la Lafayette" factor, as the city banners proclaim.

By Pippa Fisher

Many suggestions have been forthcoming over the past few months in the course of preparing a report on increasing the vibrancy of downtown, and support within the community is strong, but concerns remain about the jobs-to-housing

Despite the lateness of the hour by the time it came up on the Lafayette City Council's agenda, a few supportive residents still remained to hear the discussion as Vice Mayor Susan Candell presented the report by the council's subcommittee on the city's Strategic Objective Four - de-

veloping a strategy to expand city support of local businesses and commerce and to increase the vibrancy of downtown Lafayette. Candell reported that it was notable how invested the public was throughout the entire process.

Interim City Manager Niroop Srivatsa emphasized the support in the community, saying that the subcommittee's meetings with stakeholders were filled with obvious energy and enthusiasm.

At the beginning of the year the council established a list of three goals and five objectives aimed at developing public policy in a variety of areas to create a roadmap for the city. At the end of the July 22 meeting the council not only accepted objective four, but also directed city staff to prepare a comprehensive report containing the recommendations for all five strategic objectives. The vote was unanimous, minus Council Member Cam Burks who was absent.

Candell explained that the committee, on which she served together with Burks, held a series of five meetings between March and May this year, talking with business owners, property owners and other stakeholders. She said they facilitated a brainstorming of "needs" and "wants."

... continued on Page A11

Police raise \$11K for Leukemia and Lymphoma Society



One younger participant learns how to use a fire extinguisher at the July 20 Lamorinda Safety Fair.

Photo provided

By Pippa Fisher

The weather was near perfect for the 2019 Police motorcycle competition and Lamorinda Safety Fair July 20 at Saint Mary's College.

The event hosted by the Lafayette Police Department, the Lafayette Emergency Preparedness Commission and Lamorinda CERT gave all an opportunity to meet local first responders, try using a fire extinguisher, learn how to perform CPR and learn how

to prepare for the next emergency or disaster. Of course all the first responder "toys" were a draw too, from the helicopter and fire engines to police cars and HazMat response vehicles.

The motorcycle competition featured officers from across the western U.S., showcasing their motorbike skills. All told, the motor officers raised \$11,000 through the competition, which will be donated to the Leukemia and Lymphoma Society.



Lafayette **Public Meetings**

City Council

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

School Board Meetings Acalanes Union High School District

AUHSD Board Room 1212 Pleasant Hill Road, Lafayette www.acalanes.k12.ca.us

Planning Commission

Monday, Aug. 19, 7 p.m. Lafayette Library & Learning Center, Community Hall, 3491 Mt. Diablo

Design Review

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

Lafayette School District

Regular Board Meeting District Office Board Room 3477 School St., Lafayette www.lafsd.k12.ca.us



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The Lafayette City Council is soliciting applicants to fill a vacancy on the **Planning Commission**

Planning Commission. This seven-member body is responsible for matters relating to land use and development in the city. The commission serves as an advisory agency to the City Council for administering the laws and ordinances governing the approval of general and specific plans, zoning text amendments and rezonings. The commission also hears and decides on applications for subdivisions, land use permits, variances, and ridgeline development. Members of the Planning Commission are required to be qualified electors of the City of Lafayette, and are selected on the basis of training, education, occupation and expertise. The commission reviews design drawings, construction plans and technical reports. The following are planning documents that commissioners must be familiar with to execute their duties. 1) Lafayette General Plan; 2) Lafayette Municipal Code, Title 6 -Planning & Land Use; 3) Downtown Specific Plan; 4) Downtown Design Guidelines; 5) Residential Design Review Guidelines. Link to the application and additional information www. lovelafayette.org/pc

Individuals with questions may call Interim Planning & Building Director Greg Wolff (925) 299-3204. Completed applications must be received by 5:00pm August 30, 2019.

Lafayette adopts legislative agenda

By Pippa Fisher

Designed to be the basis for the stand Lafayette takes on certain state bills, proposed laws and issues facing policymakers in Sacramento according to the city, the legislative agenda for 2019 and 2020 was adopted by the city council at its July 22 meeting. The vote to adopt was unanimous, minus Council Member Cam Burks who was absent.

The document is the result of several months' work, led by council members Steven Bliss and Burks on the Legislation Committee, in conjunction with the city's lobbyist Townsend Public Affairs.

The city has set up a webpage intended to be a source for residents, city staff, and commission and committees, which, the city says, will be updated frequently (see link below).

The report covers potential areas of state legislative interest for 2019 and 2020 and summarizes the city's principles around preserving land control, housing, fiscal mat-

ters, environmental protection, transportation, public health and safety, elections, and government transparency.

www.lamorindaweekly.com

TPA will use the report along with the Contra Costa County Jurisdictions' Housing and Policy Framework to guide them if or when any legislation is introduced that impacts any of the items listed and will alert the city so they can together assess what action to take.

Mayor Mike Anderson has no doubt that this agenda is essential, he says, "due to the incredible deluge of state legislation that threatens local control of planning.

"This document will provide our lobbyist, Townsend Public Affairs, Inc., a clear indication of the types of legislation that the city can support and bills that are of concern," Anderson explains, adding, "A big thanks goes out to the Council Legislative subcommittee lead by council members Bliss and Burks for shepherding this project to completion.'

www.lovelafayette.org/city-hall/legislative-agenda-2019

Speakers and expo lined up for 2019 Senior **Symposium**



Participants at a recent Senior Symposium

Photo provided

By Pippa Fisher

With much attention being given to one of the city's objectives this year – that of senior inclusion - this year's Senior Symposium, hosted by the Lafayette Community Foundation, is as valued as ever. The event will be taking place, once again, at the easily accessible Acalanes High School on Aug. 10, from 8:30 a.m. until noon.

The free event, now in its 11th year, provides an educational program along with a vibrant expo loaded with vendors focused on the elder community.

"Our objective is announced in our tag line - Aging by Design – to provide lifestyle options to the elder age community and educate those that serve or assist that community," says Co-Chair Randall Whitney. "Our objective is obviously focused on the elder age community. However, we are beginning to attract the 'sandwich' generation, which seeks information about their elder aging parent or friend needing services."

Whitney says it takes a small army of volunteers to put this annual event on, including this year help from the nonprofit motherdaughter National Charity

League and local Boy Scouts and Girl Scouts. He credits the strong work of event chair Sereta Churchill along with emeritus board member Anne Grodin for her tenure sup-

porting the event. The symposium has grown over 11 years, both in numbers of attendees as well as sponsorship support. "We are so proud to have John Muir Health as a continuing Diamond Sponsor along with Kaiser and HCA as new Platinum Sponsors this year," says Whitney. Last year over 200 people attended, their largest

ever event. This year the event will cover topics such as "Cannabis still uncharted territory" presented by Lawren Hicks, MD, a look at what is really known about medical marijuana. Lamorinda CERT Program Manager and Lafayette Emergency Preparedness Commission Chair Duncan Siebert will cover emergency preparedness. Oakwood Athletic Club Fitness Director Marie Puts will be talking about functional fitness and Jeffrey Dieden MD will be teaching how to recognize signs of stroke.

Along with the vendor resource fair there will be travel tips for seniors.

Although the event is free, online registration is required at the website below.

http://lafayettecf.org/2018-senior-symposium/

Green Awards given for work done locally and globally

By Pippa Fisher

Mayor Mike Anderson, recognizing outstanding efforts that contribute to a more sustainable community and help the city achieve its environmental goals, presented this year's annual Lafayette Awards of Environmental Excellence, otherwise known as the Green Awards, at the July

22 city council meeting to two very different recipients.

The winners this year are husband and wife team Corie and Peter Knights for their work on helping to end the demand for endangered wildlife products through their long-established, global organization WildAid; and Julian Jackl for his work as a fifth-grader this year at

... continued on Page A12

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Anya grew up in Moraga and now lives with her family in Orinda. She brings extensive digital marketing experience from the high tech world to our team here in Lamorinda.

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COMPASS

Moraga Town Council authorizes purchase of new police vehicle



Moraga Police Department's Dodge Charger

Photo Vera Kochan

By Vera Kochan

The Moraga Police Department will soon acquire a new police vehicle that will replace one of its older 2011 models in the fleet. The MPD

currently has six active marked patrol cars. It also uses an off-road vehicle for any emergencies that could transpire on any of Moraga's hillsides and steep terrains.

According to a staff report by Moraga Police Chief Jon King, "Although the Ford Crown Victoria Police Interceptor vehicle was the primary vehicle for several years, this vehicle model has been out of production since 2012. Since that time, the police department has transitioned to both the Ford Pursuit Utility (Explorer) and the Dodge Charger for use as patrol and administrative vehicles."

The old vehicle carries approximately 73,000 miles on it and is beginning to show its age with increasing maintenance costs. King stressed the importance of using newer vehicles with the public's safety in mind. "It's critical that all of our vehicles are in the best shape and condition they can be. It's impera-

tive. You can't risk the police not getting to anyone during a call. It could be a matter of life and death." He pointed out that the California Highway Patrol replaces its vehicles every three to four years.

The town will purchase a brand new black and white, 2019 Dodge Charger Pursuit V-8 Engine Patrol unit from Bravo Dodge. They are part of B & W Automotive Inc. located in Alhambra, California, which won a bidding contract from the Los Angeles County Sheriff's Department. King explained, "I shop for the best price I can get. I look at the state bids for all the deals, and we were able to pick this

The new vehicle will cost the town \$28,239.60 including sales tax and delivery to Moraga from Southern California. MPD has a contractor in the area that will customize the exterior and another that will install police equipment to the interior, both at additional cost.

No one particular officer is assigned a permanent vehicle. "We make assignments for the cars. We rotate who uses each vehicle," King said. "We want to make sure all officers are comfortable with all of the cars."

The Capital Improvement Budget for Fiscal Year 2019-20 includes \$45,000 in the Vehicle and Operating Equipment Program: Citizens Option for Public Safety, that allows for the purchase and equipping of a police vehicle.

Outdoor Supply Hardware to occupy former OSH location



The new home of Outdoor Supply Hardware Photo Vera Kochan

By Vera Kochan It didn't take long to fill the

space vacated by Orchard Supply Hardware in Moraga roughly one year ago. The new occupant, Outdoor Supply Hardware, will offer the same type of products that

do-it-yourselfers have come to expect from big-box hardware stores.

The new tenant, Central Network Retail Group, is a multi-brand retail company based in Tennessee that currently operates 104 hardware stores, home centers and

lumberyards within 14 states. According to its website, while CNRG plans to stock the shelves with its own brand of merchandise it intends to honor the longstanding appeal that consumers had for Orchard. The newly created brand, Outdoor Supply Hardware, is the 16th in its line.

The new chain's name was deliberately created to remind the public of the former Orchard hardware stores. The Moraga location at 1550 Canyon Road was one of the final 99 stores closed by previous owner Lowe's. It was chosen by CNRG to be one of its pilot stores as the new OSH, because the previous store was profitable. OSH's Mike Knickerbocker,

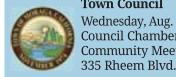
currently a store manager replied, "Naturally every company wants to select and operate in profitable locations. The people of Moraga welcomed this business model before, and with our expanded selections and services we look forward to being a part of this great community.'

Intending to open seven stores in California, CNRG has planned another location in Napa. The Moraga OSH plans on staffing somewhere between 50-60 associates in full and part-time positions. Several former Orchard employees and managers are planning to return.

An opening date for Moraga is planned for this fall.

"We will of course offer a great assortment of 'core' type hardware needs. Nursery, garden supplies, electrical, plumbing, paint, houseware items, tools, fasteners, patio furniture and grills," stated Knickerbocker. He added, "We will offer new vendors and products from Stihl power equipment, Big Green Egg grills and expanded lumber. We will also, and are very excited to offer tool rental."

Knickerbocker concluded, "We are extremely fortunate and excited to be part of the Moraga and Napa communities. We look forward to providing a great experience for our customers and neighbors."



Town Council Wednesday, Aug. 28, 7 p.m. Council Chambers and Community Meeting Room, Meeting Room, 335 Rheem Blvd.

Planning Commission

Monday, Sept. 16, 7 p.m. Council Chambers and Community Park and Recreation Commission Tuesday, Aug. 20, 7 p.m. Council Chambers and Community

Meeting Room, 335 Rheem Blvd.

Moraga School District Board Meetings

TBA Joaquin Moraga Intermediate School Auditorium, 1010 Camino Pablo, Moraga www.moraga.k12.ca.us See also AUHSD meeting page A2

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COMPASS

Cinema West takes ownership at Rheem Theatre

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David Corkill talks about his projects for the Rheem.

By Sophie Braccini

Members of the Moraga Community Foundation, which was created to support the Rheem Theatre, gathered at the Moraga venue July 30 to

hand the keys to David Corkill of Cinema West, the group that recently acquired the theater. Cinema West plans to renovate and reopen the Rheem by the end of the year.

Until then, the lights will be turned off and all will go quiet at this much-loved landmark until its metamorphosis under the new ownership. More seats will be added to the main theater with electric recliners, and a screen twice as big and pushed farther back will be installed, said Corkill. He confirmed that the historic portion of the building would not be touched.

Cinema West operates 16 theaters, 14 of them in California. Corkill said that a number of them are historic landmarks like the Rheem, such as the Alameda Theater that his partner Kyle Connor and his wife restored in 2005. Their most recent project was the State Theater in Woodland. That theater is listed on the Cinema West website as a "fully restored historic theatre with an attached modern multiplex," with a cafe for movie meals and beverages.

The films shown in Cinema West venues are current popular movies such "Toy Story 4," "The Lion King," and "Hobbs & Shaw."

Tom Schnurr, immediate past president of the MCF, recalled how the group gathered under the impetus of the late Edy Schwartz after the past owner put the theater on the market and closed it a year and a half ago. The foundation had planned to buy the theater and make it a community-run venue, and raised enough money to keep the movie theater afloat while negotiations were conducted with the owner, with support by the town of Moraga. A lease was signed with the MCF and the theater reopened.

Thanks to generous donors, the MCF spent \$35,000 to clean up the building and create a safe environment for Lamorinda moviegoers, and for over a year volunteers kept the theater open, taking shifts at the ticket booth or helping in other ways. The July celebration was a tribute to this community spirit. Schnurr

saluted all the MCF members who spent countless hours on the project, and who coordinated the many volunteers.

While the prior Rheem owner walked away from the deal offered by MCF, and there was disappointment, Schnurr expressed optimism about the purchase by Cinema West and noted the other projects MCF will be working on, such as the renovation of the bathrooms at the Moraga Commons Park to bring the facilities up to par in amenities and accessibility at the all-access-playground that the Moraga Rotary funded at that location.



Photo Wendy Scheck

Electric vehicle charging stations coming this year



By Vera Kochan

Moraga's Climate Action Plan involves reducing the town's overall greenhouse gas emissions by 15 percent, below 2005 levels, by the year 2020. The town's step in that direction was to purchase two dual-port electric vehicle charging stations expected to be operational later this year.

One of the EV charging stations will be located in the town offices parking lot at 329 Rheem Blvd. The second loca-

tion will be in the main parking lot of the Moraga Commons Park off of St. Mary's Road. Each station will be able to charge two vehicles at

The cost of both stations will run \$18,640. However, through a six month effort by the planning department, grant money was secured, thereby offsetting the cost to the town. CAP falls under the domain of the Capital Improvement Program's Fund 700 included in the Fiscal Year 2019-20 budget. The 511

Contra Costa Transportation Demand Management Program funding amounted to

\$15,120 and MCE (formerly Marin Clean Energy) came through with a \$3,520 grant.



Electric Vehicle charging ports in use at one of Lafayette's locations





ORINDA

See public meetings schedule on this pages and check online for agendas, meeting notes and announcements

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Orinda schools team up with Anti-Defamation League to promote diversity and inclusion

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By Sora O'Doherty

LAMORINDA WEEKLY

Orinda Union School District has entered into an agreement with the Anti-Defamation League to promote acceptance of diversity and inclusion. This cooperative effort will include training for teachers and staff and programs for children attending local elementary and middle schools. Some of the ongoing programs for the 2019-20 school year that support this work in classrooms include Kidpower and Thinkfirst at the elementary sites, and Epoch Education at Orinda Intermediate School. Service learning work through the OrindaCares partnership with Mindful Littles and the city of Orinda will also continue.

According to David Schrag, OUSD director of curriculum and instruction, "All Orinda schools will have a renewed focus on social emotional learning, and how to make sure we are supporting and connecting with all of our students beyond academics." Schrag said that includes a strong focus on character education, growth mindset and mindfulness, and students' social and emotional well-being.

"We believe that students are capable of high achievement and success when they are supported socially and emotionally, and our goal is to develop empathetic, resilient, ethical young people, not just strong students."

Each year OUSD also chooses one "motto" that encapsulates its work for the year. For the upcoming year the motto will be "Everyone belongs here." There will be posters of this motto at each site and some in the community to raise awareness of this unified vision for all students.

Schrag said the district is very excited to be working with the ADL, which will begin with training site and district leaders in August, and will continue with anti-bias training for all classroom teachers in the fall. Jacqueline Regev, educational director of the ADL, Central Pacific Region, came to her role with the organization in 2016, in advance of the November election. She has focused on how to create a system that really influences change within the current political and social context. As a former classroom teacher, Regev says that students learn best in a school environment

that is safe and welcoming to all students.

Teachers and principals reached out to her, noticing increases in conflicts between students that they hadn't seen before. One Livermore principal reported seeing a level of disrespect not seen in 20 years. After the election, students who were perceived to be immigrants were especially vulnerable. In an unwelcoming environment, they were told "don't speak Spanish," or, "go back to your own country."

Regev said, "Our Muslim population faces a level that is three times the national average; where nationally 18% of students reported feeling bullied, the number rose to 55% if the student was Muslim. In addition, there has been sharp increase in antisemitism on campuses." Regev reports an increase of 80-90% over the past two years, and while she says we have come to see our country as a place for religious freedom, Regev is hearing from students that they are choosing to keep quiet about their religious identity. Students in a nearby school district reported witnessing heil Hitler salutes in hallways, and being subjected to almost daily antisemitic jokes. "We are using what we've learned to make sure that everyone feels that they have an ally," she said, noting that the ADL pursues a pure anti-bias agenda.

The ADL began its "No Place for Hate" initiative with schools in 1985 in Boston. Regev is also involved with another ADL educational program, A World of Difference. The programs have three main goals: to encourage

schools to work on building community, helping students to have a deeper understanding about other cultures, and developing ally skills to enable students to advocate for themselves and to stand up for others.

Each school, however, develops its own programs as part of the initiative. Each school site works on their own initiatives, with the ADL requiring at least three schoolwide activities each year. For example, last February in the San Ramon schools, they had a week devoted to the principle that words matter, focusing on raising the importance of kind words, helpful words, and words of friendship.

One of the things the ADL has promoted at the elementary school level is the Buddy Bench. If a child is feeling isolated, he or she can go and sit on the buddy bench, and the children are socialized to go over and say, "Hey, would you like to play with me?" Even passive behavior can be hurtful, Regev noted, "by making people feel excluded."

In middle schools the programs focus on fighting bias to disrupt the escalation of hate and discrimination based on any characteristic, such as gender, religion, ethnicity, and so on. Techniques that may help include the founding a Gay+Straight Alliance, or affinity groups where students who have targeted identities can come together with an adult leader.

The ADL is also in ongoing communication with the Moraga School District.



Artist's inviting paintings on display at Wilder gallery



"The Claremont Hotel", 24" x 30", oil painting on canvas by Joseph Lombardi Jr.

By Sora O'Doherty

The featured artist at the Art and Garden Center at Wilder for August is Joseph Lombardi, Jr. of Manteca, an artist who has a penchant for painting portals – doorways, gates, windows and pathways that meander somewhere inviting. His portals are portrayed within intriguing vistas of nature, seascapes and architecture found both in domestic and foreign lands. During the month of August he has 15 oil paintings on display in the gallery.

According to the Lamor-

inda Arts Council, which curates both the galleries at Wilder and the Orinda Library, many of Lombardi's paintings reveal a subtle dreamy quality as if they are telling a story. Lombardi has worked in oils for several decades and won't be stopping anytime soon.

Lombardi grew up in New Jersey and his interest in painting started in the mid-1960s. While attending Fairleigh Dickinson University, he studied oil painting under the supervision of Ralph Shinsky.

... continued on next Page

Orinda Public Meetings

City Council

Tuesday, Aug. 20, 7 p.m. Regular Meeting Library Auditorium, Orinda Library, 26 Orinda Way

Planning Commission

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

Citizens' Infrastructure Oversight **Commission**

Wednesday, Aug. 14, 6:30 p.m. Sarge Littlehale Community Room, 22 Orinda Way, Orinda, CA 94563

Orinda Union High School District Board **Meetings**

Monday, Aug. 12, 6 p.m. Regular Board Meeting 8 Altarinda Rd., Orinda www.orindaschools.org See also AUHSD meeting page A2

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Dinner and the theater, at a discount



Photo Charles Jarrett

Kieran Cross portraying comedian Eddie McCuen in "The Musical Comedy Murders of 1940"

By Sora O'Doherty

The Orinda Starlight Village Players will give you two regular theater tickets for the price of one if you present a receipt from an Orinda restaurant. The receipt must be from the same evening as the performance, and only one

discount is allowed per party.

The current play is "The Musical Comedy Murders of 1940," with showings at 8 p.m. Thursday, Aug. 8, and 8:30 p.m. Friday, Aug. 9 and Saturday, Aug. 10. The Orinda Starlight Village Players are in their 36th season in Orinda Community Park.

Written by John Bishop, the play tells the story of the creative team responsible for a recent Broadway flop (in which three chorus girls were murdered by the mysterious "Stage Door Slasher") as the team assembles for a backer's audition of their new show at the Westchester estate of a wealthy "angel." The house is replete with sliding panels and secret passageways — all of which figure diabolically in the comic mayhem, which follows when the infamous "Slasher" makes his reappearance and strikes again - and again. As the composer, lyricist, actors and director prepare their performance, and a blizzard cuts off any possible retreat, bodies start to drop in plain sight, knives spring out of nowhere, masked figures drag their victims behind swiveling bookcases, and accusing fingers point in all directions. However, and with no thanks to the bumbling police inspector who snowshoes in to investigate, the mystery is solved in the nick of time and the "Slasher" unmasked - but not before the audience has been treated with what the OSVP describe as "a sidesplitting good time and a generous serving of the author's biting, satiric and refreshingly irreverent wit.'

In September, the theater group will present Malcolm Cowler's adaptation of Wilkie Collins' "The Woman in White."

Artist's inviting paintings on display at Wilder gallery

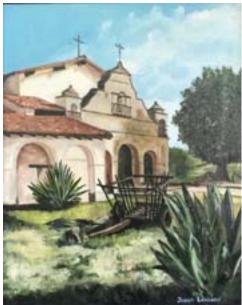
... continued from Page A6

In his early 20s, he joined his family business and also served in the U.S. Air Force, which forced him to put his painting on hold. He later returned to

painting and studied for eight years under the direction of Todd Butler in Edison, New Jersey.

The artist owned a restaurant/catering business for 40 years while living in Denville, New Jersey, with his wife and two children. Lombardi, who is inspired by nature, painted on and off when time allowed and was a member of the Morris County Art Association and participated in their art shows. After retiring, the artist relocated to California in 2014 to be closer to his two chil-

dren and grandchildren and currently resides in Manteca. While he paints everything from natural landscapes to architecture, his favorite objects are small vignettes such as entryways, windows, and gardens.



"California Mission", 16" x 20", oil painting on canvas by Joseph Lombardi Jr.

To learn more about his work go to www.josephlombardiart.ucraft.net.









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MOFD red tags 320 properties for fire code violations

925-377-0977

By Nick Marnell

In light of the catastrophic wildfires over the past several years, the Moraga-Orinda Fire District has heightened its enforcement on problem district properties, requiring weed abatement to be in strict compliance with the district fire code. Unlike in previous enforcement efforts, when MOFD only responded to citizen complaints, the district has proactively assessed problem properties in 2019, especially those near district

evacuation routes.

The district began its fire code enforcement program in March. Fire inspectors went door to door, with the focus on education, pointing out what violations existed on the properties.

In April, the district returned to the same property owners to see what work had been done. "The numbers were not good. Eighty percent had not done noticeable work," Fire Chief Dave Win-

With the weed abatement

deadline of June 15, MOFD began aggressive enforcement the next day. A staggering 320 properties were red tagged by the district. Owners of those parcels received a five-day notice to correct fire code violations on their property, such as unruly brush, a dead tree or overgrown grasses.

"Some people have just refused to do the work," a frustrated Winnacker said. The chief stressed that the district is more than willing to work with residents, but it is of utmost importance that those who are red tagged contact the district, especially if there is a reason they are unable do the work. MOFD will provide a list of contractors who are qualified to do the weed abatement.

In the event that a resident totally ignores the citation, the district board conducts a hearing, and can authorize a work order for an outside contractor to do the abatement. Contra Costa County advances the district the money to pay the contractor and the county places a lien on the property for the amount of the clean up. The district does not negotiate favorable prices with the contractor on a board authorized work order.

But Winnacker stressed that the time and effort required by the MOFD staff to place a lien on property is last thing the district wants to do. "Our goal is always to achieve voluntary compliance," the chief said.

MOFD floats radical concept to effectuate weed abatement

By Nick Marnell

Moraga-Orinda Fire District Chief Dave Winnacker has made mandatory weed abatement by the owners of all 14,000 district parcels one of his top priorities. But the chief is not happy with the

"Thirty percent of the homes on Moraga Way are still not done," Winnacker said, referring to the section of the road from south of the Orinda Crossroads to the Moraga Shopping Center, one of the main district evacuation routes. The MOFD weed abatement deadline was June

As a way to guarantee that hazardous fuel mitigation is completed on a parcel, Winnacker has proposed that every time there is a real property transfer, one of the conditions of closing becomes an inspection by the fire district to ensure that all weed abatement is up to code.

"My first instinct is that this is an issue that typically would be a real estate agent disclosure responsibility," said Mark Zinman of MZ Financial Group in Moraga.

Clark Thompson, a broker with Village Associates in Orinda, said that weed abatement compliance is already

part of the seller disclosure material. On Page 10 of the Statewide Seller and Buyer Advisory, which Thompson said is customarily used by most real estate companies to assure that buyers and sellers understand all aspects of the transfer of property, Item No. 6 advises of potential fire dangers on the property for sale. The Seller Property Questionnaire requires sellers to check a box that they are aware of all government regulations, including that "tall grass, brush or other vegetation be cleared."

Being aware of the regulations is one thing; Winnacker proposes a stronger mandate - that weed abatement on the real property be done to MOFD specifications before escrow can close.

Though Thompson has no issue with mandatory weed abatement, "Having a government representative come out prior to close of escrow, who does not understand the dynamics and intricacies of closing, would be not at all appropriate," he said.

"There are things where only government can set the regulations about items of public safety. This is one, and we support the concept," Compass associate broker Larry Hood said of Win-

nacker's proposal, but with a similar caveat as Thompson's. "The primary danger with these types of public safety concerns is that they become bloated with administrative costs and add time to a transaction. The key is to put them into place without adding costs and time to the transaction."

Claudia Gohler, Compass real estate agent in Lafayette, agrees with the chief in principle. "It makes sense, but maybe that's something that should be done before the seller puts the property on the market," she said. "Having an added inspection could delay the process. You'll be relying on the fire department's schedule to conform to the time of the closing."

Winnacker discussed his proposal at a recent district board meeting, and the item may return with greater detail later this year.

Smoke alarm recall



The California Department of Forestry and Fire Protection advised of a smoke alarm recall issued late July by Universal Security Instruments

and the U.S. Consumer Product Safety Commission. The company has received reports of 132 smoke alarms that did not properly activate.

Cal Fire advises consumers to check models MI3050S and MI3050SB, as shown in the photos.

The products were sold online through specialty wholesalers. The CPSC website contains details on the recall.

-N. Marnell



BRAND NAME MI3050S or MI3050SB

DATE CODES 2015JAN19 through 2016JUL11

Fire District Public Meetings Moraga-Orinda Fire District

Board of Directors Wednesday, Aug. 21, 7 p.m. Go to the website for meeting location, times and agendas. Visit www.mofd.org



Loud Noise

ConFire Board of Directors Tuesday, Sept. 24, 1:30 p.m. Board Chamber Room 107, Administration Building

For meeting times and agendas, visit www.cccfpd.org

Public Safety

Emergency response: Emergency: 24 Hours Police Dispatch: 24 Hours 925-284-5010 Nixle: Text your zip code to

Lafayette Police Department: 3471 Mt. Diablo Blvd.

925-283-3680 Chief of Police, Ben Alldritt 925-299-3221 Police Department Tip Line 94549Tip@gmail.com Police Department Traffic Issues

94549Traffic@gmail.com **Moraga Police Department:** 329 Rheem Blvd.,

925-888-7055 Chief of Police, Jon King ext. 7049

Orinda Police Department: 22 Orinda Way 925-254-6820 Chief of Police, Mark Nagel

925-254-6820 Orindatip@cityoforinda.org

Lafayette Police PRAYETTE Department Incident **Summary** Report POLICE July 14 - July 27

911 Calls (includes hang-ups) 116 Suspicious Circumstances Suspicious Subject Suspicious Vehicle 20 Service to Citizen 52 29 26 Patrol Req./Security Check Vacation House Check Supplemental Report Welfare Check Vehicle violations Auto Burglary 1200 Block Pleasant Hill Rd.

900 Block Hough Ave. 1200 Block Rose Ln. Stanley Blvd./Pleasant Hill Rd. 4000 Block Mt. Diablo Blvd. 1100 Block Orchard Rd. 1700 Block Ivanhoe Ave. 900 Block Hough Ave. 1800 Block Ivanhoe Ave. 3200 Block Mt. Diablo Blvd. 800 Block Rosedale Ave. Hit And Run Misdemeanor

3600 Block Mt. Diablo Blvd. (3) Mt. Diablo Blvd./Mountain View Dr. Mt. Diablo Blvd./Happy Valley Rd. 3500 Block Mt. Diablo Blvd. (3) Police Department 3300 Block Victoria Ave. Petty Theft From Vehicle 3300 Block Mt. Diablo Blvd. 900 Block Yorkshire Ct.

Reckless Driving

Olympic Blvd./Pleasant Hill Rd. Mt. Diablo Blvd./Moraga Rd. El Curtola Blvd./Westminster Pl. Moraga Rd./Tofflemire Dr. Moraga Rd./Mt. Diablo Blvd. Hamlin Rd./Solana Dr. Mt. Diablo Blvd./Dewing Ave. Stolen Vehicle Recovery

1500 Block Springbrook Rd. 3300 Block Berta Ln. Vehicle Theft 1600 Block Springbrook Rd.

900 Block 4th St. 3300 Block Mt. Diablo Blvd. Other criminal activity Forgery 1000 Block Sierra Vista Way

Fraud False Pretenses 800 Block Dewing Ave. **Grand Theft** 3500 Block Brook St. 1000 Block Via Alta **Identity Theft**

Police Department 3600 Block Mt. Diablo Blvd. 1300 Block San Reliez Ct. Misc Burglary 3400 Block School St.

Panhandling 3500 Block Mt. Diablo Blvd. (4)

Moraga Rd./Mt. Diablo Blvd. Petty Theft
3600 Block Happy Valley Rd.
20 Block Lafayette Cr.
1100 Block Hillcrest Dr. (2)

3500 Block St. Marys Rd. 3300 Block Mt. Diablo Blvd. 3200 Block Stanley Blvd. 3500 Block Mt. Diablo Blvd. (2) 3600 Block Mt. Diablo Blvd. (4) Nuisance to the Community

Disturbance-Domestic 3500 Block Walnut St. 800 Block Reliez Station Rd. Disturbing The Peace
Mt. Diablo Blvd./Happy Valley Rd.
Drunk In Public
3600 Block Mt. Diablo Blvd.
3200 Block Mt. Diablo Blvd.
Harssment

Harassment 900 Block Dewing Ave.

Loud Music Kincheloe Ct./Reliez Valley Rd. 3300 Block Kincheloe Ct. 1100 Block Glen Rd.

Mt. Diablo Blvd./Risa Rd. (2) Mt. Diablo Blvd./Risa Rd. 3300 Block Springhill Rd. Vista Bella/Martino Rd.

Loud Party Stanley Intermediate School 3300 Block N Lucille Ln. 1100 Block Glen Rd. Public Nuisance

Palomares Ct./Palomares St. Unwanted Guest 900 Block East St. 3400 Block Mt. Diablo Blvd. 3300 Block Ridge Rd.

Vandalism Springhill Rd./Pleasant Hill Rd.

Animal Cruelty 1St St./Golden Gate Way 3500 Block Mt. Diablo Blvd. (2) Elder Abuse 1000 Block Regio Ct.

Fireworks 3500 Block Rowe Pl 3400 Block School St. Ordinance Violation 3300 Block Mt. Diablo Blvd.

Mt. Diablo Blvd./Dewing Ave. 1100 Block Magnolia Ln.

espass 1100 Block Palomares Ct. 3400 Block Mt. Diablo Blvd. (2) Trespass W/ Vehicle 800 Block Broadmoor Ct.

Moraga Police Department **Incident Summary** Report **July 16- July 28**



Alarms 911 Calls (includes hang-ups) Suspicious Circumstances Suspicious Subject Suspicious Vehicle Service to Citizen Patrol Req./Security Check Supplemental Report Vacation House Check Welfare Check **Vehicle violations**

Accident Injury 1500 Block Canyon Rd. Auto Burglary Not Available Not Available Not Available

Excessive Speed Moraga Way/Southwaite Ct. Corliss Dr./Moraga Rd. (3) In Front of Commons Park (2) Rheem Blvd./Stewart Ct. (4) Alta Mesa Dr./Moraga Rd. (2) Moraga Rd./Devin Dr. 500 Block Block/Rheem Blvd. 3700 Block Block/Rheem Blvd. 3700 Block Campolindo Dr. Moraga Rd./Rheem Blvd. Draeger Dr./Moraga Rd. Moraga Rd./St. Marys Rd. Reckless Driving Moraga Rd./St. Marys Rd.

Tc - Property Damage Moraga Commons Other criminal activity

Rancho Laguna Park Forgery Police Department

Grand Theft Police Department Petty Theft Nuisance to the Community

Barking Dog 100 Block Miramonte Dr. Disturbance-Domestic 900 Block Country Club Dr. 200 Block Scofield Dr. Not Available

Crossbrook Ct./Crossbrook Dr. Loud Motorcycle Canyon Rd./Larch Ave.

Disturbing The Peace

1000 Block Alta Mesa Dr.

50 Block Buckingham Dr.

1200 Block Larch Ave.

Canyon Rd./Larch Ave.

Accident Property Moraga Rd./Rheem Blvd. Ordinance Violation

1700 Block School St.

1700 Block St. Andrews Dr.

Violation Custody Order

ORINDA

Orinda Police

July 7 - July 27

Suspicious Subject Suspicious Vehicle Service to Citizen

Alarms

Traffic

Department Incident

76

16

94

10

23

15

25

18

Summary Report

911 Calls (includes hang-ups)

Suspicious Circumstances

Patrol Req./Security Check

10 Block Crest View Terrace

Moraga Way/Altamount Dr. Auto Burglary Moraga Way/Brookwood Rd. Casa Orinda Restaurant

30 Block Orchard Rd.

Beverages And More

Hit And Run Misdemeanor

Police Department
Moraga Way/Brookside Rd.
Petty Theft Vehicles Parts
10 Block Camino Pablo

Reckless Driving
Camino Pablo/Bart Track
St Stephens Dr./Wb Sr 24
Moraga Way/Ivy Dr.
El Toyonal/Camino Pablo

Meadow View Rd./Glorietta Blvd.

Wb Sr 24 At Camino Pablo Los Amigos/Camino Pablo Camino Pablo/Manzanita Dr.

Camino Pablo/Monte Vista Rd.

Camino Pablo/Claremont Ave.

Brookwood Rd./Camino Pablo 10 Block Edgewood Rd.

Tc - Property Damage

10 Block Valley Ct.

Moraga Way/Stein Way El Nido Ranch Rd./St Stephens Dr.

Glorietta Blvd./Moraga Way

Safeway Orinda Theater

Vacation House Check

Supplemental Report

Vehicle violations

Welfare Check

Accident Injury

Not Available

651 Pine St., Martinez.

Safeway 100 Block Sleepy Hollow Ln. Loud Party
Paseo Del Rio/Campolindo Dr.
Laird Dr./Donald Dr.
1700 Block School St

McCaulous
Other criminal activity Commercial Burglary 500 Block Bear Creek Rd. (2) Safeway Grand Theft

es And More Identity Theft
Police Department (2)

Panhandling Safeway Petty Theft

St Stephens Dr./Wb Sr 24 Residential Burglary 50 Block Davis Rd. 50 Block Dolores Way

100 Block Tappan Ln. Warrant Arrest Chevron 20 Block Orinda Way 10 Block Orinda Way

Camino Pablo/Brookwood Rd. Wb Sr 24 At Wilder Rd. **Nuisance to the Community** Disturbance-Domestic Wilder Sports Fields Loud Music

10 Block La Campana Rd. Valley Dr./Heather Ln. 100 Block Silver Oak Terrace Loud Noise

Camino Lenada/Miner Rd. (2) Shadow Creek Ln./Glorietta Blvd. Monte Vista Ridge Rd. Loud Party
10 Block North Ln.

Donald Dr./Hall Dr. Public Nuisance 200 Block Courtney Ln. 50 Block Charles Hill Rd. 20 Block Hillcrest Dr.

Safeway McCaulous **Unwanted Guest** Safeway Vandalism

Orinda Intermediate School Wilder Public Works Bldg Vandalism - Felony Miramonte High School

Camino Pablo/Camino Encinas
Defraud Innkeeper
10 Block Camino Sobrante
Ordinance Violation

30 Block Sleepy Hollow Ln. Martha Rd./Glorietta Blvd. 10 Block Stanton Ct. Revocation Of Probation

60 Block Moraga Via Bart Orinda Station Beverages And More Terrorist Threats 20 Block Francisco Ct. (2)

Threats 10 Block Crown Ct. Trespass 500 Block Orindawoods Dr.

10 Block Risa Ct. Violation Restraining Order 10 Block Nonie Rď

It's official — Canyon Club Brewery is open for business



Photo Thomas Black

Community members enjoy a good time at the July 30 soft opening of Canyon Club Brewery in Moraga.

By Vera Kochan

After numerous delays, mostly due to the Bay Area's long and wet rainy season, Canyon Club Brewery has finally opened its doors signifying that "prohibition ends in Moraga".

The weekend of July 27-28 welcomed all of CCB's investors and their families and on the July 30 soft opening, CCB began serving the beerthirsty public.

Located at 1558 Canyon Road at Country Club Drive, owners Kevin Hamilton and Ken Markey, both Lamorinda residents, swear that their brewpub's name had nothing to do with the intersection. "Canyon" comes from the proximity to Moraga's impressive forestry just across

the bridge. "Club" denotes a gathering place. Markey said, "We didn't even realize that our name combined both streets of the intersection until someone pointed it out to us." The redwood tree logo is a nod to the trees that populate the canyon's topography.

Initial stumbling blocks came from the county. CCB is the first establishment of its kind in Moraga and according to Markey, "They didn't know how to handle it. The permits took longer because the county had to start from scratch for us." Both owners agree that Moraga's government was very easy to work with. Other hurdles arose from turning the former World Savings Bank building into an ADA compliant restaurant.

Hamilton and Markey have kept an enthusiastic outlook through all of the trials and tribulations they've faced. Both have complementing work experiences. Hamilton invests in breweries and restaurants, while Markey has skills in marketing and branding within the beer industry, not to mention his former position as general manager of operations at a brewery in Texas.

CCB takes pride in its décor, furnishings and even serving plates. Much of the wood on the premises and the outdoor patio furniture is recycled from other Bay Area structures or establishments. Markey explained, "The patio furniture comes from a race track in Stanislaus County. Each plate you eat off of is unique. They were bought at estate sales and antique shops." You might even eat off a plate that says "Happy Birthday." It's all part of the ambiance that they wanted to create – a down home place where families could come.

Hamilton addressed some community concerns about college students turning CCB into a hangout. "We intend to make this a place where everyone is welcome and comfortable, especially families."

LAMORINDA WEEKLY

Markey added, "We have families of our own, and we want them to enjoy coming here either to work or eat.' That sentiment was in evidence as diners of all ages, from toddlers to seniors, enjoyed the convivial atmosphere.

On the outdoor patio is a small stage, made of recycled tree stumps. Weekends will see live music acts such as acoustic guitar – no heavy metal or rock bands. CCB wants to keep the peace with nearby neighbors. Moraga Police Chief Jon King promised to pay a visit if there are any loud noise complaints.

Besides the varied beer and wine choices along with wine-based cocktails, a menu of gastropub food with a nod to Tex-Mex and vegan options was devised to complement the beverages. Shared plates offer items such as nachos, deviled eggs or smoked wings. Various salads are available along with sandwich items like burgers, pulled pork or brats. Desserts include pear crisp, bread pudding and a s'mores kit. A weekend "Beerunch" menu is coming soon with choices like a ranchero bowl, Canyon Benedict or breakfast tacos.

Thomas Black thought he would be first in line on the July 30 soft opening, but said, "Not only was I not first in line, I wasn't even 100th.'

One diner, Moraga resident Dan Mader, gave CCB a verbal thumbs up. "The beer is great! Everything that we've eaten is great! The area really needed something new like this. We're looking forward to the outdoor dining

Mader's son, Miramonte High School student Konrad, will begin working as a server for CCB. In the meantime, he has been partaking of some menu items in order to be more helpful to future customers' selection questions. "I love it!! I love this kind of food!" he replied enthusiastically. Already taking the role of restaurant ambassador he recommended, "You'll love our House Pretzel and the Artichoke Dip is great!"

While not quite "a 100 bottles of beer on the wall" menu, CCB has a more-thanwide variety of brews available for anyone's taste to enjoy. Names such as Burning Ram, Rougish Roxy, Moraga Commons and Highland Marauder are just some of the choices. They also offer a nonalcoholic House Brewed Root Beer and other beverages.

CCB has its own salumist who makes the gourmet patés, sausages, bratwurst and corned beef. An in-house baker makes fresh bread early each morning.

Hamilton and Markey want the town to know "how grateful we are to Moraga and the community for all the support." Hamilton stressed, "We want to be a place known for great food, great beer, great times."

Canyon Club Brewery hours are: Mondays through Thursdays, 4 to 10 p.m., Fridays, 4 p.m. to midnight, Saturdays, 11 a.m. to midnight and Sundays, 11 a.m. to 10 p.m. "Beerunch" hours coming soon.

For information visit: www.canyonclub.works or call (925) 376-BEER.

Orinda Motors Presents



The 15th Annual Orinda Classic Car Show Weekend

Friday Night Pre-Party, September 6, 5:30pm "DANCING WITH THE CARS"

Saturday, September 7, 10am-3pm



Visit www.OrindaCarShow.com for current entry information. Join us as a spectator - Admission is FREE!

Enjoy vintage and modern exotic cars and motorcycles, food, music, and more! The show is held in and around Orinda Motors, 63 Orinda Way.

Cruise in a Classic!

Donate \$10 and choose your ride for the Drive at 3pm.

See a Special Exhibit of Outstanding Classic and Historically Significant Porsche Cars, plus an exhibit of Station Wagons!



Enter Your Car and Buy Party Tickets Today at www.OrindaCarShow.com These events benefit the Seniors Around Town transportation program, Educational Foundation of Orinda and other local charities. We would like to

thank our partners for helping make these events happen: The Orinda Association, Rotary Club of Orinda, Orinda Historical Society Museum, Orinda Chamber of Commerce, Educational Foundation of Orinda, Lamorinda Arts Council, Orinda Community Foundation and Seniors Around Town.

Friday, September 6, 5:30pm "DANCING WITH THE CARS" FRIDAY NIGHT PARTY Wheels That Won the West

Presenting sponsor is Mechanics Bank.

Our all-inclusive event kicks-off the Classic Car Show weekend and is Orinda's largest community-wide fundraiser. See a special selection of classic vehicles

representing decades of car culture here in the West! Enjoy signature cocktails, fabulous food, awesome auction items, and great music!

Buy your tickets at: www.OrindaCarShow.com

Space is limited so don't wait. NO WALK-INS.

Proceeds from the party benefit a variety of Orinda nonprofits and projects. Produced by the Rotary Club of Orinda.

Free Admission Saturday September 7, 10am - 3pm 15TH ANNUAL ORINDA CLASSIC CAR SHOW

Presenting sponsor for this event is **Orinda Motors**.

- The show is held in Orinda Village around Orinda Motors and on Orinda Way
- 200+ classic and modern exotic cars and unique motorcycles
- Lamorinda Idol Winners performance at noon · Food and beverages will also be available
- Shaded seating to enjoy lunch and refreshments from the Car Show BBQ Booth
- · Loard's Ice Cream and Candy
- Ride in the Drive of Classic Cars at 3pm
- Buy a 2019 Car Show T-Shirt

Car Show proceeds benefit: Seniors Around Town, Orinda Historical Society Museum, The Orinda Association, Orinda Community Foundation and other local charities.

Outpouring of support for Moraga CVS accident victim

By Sora O'Doherty

Inge Olson, a resident of Moraga for 34 years, works two local jobs: she is a classroom aid at Donald Rheem Elementary School, where she is known as Ms. Inge, and at the local CVS. After a van was accidentally driven into the store on July 13, Olson was pinned between the two-ton safe and the register. Her pelvis was broken in three

The only thing she can't remember about the accident are the faces of the couple she was serving at the time the van jumped the curb, crossed the sidewalk, and rammed into the store. But she does remember noticing that she still had their receipt in her hand. When she was told to just toss it, she exclaimed, "But they might have coupons!" That pretty much comports with her friend Lori Moon's assessment of Olson's personality: "She's always thinking of others, putting their needs before her own."

Olson contacted Moon's

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husband at their home immediately after the accident. She needed him to go to the store and retrieve her phone from her locker because she wanted to make sure that her parents, who live in Richmond, heard from her before they saw the news of the accident in the media. She also was concerned about a dog she was petsitting and a neighbor whose plants she was supposed to start watering the next day.

One thing that Olson is grateful for is that she was looking the other way when the van was heading into the store, so she did not see it approaching. "I heard a tremendous boom, she says, and I felt the building shake; I heard screaming." She realized she was pinned between the safe and her register, register No. 2.

"As horrible as this was," Olson says, she attributes her ability to remain calm to a customer in the store at the time of the accident who stepped forward and said, "Hi, my name is Marie and I'm a nurse." Olson felt immediately that her hips weren't right, and Marie helped her out from between the safe and the register and got her onto the floor. Marie staved with her until the EMTs arrived to take over. Movement was excruciating, but when she was lying down her pain was at level 1, she recalls. Then in the ambulance, the EMTs administered

medication for the pain. Olson recounted that she has been super-healthy all her life, enjoying outdoor activities such as hiking. Her only previous hospital stay was for the birth of her son, who recently moved to San Diego with his wife and their toddler. They are expecting another child soon, and Olson thought she would go down to help them next February after the birth. However, that is

Photo Sora O'Doherty

now in doubt.

But Olson believes that things happen for a reason. "I'm a part of the special needs club now," she says, re-ferring to the children with special needs whom she helps at Rheem School. "I have new empathy now; I feel what they are going through." Olson has been astonished and moved by the outpouring of love from the Moraga community, her customers and coworkers at CVS, and all the students and staff at Rheem School. The principal has visited her twice, and her room is papered with Get Well cards made by students, who are not even in school at this time.

Olson came to tears when she heard that a GoFundMe campaign had been started for her, which raised over \$13,000 within the first 14 days of the accident to help her with her ongoing expenses, since she will not be able to return to either of her two jobs anytime soon. But, with Olson's sense of humor she reflected, "I'll get to miss the chaos of the Rheem re-

She is facing the future with determination. "I'm going to get through this and

then I'll get through my bucket list," she proclaimed. She is making progress every day and she's taking it one day at a time. She has both occupational therapy, which focuses on upper body strength, as well as physical therapy. She has a "hip kit," which includes her new best friend, a reacher that enables her to grab things without excessive bending or stretching. She is working on basic skills for living, such as climbing up stairs, pivoting, and coming back down. Part of her therapy involves a video game, sort of like a Wii, where she throws balls at animal targets and makes a little fox jump up to catch grapes and chickens. "It's fun," Olson says with her characteristic good humor.

Rheem will be getting a substitute for Olsen at the beginning of the school year, but she may be able to return with modified duties.

Olson says that through this incident she has learned the depth of how much she is loved here. "To learn how much people love you before you are dead is wonderful," she exclaimed.

The GoFundMe page for Olson can be found at www.gofundme.com/f/ms-inge-healing-fund

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Letters to the editor

Seeking higher sustainability priorities

I am a Boy Scout for Orinda Troop 57 who is heavily invested in environmentalism and sustainability. Looking at the environmental priorities of the Lamorinda governments, I fear that not enough action is being taken to address this growing concern. Lafayette environmental organizations are, of course more prevalent than those in Moraga and Orinda. These two governments,

while certainly possessing certain forms of sustainable planning, fall far behind Lafayette in both precise policy and volunteer support, and while the latter is not the fault of the governments themselves, the lack of green policy, at least in the public eye, is startling. The Moraga website's climate action plan hasn't been updated since 2013, and Orinda lacks easily found climate policy on its own website. Overall, I would like to see, if not more action, more transparency when it comes to the fight against climate change in Lamorinda.

Seamus McCarthy Moraga/Orinda

A request for change

To the editors of Lamorinda Weekly,

With all these shops going empty downtown, we should work together as a city to set one aside for a small youth center. With Stanley Middle School in walking distance of our downtown, many of the students pass time there on half-days, weekends, and Fridays. But what can a middle schooler do downtown right now? They can wander around, and they can eat.

When the weather turns wet in the winter, the wandering option gets trickier. For their physical and social health, we should have a place where they can be with each other and practice independence when school is not in session. Indoor climbing structures with a wellsupplied maker space could be a great starting point.

What about a garden they could work in and enjoy? We have a community garden, but it is far out of walking distance, and not oriented for children. What about a small interactive museum with rotating installations? And what if the kids could participate in running it? As a city, we could come up with some really creative, amazing ways to include preteen to teenage kids in our downtown area. Many Lafayette children get plenty of supervised lesson time, but they also need time on their own to develop independence, leadership, creativity, and resilience. And to just have fun!

We should begin brainstorming from a place of "what does our community need," and then work out specifics regarding funds afterward. With the high profits required to make our rising rents, it might even be best to look at this as a community-supported project, rather than a business opportunity. We already have many wonderful restaurants and shops. What we need is a place for young residents to be creative and active with minimal supervision, especially during the rainy season.

Heidi Doggett Lafayette



www.recyclesmart.org

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 must be factually accurate and be 350 words or less; letters of up to 500 words will be accepted on a space-available basis. Visit www.lamorindaweekly.com for submission guidelines. Emai etters@lamorindaweekly.com; Regular mail: Lamorinda Weekly, P.O.Box 6133, Moraga, CA 94570

Springbrook leads the way at 8th annual Lafayette Championship Meet

... continued from Page A1

It's this meet rather than the county meet that LMYA head coach Corey Dolley points to: "We will have some kids go to county and place high there, but the team is more available here with more people cheering them on. Of course, we want the fast times and first places but it's the kids that want to come back for the next practice and the next year and, even though they're not the top swimmer in their group, that stands out for us. They enjoy being with their friends and the community that we have established here and that's what we're really looking to

Tryn Kaleel, Sun Valley's head coach, also points to this meet after a successful summer: "Our numbers were down, but the team has done well this season. We had a really good group of 15- to 18year-olds that have been great leaders. Our senior group have also served as junior coaches and have been the best role models for the younger swimmers.'

Oakwood started fresh with a new head coach, Carrie Roberts. Roberts took the challenge head on: "It's been a transition year with a whole new coaching staff but it's been a great summer with the team. We're a smaller team this year, but based on my feedback, a lot more team spirit and just a better camaraderie from the past. I'm re-

ally excited about that. This year, most of our swimmers were beginners and we have no 15-18's on the team. My goal is to try to build the team up and be more spirit based. We have a very young team. I am hoping to build up the older swimmers on the team and get more of a range of swimmers. As the season went on, everyone improved and it's been great to see them grow from the beginning of the season to the end."

Laura Gunderson and Aly McAlister, the co-meet directors from Springbrook, for the second year in a row will be passing on the baton to Rancho Colorados who will be providing the meet directors next year. "Our theme this year was 'The Crazy '80s' since this was our eighth year of our tournament," said Gunderson. "It's been a really friendly atmosphere."

Judy Stanberg, who is on the board of directors has two daughters, Bella (12) and Ava (10), who swim for Springbrook and another daughter, Gabby, who now works as an assistant to the coaches. "We've seen a drop in the numbers with Pleasant Hill dropping out of our league and we would love to have more families come back into it. Some parents mistakenly think it's too intense. We have all levels of competition and the kids just want to have fun. They are recreational swimmers for the most part. It's great for everyone and instills such a great athletic base for the kids."



INDIVIDUAL POINT LEADERS **GIRLS**

6 YEARS OLD AND UNDER Campbell Pigeon – Springbrook 7-8 YEAR OLDS Darcy Best – Springbrook

9-10 YEAR OLDS Maddie Phan – Springbrook **11-12 YEAR OLDS** Katie Kostolonansky - LMYA **13-14 YEAR OLDS** Sophie MacKay – Sun Valley **15-18 YEAR OLDS** Ava MacKay – Sun Valley

BOYS

Cole Carlson – Sun Valley

Max Miller - Springbrook

Daniel Siu – Springbrook

Garrett Chivers - Springbrook

Andrew Sappal - Sun Valley

Will Nagle - Rancho Colorados

INDIVIDUAL RECORD BREAKERS

Katie Kostolansky - Girls 11-12 year olds – 100 IM 106.47; 50 Back 30.01 Will Nagle – Boys 15-18 year olds – 100 IM – 54.89 Garrett Chivers - Boys 11-12 year olds - 50 Back Stroke - 27.81 Maddie Phan – Girls 9-10 year olds – 50 Fly – 31.07; 100 IM – 1:11.23 Claudie Dumais – Girls 13-14 year olds – 50 Fly – 27.205 Springbrook Boys 6 years old & under 100 Medley Relay - 1:33.82 LMYA – Girls 9-10 year olds 200 Medley Relay – 2:12.26

2019 Contra Costa County Championship Meet results:

Springbrook: 4 gold, 2 silver and 6 bronze LMYA 1 gold, 3 silver and 4 bronze Rancho Colorados 3 gold, 4 silver and 4 bronze Sun Valley 2 gold, 4 silver and 2 bronze

High point swimmers:

Maddie Phan (Springbrook) high point leader for the 9-10 year old girls Katherine Hawkins (Rancho Colorados) high point leader for 15-18 year old

Maddie Phan

Photo Gint Federas



Strong support for downtown vibrancy, but jobs-housing ratio is critical

along with the other five will

... continued from Page A2

Candell said that among the ideas from the meetings, notably the consensus was that no big changes to zoning are necessary but more mixed use should be encouraged.

The report showed support for retaining quality retail, enhancing walkability, and bringing privately and city-owned parking meters onto the same schedule and with the same fees.

Candell said there was strong support for additional strung lighting in the downtown core, from Happy Valley Road to Brown Avenue.

Other ideas touched on the desire to encourage arts and culture downtown, creating kid-friendly spaces and the need to mitigate the increased traffic on Mt. Diablo Boulevard during the afternoon rush as drivers seek to bypass Highway 24.

There was discussion rec-

ognizing the challenges of the East End, not least the current zoning which is "housing by right," meaning that housing developments can come in and need not replace any of the commercial or retail currently there. The report reflects that along with the influx of new state laws there is a risk of losing much of the commercial districts.

This is a particular concern for Mayor Mike Anderson who wanted to see a greater look at the jobs-tohousing ratio, and especially how to retain office space. Anderson made the point that he would like to get it on a legislative agenda so that a metric could be established.

Council Member Steven Bliss agreed. "The jobs/housing piece is really critical," he said. Adding to Anderson's comments, he continued, "Looking for ways we can make the case and actually push for policy at the state level that would factor in the jobs/housing balance is really

This strategic objective

now be organized into a comprehensive report with recommendations on resources

needed, and brought back to the council as a roadmap for the future.

Dine and dance to help **buy Adobe**

... continued from Page A1

Greg Smestad, Bernal descendant and author of the National Park Service's "Juan Bautista de Anza National Historic Trail Guide," will speak about Rancho culture and have a display at the Fandango.

Thanks to the generosity of community groups and individuals, The Friends of the Joaquin Moraga Adobe thus far have raised over \$215,000, but they still need to reach the total purchase price of \$500,000 by September 2021 to complete the trans-

action. As part of the agreement with the developers, J&J Ranch, FJMA will buy the Adobe and over two acres surrounding it by partly funding the restoration. The developers will restore the Adobe to its 1848 configuration, and FJMA will open the Adobe to the public as a museum and learning center.

The sixth annual Fandango will take place from 6 to 9 p.m. Aug. 24 at the Art and Garden Center at Wilder. Tickets cost \$100 per person and may be purchased at www.MoragaAdobe.org.





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to find out about upcoming events

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Green Awards given for work done locally and globally



Photo Pippa Fisher

Members of the council pose with this year's winners of the Green Awards and their families.

... continued from Page A3

Burton Valley Elementary School to eliminate single-use plastic utensils, replacing them instead with metal

Now in its 13th year, Lafayette's Environmental Task Force selected the Green Award winners with consideration for how successful the candidate's activities were in reducing current and future footprint, how much the candidate has helped achieve the city's environmental goals, and how much they have inspired others in the community.

Jackl addressed the council to explain how he

persisted in his efforts to cut down single-use plastics in his school following his concern over seeing how much plastic was heading to the landfill rather than being recycled (see the link below to read about Jackl in the April 17 Lamorinda Weekly archives). As a result of his dedication other schools have been inspired to do the same.

Peter Knights, who 20 years ago founded WildAid an organization that works globally with celebrities such as Prince William, Jackie Chan and Lupita Nyong'o to produce high end public service announcements to end the demand for endangered wildlife products such as ele-

phant ivory, rhino horn, lion bone and shark fin – also spoke, giving recognition to Jackl.

Knights told Jackl to keep at it. "It really takes that determination." He added that one of the things they find is that it often is the children who lead these changes, explaining that in China, through their PSAs they have reduced the imports of shark fin by 80 percent in the last three years largely because of children changing the thinking. "There's a shark fin trader in Hong Kong who no longer buys shark fin because his grandchildren told him not to," said Knights.

To read more about Jackl's work go to www.lamorindaweekly.com/archive/issue1304/ Burton-Valley-student-pushes-school-to-go-green-this-Earth-Day.html



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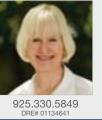
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Bucket list item checked off on boating trip of a lifetime



Dave Munson at the helm of Boomerang I

Photos provided

www.lamorindaweekly.com

By Diane Claytor

Twenty days. More than 1,800 miles (almost 1,600 nautical miles). Fourteen ports. Four waterways and four countries. This may sound like a marketing brochure for a luxury cruise line, but that couldn't be further from the truth. This trip, recently experienced by Moraga's Dave Munson, did not include chefs producing gourmet meals, stewards providing fresh towels daily or servers bringing fancy drinks poolside. It was, instead, a 'real shakedown cruise,'

Munson says. The affable Munson, who laughs readily and jokes frequently, is certainly no stranger to travel. A retired international banker, the New Jersey native has lived and traveled all over the world with his family. In fact, he explained, he purchased his Moraga home in 1984 but until his retirement 20 years later, had actually only lived in it for five of those years. Istanbul, London, Tokyo and Hawaii were his homes instead, as were hotel rooms around the globe.

When Warren Sandral, Munson's longtime Australian friend, asked Munson if he'd be interested in helping sail Sandral's newly built 61-foot motor yacht from the construction site in Yalova, Turkey to its home port in the South of France, it took Munson approximately 10 seconds

to say "you bet." Munson arrived in Yalova on May 18 where he met up with Sandral and his Australian friend, Stuart Parke. The construction crew was toiling away, "working hard to get everything finished and going over every problem we found, no matter how minor," Munson says. Five days later, Captain Sandral and his two first mates boarded Boomerang I and set off sailing. "Forty-five minutes into the trip and suddenly there's a boom and a warning light comes on, indicating the port engine has a pressure problem," Munson reports. "Back to the marina where diagnostics are done and a few hours

later we're given the OK to head out again."

For the next 20 days, the three sailors traveled through Turkey, Greece, Italy and France, stopping in 14 ports along the way. Their typical day began around 6 a.m. and ended 8-10 hours later. They'd wash down the boat to eliminate all the salt buildup, go into town for dinner, get back on the boat around 11 p.m. where they'd retire to their cabins and get ready to do it all again the next day.

The days could sometimes get boring, Munson admits. With the sophisticated navigation system, there really isn't much steering to do. "We'd go to the chart, pick the way point, hit 'go to,' choose the speed (typically 17 knots) and that's pretty much it," he says. They took turns manning the helm, watching for other ships and lobster and squid traps. Other than that, Munson reports, they read, took naps, did stretching exercises. There were a few days of R&R when the sailors were able to enjoy some sightseeing on dry land. There were also incredible sunrises and sunsets and

lots of laughs, Munson says. Most days there was something on the boat that reguired their attention. After all, this was a "shakedown cruise. We heard more beeps than you can imagine," Munson laughingly recalls. "At the end of the trip, we all said we felt like the Pavlovian dog – automatically reacting every time we heard a beep." There were a few significant issues; perhaps the biggest was when the water pump quit and it took several attempts before it was fixed – meaning several

days of no running water. Munson kept notes throughout the journey and sent regular emails to friends and family, regaling them with stories of this amazing trip. On May 29, for example, he described the experience of being the lead in a flotilla of five boats to sail into the Corinth Canal. "Being the first into this very narrow waterway with its high shear walls, over 200 feet at certain points, and the clear blue green water



Map with the route from #1, Istanbul to #14, Villeneuve-Loubet, France



Stuart Parke (left) and Moraga's Dave Munson (right)

is almost magical," he wrote. "However, the magical experience went up in smoke as we entered the Gulf of Corinth and encountered 30 knot winds along with 2-3 foot wind driven swells for the next four or five hours." Both the boat and the sailing crew survived with flying colors.

As Boomerang I pulled into its home port in Villeneuve-Loubet, France, Munson wrote his final email: "We did it! ... we have seen some of the most fascinating sites, met interesting, helpful and wonderful people along the way. Amazing how we have so much in common despite distances, culture and language differences." Everyone got along well, the weather cooperated and all three sailors agreed that they've checked a big item off their bucket list.

Sandral is already talking about another cruise next year and this time it didn't take Munson even 10 seconds to say he's definitely in again. "Not only that, but my wife Rena said she's not missing the next one!"

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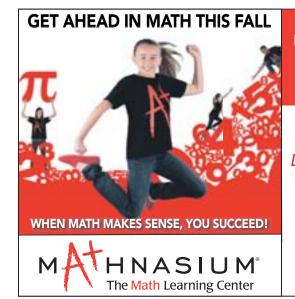
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Lamorinda Living podcast launches



Photo Jennifer Freedman

Jennifer LaForce interviews Eric Fok about CERT.

By Jennifer Freedman

Lamorinda is now more accessible than ever ... with Lamorinda Living, a podcast that facilitates personal and professional connections for locals in Moraga, Orinda and Lafayette, as well as prospective residents. "Cool People Doing Cool Things" is the tagline, and the podcast features community members (or those working in Lamorinda) who are passionate about their work and open to sharing it to become a resource for others.

Founder and host Jennifer LaForce launched Lamorinda Living in July. Her goal for the podcast is to create a platform that builds a community network. As she explains, "I really appreciate Lamorinda and feel incredibly lucky to have landed here: such a unique place of well-educated people with a wide range of skills, especially because so many of us work in the city. But it is not a 'company town.' I can go years of knowing people and not ever ask what they do for a living." Compared to a previous home in Washington, D.C.— "where that was often the first question, because many were angling for 'How can you help me?""—Lamorinda is refreshingly the opposite.

"But life here can still be stressful and expensive, and we do need each other ... not just to pinch hit for carpooling and childcare, but we may need to pick each other's brains about references for counseling, services, legal advice, construction, insurance, and more. My vision is that over time there will be enough pictures on the website to look like a yearbook—you will see somebody you recognize and click on their picture linked to a podcast page to find out more about them. And if you are looking for something in particular, you can find someone in your friend group or school community to ask some initial questions.'

A Moraga resident, wife, and mother of two elementary school children, Jenn also works full-time in San Francisco as a community relations officer for U.S. Citizenship and Immigration Services. A curious and inquisitive person by nature, she developed her interview skills during her years interviewing immigrants. "I learned how to interview people and discover their stories, how to ask openended and close-ended questions how to lead them down a pathway, how to listen intently and hold my thoughts, and build off an answer to create a logical flow for the interviewee," she explains.

In addition to the community at large, LaForce has two more specific audiences for her podcast. First, she was inspired to start Lamorinda Living for moms thinking about going back into the workforce after a hiatus with their young children. "Especially today, things change so

fast that your skill set may not be as relevant when you want to re-enter. Psychological fear and actual barriers exist for women wanting to go back to work, so I wanted to give them the ability to start exploring professions and contacts for re-entry when they're ready," she says. Second, she envisions an audience with adolescents, especially high schoolers and precocious middle schoolers already exploring their areas of interest.

The podcast is live and already has almost a dozen interviews available. The featured guests have a wide variety of skills and focuses, from public servants and nonprofit leaders to corporate executives and passionate moms looking to create a safer and healthier future for our children. Examples include David Winnacker, Moraga-Orinda Fire District chief, who discusses wildfire management; Brett Lorie, middle school teacher and founder of 10,000 Lunches, which enables students to make lunches for East Bay homeless; Brian T. Nowac, co-founder of SF creative strategy firm Atomic D; and Allison Anderman, local mom who led the charge to pass Moraga's gun safety storage

ordinance.
So far, LaForce is loving her new side gig. "I can't tell you how rewarding it is to sit down and have quality time with all these incredibly interesting people. I am learning all these different paths and peeking into people's lives and able to amplify a lot of important information and messages." Her passion and drive to make Lamorinda more accessible is sure to enrich our community as well.

You can find the podcast at lamorindalivingpod-cast.com or by subscribing to Lamorinda Living through your podcast app on your personal device.



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14-year-old piano prodigy advances in International Piano Competition



Photo provide

Andrew Navruzyan

Submitted by Joseph Irrera

Moraga native and 14-yearold piano prodigy Andrew Navruzyan was chosen from an intense field of pianists from across the globe to advance to the International Keyboard Odyssiad and Festival semifinal round. Preliminaries were held in early June where Andrew gave a riveting performance of Gershwin's Rhapsody in Blue. He competed in the semifinals for a chance to perform the piece as guest soloist with the Boulder Symphony on their 2019-20 Education Series.

20 Education Series. The International Keyboard Odyssiad and Festival, U.S.A., is a five-day summer piano competition and festival featuring over a dozen guest artists and pianists in daily master classes and presentations, mini-recitals, the live semifinal and final rounds of the Olympic-styled competition, and five nights of world-class concerts by internationally renowned pianists. The festival and competition took place July 29 through Aug. 3 in Fort Collins, Colorado at the foothills of the majestic Rocky Mountains and featured performances by the Anderson & Roe Piano

Duo and Van Cliburn gold medalist Vadym Kholodenko.

Andrew has been playing piano since a very young age and is also a gifted violinist. He studies piano with international performing Steinway Artist Joseph Irrera and violin with Jeremy Cohen, founding violinist of Grammynominated Quartet San Francisco. In addition to his classical music studies, Andrew also plays piano in his high school's jazz band and performs throughout the community at nursing homes, school fundraising events, and museums. Andrew, with a perfect 4.0 GPA, also manages to find time for rowing, baseball, advocating for the environment through prizewinning essays, and exploring aerospace engineering.

Additional information can be found at: http://odyssiad.com/

Day Trippin'

The best of Napa in one place: Yountville



Yountville Courtyard

By Fran Miller

The Napa Valley harbors many of the finer things in life: great wine, amazing restaurants and luxurious resorts, and one need not venture beyond the tiny and tony town of Yountville in order to experience it all. Choose your hotel, park the car, and enjoy the freedom provided within this walkable 1.5 square mile hamlet that features outdoor art, an abundance of wine tasting venues, iconic restaurants, and a choice of lodging op-

We love Napa Valley Lodge for its graceful Woodside Hotels hospitality (the same hotel group that owns Lafayette Park Hotel.) A Yountville mainstay for more than four decades, the Tuscan-inspired resort stays ahead of the wine country hospitality curve by offering a variety of amenities without charging an infuriating 'resort fee.' Standard are the offer of champagne at checkin, fresh-baked cookies in the afternoon, and a bountiful buffet breakfast each

morning. The large swimming pool is an ideal spot to unwind after a hectic day of winetasting.

At the other end of town, Hotel Villagio is another great choice. Newly refurbished and infused with a vibrant social undercurrent and a sumptuous contemporary vibe, Hotel Villagio's bucolic grounds surround the club-like lobby where a bar and pool table provide a central gathering spot.

From either hotel, stroll and sip to your heart's content. Fifteen winetasting rooms line the local streets: Hestan, Silver Trident, Girard, and Stewart, to name just a few. For an over-thetop experience, check out JCB Tasting Salon – the charismatic Jean-Charles Boisset's Baccarat crystalbedecked lounge. For something more intimate, make an appointment with Kerrin Laz at her eponymous tasting room. This former Dean & DeLuca wine director has established personal relationships with nearly every California winemaker worth knowing, enabling her to secure limited allocations from cult labels such as Screaming Eagle, Abreu Vineyards, and Dana Estate.

Be sure to check out newly opened RH Yountville, an exceedingly stylish compound on the former Masonry site. Lush courtyards with limestone fountains, massive fireplaces, and heritage olive trees flow seamlessly between the varied buildings which include two design galleries, a winetasting patio, and the breathtakingly beautiful, indooroutdoor, chandelier-laden restaurant.

Culinary icon Thomas Keller continues to add to his Yountville portfolio with La Calenda, located on the former Hurley's site. Named after the traditional Oaxacan parade that celebrates community festivities, La Calenda's cuisine combines authentic Oaxacan flavors with fresh and artisanal ingredients presented in a family-friendly environ-

For something quick and casual, try Protea, a Caribbean cuisine fast casual restaurant that features a beautiful rooftop dining space. Owner and chef Anita Cartagena takes the exacting and strict standards of a Michelin Star quality restaurant and translates it to a causal, affordable, and back to basics menu of hand crafted sandwiches, soups and salads.

Finally, no visit to Yountville is complete without a visit to Pancha's -Napa's favorite dive bar and a Yountville institution favored by everyone from politicians, to golf pros, to the local labor force who gather for late night pool and '70s jukebox tunes. A sign on the wall reads, "Welcome to Pancha's, where the customer is always wrong." Don't worry; that gruffness is part of its



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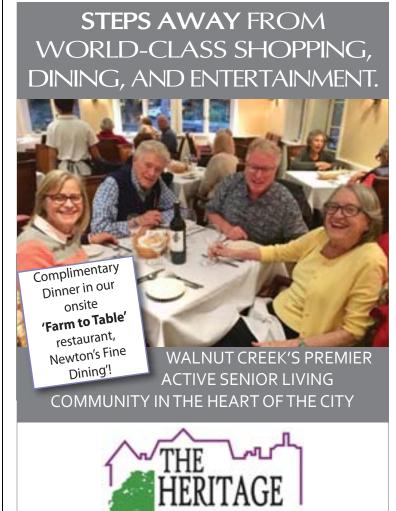
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Catfish gets reprieve



Christopher Paganelli, 12, with his prize catfish Photo provided

By Jennifer Wake

At 12 years old, Christopher Paganelli has caught dozens of fish, but he never expected the beast he hooked recently at the Moraga Country Club golf pond. "I had the fish on for about three minutes," he said. "At first I thought I had gotten caught on a rock or

weeds, but then as I was reeling in I realized that there was something on my line." At the end of the line was a catfish, he said, weighing between 15-20 pounds. "This was my biggest fish I have ever caught; I had never even heard of catfish in the MCC pond."

Christopher saw that af-

ter he hooked it, it didn't look like the fish was doing very well and it looked like it needed help, so he jumped in

the water to save it. "It's hard to find the hook right away because I did not hook the fish directly; I had hooked it near his fin on the right side of its body," he said. "It was hard to take hold of the fish because it was really big and catfishes' bodies are slimy."

According to Christopher's father, the young fisherman stayed with the fish until he was confident the fish was OK before he released it.

Moraga Country Club General Manager Ron Haas doesn't encourage fishing at MCC and noted that fishing in the pond is only allowed when the golf course is closed and all fishing is catch and release only.

"I went back to the pond the next day with my family," Christophor said, "but have seen no traces of the catfish."



Kiwanis Club supports expansion at Xenophon



Photos provided

Chase Collier rides Kiwi in the new Round Pen with side-walkers Bonnie Cornell, Gaby Grant, and Jessica Mangaccat.

Submitted by Steve Woehleke

Xenophon Therapeutic Riding Center, in Orinda since 1993, is proud of its new horse Round Pen that will expand this nonprofit's life-changing impact on children with disabilities and health challenges. Through riding and bonding with the therapy horses, the children benefit both physically and emotionally. The new arena will also be used for the veterans and patients with dementia pro-

grams, and supplements the large covered arena and the original smaller outdoor arena. Xenophon's seven therapy horses and passionate team of instructors, therapists and volunteers keep very busy.

Long-term support from the Kiwanis Club of Moraga Valley has included major funding for the recently dedicated Round Pen, and purchase of one of the therapy horses, Kiwi. Club members also volunteer for work parties to help with upkeep and other improvement projects.



Xenophon and Kiwanis Club members at commissioning of the new Round Pen.

IIn Memory

Joanne Hansen

Resident of Moraga



Joanne Hansen, a resident of Moraga, CA. passed away peacefully in her sleep on July 16th after a 4 and 1/2 year battle with cancer. She was 71. Joanne was born to Clyde and Janet Manning of Oakland, Oregon. She grew up in Oakland before moving with her parents to her grandfather's ranch just outside of Oakland.

Joanne graduated from Oakland High School in 1965 and received a BA in Fine Arts at Oregon State University in 1969 where she met her future husband, Steve Hansen, in the marching band. Joanne then received an MA from the University of Oregon and taught Art Education at Porterville Junior College while Steve finished a graduate

degree at Stanford. They were married in 1971, moved to Corte Madera, joined the Redwoods Presbyterian Church, and started a life together. Joanne sang in the choir. The couple volunteered at Redwoods as advisors to the high school youth group and commuted to San Francisco on the Golden Gate Transit bus each day to pursue professional careers. Joanne worked for Manning's Cafeteria for a time as a receptionist before accepting a position in the Graphic Arts Department at PG&E.

During this time, Joanne and Steve started a family and welcomed son Tom into the world in 1982 and daughter Christie in 1984. Joanne left PG&E to focus on family but also worked doing CAD (computer aided design) for several civil engineering firms. In moments of free time at home, she loved to draw, paint, and do calligraphy. On vacation, Steve and Joanne enjoyed hiking, camping, and travel.

The family moved to Moraga in 1988 when husband Steve's job at Chevron moved from San Francisco to San Ramon. The couple joined the Moraga Valley Presbyterian Church, and the church became another focus of their lives outside of their professional careers. Joanne served two terms as a deacon with Steve, taught Sunday school, sang in the choir, was in the bell choir with Steve, and became a Stephen Minister. She spent many hours writing notes of encouragement to people at church and in the community. Steve and Joanne enjoyed watching musical theater, and over the next 30 years enjoyed dozens of different performances including these favorites: *The Lion King, Les Mis, Joseph, Good Golly Miss Molly, and Pirates*.

Joanne is survived by her husband Steve, brother Edward, son Tom and his wife Juli, daughter Christie, grandson Cyprus, many wonderful cousins, and cats Figaro and Baily.

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.

Local global leader shares heart and soul with community

By Sophie Braccini

Cliff Dochterman was honored July 27 in Moraga for 60 years of service to Rotary. The former University of California administrator spent the afternoon in celebration of friendship and of the club's motto: Service Above Self. The man who served as Rotary International President from 1992-93 did not dwell so much on his many accomplishments while being a part of the organization's leadership, but emphasized the importance of the friendships he and his family had formed, as exemplified by the hundreds of people who came to the luncheon from all over the country.

The speakers and people in attendance recalled how Dochterman made his mark on the ser-

vice organization. John Blount - former director of Rotary international hailed his developing of the PolioPlus program that immunized over 2.5 billion children around the world – an achievement Dochterman has always been very careful to credit to several Rotary leaders who made it happen over several years. Bob Werner, past Rotary governor from Arkansas, noted how Dochterman was able to raise millions of dollars for the refugees when the Yugoslav wars erupted in the Balkans. The UN secretary general told Dochterman that what Rotary did at this crucial time saved 100,000

Dochterman who was a higher education top administrator and fundraiser reached Rotary's top level at a time when the club needed that kind of professional nonprofit management. Vice President John Matthews recalled that there had been troubled years at the head of Rotary and that Dochterman's joyful disposition coupled with great diplomacy allowed for peaceful reorganization. As Brad Howard, Director, Rotary International said, Dochterman combines humanity and leadership and brought real happiness to Rotary.

Dochterman was a young UC
Berkeley administrator and assistant
to UC President Clark Kerr when a
friend of his presented his candidacy
to the Rotary three times before it was
accepted. Once in, Dochterman rose to
the presidency of that Berkeley club
five years later, taking his young children along on his local, regional, and
later international Rotary adventures.
Dochterman's son and daughter
shared stories of their "Rotary childhood." Son, Cliff Jr., said that for many



Cliff Dochterman

Photo Carol Irwin

years he thought that the blue and gold colors of Rotary were fashioned after Cal's blue and gold. His daughter told about all the small California towns where they spent their weekends when their father became the district governor. When he became president of Rotary International, she took a sabbatical from her teaching job to help organize his foreign visits with heads of states everywhere.

Those who have heard Dochterman talk know that he is a master at crafting speeches that interlace jokes and moments of deep emotion. Honoring him, the speakers had to be up to par and the presentations were also a friendly battle of wits. There were also moments of emotion, when Dochterman or guests recalled the difficult moments – he has lost both his first and second wife to cancer – but the former president chose to illustrate the power of friendships that helped him and his family to get through these hardships.

The afternoon concluded with the auction of many treasures that had been given to Dochterman by people he met while in the Rotary leadership.

Dochterman, who is now going on 94 years, lives at Moraga Royale, what he calls the next phase of his life. There too he is making friendships while staying active in the Moraga Rotary; he never misses a weekly meeting and was very active during the club's last campaign to build an all access playground at the Moraga Commons Park. Dochterman has published several books, such as "As I Was Saying – a Collection of Speeches and Articles" which is available on Amazon.

National Charity League Hosts Annual Tea for Moraga Royale Residents



Photo provided

Submitted by Ava Caballero

Songs, treats, and conversation were on the menu at the annual National Charity League tea for the residents of Moraga Royale. Hosted by the Lamorinda chapter's class of 2022, the event featured impressionist art-themed decorations and delicious goodies. The group of freshman volunteers enjoyed

mixing and mingling with the guests while serving treats and tea. The NCL class also sang several songs for the guests including "A Spoonful of Sugar" and "Here Comes the Sun." Guests also participated in a raffle for a bouquet of beautiful flowers. The NCL chapter is grateful to Moraga Royale for the opportunity to host this beloved annual event, and to their chapter advisers for organizing it.

Young writers gather in Orinda for creative summer fun

www.lamorindaweekly.com



Four writers deep in thought in front of their ice cream trough.

Photo provided

Submitted by Leslie Darwin

Young writers gathered at Orinda Community Church for a week of "Writers' Camp." Brock, The Dog and Dave, and The Magic Unicorn served as mascots, reminding them "You be you, for only you can tell your story."

The tweens wrote children's stories which they read to 4-year-olds at St. John's preschool. In addition to the stories for children, the campers wrote poems, haikus, and fortunes to place in fortune cookies for their parents. They also made green eggs and ham in honor of Dr. Seuss, baked cupcakes for Orinda Senior Village, spelled out supercalifragilisticexpialidocious in tiles, and made birthday cards to send to a political prisoner in Uzbekistan through Amnesty International.

On Taco Tuesday, the kids held a "Guac Off" where they made their own guacamole. The teams were reminded that just as each guacamole bowl is a little different (and delicious), writing can be the same way.

The week ended with a presentation by the young authors. Some shared "I Remember" books. Others shared their children's stories with the titles "The Ghost Train," "The Misunderstood Zombie," "Mr. Cheezo," and "My Bad Dad." A highlight of the week was a chocolate fountain at the writers' reception and eating ice cream out of a trough.

Writers' Camp was held at Orinda Community Church and was led by award-winning poet Elizabeth Robinson and Leslie Darwin O'Brien who has written for Time Magazine and PBS.

Local student spends summer conducting research at UC Davis



Miramonte senior Kate Blanchard at UC Davis.

Photo provided

Submitted by Steven Ramsay

While most high school students are lounging around the pool, playing video games, or maybe working at the nearest mall, Kate Blanchard spent her off-time researching tyrosine sulfation at UC Davis.

Kate Blanchard, a senior at Miramonte High School, is among a select group of students attending the UC Davis Young Scholars Program this summer. The advanced science program, now over 50 years old and offered by the School of Education, introduced up to 40 high achieving high school sophomores and juniors to the world of original research in

the biological and natural sciences.

Participants worked one-on-one with research faculty in state-of-the art laboratories for six weeks, ending Aug. 3. Each student worked on an individual project and prepared a professional-level research paper and presentation about his or her work.

"Students work under the direction of real-world researchers," said Rick Pomeroy, program executive director in the School of Education at UC Davis. "In fact, these high school students are engaged in research that most college undergraduates don't have an opportunity to do."

Blanchard was investigating tyrosine sulfation in G-protein-coupled receptors. She was working under Dr. Grace Rosenquist in the Department of Neurobiology, Physiology and Behavior. Tyrosine sulfation is a posttranslational modification, changing protein function. A GPCR is a type of receptor in many cells throughout the body. Humans have over one-thousand known types of GPCRs and 30-50% of pharmaceutical drugs are targeted at them. Therefore, once the scientific community has a better understanding of how tyrosine sulfation affects the function of these receptors, they can make more effective medicines.

The program, which kicked off this year on June 23, immersed students in the entire college experience. During the first two weeks of the program, participants attended lectures focusing on recent developments in biology and natural sciences in the mornings and conducted lab science every afternoon. During the last four weeks of the program, students worked full time in their labs. Students lived in campus dormitories and took field trips every

To qualify for the program, students must have had a strong academic record, have taken biology and two years of college preparatory mathematics, and had recommendations from teachers. In addition, applicants wrote a personal essay.

"All of the participants are highly qualified academically, take honors or advanced placement courses in high school and have high GPAs," said Pomeroy. "Most importantly, though, they have all demonstrated a desire and ability to conduct original scientific research and have the potential to contribute significantly to the field."

Lynn's Top Five

Planning advice for millennials

By Lynn Ballou, **CFP**®

Financial advisors spend a lot of time advising retirees or those nearing financial independence on all the moves they should be focusing on to maximize their financial resources. Unfortunately we don't always spend enough time helping millennials, thinking that they still have many years to work it all out. Yet millennials could really benefit from more attention as they are likely to live longer, have fewer government or corporate guarantees of assistance and medical care, and are graduating with daunting student debt.

A younger client recently referred to me by his parents called and posed a great question. He wanted to know what he should focus on first – contributing to his 401(k) or paying down student debt or saving up for a house? And my question to him was how are you doing on paying down debt, setting up an emergency fund and an impound account for nonsystematic living costs? After a long chat we were able to sort out his priorities, but this call brought me to understand that there are many in his generation struggling with similar questions. So here are my top five suggestions to millennials who are focused on launching a successful financial life:

1) Renting might be your smartest move: You really don't need to be so laser focused on buying a house. Renting versus buying means that you have less overhead and more flexibility. Unless you are sure where you are going to live for the next five years and you also have enough disposable income to handle not only the known expenses but the unknown, I suggest vou embrace renting and push home ownership into a different time frame.

Yes to student loans that propel you into a career that's worth the debt. No to borrowing more than you can afford to pay when the bill comes on your credit card to buy things you don't need. Yes to borrowing to fund a reasonable and smart work wardrobe (if you only buy what you need and shop on sale). No to borrowing money to pay for a lavish vacation you can't pay off in full as soon as you are home.

3) Smart, honest budgeting is a millennial's best friend. Because most millennials didn't have the benefit of a personal financial planning class during their school years and may not have come from a household where learning personal cash management skill was a priority, it's time to make time to learn this important skill. Luckily it's simple and because most Millennials are very tech savvy there are a number of

wonderful online resources to lean on. The point is to know your true annual take home pay – that is all you can spend! Then, list out all your annual expenses and add them up and don't gloss over the real spending on clothes, travel, pets, coffee house visits, etc. If your annual expenses are more than your income, guess what? You need to spend less, earn more or both. Budget and review routinely so that you face the realities of your situation before they get out of hand.

4) Think about protecting yourself with smart insurance choices: Insurance should protect you against losses that you cannot afford. Self-insure for the small annoying losses in life (like a co-pay for doctors visits or a small deductible on auto claims) but completely insure for the large issues such as your car being totaled (and you are at fault), or a robbery where all your electronics and other valuables are stolen and not recovered. Don't dismiss optional long-term disability insurance coverage that's available through work as your future income might be your biggest asset. And if you have dependents or a mortgage that a partner couldn't handle alone, use inexpensive term life insurance to protect them. Seek out insurance agents who get you and aren't just trying to upsell you on coverages you don't need at this

point in your life. Do pay attention to protecting your net worth as it grows.

5) Make saving for your future a priority as your **income increases.** It's easy to absorb new-found pay into your lifestyle. I suggest that as you are successful at increasing your income, you commit to using every new dollar to pay off debt first, create an emergency fund (six months' of fixed expenses at a minimum), and set up an impound account for nonmonthly but real life style costs such as insurances, wardrobe renewal and car repairs. Next, start putting away money for your future by using available plans at work and your own savings, investing accounts. Engage a Certified Financial Planner or other trusted advisor and team to help guide you on this leg of your money management

journey. So millennials, it's all about balance: yesterday (paying down debt), today (developing a smart cash management system so you don't incur new "bad" debt and live within your means), and tomorrow (knowing what your moves are as your income grows and why). Stay focused and don't forget to build in AF-FORDABLE fun and joy as you embark on your successful financial journey.

Information presented is general in nature and should not be viewed as a comprehensive analysis of

the topics discussed. It is intended to serve as a tool containing general information that should assist you in the development of subsequent discussions. Content does not involve the rendering of personalized investment advice nor is it intended to supplement professional individualized advice.



Lynn Ballou is a CERTIFIED FINANCIAL PLANNER TM professional and Regional Director with EP Wealth Advisors, a Registered Investment Advisory Firm in Lafayette. Information used in the writing of this column is believed to be factual and up-to-date, however, we do not guarantee its accuracy. This column does not involve the rendering of personalized investment advice and is not intended to supplement individualized professional advice. A financial, tax and/or legal professional should be consulted before implementing any of the strategies directly or indirectly suggested and discussed. All investment strategies have the potential for profit or loss.

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ART

The Moraga Art Gallery's show running through Aug. 10 features the work of Lafayette artist-photographer Lucy Beck, who "paints" floral portraits with light to show the astonishing variety of colors and shapes of small flowers in our gardens, fields and woodlands, and guest artist, Oakland ceramicist Tomoko Jarrell, who specializes in the design and creation of simple, comely, Japanese-inspired functional and decorative vases, cups, bowls, and more. For hours and more information visit www.moragaartgallery.com, call (925)376-5407.

Anne Morrison Rabe will be

the featured Artist at Dr. Samadian's Center for Reconstruction and Implant, 23 Orinda Way suite 301, Orinda. The show will run from June 6 through the beginning of September. There will be a reception from 5:30 to 7 p.m. on Thursday, June 13. Bring your friends and family to sip on wine and taste hors d'oeuvres

as you walk through the office to admire her beautiful work! Dr. Amin Samadian is proud to have affiliated with the Lamorinda Arts Alliance for the opportunity to showcase the artwork of the organization's artists. For more information please call the office at (925) 254-2360.

Valley Art Gallery presents

"Two for the Show" through Aug. 10 at the Valley Art Gallery, 1660 Botelho Drive, Walnut Creek, featuring the distinctive and beloved ceramics of Gerry Wallace and the colorful abstracts of Phil Simon. Both have ties to the gallery's long history. www.valleyartgallery.org

Saint Mary's College Museum of Art (SMC | MoA) presents two new exhibitions on view through Dec. 8. "Kal Spelletich: Significance Machines and Purposeful Robots" explores boundaries between humans and machines, integrating spirituality and mysticism through an unlikely form - robots. "New Formalism in Painting and Photography"

presents the collaborative work of artists R&D (Diane Rosenblum and Joe Doyle) expanding the boundaries of painting and photography through digital manipulations. MoA admission is free. For information on programming and hours, visit www.stmarysca.edu/museum.

24th Annual Lafayette Art & Wine Festival from 10 a.m. to 7 p.m. on Saturday, Sept. 21 and from 10 a.m. to 6 p.m. on Sunday, Sept. 22 in Downtown Lafayette. Four stages featuring over 20 Bay Area cover bands, 300 artist / craft booths, 3 kid zones with activities for all. New this year -The Young Maker's Expo and the Xfinity Pigskin Party. Free admission. Free bike valet + parking at BART. Supports local education.

The Moraga Art Gallery announces its end-of-summer show, "Pattern Parade," an exhibit that features stylized portraits of exquisitelycoiffed, fashionably-clad

www.lafayettefestival.com

women by Lafayette's Angelica Samame. The show also features guest artist Irene Needoba of Orinda, whose abstract landscapes take viewers on unique visual journeys into a fragmented world where rocks may also be waves. The public is cordially invited to a free opening reception from 5 to 7 p.m. on Saturday, Aug. 17. Come to meet artists and enjoy live music, light snacks and wine. The exhibit runs Aug. 14 through Oct. 19. For more information, visit the gallery's website: www.moragaartgallery.com

MUSIC

Moraga Commons Park Summer Concerts from 6:30 to 8:30 p.m. Thursday evenings in the summer. Aug. 8 features Bell Brothers, performing Country to American Rock. Bring your picnic blanket or lawn chairs to the grassy hillside in front of the band shell. Enjoy the music while your children enjoy the park. The volunteers of Moraga Park Foundation cook food with the Snack Bar opening at 6 p.m.

S'mores at Sundown Family Concert with Andy Z and the Andyland Band at 5 p.m. on Aug. 11 at The Gardens at Heather Farm, 1540 Marchbanks Drive, Walnut Creek. Say "So long!" to summer while enjoying sweet treats and live music at this familyoriented event. Andy engages children (and parents) with songs and stories that range from educational to silly. Venue seating is limited. Food, blankets and lawn chairs are welcome. Outside alcohol is prohibited. Tickets: \$15 General Admission Adult; \$10 GA Child (ages 2 and up); children under age 2 are free. Tickets available online at gardenshf.org or by phone at (925) 947-1678.

Orinda Concerts in the Park, with food trucks, 6:30 to 8:30 p.m. on Tuesday evenings at the Community Center and Park: Aug. 13, Floorshakers. Lamorinda Idol Finals - Don't miss the highlight of the Lamorinda Idol summer program the Finals Performance that will take place from 11 a.m. to 7:30 p.m. on Aug. 18 at the Orinda Theatre. Soloists compete in four categories by grade, while groups compete in three categories by grade. Each performer receives immediate feedback from a panel of judges, and audience members have a chance to vote for their favorites. The day culminates in an award ceremony where winners for all categories are announced! Entrance to each of the performances is free but donations are appreciated. To donate online in advance of the event, click here:https://lamorindaarts .org/donation/

St. Paul's Concert Series welcomes Soprano Marina Tolstova to the stage with Musalliance duo, featuring Anna Kusner on Classical Guitar and Peter Omelchenko on Domra/Mandolin at 7 p.m. on Aug. 24 at 1924 Trinity Ave., Walnut Creek. Renowned throughout Europe and now home in the Bay Area, Marina Tolstova captivates audiences with her passionate, yet angelic voice. At St. Paul's, Tolstova shares the stage with the world class guitar and mandolin duo Musalliance, to bring us an enchanted evening of Baroque, Classical, and Modern favorites. Donation at the door: average \$20, Students \$10 (all are welcome regardless of donation).

YMTC presents the epic musical, "Les Misérables," featuring a cast of 40 and a live 30-piece orchestra. Now on stage in El Cerrito, this superb production tells Victor Hugo's classic tale as perfectly as it can be told. The show features talented young actors (teen through college age), including Moraga's Alex Kolm playing Marius. Final performances are at 7 p.m. on Aug. 26 and 27 and at 2 p.m. on Aug. 28 Tickets are \$16–\$32. For more information, visit https://www.ymtcbayarea.org.

THEATER

California Shakespeare Theater continues its 2019 summer season with the world premiere of "House of Joy" by Madhuri Shekar as part of their New Classics Initiative; playing Aug. 14 through Sept. 1 at the Bruns Amphitheater. A Pay What You Can performance will be held on Wednesday, Aug. 14. "House of Joy" is an action-adventure romance set in a harem at the beginning of the end of the Mughal Empire. Once upon a time and place, in something like 17th century Delhi, an imperial bodyguard risks her life to fight for what's right, turning against everything she's been raised to believe. Additional information and online ticketing are available at www.calshakes.org.

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9:30 a.m. Congregational Worship 10:30 a.m. Coffee Fellowship in the Center for Ministry visit http://www.holyshepherd.org for more details

... continued on next Page

LECTURE & LITERATURE

Moraga Library Book Club

at 1 p.m. on Thursday, Aug.

15. This month the club dis-

book: "Tangerine." Arriving

band, Alice encounters the

in Tangier, with her new hus-

estranged best friend she has

not seen in more than a year.

Alice allows her friend to in-

and culture of Morocco, only

troduce her to the rhythms

to be quickly stifled by the

cusses Christine Mangen's

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Not to be missed

Lafayette Rotary Club Step in on a Thursday and join us for our lunch meeting.

Service Clubs Announcements

August 8:

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Marty Larson & Bob Grady

Thursday at noon Oakwood Athletic Club, 4000 Mt. Diablo Blvd., Lafayette. August 15: **Handcrafted Metal & Wood**

> stringed instruments **Ron Phillips**

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www.rotarylafayette.org www.facebook.com/Rotary-Club-of-Lafayette-CA



woman's controlling nature. **OTHER**

This year's California Independent Film Festival will run Aug. 23 though 31 at the Orinda Theatre. There will be a fabulous line-up this year celebrating independent filmmakers from around the globe, and a new generation of amazing talent. Dramas, comedies, documentaries, musicals, screenplays, thrillers, shorts and animated films will all be showcased within the glamorous aesthetics of old world Hollywood that is the Orinda Theatre. For all of the featured films, times and tickets, please go to https://www.caiff.org. And,

for your special Membership

Early Bird 20% discount ticket purchase, please enter code:

EARLY20 through Aug. 15.

Diablo Ballet's Annual Gourmet Gallop food and wine walk returns to downtown Walnut Creek for the ninth consecutive year from 6 to 9 p.m. on Thursday, Aug. 8. Diablo Ballet invites guests to sip, sample and stroll their way through 18 downtown Walnut Creek locations as they experience a one-of-akind culinary adventure. Tickets are on sale now to the public at only \$39 if purchased on or before July 25. After that date, the price goes up to \$45 per person. Special group pricing is available. Tickets are available online at: diabloballet.org or by call-

Cancer Support Community is offering free public tours of its open space in Lafayette. Drop in between 10 and 11:30 a.m. Aug. 10 or Oct. 12 to meet CSC staff, walk the site, and hear plans for building a cancer community center. Location: south side of Mt. Diablo Blvd, across from Lafayette Community Garden. Contact Libby Eppinga at leppinga@cancersupport.net or (925) 953-1216 for more information.

ing (925) 943-1775.

National S'mores Day with the Moraga Library from 2 to 3 p.m., Saturday, Aug. 10. S'mores are not only one of the most popular North American desserts, they are the quintessential campfire treat. To celebrate, Moraga Library will be supplying s'mores material and readyto-go S'mores for National S'mores Day, (While supplies last). All ages are welcome. Ecology Center presents its Salsa Festival from 10 a.m. to 3 p.m. on Saturday, Aug. 10, at Martin Luther King Jr Civic Center Park, 2151 Martin Luther King Jr Way, Berkeley. Eco friendly family fun and activities! Live music salsa lessons and dancing, beer, wine, mojitos, food demos, kid's eco fun zone, arts and crafts. Cost: Free. For more info see

https://tinyurl.com/SalsaFestival2019 or call (925) 421-9574 or email cynthia@ecologycenter.org.

Summer Wine Festival 2-5 p.m. on Saturday Aug. 10, Saint Mary's College Soda Center in Moraga. \$50 per person with pre-registration at stmayrs-ca.edu/wine or (925) 631-8744.

August is a purrfect time to adopt a kitten or two. See the pick of the litters at Community Concern for Cats adoption events from 1 to 4 p.m. this weekend, Aug. 10 and 11 at Pet Food Express in Lafayette and Petco in Walnut Creek. On Saturday we will also be at Pet Food Express in Pleasant Hill and on Sunday at Pet Food Express in Concord. See www.communityconcernforcats.org online for more information.

Desi Comedy Fest presents Mahatma Moses Comedy Caravan from 7 to 8 p.m. on Sunday, Aug. 11 at Freight & Salvage, 2020 Addison Ave, Berkeley. Enjoy clean, witty humor of the world's only Indian Jewish Stand Up comedian, Samson Koletkar. Featured on NBC, CBS, NPR, his show is a must watch! Cost: \$20 online. For more info see http://www.desicomedyfest.com/ or call 415-676-1371 or email info@DesiComedyFest.com.

Diablo Ballet School Open House from 11 a.m. to 2 p.m. on Aug. 18 at 1948 Oak Park Boulevard Pleasant Hill. Come tour the building, meet Diablo Ballet School faculty and enjoy food and drinks before the brand new school opens on Aug. 26. For more information, please visit diabloballet.org.

Lafayette Hiking Group will **be meeting** at 9 a.m. on Aug. 18 for Buckeye Ranch Trail, Briones Regional Park. Meet at the EBRPD parking lot on Pleasant Hill Road, near Springhill School. Bring snacks, water, layered clothing, good walking shoes and sun protection. Escape the heat while enjoying a shady walk amidst towering oaks and bays with views overlooking Reliez Creek. Hear about the stables and horseback riding that used to inhabit the area which is now part of Briones Regional Park. There's a chance we'll be able to pick blackberries if they're ripe. Easy 1.5-mile loop. Leader: Jennifer Russell; Questions:

State Boards and Commis**sions** Appointment Workshop - Are you looking for a new

LafayetteHiking@comcast.net

and meaningful way to get involved and serve our community and our state? There are over 200 opportunities to serve our state in a wide range of subject areas, as well as numerous city and county commissions that you could apply to join. The State Boards and Commissions Appointment Workshop, cohosted by Speaker Anthony Rendon and the League of California Cities Women's Caucus, will be from 6:30 to 8 p.m. on Thursday, Aug. 22 in San Ramon Community Center, Fountain Room. Experts will be on hand to explain how you can apply for an appointment to a State Board or Commission, and will share some best practices for a successful application. Space is limited so please RSVP no later than Aug. 19.

North Shattuck Association presents Chocolate and Chalk Art Festival from 10 a.m. to 5 p.m. on Saturday, Aug. 24 at Gourmet Ghetto, North Shat-

tuck Ave., 1400-1800 Shattuck Avenue, Berkeley. Eat chocolate and make art! Chalk Art Contest cash prizes; chocolate menu with 25+ items; live music; arts and crafts; beer and wine and food trucks. Free entry but chocolate tickets are 20/\$20, Box of Chalk is \$10. For more info see www.anotherbullwinkel show.com/chocolate-chalkart/ or call (510) 548-5335 or email Lisa@AnotherBullwinkel Show.com

Moraga's Leisure sport triathlon,11:30 a.m. to 3:30 p.m. on Saturday Aug. 31. Gather your friends and family and create a team for this fun alternative to the traditional triathlon where teams play Bocce Ball, Corn Hole, and Disc Golf. Teams of four rotate between the three activities throughout the day. Participants will receive an event T-shirt, event pint glass, and catered hot BBQ lunch. Info and registration at www.moraga.ca.us.

Loaves and Fishes of Contra Costa and St. Vincent de Paul of Contra Costa, (SVdP), are excited to announce their 2019 Bocce Ball Tournament: The Big La Bocce beginning at 10 a.m. on Saturday, Sept. 7 at the Martinez Bocce Federation. The Bocce Ball Tournament will raise funds to support safety-net programs that improve the quality of life for residents of Contra Costa County who struggle to make ends meet. For more information and registration, please visit https://loavesfishescc. ejoinme.org/BOCCE

The 2019 Orinda Classic Car Show Weekend with its Saturday Car Show and Friday Party before it will celebrate the history and excitement of classic cars. The car show will run 10 a.m. to 4 p.m. on Saturday, Sept. 7 and the Friday Party will begin at 5:30 p.m. on Sept. 6 at the beautiful new Orinda Arts and Garden Center. Online car exhibitor entries and Friday party ticket sales are now available. Enter your car or buy tickets for the party at www.orindacarshow.com.

SENIORS

Lafayette Community Foundation's 10th Annual Senior Symposium, "Aging By Design" will take place from 8:30 a.m. to noon on Saturday, Aug. 10 at Acalanes High School. Attendees will hear from a variety of experts about the latest findings on aging while maintaining independence. In addition, many vendors and nonprofit agencies will have booths at the Symposium's Resource Fair providing information about their products and services. Attendance is free. Please register in advance by visiting http://www.lafayettecf.org. to fill out the attendee registration and to have you name included in the raffle drawing.

GARDEN

Lafayette Community Gar**den and** Outdoor Learning Center presents Home Composting for Busy People from 3 to 4 p.m. on Aug. 10. Presented by Master Gardener Marian Woodard. Registration is required. Call (925) 906-1801 x306 to register. The event is free.



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Lamorinda Weekly

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A simple twist for a sumptuous weekend breakfast



Reuben Scramble

By Susie Iventosch

This is not so much a recipe as a great idea. We recently spent a couple of nights at the Minam River Lodge in Oregon. The lodge is perched on the banks of the Minam River and located in the Eagle Cap Wilderness of the Wallowa Mountains in northeastern Oregon. This is a place you can only access by hiking, horseback or small airplane, which makes it very special. Both the head chef, Carl Krause, and the assistant chef, Suzanne Ziegler, make some very interesting dishes, using fresh grown vegetables right out of their own greenhouse and garden. The property has its very own gardener too, and

Emily Garland does an amazing job of keeping fresh produce front and center as focal points for the breakfast and dinner menus. The greenhouse is approximately 25 feet by 40 feet, so she is able to grow much of the produce the lodge needs for feeding guests. Not only is there amazing hiking, fishing and huckleberry picking nearby, but the greenhouse is worthy of a tour all by itself

One of the nights we were there, Carl made the most amazing polenta dish I've ever tasted. While he didn't give me an exact recipe, he did say that one of the keys is using evaporated milk. Because the lodge must have any ingredients they don't grow on the premises

flown in, he's found that using evaporated milk has been a great help for many of his recipes. I am a huge polenta fan and Carl's was truly remarkable.

Photo Susie Iventosch

The next morning, we had a delightful breakfast scramble of eggs, pastrami and Swiss cheese. I have to admit that I was immediately intrigued, because I love Reuben sandwiches. This scramble did not disappoint and I am definitely going to serve it as a weekend special. It's easy, because you don't have to cook bacon or sausage; instead you just toss some chopped pastrami into the beaten eggs along with a little grated Swiss or Gruyere cheese and that is it. Delicious and fantastically easy.

Recipe per person

INGREDIENTS

2-3 eggs per person 1 slice of pastrami, chopped into bite-sized pieces ¼ cup grated Swiss or Gruyere cheese, divided by retaining 1 tablespoon aside ½ tablespoon butter or olive oil

Salt and pepper to taste

DIRECTIONS

Beat eggs into a bowl. Mix in pastrami and most of the grated cheese. Season with salt and pepper to taste. Heat butter or olive oil in skillet. Place egg mixture into pan and cook until desired doneness. Remove skillet from oven and sprinkle remaining cheese on top. Place under broiler for a few minutes until cheese is bubbly and beginning to brown. Serve with toast, biscuits, or English muffins and hash browns.

Susie can be reached at suziventosch@gmail.com.
This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



You can find most of the recipes published in the Lamorinda Weekly on our website.

Food tab: www.lamorindaweekly.com/ html2/food1.html

'The Little Comrade' – a poignant Estonian movie presented at Orinda Theatre



Photos provided

charm, but could also become a source of danger for her family. The young actress is directed with mastery by Moonika Siimets and her performance resonates with truthfulness.

Leelo dreams of becoming a pioneer and wants to be a good little comrade. She hears everything, sees everything, but does not always understand the extreme danger that faces her father. The father/daughter relationship is at the center of the story with a dad who desperately wants to protect his daughter and allow her to have a happy childhood. He and his family suffocate under the yoke of Stalinist tyranny and one can feel their strong spirit coming out in gusts of rebellion.

The movie also subtly shows the palpable cowardice of those who do not want to make waves, and the outright perversion of those who have taken side with the tyranny to gain personal ad-

vantages or to exert revenge.

One of the loveliest aspects of the movie is the restrained and sensitive way feelings and emotions are shown. A simple exchange of glances awakens in the mind of the audience the more complex layers of emotions than any outrageous and noisy display would have.

The film is an adaptation of the autobiographic novel "The Little Comrade" by Estonian poet and author Leelo Tungal. In an interview during the Arras Film Festival, Liina Vahtrik, who played one of the main characters in the film, explained that during that period of time 30,000 Estonians were deported to Siberia, which represented 3% of the population then. She added that the fears and trauma had seldom been explored in Estonian movies until very recently.

"The Little Comrade" will open at the Orinda Theatre on Aug. 9 for at least one full week.

By Sophie Braccini

This month's showing of the International Film Showcase in Orinda is a remarkably touching tale set in communist dominated Estonia in the 1950s under the Stalinist regime. All the ingredients of a dark drama play out as the story unfolds: treason, betrayal, manipulation, and fear. What makes "The Little Comrade" so special is that it is all seen through the eyes of an innocent 6-year-old girl who her family tries to protect, but who still suffers in the middle of the drama, trying to make sense of the absurd adults' world with explanations relevant to the realm of childhood.

Leelo Tungal (Helena Maria Reisner) lives with her parents, Feliks (Tambet Tuisk), and Helmes (Eva Koldits), both teachers during the dangerous Stalinist period when Estonia, part of the Eastern bloc, suffered oppression and deportations at the slightest sign of nationalism. One day, "the man in black" comes with soldiers and takes Leelo's mother away. As she leaves, Helmes asks her daughter to be a good girl and from then on the little girl tries her best to be good, thinking that if she does, her mother will come back.

The film depicts a country where people risk being reported and deported to Siberia for something as small as owning a flag or sports trophy. Every family has members who have been sent to the gulag. The Soviet power is abused by those who collaborate with it in ways and for reasons that seem so absurd today. At the center of all this darkness, little Leelo is a source of innocent light. The naive little girl with her childhood righteousness is full of



Orinda Country Club once again OMPA Champions

Photos Gint Federas

Regardless of the OMPA

results, the coaches saw real

"It's been a really good sum-

Matt Armanini. "We had our

the five years I've been here.

We got a lot of young swim-

have been waiting for. We

nice surprise and we look

forward to their

have a lot of depth in both the

girls and the guys. It's been a

mers this year, which we

best group of 8-and-unders in

positives in their seasons.

mer," said Meadow Swims



Lily Holloway, 10 year old, Meadow Swim Club

By Jon Kingdon

There are many things to count on – the sun rising in the East, prices continuing to rise and for the 19th straight year, Orinda Country Club won the OPMA Championship. Meadow Swim Club came in second for the fourth straight year and Moraga Valley Pool came in third, placing for the first time since 2015. Moraga Ranch won the award for Most Improved Team and Meadow Swim won the award for the Most Improved Team Without Relays and Orinda Park won the Heidary Sportsmanship Trophy. Elisabeth Butler, swimming for Orinda C.C. was named the outstanding female swimmer and Grant Kurtz, swimming for Moraga Valley was named the outstanding male swimmer.

There has been a singular focus this year at OMPA. Due to a change in the fall starting time for the Lamorinda schools, the final meet this year was not the County Meet but the OMPA, which occurred simultaneously with the County meet at Acalanes. Co-Director Sarah Speron (along with Jen Nakamura) explained how this evolved: "The schools are starting earlier this year to align better with the first semester. Last year, the final exams were given after the holiday break, which was hard on the students. There was no oppor-

tunity to move the OMPA since there was another event last week at Campolindo which precluded moving our meet back a week."

There's been no crying over spilt milk from the coaches in not having the opportunity to go to the county meet. "As soon as they moved the county meet to our OMPA meet date, we knew that there would be a conflict," said Orinda C.C. Head Coach Steve Haufler. "All of our coaches pointed to this meet. It's been a good summer, though it felt a little short due to the school year starting earlier and not having a county meet."

Orinda Parks head coach Brad Allen looked on the bright side: "Not going to county made it easier in that we had just this one meet to focus on for the summer. We did make a special deal for those that would have qualified for the county with their times. We would make them feel special, at each home meet, calling them down and recognizing them in front of the whole team."

Marc Cavallero, Moraga Ranch's head coach saw an advantage to just focusing on the OMPA: "It's weird to not go to the county meet. It's a great accomplishment for the kids that qualify but this year it makes for a nice end point to the season. We're all putting our eggs in one basket instead of stretching it out over two weeks."

ferent levels: "We've had the biggest team in our history (284). Competitive athletics is important but I would also say a good family feel and positive environment is more important especially when you're working with kids. I appreciate everything about the team from the little kid that swims for the first time to the older kid than wins an event. It's all part of the process."

Trevor Rose, Moraga Valley Pool's head coach saw

their season's success on dif-

At the other end, Miramonte had the smallest team with 74 swimmers. Head coach Eddie Lee sees great potential in the team's future: "Our younger kids have been very strong which is awesome for the future of the team. We had seven 6-andunder breaststrokers in the top 25. Evelyn Gaffney broke five pool records this summer and broke the OMPA record on Saturday. A number of our swimmers would have gone to county but OMPA has been our focus."

All of the teams speak about the family feeling among its members. For Sleepy Hollow's Matt Ehrenberger, it's both figurative and literally that way: "My oldest son, Justin, graduated last year and my middle son, Nathan, is 16 and my daughter, Bailey, is 9 years old. It's always nice to see them swim. It's been a good summer though a little short. We

never had our whole team in place for much of the summer so it nice to have everyone here at this meet. We're a different team than we've been in the past with new kids trying to step up and fill the shoes of those who have graduated. It's time for the next wave of Sleepy Hollow legends to step up and take over the leadership role."

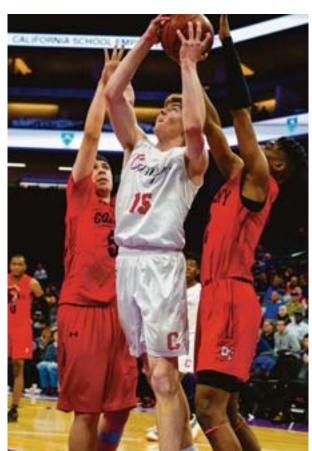
In her second year as head coach of Moraga Country Club, Tiffany Forbes feels she has the team pointed in the right direction: "There had been a few years of turmoil at our club that is over and done and we're on an upward trajectory. We're small but we're mighty. Our swimmers love this meet a lot more than they love county. With five great senior coaches and about 30 junior coaches, we had a really solid and motivated staff." Forbes singled out 10-year-old Ellis Culleton and 9-year-old J.T. Gett as two to look out for down the road.

Tatiana Gessling of Campolindo Cabana had her team focus on OMPA along with team individual times: "As a group, I'm really proud of how hard they've all worked. They have individual goals but as a team we would try to get 500 points and then we bumped it to 1,000 and now we're trying to get to 1,500. We've been training for OMPA and this was definitely our number one priority."

... continued on Page C2



Campolindo named the Division III School of the Year by Cal-Hi Sports



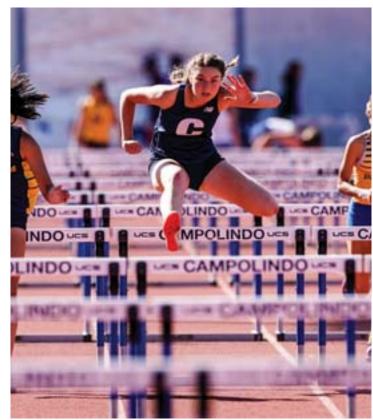
Emmanuel Callas

By Jon Kingdon

Cal-Hi Sports has selected its State Schools of the Year for their athletic programs, and for the sixth time since 2005 and the third time this decade, Campolindo was chosen as the Division III School of the Year. Mark Tennis, the co-founder and publisher of the paper, chooses the teams himself: "Campo was a fairly easy winner," he explained. "They have been very good in a number of different sports and they're always in the mix.'

In its announcement, Cal-Hi cited Campolindo's boys basketball team winning the state tournament, along with the success of the boys and girls cross country teams, the boys and girls swimming teams and the boys volleyball team. "Besides these teams," says Tennis, "the school is solid in just about everything else. "

Campolindo Athletic Director Shannon Rogers spoke glowingly of the award: "The D3 State School of the Year Award is truly an honor. It reflects the deep commitments of our student-athletes, their parents, the school community and the community as a whole. Our student-athletes and their supporters balance tremendous effort and achievement in athletics, academics and holistically as humans – that is the deeper significance of the



Natalie Arnswald



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Orinda Country Club once again OMPA Champions



Grayson Menard, 9 year old, from Sleepy Hollow

Photo Gint Federas

... continued from Page C1

Each of the coaches has their own way of doing things though there are many similarities in their approaches. The keys for success for these coaches range from technique to character and attitude. If there is one consistency for all of them, it's important for their swimmers to have fun.

For Haufler, "It's not just the kids in the top 10 but the kids in the top 20 that helps our team. It's all about stroke technique, start, turn and finish." Allen says: "It's hard work, effort and sportsmanship. We want to mix the balance between hard work and play perfectly."

Cavallero has taken a unique approach: "We don't swim and train yardage which is the old school mentality of swim. We go the opposite of that. We focus on good technique, balancing that with making it a positive experience. We want it to be fun and enjoyable and we want to build that team spirit and comradery."

Gessling points to "competitiveness and striving to be their best as an individual and always trying to find something to push themselves, like internal motivation because it's really hard for a coach to always yell but if the swimmer is in to it, setting their own goals and pushing themselves, you're going to have success." Allen's formula is "to put time in the water but you have to make sure that your swimmers are having fun and they want to compete and get better and faster. The balance between hard work and play is what we

want to mix perfectly."

For Armanini, "It's just being very consistent with our structure and routine. The younger kids feed off and thrive in that and we have been able to develop a system that on several days a week we do certain stroke groups and the rest of the week we do dives and other days we do free style."

Lee goes for "technique and the little details of the stroke along with motivation. We try and get the kids pumped up and believing in themselves and realize that they can accomplish their goals if they have no doubt in themselves at all."

For Rose, it's character: "You got to want to try every day or else you can't succeed when you compete. You have to care as much about shaking someone's hand as you do winning the event. You have to care as much about a workout as you do a championship meet swim. It's doing the right things as a human and as a teammate that is way more important to us than fast swimming though the fast swimming is a by-product of all that."

Ehrenberger keeps it simple: "We just try and work hard day in and day out and we try not to worry too much about things that we can't control, just the things that we can control. It's consistency over the years of coaching and the kids and parents buying into system."

It's been more than just taking care of the swimmers for Nakamura and Speron: "We've been preparing for this meet since last October," said Nakamura. "It's setting up vendors and food trucks. Selling ads and finding sponsors like Zuma, Creative Energy, LAMO Water Polo, Tice Valley among others."

For both of them and for

most of the community, it's more than a meet, says Speron: "The most fun is having all the kids come in and seeing the excitement build up all week. All of this generates great comradery with everyone talking about OMPA all over town and in the community."

TEAM RESULTS

Orinda Country Club – 4462 (244 swimmers) Meadow Swim - 3018.5 (225 swimmers) Moraga Valley – 3000 (284 swimmers) Sleepy Hollow – 2962 (226 swimmers) Moraga Ranch - 2151 (165 swimmers) Orinda Park – 2090.5 (219 swimmers) Moraga Country Club 2046 (143 swimmers) Miramonte Swim Team – 1129 (74 swimmers) Campolindo Cabana Club – 758 (111 swimmers)

INDIVIDUAL MEET RECORDS BROKEN **GIRLS**

Evelyn Gaffney (Miramonte) – 6& Under breast stroke (20.38) Lily Holloway (Meadow) – 9-10 50 yard back stroke (31.01) Grace Clark (Meadow) – 13-14 50 yard back stroke (26.71)

Grant Kurtz (Moraga Valley) – 11-12 50 yard fly (26.54)

HIGH POINT WINNERS

6 & Under Girls Evelyn Gaffney - Miramonte 7-8 Girls Hayden Holloway – Meadow 9-10 Girls Lily Holloway – Meadow **11-12 Girls** Elisabeth Butler - Orinda C.C. **13-14 Girls** Grace Clark – Meadow 15-18 Girls (Tie) Mackenzie Murphy - Orinda C.C. Narayan Sharma - Sleepy Hollow Katie Lyons – Orinda C.C.

6 & Under Boys Henry Shamia - Orinda C.C. **7-8 Boys** Jack Deal – Orinda Park 9-10 Boys Ellis Culleton – Miramonte C.C. 11-12 Boys Grant Kurtz – Moraga Valley 13-14 Boys Matteo Petty - Moraga Valley 15-18 Boys

Lamorinda Water Polo All-Americans



Katie Lyons, Miramonte

Photo Gint Federas

By Jon Kingdon

The National Interscholastic Swimming Coaches Association is a professional organization that supports high school coaches of all aquatic sports. It is dedicated to coaches education and athlete recognition through the All-American programs.

They recently named the 2018-19 NISCA Girls Water Polo All American Teams, encompassing all 50 states, and Lamorinda was very much represented from the first team to sixth team, each team having 13 girls listed.

Senior Katie Lyons (Miramonte) and junior Jewel Roemer (Acalanes) were named to the first team. Seniors Zoe Crouch (Campolindo), Lexi Rowell (Acalanes) and her sister, sophomore Claire Rowell (Acalanes) were named to the third team. Senior Christina Crum (Campolindo) was named to the fourth team and junior, Sally Fellner (Miramonte) was named to the fifth

Lyons and Lexi Rowell will be playing for Stanford next year, Crouch will be playing for Indiana and Crum will be playing for USC.

Claire Rowell was one of only 13 freshmen and sophomores named to the teams.

Look for another strong year for girls water polo in Lamorinda this coming season.

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More than 2,000 of the top swimmers in Contra Costa County, representing 47 teams, competed at Heaston Aquatics Center at Acalanes High School, August 2nd-4th. LMYA Swim was proud to host the 59th Contra Costa County Swim Championships and would like to thank all of our volunteers who spent countless hours planning and running this year's event. For info on County Meet 2020, visit www.countymeet.com



The LMYA Dolphins are a community-based swim team that welcomes swimmers of all ages and abilities. Our coaches emphasize proper stroke technique, help build strong workout habits, set goals for the swimmers to achieve, and foster an environment that encourages sportsmanship, camaraderie, and fun. To join in the fun next year, visit www.lmyaswim.com. Registration opens in February for the 2020 summer swim season!!

Congratulations to our LMYA Dolphins County Meet Qualifiers:

Ruslan Babich
Amayel Guiro
Misha Popov
Lily Briones
Jayna Guiro
Kate Roberts
Nathan Chan
Meher Jeyakrishnan
Mia Robinson
Pierce Chapman
Catherine Judson
Morgan Salmon

Jonathon Judson
Owen Salmon
Ava Curletto
Thomas Judson
Andrew Taylor
Monica Dikova
Katie Kostolansky
Ethan Taylor
Anthony Dumais
Mason Mak
Spencer Tsai
Claudia Dumais

Jaden McClane
Brandon Tse
Giulia Dumais
Tatum McElhattan
Tyler Tse
Ben Forer
Bristow McSorley
Caroline Tumilty
Patrick Forster
Daric McSorley
Austin Voong

Daphne Ganter
Madden McSorley
Koto Watanabe
Emma Gerlings
Anna Motes
Alexa Weyland
Phoebe Gerlings
Julia Oleyar
Georgina Williams
Grace Goldberg

Caragh Osborne
Calder Williamson
Owen Goldberg
Eshaan Paik
Anthony Yamamoto
Sierra Goyert
Stella Qi
Grisha Zubarev



www.lmyaswim.com

Sleepy Hollow Swim & Tennis Club "B" Swim Meet Invitational



From left: Luca Lagrotteria (Sleepy Hollow Swim Team), Connor Volk (Orinda Park Pool), Greta Cole (Moraga Valley Pool), Josie Disston (Sleepy Hollow Swim Team)

Submitted by Dana Wentworth

Sleepy Hollow Swim and Tennis Club held its 33rd Annual "B" Invitational July 21. This meet celebrates the "B" swimmers from the nine teams within the Orinda Moraga Pool Association. It is eagerly anticipated by many swimmers, and is considered the championship meet for the "B" swimmers within the OMPA. We would like to congratulate all the participants and High Point Winners of 2019:

High Point Winners:

6U Girls: Josie Disston — Sleepy Hollow Swim Team

6U Boys: Luca Lagrotteria — Sleepy Hollow Swim Team

8U Girls: Greta Cole — Moraga Valley Pool 8U Boys: Connor Volk — Orinda Park Pool 10U Girls: Gigi Fitzsimmons — Orinda Park Pool 10U Boys: Colin Lai — Orinda Park Pool

12U Girls: Gracie Walburg — Orinda Park Pool
12U Boys: Cameron Zener — Sleepy Hollow Swim Team
14U Girls: Paige Sanders — Sleepy Hollow Swim Team
14U Boys Tie: Stephen Klein — Orinda Country Club

14U Boys Tie: Rhys Hire — Moraga Valley Pool

18U Girls: Claudia Gravano — Moraga Valley Pool

18U Boys: Daniel Lucas — Sleepy Hollow Legends

CC United 18U's Win Bronze at **Junior Olympics**



Photo: Stewart McGuire

From left: Logan Estes, Giorgio Alessandria, Mac Darin, Henry Saunders, Dash McFarland, Alex Archer, Tom McGuire, Garrett Dunn, Marcus Longton, Jack Larsen, Narayan Sharma, Beck Jurasius, Warren Loth, Patrick Conn, Soren Jensen, and head coach Matt Detrane.

Submitted by Stewart **McGuire**

CC United 18U's won the Bronze medal at the Water Polo National Junior Olympics held July 20-23 in Orange County. The team was undeterred by an early loss, battling their way back into the semifinals and playing a total of 11 games over 4 days including a couple of close games won in shootouts. It was a successful year overall for Northern California water polo clubs, which comprised three of the four teams in the 18U semifinals and also included the local Lamorinda Water Polo.

For CC United, the Bronze medal was significant as most members of the 18U team have been with the club from its beginning. It was the final opportunity for the recently graduated high school seniors on the team to earn a Junior Olympics medal. Given the skill and experience of the athletes and their extremely qualified coach Matt Detrane, it was no surprise they achieved their goal.

This year's CC United 18U team has proven that it has what it takes both in and out of the water. Roughly three-quarters of the players will start college this fall, attending top schools including Cal, UCLA, USC, Stanford, University of Wisconsin, University of Toronto and UC San Diego. Most of them will play water polo for their colleges.

In another notable Junior Olympics finish for CC United, the 16U team coached by club founder Kirk Jensen won the Silver medal. Older players from this 16U team will move up to join the 18U team for a run at the Gold medal at next year's Junior Olympics.

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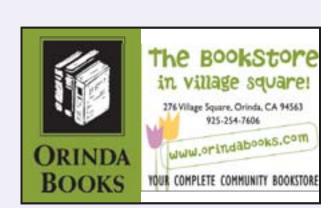
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Lamorinda

Lamorinda Weekly

Volume 13

Issue 12

Wednesday, August 7, 2019

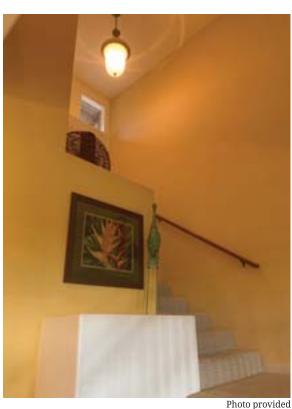


Digging Deep with Cynthia Brian

... read on Page D12

Feng Shui

Focus on the Earth element for grounding, balance and wellness



By Michele Duffy

The home should function as a personal retreat, a restorative place where we rejuvenate and refresh, and so if home is not feeling that way, the Five Elements can help. In Feng Shui, we use the Five Elements to balance and enrich home spaces so that the feeling of home promotes grace, ease and support. The Five Elements are the second most important and used tool in Feng Shui, besides the Bagua map (see diagram on page D4).

The Bagua includes all Five Elements -Water, Wood, Fire, Earth and Metal – and

each Bagua area is ruled by one of the Five Elements.

An environment with lots of the Metal element (white walls and metal furniture) can be brought into better balance by introducing the warmth of the Fire element using lighting, candles or spherical shapes, and an overly Wood décor with lots of green, plants and vertical artwork can be balanced by cutting back the wood with some of the Metal element.

The Earth element governs the entire 2019 Earth Pig year (through January 2020) and helps us in our homes to be happier, more grounded and at ease.

Earth has a "mothering" quality and makes you feel securely balanced, and peaceful from within so you create a better balance between nourishing self and others. Earth is the peacemaker and with a better connection to the idea of establishing healthy boundaries and an ability to say no, Earth can then do the most good in the world. Earth is represented by colors that range from yellow, orange, brown, pink, and certain blues (also a secondary Water color). Square shapes also symbolically represent the Earth element as do materials such as crystal, ceramic, brick, clay, rock, stone and shell.

From a personal health and wellness perspective bringing the Earth element into balance will support many of the health initiatives we are integrating into our personal care regimes. Many people will find in 2019 the necessary energetic support to quit smoking, improve exercise commitments, refocus on dietary choices or establish a better work-personal balance and balancing the Earth element at home is another way to create the desired results.

There are actually three Bagua areas ruled by the Earth element and they include Relationships, Health and finally, Self-Knowledge/Wisdom. We can choose any one or all three of these Bagua areas to adjust or activate in our homes. How to choose? Start with whatever area feels most out of balance. If we get quiet and notice we are feeling out of balance in our relationships, or our health is suffering or we cannot achieve consistency with our spiritual practice, we can receive the guidance to know which Bagua area needs our attention the most.

Do a personal audit of any of the Bagua areas ruled by Earth and identify which objects, furniture and art may represent Earth in your space. If you discover a predominance of clutter in any of the Earth areas, your first job is to clear the stagnant clutter. What else is each area subliminally communicating to you? Are the far right areas from the entrance doors, your relationship areas of your master bedroom and home, aligned with loving and nourishing relationships? Is the Health center of your home a long hallway or a draining bathroom? Are the near left areas of Self-Knowledge and Wisdom overly controlled by lots of Wood element plants, green décor or wall colors? Take a personal audit first of the Bagua areas governed by Earth that you would like to address and bring them into balance with the Five Elements, either adding more Earth and Fire (Fire creates Earth) or if there is too much Earth, add the Water element.

In these uncertain times, grounding ourselves at home can help create the difference between a year of wellness, happiness and quiet personal triumphs versus succumbing to the stresses of life that are always at our ... continued on Page D4 door.



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Page: D2 OUR HOMES 925-377-0977 Wednesday, August 7, 2019

Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	18	\$540,000	\$2,315,000
MORAGA	14	\$358,000	\$1,975,000
ORINDA	16	\$669,000	\$2,150,000

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

LAFAYETT

3620 Cerrito Court, \$1,500,000, 4 Bdrms, 2609 SqFt, 1973 YrBlt, 06-17-19 412 Corte Rinaldo, \$1,370,000, 4 Bdrms, 3847 SqFt, 1979 YrBlt, 06-20-19 1000 Dewing Avenue, \$1,039,000, 2 Bdrms, 1123 SqFt, 2017 YrBlt, 06-21-19 4 Gilmore Court, \$1,155,000, 3 Bdrms, 1168 SqFt, 1953 YrBlt, 06-26-19, Previous Sale: \$560,000, 11-06-09

996 Hawthorne Drive, \$1,300,000, 3 Bdrms, 1499 SqFt, 1942 YrBlt, 06-28-19 962 Janet Lane, \$1,250,000, 3 Bdrms, 1900 SqFt, 1950 YrBlt, 06-26-19, Previous Sale: \$695,000, 10-16-09

308 Lowell Lane, \$1,579,500, 4 Bdrms, 2674 SqFt, 1969 YrBlt, 06-25-19, Previous Sale: \$524,000, 10-19-98

1322 Martino Road, \$1,507,000, 3 Bdrms, 1713 SqFt, 1959 YrBlt, 06-20-19, Previous Sale: \$1,300,000, 03-20-14

3140 Old Tunnel Road, \$1,298,000, 3 Bdrms, 1510 SqFt, 1959 YrBlt, 06-28-19, Previous Sale: \$585,000, 05-16-12

3394 Orchard Valley Lane, \$1,280,000, 5 Bdrms, 1460 SqFt, 1953 YrBlt, 06-28-19, Previous Sale: \$800,000, 11-07-18

1528 Pleasant Hill Road, \$540,000, 2 Bdrms, 733 SqFt, 1953 YrBlt, 06-18-19

1248 Rose Lane, \$720,000, 4 Bdrms, 4420 SqFt, 1994 YrBlt, 06-18-19

1611 Shangri La Court, \$2,315,000, 5 Bdrms, 3442 SqFt, 1975 YrBlt, 06-20-19, Previous Sale: \$2,175,000, 07-12-06

3210 Sharon Court, \$1,375,000, 3 Bdrms, 1640 SqFt, 1956 YrBlt, 06-24-19

3469 South Silver Springs Road, \$1,980,000, 4 Bdrms, 2167 SqFt, 1958 YrBlt, 06-17-19

1042 Sunnybrook Drive, \$1,125,000, 3 Bdrms, 1305 SqFt, 1950 YrBlt, 06-25-19, Previous Sale: \$750,000, 05-16-13

1013 Via Roble, \$1,500,000, 4 Bdrms, 2294 SqFt, 1975 YrBlt, 06-28-19, Previous Sale: \$1,400,000, 10-23-17

1234 Warner Court, \$1,135,000, 4 Bdrms, 1791 SqFt, 1952 YrBlt, 06-24-19

MORAGA

1965 Ascot Drive #13, \$358,000, 1 Bdrms, 678 SqFt, 1966 YrBlt, 06-19-19, Previous Sale: \$350,000, 06-27-18

545 Augusta Drive, \$1,295,000, 3 Bdrms, 2828 SqFt, 1985 YrBlt, 06-28-19 1040 Bollinger Canyon, \$1,110,000, 4 Bdrms, 1515 SqFt, 1961 YrBlt, 06-28-19, Previous Sale: \$915,000, 11-06-14

90 Brookfield Drive, \$1,549,000, 5 Bdrms, 2492 SqFt, 1964 YrBlt, 06-20-19, Previous Sale: \$1,340,000, 04-11-17

119 Calle La Mesa, \$1,400,000, 4 Bdrms, 2525 SqFt, 1974 YrBlt, 06-28-19

192 Cypress Point Way, \$1,040,000, 3 Bdrms, 1644 SqFt, 1973 YrBlt, 06-28-19, Previous Sale: \$900,000, 10-06-14

75 Jean Court, \$1,975,000, 4 Bdrms, 4080 SqFt, 1972 YrBlt, 06-21-19, Previous Sale: \$1,544,500, 08-02-10

478 Kingsford Drive, \$1,645,000, 4 Bdrms, 2609 SqFt, 1970 YrBlt, 06-17-19, Previous Sale: \$685,000, 12-19-01

60 Miramonte Drive, \$770,000, 2 Bdrms, 1762 SqFt, 1964 YrBlt, 06-20-19 533 Moraga Road #200, \$602,000, 1722 SqFt, 2008 YrBlt, 06-25-19

1561 Moraga Way, \$760,000, 2 Bdrms, 1635 SqFt, 1974 YrBlt, 06-17-19,

Previous Sale: \$80,000, 12-01-77

100 Oxford Drive, \$1,170,000, 4 Bdrms, 2073 SqFt, 1964 YrBlt, 06-26-19 144 Walford Drive, \$1,350,000, 4 Bdrms, 2014 SqFt, 1964 YrBlt, 06-17-19

407 Woodminster Drive, \$782,500, 3 Bdrms, 1572 SqFt, 1974 YrBlt, 06-27-19, Previous Sale: \$600,000, 04-11-06

... continued on Page D8

1290 Bear Creek Road





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Mary Staten 925.890.6875 mary.staten@compass.com DRE 01947354



Dave Schurhoff 925.997.9569 dave.schurhoff@compass.com DRE 01834201



Leslie Lomond 650.799.2110 leslie.lomond@compass.com DRE 01968517

Feng Shui

Focus on the Earth element for grounding, balance and wellness



... continued from Page D1

Unsure what to do? Contact a professional Feng Shui consultant who consistently applies these tenets, and who will help you immediately to better balance the Earth element in your home. When we feel supported and aligned with balance, we can accomplish almost anything regardless of what life throws our way.

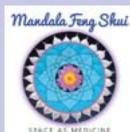
May 2019 Earth Pig year continue to bless you with the grounding balance and deep, nurturing happiness in your own home.

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, and spending time with her family; Canyon Ranch Feng Shui

Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2019 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.







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8%	Average % Over Asking	
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Lamorinda home sales recorded

... continued from Page D2

ORINDA

9 Birch Court, \$669,000, 2 Bdrms, 660 SqFt, 1930 YrBlt, 06-26-19, Previous Sale: \$624,000, 04-04-15

33 Camino Del Diablo, \$1,149,500, 3 Bdrms, 1508 SqFt, 1963 YrBlt, 06-17-19, Previous Sale: \$450,000, 09-17-99

424 Camino Sobrante, \$1,750,000, 4 Bdrms, 3259 SqFt, 1966 YrBlt, 06-17-19, Previous Sale: \$1,590,000, 03-06-13

51 Charles Hill Road, \$1,880,000, 4 Bdrms, 2716 SqFt, 1948 YrBlt, 06-17-19, Previous Sale: \$600,000, 10-01-90

104 Coral Drive, \$1,450,000, 4 Bdrms, 2041 SqFt, 1957 YrBlt, 06-26-19

12 Cresta Blanca, \$1,770,000, 4 Bdrms, 2581 SqFt, 2006 YrBlt, 06-17-19, Previous Sale: \$750,000, 11-15-10

64 Dolores Way, \$1,189,000, 3 Bdrms, 1984 SqFt, 1963 YrBlt, 06-28-19

9 La Senda, \$1,925,000, 6 Bdrms, 4733 SqFt, 1963 YrBlt, 06-28-19

5 Loma Linda Court, \$1,280,000, 3 Bdrms, 1728 SgFt, 1948 YrBlt, 06-17-19, Previous Sale: \$860,000, 06-11-04

3 Lucille Way, \$1,350,000, 5 Bdrms, 2628 SqFt, 1970 YrBlt, 06-27-19, Previous Sale: \$230,000, 07-01-86

23 Oak Road, \$1,725,000, 3 Bdrms, 3483 SqFt, 1966 YrBlt, 06-18-19, Previous Sale: \$888,000, 06-24-09

111 Sleepy Hollow Lane, \$1,520,000, 2 Bdrms, 1843 SqFt, 1953 YrBlt, 06-28-19, Previous Sale: \$1,200,000, 05-19-04

32 Tarabrook Drive, \$1,075,000, 3 Bdrms, 1404 SqFt, 1961 YrBlt, 06-18-19 37 Underhill Road, \$1,200,000, 3 Bdrms, 1826 SqFt, 1930 YrBlt, 06-25-19, Previous Sale: \$882,500, 08-05-14

26 Via Hermosa, \$2,075,000, 4 Bdrms, 4039 SqFt, 1938 YrBlt, 06-18-19, Previous Sale: \$2,475,000, 06-21-17

23 West Hill Way, \$2,150,000, 3 Bdrms, 3016 SqFt, 2017 YrBlt, 06-18-19, Previous Sale: \$24,440,000, 12-23-15



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Vicki Makamura

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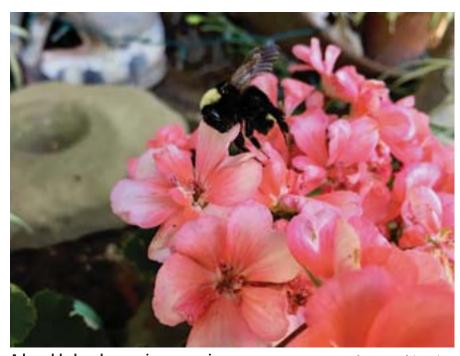
Office: 925-254-8585 | ct@clarkthompson.com www.clarkthompson.com



Page: D12 LAMORINDA WEEKLY OUR HOMES www.lamorindaweekly.com 925-377-0977 Wednesday, August 7, 2019

Digging Deep with Goddess Gardener, Cynthia Brian

What's bugging you?



A bumble bee buzzes in a geranium.

Photo Cynthia Brian

By Cynthia Brian

"... many plants of many kinds, with birds singing on the bushes, with various insects flitting about, and with worms crawling through the damp earth." – Charles Darwin

Twenty-three honeybees, 10 lady beetles, five lizards, three frogs, and several spiders.

Within two hours on a very hot day this past week, the rescue count from the swimming pool kept mounting. I was afraid to leave the water lest more of my garden friends would drown. It's summer and the flying insects, creepy crawlies, and slithering creatures are in abundance. The ones I want to save are the ones that are our garden guardians.

The Good Guys Bees

We've all heard about the Colony Collapse Disorder affecting honey bees worldwide and the importance of protecting our bees. Don't confuse honey bees with carnivorous yellowjackets. Bees, bumble bees, and yellowjackets are all pollinators yet honey bees and bumble bees don't attack humans unless they are stepped on, slapped, swatted, or threatened. They are gathering pollen and the honey bees are making honey while keeping our fruit, flowers and vegetables reproducing.

Lady Beetles

There are over 450 species of ladybugs in the United States and they are voracious consumers of aphids, caterpillars, lace bugs, mealybugs, scale, whiteflies, and mites. Lady beetles are perhaps the most beloved of all insects and even though you can purchase them for your garden, they will fly away when their food level declines. An adult will eat over 5,000 aphids in her lifetime. **Lizards**

Don't be afraid of these garden helpers. Lizards are carnivores, not plant-eaters. You are fortunate if you have lizards in your yard. They eat beetles, ants, wasps, aphids and grasshoppers. They like to bask in the sun and also shelter under rocks or in the mulch. Predators to lizards include cats, snakes and birds.

Frogs

Both frogs and toads are amphibians living on both land and in water. They need moisture to survive and prey upon snails, slugs, and other insects. However, if they fall into a swimming pool without a way to escape, they will drown. In one summer, a single toad may devour over 10,000 pests. Some species will eat mosquito larvae. Like our lizard friends, pets, birds and snakes enjoy them as a meal. Enjoy their choral music at dusk.

Spiders

Fear of spiders is one of the most common phobias even though most spiders do not bite humans. The two biting spiders with venom that can be fatal to humans are the black widow and the brown recluse. Spiders are not insects. Spiders are arthropods as they have eight legs. As happy hunters, they are excellent garden pest control managers, actually considered to be the most beneficial and efficient insect eradicator in our landscapes. When you see a spider web, admire its delicate intricacy. Don't destroy it. Inside your home, spiders are helping eradicate more invasive bugs. Spiders don't carry diseases as mosquitoes or ticks do.

To keep the good guys attracted to our landscapes, eliminate pesticides, insecticides and chemicals. Companion planting with a diversity of species will provide a variety of stalking and dining options. Offer shelters of mulch, rocks, small branches, and a water source.

The Bad Guys Mosquitoes

Mosquito bites cause puffy red bumps that can itch for a week. Worse, mosquitoes are vectors for West Nile Virus that they transmit to humans. Empty any standing water around your garden and punch drainage holes in containers. Change birdbaths daily or add a recirculating pump. If you have a pool or hot tub, keep it effectively chlorinated. Check for leaky faucets. It only takes a few days for larvae to mature. Vector Control is available at no charge to add mosquitofish (Gambusia affinis) to your pond water.

Yellowjackets

Although yellowjackets do help with pollination, they are scavengers for meat and sugary food, disrupting picnics, summer outdoor activities and barbecues. Never squash a yellowjacket. When crushed they emit a chemical that calls to other yellowjackets to attack. They build nests in abandoned burrows, in eaves and bushes. Because their sting is so potent and painful, if you find a nest, call Vector Control for eradication.

Ticks

Lyme disease is one of the fastest-growing epidemics with over 300,000 diagnoses occurring annually in the United States. Summer is the most likely time to be bitten by a tiny deer tick. Ticks are parasites that feed on blood. They live in brush piles, leaf litter, lawns, tree stumps, ground cover, and stone or brick walls. They even have been found on picnic tables and benches. It's important to wear tick repellent clothing when outside and after being outdoors, conduct a full body check, take a shower, and put your clothes in a hot dryer for 30 minutes to kill any ticks, then wash your clothes. (I know, it seems weird to dry first, then wash, but the heat of the dryer kills the ticks) Check your pets. Ticks can be hard to find and can linger in your hair, clothing, or pet fur. If you find a tick, don't twist it or turn it. Use sanitized pointed tweezers to grab the tick and pull it straight out. Wash the bite, apply antiseptic, save the tick for identification, and seek medical attention. ... continued on Page D15



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Cynthia Brian's Gardening Guide for August

CONTACT Vector Control for Contra Costa County at (925) 685-9301 for assistance with mosquitoes, rats, skunks and yellowjackets.

PROTECT yourself with permethrin-treated clothing and bug repellents. I have found relief with Insect Shield. www.insectshield.com.

PLAN a trip to a national park. Upcoming days for free admittance are Aug. 25 and Sept. 28. https://www.nps.gov/findapark/index.htm. Seniors can buy a lifetime entry pass for \$80.

TAKE advantage of a 20% discount on new introductions from Renee's Garden Seeds through Aug. 18 with checkout code NEW20. http://ow.ly/eYZE50uBDE5.

MARK your calendar for The National Heirloom Exposition happening at the Sonoma County Fairgrounds Sept. 10-12. http://www.TheHeirloomExpo.com.

FILL a saucer with water to set in your garden for the butterflies, bees, lizards and other small creatures. In the hot weather, they need to hydrate and a shallow saucer will allow them to drink without drowning.

PRUNE low hanging branches on redwoods, pines, cedars, and other trees as fire protection maintenance.

CUT a branch with a magnolia bloom for a vase. The huge white blossoms are spectacular and last several days while the leaves stay green for two weeks.

CAUTION when walking or playing on lawns planted with clover. Honeybees may be feeding.

CELEBRATE the Moraga Pear and Wine Festival with Be the Star You Are!® nonprofit and Lamorinda Weekly on Saturday, Sept. 28. Details at https://www.BetheStarYouAre.org/events

CONTINUE deadheading spent blossoms on roses and other perennials.

EAT fresh fruit as it ripens and pick up any fruit that falls on the ground to discourage a scourge of rodents.

RELAX on your patio to savor the summer sky.

Happy Gardening. Happy Growing. Happy Summer!



A colander filled with delicious mulberries.



Soak your tired feet a bath of marigolds and chrysanthemums.



Relax on a patio with comfortable seating to savor the summer sky.



A lush swath of oleanders, hydrangeas, and agapanthus.

Digging Deep with Goddess Gardener, Cynthia Brian

925-377-0977

What's bugging you?

... continued from Page D13

The "bad guys" are on my "danger watch out" list. I've had three trips already to either urgent care or the emergency room with ticks lodged in my neck that required surgery to remove. Mosquitoes are my nemesis inflicting gigantic, itching bites with bumps that last for two weeks or more. In the last year, I've stumbled upon three yellowjacket nests, suffering multiple stings on my hand and arms with swelling that abated after a week.

The "good guys" I'll continue to rescue as they are my garden "watchdogs." Fortunately, my numerous song birds and hummingbirds aren't nose-diving!

What's bugging you?



Cynthia Brian prancing through the garden.

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best-selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her books at www.StarStyleRadio.com.

Buy a copy of her new books, Growing with the Goddess Gardener and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store. Hire Cynthia for projects, consults, and lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com





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New Listing

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\$1,995,000



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Elegant 4 bed/3.5 bath two level new construction home with remarkable views from terrace decks.

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3 Honey Hill Court

East Coast style 6 bed/4.5 bath traditional gated estate with lush lawns & a romantic master suite.

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MORAGA

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MORAGA



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MORAGA



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