

# All stars art exhibit – real people at the ballpark



Photo Pippa Fisher

Senior Community Library Manager Vickie Sciacca, left, and artist Ellen Reintjes pose for a photo in front of their portraits, behind them.

By Pippa Fisher

More than just art that appeals to baseball fans (although it does), the unique exhibit hanging in the Lafayette Library and Learning Center is a celebration of relationships – of people to teams, to towns, to each other and even to pets by local artist Ellen Reintjes. A special reception was held for the public Nov. 12 to give people a chance to meet the artist and several of the faces featured in the artwork.

The exhibit is called “All-Stars: Fans, Fams, and Friends.” It is a series of portraits of real individuals – nine family members, friends including several community leaders, and yes, Reintjes’ dogs – all wearing team baseball caps. There is even one of Reintjes’ father painted from a photo of him as a child at the 1926 World Series at Yankee Stadium with Babe Ruth visible in the outfield behind him. The collection features many connections – Reintjes

knows all the individuals and, furthermore, each of the individuals knows at least one of the others.

All portraits were painted in acrylic on a six-inch square canvas. Reintjes has since given the originals to the painting’s subject but had made high-quality digital reproductions, which she framed and hung on Louisville Slugger bats – a project she worked on with her husband, Former Mayor Don Tatzin.

“Despite working on the framing project together with Don,” says Reintjes with a smile, “we are still married.”

Reintjes has had work exhibited throughout the Bay Area at wineries, galleries, shops and libraries. She is a member of the Bay Area Studio Artists and paints animals and nature, landscapes and seascapes.

Further information on the Bay Area Studio Artists can be found at <https://bayareastudioartists.com/>

# Amigos holiday fundraiser kicks off



Amigos de las Americas will hold its annual fundraising over the holiday season, selling Texas Ruby Red grapefruit (\$30 a box), locally grown florist quality poinsettias (\$15 each), and organic, fair-trade coffee from Latin America, whole bean or ground (\$15 a pound). The grapefruit can be bought and donated back to a local food bank, while the poinsettias can be donated to a care facility of choice. The Amigos program sends volunteers to Latin American countries to collaborate on projects addressing community health, equality through sports and teamwork, and environmental preservation, in addition to other projects. To order, visit [eastbay.amigosinternational.org](http://eastbay.amigosinternational.org) and click on the order link, or email Mary De Luna at [deluna.mary@gmail.com](mailto:deluna.mary@gmail.com).

- John T. Miller

Photos Mary De Luna

This year's Amigos volunteers include (from left) Yuji Watanabe and Devon Bradley from Miramonte High School, and sisters Maria and Anna Toldi from Acalanes.

# Make an impact at Thanksgiving with Jalapeno-Lime Cranberry Sauce



Photo Susie Iventosch

By Susie Iventosch

Since you still have a day or two before Thanksgiving, there’s plenty of time to make homemade cranberry sauce. Cranberries are readily available in the produce section of your favorite markets this time of year, and this recipe is a breeze to make! We love to barbecue turkeys all year long, especially in the summer, so we stock up on extra fresh cranberries

and freeze them. Then we make the sauce as we need it. I’ve never had too much luck finding frozen cranberries in the stores, although for the very first time this year, I was able to find a couple of bags in the freezer section of my grocer.

When it comes to making cranberry sauce, you really just need to follow the recipe on the back of the bag of cranberries, but it’s fun to create your own variations. The basic recipe calls for cranberries, water

and sugar and to that you can add almost anything. You can use fruit juices or Port as part of the liquid and you can add other fruits like pears or apples, or even nuts such as pecans or pistachios. Spices add a nice touch and cinnamon, cloves, and nutmeg

are all great options. But, over the past several years, we’ve really come to love the one we make with brown sugar, lime juice and jalapeños the best. If jalapeños are too hot, simply substitute poblanos or Anaheim chilies.

**INGREDIENTS**

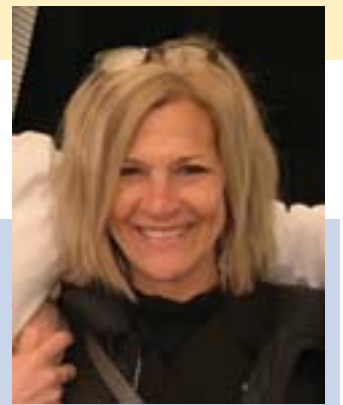
- 1 12-ounce bag fresh cranberries (find them in the produce section)
- 1 jalapeño, remove stem, seeds and veins, and finely dice
- 1 cup brown sugar
- ¼ cup lime juice
- ¾ cup water

**DIRECTIONS**

Place all ingredients into a medium-sized pot. Bring to a boil, stirring until everything is mixed in and sugar is melted. Reduce heat to low and simmer over low heat for 20-30 minutes, stirring occasionally. It should begin to thicken a bit. Remove from heat and cool completely. Once cooled, it will really thicken up. Store in an airtight container in the refrigerator until ready to use. It lasts for months in the refrigerator, too. Happy Thanksgiving!

You can find most of the recipes published in the Lamorinda Weekly on our website. Food tab: [www.lamorindaweekly.com/html2/food1.html](http://www.lamorindaweekly.com/html2/food1.html)

Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://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.



# Attitude of gratitude: Live longer and healthier

By Linda Fodrini-Johnson

We have an entire day set aside to focus on gratefulness: Thanksgiving. However, what if we focused on gratitude at least one day each week? Doing so can have a positive impact on our health.

Do you wake up every morning appreciative of another day or do you roll out of bed with the thought, “Oh, another day of the same old thing?” Our attitude sets the stage for how each day plays out. Attitude can affect our health, our marriage, our career and the very essence of our lives.

Most of us probably model our attitudes based on our parents – that can be both a negative and a positive. If you had parents who were very critical, you might make a real effort at not being like them and always be looking for someone or something to compliment. On the other hand, you might be overly

critical of others and yourself. If you find yourself in the latter group, your attitude might be hindering your ability to live life fully.

There is much research on attitudes of gratitude in the medical community and most of it points to less illnesses, better sleep, better relationships and adding an additional two years to your life.

A positive attitude is always seeing the possibility in every situation as a potential gift. Yes, the forest fire can bring about new life and clear the forest of the overgrowth.

Harold S. Kushner said, “If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.”

The positive attitude seems to bleed into an “attitude of gratitude.” We like to be around positive people. They make us feel good about ourselves and usually help us feel both grounded and safe. They always say “thank you”

and you may find that they smile a lot as well.

If you tend to make “mountains out of molehills,” these three tips could help you reduce stress and increase gratefulness:

1. Stop – Tell yourself you are not going to do this “mountain” thing again!
2. Breathe – Focus on your breath. Practice deep belly breathing for about two minutes.
3. Refocus – Reframe that mountain into bite size pieces and find someone who is grounded to help you forge a better path.

My 19-year-old granddaughter had a recent experience with a flat tire and a flat spare tire while also undergoing the stress of taking hard classes and the confusion of parents giving her differing advice. She became so overwhelmed that it was hard to know where to go and how to get herself back to a stress-free place. Reminding her of these three actions and to focus on what she was grateful

for changed her whole experience from one of stress to an opportunity.

As a geriatric care manager, I have been honored to work with individuals who are in their 90s and have had multiple losses and health challenges. Yet they feel good about their lives and see good in every day and in every person. They tell me that loss is just part of life and you need to expect it, grieve and move on. Many have added that the moving on is a way to honor those you have lost.

If you feel you’re in need of an “attitude adjustment” try the following:

- Reading
- Journaling
- Deep breathing
- Meditation
- Giving compliments
- Seeking professional counseling

Many care managers are licensed therapists and can help you make this change. Let your life be one of light! Be healthy and live longer by making gratitude part of

every day.

Happy Thanksgiving! Affirmation: “I practice being grateful for what I have in my life daily.”



Linda Fodrini-Johnson, MA, MFT, CMC, is a Licensed Family Therapist and Certified Care Manager. She has been practicing professional care management since 1984. Linda founded Eldercare Services, a full-service care management and home care company in 1989. Eldercare Services is now a division of Home Care Assistance and continues to provide Bay Area families with care management, advocacy, counseling, support groups and education.