

THE ORINDA NEWS

Gratis
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Orinda in Action Community Service Day Is April 21

by DAVID DIERKS
Assistant Editor

On April 21, the Orinda Community Foundation, in partnership with the City of Orinda and the Orinda Chamber of Commerce will hold the annual Orinda in Action Community Service Day. This event strives to bring the community together in a family friendly environment to help clean up and beautify the City of Orinda.

This year's categories include downtown projects, BART projects, creeks/streams/paths projects, and school projects. Tasks will include picking up litter, weeding and raking, painting, covering up graffiti, bagging trash and bringing it back to the library. Disposable gloves will be provided for everyone who volunteers to help. The schools involved this year include Sleepy Hollow and Del Rey.



DAVID DIERKS

Orinda Community Foundation board members (L-R) **Carol Penskar, Sue Severson, Dick Burkhalter,** and Orinda Citizen of the Year **Richard Westin** share a fun time with recipients of the OCF's annual grants. The group plans to have just as much fun at Orinda In Action.

The day of the event, registration starts at 8:30 a.m. at the Orinda Library Plaza. The first 300 people who arrive will get a free T-shirt. Coffee and bagels will be available in the morning, and a light lunch and music will be provided later in the day.

Planning for 4th of July Celebration Well Underway

This year's 4th of July parade and celebration will honor Lamorinda residents who have served in the military or are currently attending such institutions as West Point or Annapolis. And what could honor these individuals more than the American flag? The Orinda Association (OA), which sponsors the 4th of July festivities in partnership with the Orinda Community Foundation, would like to decorate Orinda with 35 American flags. The flags would be hung from light poles through the downtown area, adding a burst of Patriotic color.

"I first saw flags like this throughout my hometown of Glen Ellyn, Illinois," says [SEE JULY page 20]

Orinda Rotary Easter Egg Hunt Takes Place April 7 at 11 a.m.



SALLY HOGARTY

Children from last year's annual Easter Egg Hunt enjoyed talking with the Easter Bunny as well as finding lots of delicious things to eat at Orinda's Community Center Park. This year's event takes place on April 7 at 11 a.m. sharp. Sponsored by Orinda Rotary Club, there will be prizes, juice and cookies and, as always, there will be individual "hunt" areas for each age group.

11th Annual Wildlife/ Earth Day Festival

Sunday April 22 1 – 4 p.m.

The red-legged frogs in the pond at the Wagner Ranch Nature Area are singing their annual mating songs. The Nature Area is 18 acres of meadow, forest, ponds, and streams with San Pablo Creek flowing along one side.

The ponds will be alive with activity, and it is fun to visit the Wagner home foundation to imagine life in the 1880s. The Friends and dozens of other community groups will have great activities for all ages including a raptor show by Jenny Papka, math in the garden, a giant solar balloon, arts and crafts with wildlife themes, music and games and much more. The Nature Area is located at 350 Camino Pablo, adjacent to Wagner Ranch Elementary School.

For more information and to volunteer, visit www.orindainaction.org.

World Wide Autism Awareness Day in April

By KATHRYN G. MCCARTY
Staff Writer

The 5th Annual World Autism Awareness Day on April 2 will kick off a series of Nation-wide events celebrating Autism Awareness Month. The purpose of the events, created by a United Nations' resolution, is to unite organizations and elevate awareness of Autism.

"In my opinion," says Leslie C. Werosh, Director of Special Education at A Better Chance School in Richmond, "there has certainly been an increase in research and awareness about autism as well as more defined criteria for doctors about what qualifies as an autism spectrum disorder." Werosh has worked with the group for eight years in a variety of capacities at ABC School and at its umbrella nonprofit organization, California Autism Foundation.

According to Werosh, statistics show a significant increase in autism over the past – an increase of almost 600 percent in a little over a decade. Werosh added that Autism is four to five times more likely to impact boys than girls.

"ABC School is a nonpublic school serv-

ing students ages 6-22 with autism and other developmental disabilities that contracts with 15 local school districts throughout the Bay Area," Werosh added. The school has two students who reside in Orinda – both graduates of Orinda Intermediate School.

[SEE AUTISM page 20]

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SALLY HOGARTY

One of the musicians in the **All Volunteer Pick-up Marching Band** entertains the crowds.

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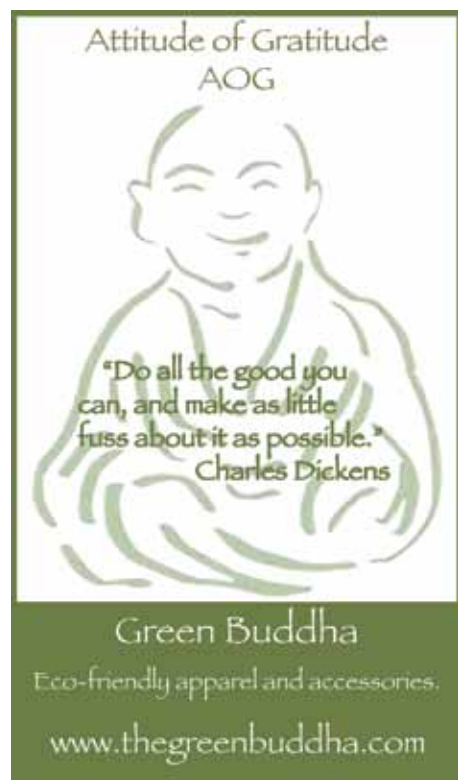
Congratulations 2012 VAC Winners!

By ELANA O'LOSKEY
Staff Writer

In its 9th year, the Visual Arts Competition (VAC), sponsored by The Orinda Arts Council (OAC), provided nearly 120 high school students the opportunity to publicly exhibit their art and submit their work for judging by an esteemed panel of accomplished, professional artists. At the artists and awards reception on March 7, the OAC proudly announced its winners in the categories of 2D, 3D and Photographic Art:

2D Winners:

First Place \$300-Kathleen Devlin, *Fibonacci's Flower* (watercolor), 12th Grade, Contra Costa Christian.



Second Place \$200-Hailey Westphal, *Unity* (watercolor/wax), 12th Grade, Acalanes.

Third Place \$50 (Tie)-Erica Howland, *Asphalt Flowers* (acrylic), 12th Grade, Campolindo; and Natalie Korich, *Untitled* (color pencil), 12th Grade, Campolindo.

Honorable Mentions, \$25 each: Allison Easter, *Birch Girl* (pen and ink/watercolor), 12th Grade, Campolindo; Emma Goodacre, *Cat* (crayon resist), 12th Grade, Campolindo; Erin Hansen, *Untitled* (graphite), 12th Grade, Campolindo; Steven Wetterholm, *Pacific Grove* (acrylic), 12th Grade, Campolindo; and Kelly Noah, *The Universal Mind* (oil), 12th Grade, Miramonte.

3D Winners:

First Place \$300-Katherine Fearing, *Untitled* (sculpture), 12th Grade, Miramonte.

Second Place \$200-Luke Johnston, *Cutting Board* (wood), 12th Grade, Acalanes.

Third Place \$50 (Tie) - Aly Kostecki, 12th Grade, *Hold On Bunny* (silver), Miramonte; and Annelise Olson, *Topi* (silver), 11th Grade, Miramonte.

Honorable Mentions \$25 each: Madison Wheeler, *Dream Catcher* (wood), 9th Grade, Acalanes; Rachael Purcell, *Milk's Favorite Cookie* (brass and white bronze), 10th Grade, Miramonte.

Photography Winners:

First Place \$300-Emily Fuhriman, *Splash* (digital photography), 10th Grade, Miramonte.

Second Place \$200-Jazmin Morote, *Kelly Rice Bowl* (digital photography), 11th Grade, Acalanes.

Third Place \$100-Carolyn Cole, *Disposition* (digital photography), 11th Grade, Acalanes.

Photography Honorable Mentions \$25 each: Lizzie Mediati, *Callow* (digital



Winners of the Visual Arts competition displayed in the Library Gallery during March include: (L to R) **Erica Howland**, 3rd Place, *Asphalt Flowers*; **Mary Youm**, Best of Show, *Untitled*; **Erin Hansen**, Honorable Mention, *Untitled*; **Allison Easter**, Honorable Mention, *Birch Girl*. All are seniors at Campolindo.

photography), 12th grade, Campolindo; Kelatzli Mendoza, *Back Home* (silver gelatin print), 12th Grade, Bentley; and Hudson Davis, *Snowboarding* (digital photography), 10th Grade, Bentley.

The Best of Show, viewers' choice award, went to Mary Youm, *Untitled* (multimedia portrait), Campolindo, 12th grade. Both viewers' and judges' votes were tabulated

in determining this award.

Guests at the reception enjoyed live jazz music provided by Altarinda Jazz (Philip Hoxie on bass, Bryant Chow on keyboards and Drew Dowling on drums).

For more information about the VAC and other programs, including the Orinda Idol competition, visit www.OrindaArtsCouncil.org.

OUSD 6th Annual Arts Ambassadors Exhibit Features Budding Artists

By ELANA O'LOSKEY
Staff Writer

The Sixth Annual Arts Ambassadors Exhibit at the Orinda Library Gallery begins on March 30 and runs through April 30. The exhibit includes artwork from each of the 70+ classes in local schools – close to 300 pieces of art! The event is generously sponsored by the Orinda Arts Council's (OAC) School Committee, which advocates strong arts curriculum in all Orinda schools.

An artists' reception will be held on April 11 from 4-6 p.m. where light refreshments will be served. Thanks to music teachers Christina Martin and Ron Pickett, students from the district elementary choral groups will add their vocal talents to the reception. Boys and girls from classes in the (K-5) Del Rey Elementary, Glorietta Elementary, Sleepy Hollow Elementary, Wagner Ranch Elementary Schools and the Orinda Intermediate School (Grades 6-8) will exhibit

[SEE ARTISTS page 20]

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ORINDA ASSOCIATION

**A Message From an OA Board Member
2012 Fourth of July—A Lamorinda
Destination Event!**



Chris Laszcz-Davis

Orinda Association President Bill Waterman will be asking different OA board members to write the President's Message from time to time. The April President's Message is written by board member, Chris Laszcz-Davis.

Independence Day

On July 4, 1776, the colonies claimed their independence from Britain and a democracy was born. Every day, thousands leave their homeland to come to the "land of the free and the home of the brave" to live the American Dream. In fact, my family was one of those dreamers. Each year on July 4, Americans have historically celebrated that freedom and independence with barbecues, picnics, parades and family gatherings. And so it was that Orinda in 1984 embraced that very same community celebratory spirit!

Orinda's First 4th of July Parade Helped Orinda Become a City

Early one morning in the winter of 1984, Dick Heggie, Bill Gross and Bobbie Landers were sitting in the Orinda Association's cramped office trying to think of a way to get local residents excited about Orinda becoming a city. With local residents dissatisfied with county services, the Orinda Association and several other local residents had begun thinking about incorporation. They needed to find a way to build excitement among locals. As Landers thought back to the hot summers in her home town of Glen Ellyn, Illinois, she remembered

how much she used to look forward to the 4th of July parade in her home town. Why not bring that same sense of fun and pride to Orinda? Heggie and Gross concurred and Orinda's 4th of July parade and celebration was born!

Fourth of July Evolution

Orinda's July 4 celebration is now approaching its 28th year of life. The festivities have continued to grow year after year with an early morning official flag raising ceremony accompanied by a vocalist, Haley's Run for a Reason and kids 50 yard dash, the Roadrunners' Fun Run, and a pancake breakfast. Next comes the parade with several bands, local sports teams, local heroes, political figures, classic cars, military veterans and our very own families. After the parade, there are lots of fun activities in the Orinda park including a petting zoo, Hot Wheels races, balloon twisters, Jeremy the Juggler, photos, football toss, face painting, local restaurant food booths, drinks, local artists, non-profit booths and one rockin' band that plays in the park gazebo. Everyone has plenty to make them smile throughout the day!

Vision: Orinda 2012 "Destination Lamorinda July 4" Event

Mark Roberts and I have been fortunate to have co-chaired the July 4 event for the past two years. While we had a great team of volunteers, we struggled with having enough resources (people, time

[SEE MESSAGE page 6]

**Thank You
Orinda Association
Members!**

Thank you to our members who immediately responded and renewed their annual Orinda Association membership. Your support is very much appreciated. For those who haven't renewed yet, payment is easier than ever. Simply go to www.orindaassociation.org, click on-line payments, it's fast, easy and secure. Your membership dues help to support Orinda Association programs and events such as the July 4th parade and celebration in the park, *The Orinda News*, the Seniors Around Town program, the Orinda Volunteer Center and much more. Your support is more critical than ever before. Support your community, support the Orinda Association!



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The Orinda Association

The Orinda Association is a not-for-profit corporation dedicated to:

- Maintaining and improving the quality of life in Orinda;
- Promoting awareness and discussion of issues that are important to the community;
- Encouraging and recognizing volunteer efforts to enhance the beauty, character, and security of Orinda.

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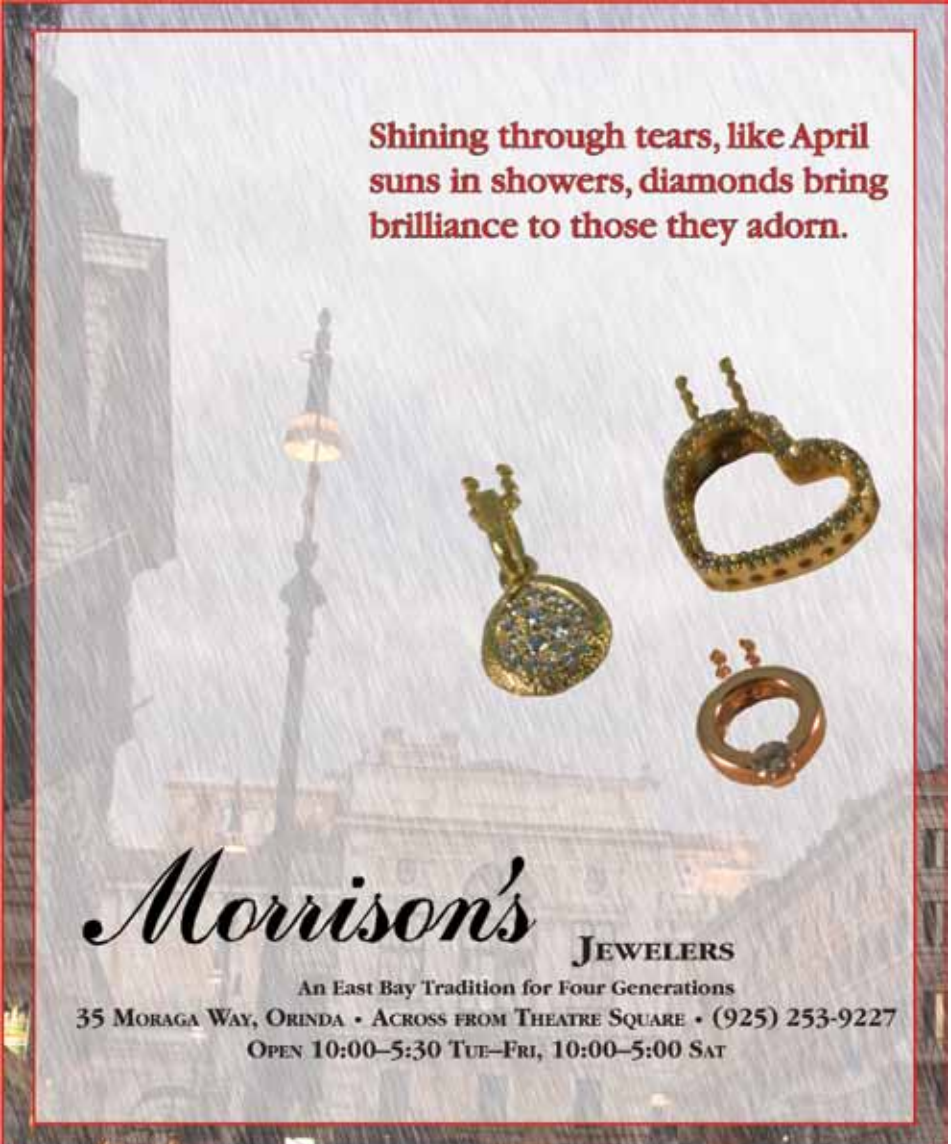
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Wrong Photo With Story



CONTRIBUTED PHOTO

In our March issue, we inadvertently placed the wrong photo with the story on our pair Jakob Gustafsson (pg 19). The photo above is the correct photo. (L-R) Karen DePaepe, David DePaepe, Jakob Gustafsson, and Andrew DePaepe.



dickling.blogspot.com

Letters to the Editor

Revenue Generator for Orinda Roads/Infrastructure

A proven alternative to raise revenue in a city that has a small sales tax base is the Real Estate Transfer tax ("RETT"). It is a tax on the sale of real property and 100 percent of the proceeds remain in the city. State or County government cannot garnish any of it. The cities of Piedmont, Palo Alto, Berkeley, Oakland, Alameda, San Jose, Mountain View and Richmond, to name a few, all utilize the RETT to fund city operations and infrastructure projects on an annual basis. The revenue that can be generated from this imposition is significant and tax rates imposed by cities can range widely. Piedmont for example has a high RETT of 1.03 percent of the value of the sale. In 2011, Piedmont had gross sales of approximately \$183 million according to a local title company. Applying 1.03 percent provides revenue to the city of \$1,884,900. Oakland, Berkeley and Alameda have similar rates. In 2011, Orinda had approximately \$165.8 million in sales. Applying a moderate 0.05 percent (one-half of one percent) to that total, produces \$82,900 in revenue to Orinda. 2010 would have produced \$76,760. The fee is collected at the close of the sale escrow with the title company. It is rolled into all the other costs associated in buying and selling a home or commercial property and can be financed or paid from equity proceeds. The fee is usually divided equally between buyer and seller. It is an "event tax" and does not continue annually, it is only imposed upon the action of selling real property.

Only a Charter City can impose a RETT. If desired by Orinda citizens, becoming a Charter City does not appear too complex.

It requires the creation of a city charter; San Ramon has a very simple charter. A "simple majority," 50 percent plus, citizen vote is required to pass it. There are other benefits to becoming a Charter City that Orinda can take advantage of. The Finance Advisory Committee (FAC) has concluded that becoming a Charter City and implementing a RETT is a viable solution to Orinda's financial problem. Lafayette voters were surveyed in early 2010 asking them about their support for Lafayette to become a Charter City and imposing a RETT. The polling company concluded "this has a moderately good chance of being successful." In the latest survey of Orinda citizens, the RETT option was not included. A similar poll taken in 2010 identified the RETT as something citizens would consider.

The FAC has not promoted the RETT to the City Council as a successful revenue generator. Bond measures and parcel taxes continue to be the choice of our city leaders to raise revenue. Both of these vehicles require a "super majority," 2/3 plus, vote by Orinda citizens to pass. Orinda already has six bond and/or parcel taxes: three for schools and three for others. Lafayette has two: one for school and one other.

I urge the Citizens of Orinda to learn more about the RETT and how it should be implemented in Orinda. If a solution to long term revenue generation such as the RETT in not implemented will the request for bond issues and parcel taxes ever end in Orinda?

Greg Chovanes

Ban Needed on Wood Fireplaces

I'm writing in support of Bill Oldham's

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letter and suggestion regarding banning the use of wood burning fireplaces. I am unfortunate enough to be living next door to a neighbor who burns wood in his fireplace nearly every day of the year – summer through winter. Due to the way this neigh-

bor chooses to operate his fireplace, we are generally inundated with smoke and can no longer open windows in our house or enjoy being outdoors. There is abundant literature on the health effects of wood smoke

[SEE LETTERS page 20]

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Letters to the Editor are printed on a space-available basis and should be no longer than 400 words. They must include the writer's first and last name, signature and telephone number.

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, fax them to 254-8312, or email to news@orindaassociation.org. Letters to the Editor for the May issue are due April 5, 2012.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspencolult.net. The deadline for the June issue is April 20, 2012.

COMMUNITY FOUNDATION / MOFD / POLICE BLOTTER

Orinda Community Foundation Celebrates Anniversary



DAVID DIERKS

The Orinda Community Foundation celebrated its second anniversary by giving out \$38,650 in grants to local organizations, members of which are pictured above. Organizations receiving grants included: the Orinda Association's 4th of July parade for 2011 and 2012 (\$10,000); the Orinda Community Center Auxiliary's Concerts-in-the-Park (\$2,000); Food Bank of Contra Costa and Solano (\$2,000); Lamorinda Senior Transportation (\$3,000); Orinda Garden Club (\$600); Orinda Chamber of Commerce (\$1,000); Orinda Historical Society's mural project (\$2,200); Orinda Arts Council's Orinda Idol competition (\$4,350); Orinda In Action (\$3,000); Friends of Orinda Library for gallery lighting (\$2,500); City of Orinda for gallery surveillance system (\$500); CAIFF for Orinda Theatre's digital upgrades (\$1,000); Art in Public Places Committee to purchase the Peacock (\$5,000); Orinda Junior Women's Club for Youth Ink writing competition (\$500); and Xenophon Therapeutic Riding Center for a scholarship (\$1,000).

Dedicated to enhancing the quality of life in Orinda, the Orinda Community Foundation sponsors the Orinda in Action clean-up day, the NorCal Kids Triathlon, and the Heroes Golf Tournament. The group also partners with the Orinda Association to present the annual 4th of July Celebration and contributes to Orinda Idol, Concerts-in-the-Park, and Art in Public Places.

MOFD Board Resignations Leave Three Options

By DAVID DIERKS
Assistant Editor

On February 29, Dick Olsen and Brook Mancinelli, two of the Moraga-Orinda Fire District (MOFD) board members resigned, which leaves the five-member board with two vacancies. On March 7, the board met to discuss what problems this would cause. Approximately 30 members of the public were in attendance.

The board openings present certain difficulties in the operation of the board. Because the board has only three members, two members now make up a majority. Under the Brown Act (a California Statute passed in 1953), any meeting of a majority of the board constitutes a quorum and must be declared a public meeting. As such, it must have an agenda and be announced so that the public can attend. This means that any of the ad hoc committees that have two board members in attendance must now be made a public meeting. Under the Fire District rules, a unanimous consent is now required to take action.

The board has three options for dealing with each of the vacancies: 1) the board can appoint a new member; 2) the board can opt to have an election for a new member; 3) the board can do nothing, in which case the

County Board of Supervisors may choose to make an appointment or order the board to call for an election.

Appointments must be made before April 29. Olsen's term expires December 15, 2014 and Mancinelli's term expires December 15, 2012. An appointment to Olsen's term would serve until the next general election, which is in November, 2014. An appointment to Mancinelli's term would serve until the end of his term (December 15, 2012).

If the board opts to call for an election, the earliest the election could be held is July 31. Because it takes a month to certify these elections, the new board member would join the board in August. The cost of each election would be approximately \$38,750.

A member of the public at the March 7 MOFD board meeting suggested that someone be appointed to the Mancinelli seat and do nothing to the Olsen seat. This would give the board four members, thus a quorum would be three members, and remove a lot of the restrictions resulting from the Brown Act.

A decision was made at the March 21 MOFD board meeting, but the results were not available at press time.

For more information, visit www.mofd.org.



POLICE BLOTTER

January 2011

False Residential Alarms: Officers responded to 84 false alarm calls throughout the city.

Burglary – Auto: 3 incidents were reported on Theatre Square, Ivy Dr. and Sunnyside Ln.

Burglary – Commercial: 2 incidents were reported on Theatre Square and Bryant Way.

Burglary – Residential: 5 incidents were reported on Ironbark Cir., Owl Hill Rd., Dolores Way, and (2) on Overhill Rd.

Grand Theft – From Vehicle: 2 incidents were reported on Linda Vista and La Espiral.

Petty Theft – From Vehicle: 1 incident was reported on Orinda Way.

Stolen Vehicle: 1 vehicle was stolen from La Espiral.

Arrests

Driving Under the Influence – MISD < .08: 1 arrest was made on

Moraga Way.

Driving Under the Influence – MISD > .08: 2 arrests were made on Hwy. 24 on WB/St. Stephens Dr. and Charles Hill Rd./El Nido Ranch Rd.

Driving Under the Influence – Felony > .08: 1 arrest was made on Ivy Dr.

Drunk in Public: 2 arrests were made on Moraga Way at Stein Way and Camino Del Diablo at El Toyonal.

Juvenile Alcohol-Related Arrests: 1 arrest was made.

Recovered Stolen Vehicle: 1 vehicle was recovered on Knickerbocker Ln./Stein Way.

Warrant Arrest: 1 arrest was made on Monte Vista.

Orinda BART Station

Petty Theft from a Vehicle: 2

Stolen bicycles: 2

Stolen Vehicle: 1

– Compiled by Jeanette Irving, Orinda Police Department

Using Technology for Neighborhood Safety

Orinda's Neighborhood Watch program has a new way to stay in touch – a Yahoo group for Lamorinda neighborhood groups and leaders to exchange ideas and information. Groups are encouraged to sign up by going to <http://groups.yahoo.com/group/LamorindaEPC>. Information needed includes listing the neighborhood and number of homes, leaders names and all contact information, FRS channel used by the neighborhood group, and the call sign of HAM(s) in the group.

Information needed includes listing the neighborhood and number of homes, leaders names and all contact information, FRS channel used by the neighborhood group, and the call sign of HAM(s) in the group.

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Senior Village Prepares for Disasters



BECCI KUNZMAN

When the residents of the Orinda Senior Village decided to have a Community Emergency Response Team (CERT) class at the Village, they had life experience that told them how important it is to be prepared. Residents and staff have lived in Chile, Mexico, China and California and experienced earthquakes and other disasters and are determined to be ready to care for themselves and their neighbors.

Here the Senior Village CERT team prepares to search for trapped victims and rescue them if possible. Is your family and neighborhood ready? The next CERT class will be in the Garden Room of the Orinda Library in September. To learn more and register for the next class, go to lamorindacert.org.

◆ MESSAGE from page 3

and money). We've decided to expand our community partnerships this year and move it from being an Orinda only initiative to one that involves our neighbors: Lafayette and Moraga – a Lamorinda July 4 initiative! After all, communities working together are what allow events to sustain over time.

Moving into 2012, we have the Orinda Association (OA), the Orinda Community Foundation (Richard Westin), the Orinda Chamber of Commerce (Candy Kattenburg), the Lafayette Chamber of Commerce (Jay Lifson) and a few additional Orinda

(John Fazel, Roadrunners, and Bruce Burrow, local developer), Lafayette and Moraga volunteers. So watch us begin to shift gears a bit and make our July 4 celebration a Lamorinda community endeavor!

And one final note: our new July 4 co-chairs are OA President Bill Waterman and Orinda resident Jim Lautz. Bill and Jim have begun the planning and implementing of all the behind the scenes work that make the day a success. If you're interested in joining the July 4 planning and implementation process this year, please call the OA office at 254-0800. We can certainly use all the wisdom, skills and talent our Lamorinda communities offer!

Moraga-Orinda Fire District Finances: Fictions versus Facts

Editor's Note: The following is an op ed piece by the president of the MOFD board, Fred Weil. Anyone wishing to submit a differing opinion can do so by emailing to news@orindaassociation.org by April 5.

Recently, elaborate fiction has circulated about the district's finances. The facts are different. Here are some examples.

Fiction: \$68,000,000 of unfunded MOFD liabilities have built up since the district was formed in 1997.

Fact: The district has serious long term unfunded liabilities, but these include significant liabilities that arose before the district was formed. About 44 percent of all retirees now drawing medical and/or pension benefits retired from the old Moraga and Orinda districts. Further, another portion of the unfunded liabilities is traceable to vested benefits of active employees who came over in the merger, and later retired.

Fiction: The pension liability was fully funded in 2005 when the pension bonds were issued in order to pay off the liability.

Fact: The bonds were sold to pay to zero the unfunded liability to the pension fund because the fund charged 7.75 percent on the liability, but bond interest is only 5.22 percent, saving the district about \$8,000,000 over the 20 year life of the bonds. However, the \$28,000,000 bond liability, traceable to prior and then current employees, remained.

Fiction: The current board is responsible for additional pension liabilities accruing since 2005.

Fact: The worst recession since the Great Depression began in 2008, causing increased unfunded pension liabilities in nearly every district in California.

Fiction: The district has no plan to address unfunded liabilities.

Fact: The pension bonds themselves are part of a plan. The district will have fully paid the \$28,000,000 bond liability from committed tax revenues by 2024. After 2024, more than \$3,000,000 of annual property tax revenues will be available to address other long term liabilities. The board's consultant advised at a public meeting on ways to reduce the district's pension liabilities--some recommendations are now in place. Long term unfunded medical benefit and pension liabilities are the subject of current negotiations with our unions.

Fiction: Nothing has been done to address the district's financial issues.

Fact: Two years ago, the board instructed

the current chief to bring back a balanced operating budget, even though the district's financial forecast indicated large future operating deficits. In the last two years, operating costs were contained, the district had an aggregate operating surplus of about \$220,000. We also restructured fire chief and battalion chief compensation to reduce or eliminate future pension "spiking" possibilities. Significant cost cutting was achieved without adversely affecting service -- actually, we increased the number of firefighters with paramedic training.

Fiction: The current board members are responsible for a 20 percent hike in former Fire Chief Nowicki's pension.

Fact: The Nowicki situation is complex. Before becoming fire chief, he was a battalion chief with vested pension rights, including the right under County pension board rules to sell back vacation time to "spike" his pension. He was induced to leave that position for the harder job as fire chief by a promise by the negotiators that he would do better financially as chief. Had we not amended his contract, his pension at retirement would have been about 10 percent less than a battalion chief's. The board's choice was to break that promise or honor it to some degree. The board honored the promise by improving his pension to about 6-9 percent more than a battalion chief's. In hindsight, perhaps the board should have broken the promise, or granted less, but decisions are made in the moment, not in hindsight.

Fiction (really a paradox): The district is overburdened with debt but there are millions of dollars of surplus funds to fix Orinda's roads.

Fact: Both extreme claims are wrong, as a fair examination of the facts would reveal.

To remain viable, the district must run its programs within its general operating budget so that long term liabilities are managed and equipment and other capital needs, including the replacement and repair of fire stations, are not neglected. Achieving these goals will not be easy, but we have taken, and will continue to take, significant steps to do so.

The foregoing opinions are my own. The facts speak for themselves.

– Fred Weil
President, Moraga Orinda Fire District

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CAR TIME / INTERFAITH TALKS

CAR TIME
Gas Mileage Blues



John Vanek

It is very easy to notice that filling your vehicle with gas costs more these days. Every time I turn around I need to put gas in my guzzler. It made me think of ways that I could be saving fuel and getting more miles out of each tank. I could commute with one of my co-workers. I could get dropped off and walk part of the way. The rest of the time I need to get behind the wheel.

Coming from my auto service background, I have to start with what I know about basic automotive efficiency. I know that the number one cause of poor fuel mileage on a car is low tire pressure. The rolling resistance of a tire is crucial to good gas mileage. I checked the tire pressures on my Ford Explorer and found that they were all low. Wow, imagine that. When I inspected my tires I noticed that my front tires were wearing down unevenly on the outside edge indicating that I had a wheel alignment problem. When the wheel alignment is out of spec, the tires are literally pointing in the wrong direction causing friction that also hurts the rolling resistance. It also wears down your tires faster costing you more money. I promptly rotated and balanced the tires then had a wheel alignment service performed at my favorite oil change and tire center.

I had the oil changed because it was also due. An efficient engine with good oil is likely to obtain better fuel mileage. I also know that it is important to keep on top of the factory recommended maintenance. All of the details are in the owner's manual in the glove box. The air filter was still good, and I had just changed the spark plugs about

15,000 miles before. My owner's manual says that the interval for changing plugs is 100,000 miles, ok. I had just replaced my shocks so I know I have proper ride control. I had to remind myself how important these things are to achieving peak fuel mileage. I also pay attention to a check engine light that is trying to tell you that one of your computer controlled engine management components is failing and should not be ignored. Tire pressure warning lights should not be ignored, obviously.

The next important step was to test my driving style and vehicle aerodynamics. It stands to reason that if you drive like you are on the racetrack, you will consume more fuel. I really think some folks driving on San Pablo Dam Road think they are on a racetrack. Aggressive driving uses more fuel! A smooth easy start and conservative throttle will consume less fuel. The term "jack rabbit start" is what you want to avoid. You also want to avoid extended idling periods. You will average zero miles to the gallon when sitting still. Ok, stop letting the truck just sit there running while I am getting coffee. Roof racks, bike racks etc. will upset the aerodynamics of your vehicle which will hurt your gas mileage. Any unused gear stored in the car should be removed to eliminate any additional weight.

It comes down to making a decision to be part of the solution. Make a commitment to your vehicle's maintenance and make repairs with an emphasis on tire pressure – also, drive more efficiently and make your vehicle as aerodynamic as it can be.

Orinda Community Church Presents a Talk On Muslims and Their Faith



DAVID DIERKS

(L-R) Orinda Community Church members Eartha Newsong, Gary Nye, Katrina Staten and Leslie Moughty with speaker Maha ElGenaidi in the center.

By DAVID DIERKS
Assistant Editor

During March, the Orinda Community Church presented five interfaith talks entitled Building Community Amongst Jews, Christians and Muslims. The series focused on "examining our own awareness, knowledge and distortions of various faiths. How we can come into a space, not just of acceptance or tolerance, but to move beyond tolerance," said Gary Nye, co-chair of the Lifelong Learning and Spirituality Commission, which coordinated the talks at the church. The five part series used Gustav Niebuhr's book *Beyond Tolerance* as their reference guide.

The second talk on March 4 by Maha ElGenaidi, founder of Islamic Network Groups (ING), a non-profit that promotes cultural literacy and mutual respect, had over 35 attendees. ElGenaidi went over many of the misconceptions that most people have of Muslims such as: Muslims

and Arabs are interchangeable words; the Muslim propensity towards violence and extremism; Muslim oppression of women; Muslims worship a different God.

ElGenaidi immigrated to America in the 1960s with her father. "Based on statistics, perceptions about Islam are getting a lot worse," she said. "We now have one out of two Americans having unfavorable views about Islam. That's why this outreach that you are doing is extremely important."

Defining important terms, ElGenaidi said, "Muslim is a different term than Islam, which is a different term than Islamic, Arab and Middle-Eastern. Oftentimes, Americans use those terms interchangeably. Muslim is a follower of the faith of Islam. Islam is the name of the religion. Islamic is an adjective that modifies something that is not a human. You would never refer to a person as Islamic. It modifies something: Islamic art, Islamic architecture, Islamic history. Arab is someone from an Arabic speaking

[SEE MUSLIMS page 8]

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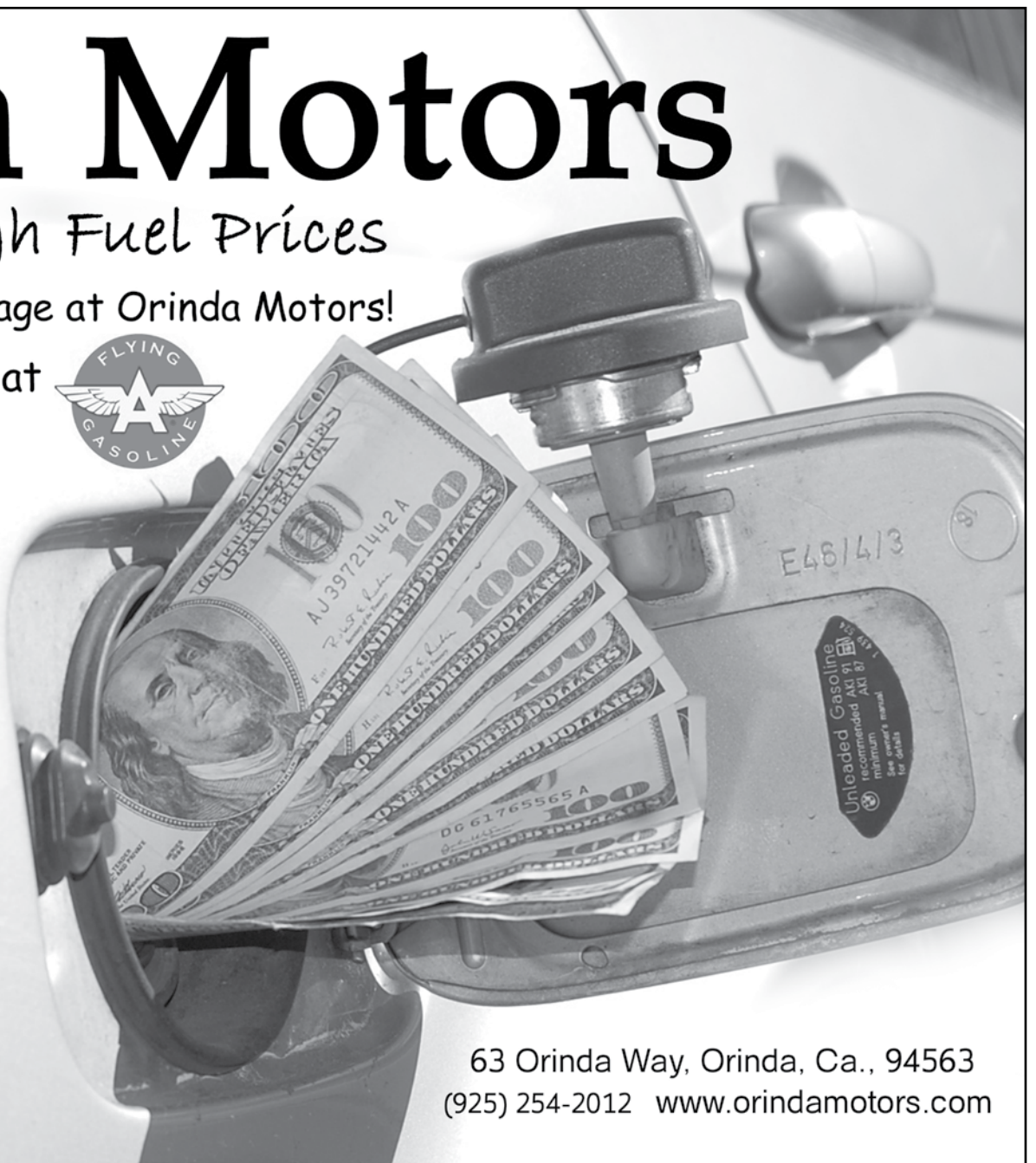
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EVERYDAY CHANGES

Everyday Changes

**Sunless Tanning -
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Bonnie Waters



By now most of us understand how detrimental, even life threatening it can be to expose our skin to the sun's damaging rays. If you are like me, you don't want to miss out on that sun-kissed glow and the bronzed shoulders and tanned legs that are the hallmark of the California lifestyle from spring to early fall. You may consider striking a compromise with sunless tanning products. While sunless tanning products are commonly sold over-the-counter, professional spray-on tanning is available at many salons and spas locally.

How do sunless tanning products work? Most sunless tanning products don't contain sunscreen so a sunscreen remains essential. The active ingredient in most sunless tanning products is dihydroxyacetone (DHA). When applied to the skin, DHA reacts with dead cells in the outermost layer of skin to temporarily darken the skin's appearance. The coloring doesn't

wash off, but it gradually fades as the dead skin cells slough off. The longevity of the service varies dependent on how the skin is prepared, how the tanning product is applied and is maintained. For tanning tips, I turned to St. Tropez, a company that has been at the forefront of the tanning business for many years. They are the product of choice for many A-Listers and others where perfect results are non-negotiable. I have also added comments in parenthesis from my experience.

Tips to a Perfect Tan

If you're waxing or shaving before tanning, make sure you do it 24 hours before your tan.

The night before your service give yourself an all-over polish and apply moisturizer to get your skin as silky as possible.

The most common cause of a patchy tan

[SEE CHANGES page 20]

◆ MUSLIM from page 7

country. Arab's are Semite and trace their roots back to the prophet Abraham. Arabs live in the Arabian Peninsula and in North Africa. Not all Arab's are Muslim, 20 percent of Arabs are Christian and some are Jewish. Middle-Eastern comes from a region of the world that was defined by the Colonials. It happens to be a region of the world that is made up of Muslim populated countries. The Middle East contains countries like Turkey and Iran, which are Muslim but not Arabic."

There are approximately 1.6 billion Muslims, about 25 percent of the world's population with Christians comprising approximately 1/3 of the world's population. "Muslims live primarily in Africa and Asia," ElGenaidi said. "You have Chinese Muslims. 85 percent of Indonesia is Muslim. Half of Malaysia is Muslim. When people think about Islam and Muslim, they don't think about that part of the world. Pakistan is predominately Muslim. Twenty percent of Indians are Muslims." Islam has been on the African continent for 1400 years, as a result, Muslims started arriving in America in the 1800s (20 percent of enslaved Africans were Muslim).

The Qur'an, which is the holy book of Islam, was originally written in Arabic. "Irrespective of where they live in the world, Muslims know a little bit of Arabic, much like Jews will use Hebrew because of their holy books, or Catholics, if you're a traditional Catholic, will use Latin," said ElGenaidi. "It was revealed by God, through the prophet Mohammed through the medium of the angel Gabriel. It's been interpreted over the years, and there's a lot of commentary about *The Qur'an*; it's one of the sources of Islamic law and so forth, but the actual words, Muslims believe, are the words of God. Muslims also believe that *The Qur'an* has been preserved. It hasn't been changed in the last 1400 years. That's the primary miracle of Islam," added ElGenaidi.

ElGenaidi spoke at length about the diversity of Muslims. "Their economic status is going to be diverse, their culture, their education level, their language, their upbringing, and their varying degrees of observance. Stereotypes fail to recognize such diversity. These factors have a tremendous impact on interpretation of *The Qur'an* and the other sources of Islam, particularly on issues like women's rights."

ElGenaidi explained that education level, economic status, upbringing and other factors impact one's reading of scripture. "This applies to Christianity as well. There are different readings of the Bible and other sources. Many of these movements are rooted in different regions, in a par-


ticular political or social environment. It's the same thing with Islam. This diversity impacts the way others view Muslims," she said.

"Oftentimes Americans of other faiths fail to recognize that diversity, so they look at all these events that take place in some of these Muslim populated countries as being necessarily rooted in the religion of Islam, when they may have nothing whatsoever to do with Islam. It's about a social/economic/political issue where some guy quotes *The Qur'an*, therefore the whole event becomes defined by the religion of Islam. People like me and you who are reading this stuff think 'These people are barbaric!' That's because of the way it's written about in the media. They don't see the complexity of the issues that take place in these countries."

Many people see Islam as being anti-women. ElGenaidi said "Eighty percent of Americans hold the view that Islam is misogynistic, sub-ordinating women in the religion." Many point to the fact that in the mosque during prayer, women are at the back of the prayer hall, behind the men. ElGenaidi explained that because of the physical nature of prayer, everyone is kneeling and then bending forward until their head touches the ground, "with a man standing behind me, I can't do it, because it's immodest. That's why women stand in the back, not because it's a status symbol or has anything to do with the status of women versus men." As another example, ElGenaidi discussed the way Muslim women dress. "I cover everything except for the face and hands. The idea is to dress in a manner that isn't inviting anyone to judge me sexually or to judge me based on my sexuality. To judge me based on my character, my behavior, my intelligence. For men, it's the same thing, modest dress."

Another misconception about Muslims is over what God they are following. ElGenaidi said, "The God of Abraham is the God that Muslims worship." The Abrahamic religions include Judaism, Christianity and Islam. Muslims consider Christians and Jews to be People of the Book. "They worship the same God, and they believe in the same prophets, so there are a lot of things we have in common. Muslims believe that people should strive to live righteously." ElGenaidi believes religious illiteracy causes many of the problems attributed to Islam. "In the classical period of Islamic civilization, if someone like Osama Bin Ladin rose up and said 'we should kill all non-Muslims' and so forth, he'd be laughed at. No one would have followed him. But, in the chaos of today's world, people like that can get a following because there's a lot of illiteracy. Literate Muslims would never

[SEE ELGENAIDI page 20]



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LOCAL ACHIEVEMENTS

Doctors Receive Patients' Choice Award



(Standing L-R) **Gigi Chen, MD; Sachin Kamath, MD; Jewel Johl, MD; and Esther Catalya.** (Seated L-R) **Matthew Sirott, MD; Tiffany Svahn, MD** (Orinda); and **Robert Robles, MD** (Orinda)

The seven physicians at Diablo Valley Oncology all received the prestigious Patients' Choice Award. The award honors physicians that have made a significant difference in the lives of their patients. Rated on ease of appointments, promptness, courteous staff, diagnosis accuracy, amount of time spent with patients, bedside manner and follow-up care, the physicians at Diablo Valley Oncology received a perfect four-star rating by patients. Of the nation's 830,000 active physicians, only five percent received this honor.

CONTRIBUTED PHOTO

The Smiley Book of Colors

By ELANA O'LOSKEY
Staff Writer

Ruth Kaiser of Lafayette is smiling big – her Spontaneous Smiley webpage has received over 15 million page requests, has been used in high-school art projects in New Jersey and Washington, and a Girl Scout troop in California. It's gotten global press – including China – and was featured on the *CBS Evening News* with Katie Couric. Last August, Kaiser gave a TEDx talk about Spontaneous Smileys in Silicon Valley.



CONTRIBUTED PHOTO

Ruth Kaiser's Spontaneous Smileys have become an international sensation.

What's it all about? In 2008, after seeing smiley faces all her life, she began sharing her smiley photos on Facebook. Much to her surprise, people from all over the world began submitting their own smiley photos. What was once her own goofy little hobby has morphed into a feel-good endeavor for people all over the world. You can upload

your own Spontaneous Smileys, and become a Smiley Captain, at SpontaneousSmiley.com. Each uploaded photo generates a \$1 donation to Operation Smile, which has provided free surgeries for 18 children born with facial deformities.

All this led Kaiser to create *The Smiley Book of Colors*, published by Random House Children's Books last month. Aimed at 3-6 year olds, the smileys are grouped by color in the 32-page book. The text is a discussion of what Kaiser wants parents to teach kids – to talk about happiness with them and model happy behavior. A second children's book is already in the works – a smiley book of numbers about counting blessings and what kids are grateful for.

"I'm as corny as Kansas, as optimistic as the sunny-side of the street," quips Kaiser.

As a teacher at the Lafayette Community Center for 18 years, she's noticed that moms and dads often model life as hectic and stressful. "Kids tend to be the kind of adults they are exposed to, so in my book I'm saying, 'How about being joyful?'" She challenges us to re-evaluate our goals. "Do you want to be a stressed out multi-tasker or live a life with more kindness, more happiness?" Kaiser walks what she talks – when delivering her kids to activities and traffic jams delay getting there, she will ask her kids, "Who wants to pick out a CD to listen to?" Works a lot better than whining about being late. Kaiser will read from *The Smiley Book of Colors* at The Oakland Museum on April 1 at 1 p.m. (free day); the Lafayette Community Center on April 7 at 11 am; and at the Orinda Library during Story Time on April 10 at 10 and 10:30 a.m.

Local Resident Acknowledged as Helping in the Fight Against Obesity

By SALLY HOGARTY
Editor

Orinda resident Sheena Lakhota and her business Living Lean were recently singled out by Dr. Pankaj Vij, Chair for Clinical Management of The Obesity Society, for offering one of the few comprehensive programs needed for a healthy lifestyle shift.

"We spend 80 percent of our health-care dollars on five health problems (diabetes, high blood pressure, heart disease, strokes and cancers), costing us an average of \$6,032 per year per American," wrote Dr. Vij in a recent article for The Obesity Society. "These health problems correlate directly with food choices, portion sizes, lack of physical activity and smoking. The #1 thing we can do to reduce our health care cost while improving our health is to focus on life-style."

Dr. Vij, who specializes in internal medicine for Kaiser Permanente in Pleasanton and is on the Physician Wellness Committee, believes that Americans need to focus on such lifestyle issues as nutrition and physical activity. "Living Lean is the only program I have come across so far, which offers a comprehensive program that provides training needed for lifestyle shifts for long term health and fitness with food and exercise consultation, and regular re-enforcement of positive life-style with



JILL GELSTER

Sheena Lakhota of Living Lean

body measurements and advice," he says. "Restaurant partnerships are an example of how the program has designed a way for people to live a better lifestyle without giving up their social life. It deals with the physical and psychological aspects and provides a custom formula for lifelong success for each individual who joins."

Lakhota, the founder of Living Lean, is gratified to have her work recognized. "At Living Lean, we help people to transform their behavior by helping them find a positive mental connection with healthy activities that eventually become habits. Lifelong change can only be achieved with the consent of the achiever," she says.

The Living Lean program, located in Theatre Square in Orinda, has been in existence for five years.



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ANIMALS

Something to Howl About...
Animal Tales
Pocket Pets



Jennifer Conroy

So you want a pet but you don't have a lot of room. You don't really want to get up early in the morning to walk the dog and you don't fancy the idea of cleaning out a litter box. There are alternatives to the traditional companion animals and this column will share ideas about a few of them.

Typical "pocket pets," as they are sometimes called, include small mammals such as hamsters, gerbils, Guinea pigs, rats and mice. While they really do not belong in your pocket, they are easy to transport without leashes or carriers. However, each of these animals has a distinct personality and very definite needs.

The largest of them is the Guinea pig which comes in both the long hair and the short hair variety. These are timid animals that do well as a pair. A distinctive and delightful feature of the Guinea pig is its ability to whistle. No, it won't whistle "Yankee Doodle Dandy," but it can make a sweet whistling sound as part of its communication array.

Hamsters and mice are, with all due respect, the less brilliant of the pocket pets but hamsters do very well in habitats available at pet stores. These habitats can be as expansive as you desire with tunnels and towers that provide hours of exploration. I do not recommend hamster balls – the plastic containers into which a hamster can be placed. Just consider how you would feel inside a ball being rolled around all over the place.

Mice can be quite messy and odiferous and unless you are a committed mouse aficionado and willing to clean the cage every day, I would not necessarily recommend a mouse as a pet.

On the other hand, a pet rat can be an absolute joy. They are extremely bright

and very social and, with love and patience, can be trained to simple tasks. As someone who had enjoyed the company of several pet rats, my only disappointment has been their short life span – typically three years – which is true of all pocket pets. They are tiny, fragile and they do not live a very long time. Domestic rats come in many varieties and colors, including all white, spotted, and all black. My favorite pet rat, Max, was all black, very large, and favored Mexican food.

Each of these pocket pets requires a cage large enough to allow for comfortable movement and burrowing. A wheel for exercise is a good idea, and you will need a water bottle that attaches to the cage. There are specific foods required by each of these animals including gnawing pellets as their teeth grow and need the natural filing provided by such pellets. Cedar chips work well as a filler for the bottom of the cage and should be changed frequently. Your local pet store should have all the habitat items you will need.

A perfect place to obtain one of these wonderful little creatures is at your local animal shelter. I got Max as a rat "pup" – yes, that's what baby rats are called – and loved watching him grow and learn.

Do not mix species. In other words, don't get a rat and a mouse and expect them to live happily together. And, if you are concerned about reproduction, by all means, talk to your veterinarian about neutering your pocket pet.

Most of all, remember that these animals require attention and love. Max loved to sit on my shoulder while I was working and often made editorial comments that were very helpful. Contact your animal shelter to see what's available and choose wisely.

April Pets of the Month



Who could resist those imploring eyes? Certainly not **Jeanne, Tom and Sam Appelbaum** who rescued **Ginger**, a Red Fox Retriever with a touch of Rotwiler, from the Dublin SPCA in 2010. "She loves people, especially children, and is a dedicated and loyal companion," says Jeanne.

Louie, a tuxedo cat, is all dressed up and ready to party! The 10-year-old cutie lives with **Lois Mowat**, a long-time Orinda resident who also has a mortgage business, Real Estate Financing, in Orinda. "Moving from Walnut Creek to Orinda was one of the best things I've done," Lois says. Louie looks like he agrees. Send your pet photos to news@orindaassociation.org.



CONTRIBUTE PHOTOS

Troop 303 Honors Three Eagle Scouts



CONTRIBUTED PHOTO

Mikk Otsmaa, Brandt Sheets and Raj Bains recently completed their Eagle Scout projects.

On January 7, 2012, Boy Scouts of America Troop 303 of Orinda honored its three newest Eagle Scouts with an Eagle Court of Honor held at St. Stephen's Episcopal Church in Orinda. Scoutmaster for Troop 303 is John Wolfe.

Raj Bains' Eagle Scout project involved building six Points of Interest signs to identify various landmarks throughout the Wagner Ranch Nature area in Orinda. He also built a Directory Kiosk at the entrance of the nature trail. From the engineering drawings to permits, construction and final implementation, the project took over 300 hours and 35 volunteers to complete. Bains is a freshman at the University of Southern California.

Mikk Eerik Otsmaa's Eagle project was to design, build and install a large garden arbor for the Orinda Senior Village. The redwood arbor is 12'x8'x8' and is stained

with a clear finish. Located at the gated entrance of the Orinda Senior Village garden, the arbor provides beauty and shade.

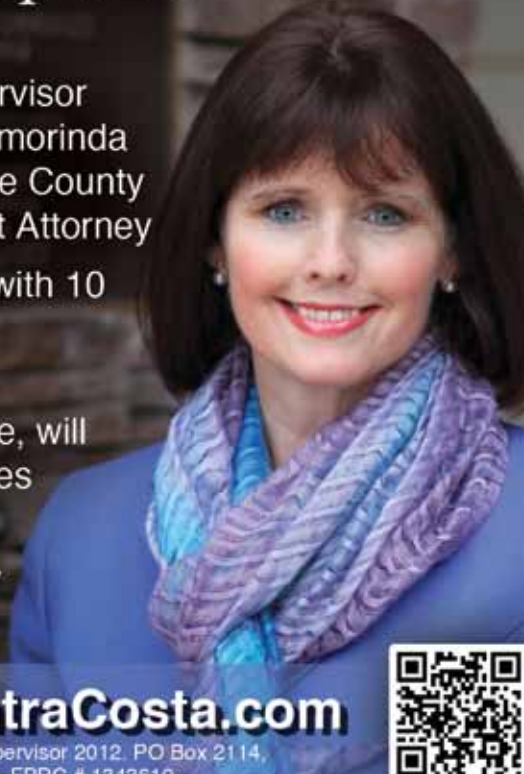
The project required architectural plans along with approval and permits from Contra Costa County, the City of Orinda Planning Dept. and the Central Contra Costa Sanitation District. Over 350 planning and execution hours were spent on this project. Otsmaa is a senior at Miramonte High School.

Brandt Martin Sheets' Eagle project involved remodeling the playground at St. Stephen's Episcopal Church Preschool in Orinda. The project included replacing wood playground chips with recycled rubber chips, assembling a picnic table, and refurbishing four large doors for the church. The project took a total of 196 hours and 30 volunteers. Sheets is a senior at Miramonte High School.

– Andie Sheets

Candace Andersen
for County Supervisor

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CAMPS

Summer Camp Guide from Archery to Zebra

By ELANA O'LOSKEY
Staff Writer

Now's the time to look through the dizzying variety of summer camps available for children in grades K-12 in our area. We guarantee you'll find something to pique your child's interest, with a lot of fun thrown in.

GENERAL CAMPS

Orinda Parks & Recreation
28 Orinda Way
Orinda, CA 94563
925-254-2445
www.cityoforinda.org

Hours: M-F 8:30 a.m.-5 p.m.

Camp Orinda (Ages 6-10) Camp includes games, arts and crafts, hiking, skits, sports, special fun days, and field trips. One week, two week, full and extended-day camps are offered.

Orinda OK (Orinda Kids) Camp (Ages 3.5-5) Crafts, music, sports, art, traffic town, fire department visit, and exploring are all part of the fun. Week-long, half-day and extended day camps are offered.

Babysitting Camp (Ages 10-15) Learn skills needed to be a trusted and responsible babysitter. Camp covers child development, safety, bedtime strategies, and ways to make babysitting fun. M-Th June 25-23 10 a.m.-noon. Cost \$115-\$126.

Carpentry Camps (Grades K-8) Camps meet M-Th throughout the summer. 12:30 -2:30 p.m. or 2:30 - 4:30 p.m. Cost \$122-134.

Chess Camps (Ages 6-14) Beginning-Advanced level camps. June 11-15, July 2-6, August 6-10. M-F, half-day camps. Cost \$152-\$209.

Chinese Summer Intensive-Mandarin (Ages 4-7, 7-9) Inspires student to learn Chinese and to introduce Chinese culture in a fun and encouraging environment. Week-long, 1.5 hr. program June 11-15, July 2, 3, 5, 6, 30, August 3, 6-10, 13-17. Cost \$80-\$110.

Computer & Multi-media Camps (age 9+) offered throughout the summer. PowerPoint, Video and Film offered.

Cooking Camps (Ages 9+) Chocolatier Camps and a variety of other cooking camps offered during the summer.

Engineering, Erector, Lego, Snap Circuits, and Science Camps (Ages 3.5-15) Some of the exciting camps include: Crazy Chemistry, Engineering and Construction with Erector Sets, Engineering FUNDamentals (Legos), Jedi Engineering (Legos) Future Geniuses, Green Engineering with Legos, Inventors, Journey into Outer Space, Let's Get Growing, Mad Machines and Robots, My First Lab, NASA, Pre-Engineering with Legos, Secret Agent, and World Scientists. Week-long, half-day camps offered throughout the summer.

Summer Enrichment Program Ocean Adventures! An exciting curriculum designed to allow children to look on and under the world's seas! Program includes skill and appreciation development in the visual and performing arts, building, modeling, drawing, zoology, botany, geology, woodworking, and much more. Taught by some of the finest OUSD teachers for K,

1, 2-3, and 4-5 grade programs. June 18- July 13, 9 a.m.-noon at Del Rey School Elementary School. Cost \$485-\$530.

Writing Camp (Ages 7-10) Learn to write poetry, short stories, and non-fiction. June 25-29, 9 a.m.-noon, July 23-29, 1 - 4 p.m. and August 6, 9 a.m.-noon Cost \$173-190. **Creative Writing Camp** (Ages 10-16) M-Th, August 6-17, 9 a.m.-noon. Cost \$183-\$201.

Camp Galileo and Galileo Summer Quest
25 Bay Area locations
7 East Bay camps
1-800-854-3684
www.galileo-learning.com

Camp Galileo (pre-K-5th grades) Campers are encouraged to brainstorm, create and think like innovators. Campers choose one of four themes for the week-long sessions: **Galileo Olympics** (Greek Art and the Science of the Games); **Celebrate the Golden Gate** (SF Art and Bridge Engineering); **Leonardo's Apprentice** (Renaissance Art and Inventions); and **Galileo Rocks** (the Art and Science of Music). Six East Bay locations, dates vary so check online or call.

Galileo Summer Quest (entering grades 5-8) Campers dive into one amazing major during the two-week long sessions. Choices include: **Arts Academy** (digital photography and filmmaking, cartoon workshop, painter's studio and fashion design); **Builders and Makers** (Inventor's Inc., Go-Kart Makers; Go-Kart Makers Extreme); **Culinary Arts** (Chefology 30-Minute Meals, Chefology Just Desserts); and **High Technology** (Video Game Design, Foundations, Video Game Design Advanced, Web Design, Lego Robotics). Three East Bay locations, dates vary so check online or call.

OUTDOOR RECREATION AND NATURE CAMPS

Asperger Team Camp
15 Vallecito Lane
Orinda, CA 94563
925-262-3135
info@aspergersteam.com
www.aspergersteam.com

Enjoy a mountain summer retreat in the Lake Tahoe area! July 8-21. A 2 week opportunity to try a light back packing experience, river rafting, campfires, including many educational opportunities to improve social skills while having fun. Ages 15-25 welcome.

[SEE CAMPS page 12]



CONTRIBUTED PHOTO

Young campers "horse" around at **Roughing It Day Camp**.



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Rowing Camps for Boys and Girls Ages 12 - 17

Learn to Row Crew!
Our summer program is designed to provide an enjoyable but very real introduction to the great sport of rowing. We use these introductory camps as a recruiting program for all of our rowing teams. They provide excellent training for beginning rowers in rowing technique, teamwork, physical fitness and endurance. Within a week rowers will gain enough skill to row their first race on the Oakland Estuary, which is guaranteed to be an exciting experience one way or another!

One Week Introductory Sessions (8:30 - 11:30am)

- June 11 - 15
- June 18 - 22 (Advanced* 10am - 1:30pm)
- June 25 - 29 (Advanced* 10am - 1:30pm)
- July 30 - Aug 3
- Aug 6 - 10 (Advanced* 10am - 1:30pm)

* Advanced sessions available to athletes who have completed a prior one week introductory session or our middle school program

Ideal for students entering 9th or 10th grade!

Learn More & Sign Up!
www.oaklandstrokes.org

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Summer School June 18 - August 3
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American Sign Language and English as a Second Language
(925) 254-7553
www.OrindaAcademy.org
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CAMPS

◆ CAMPS from page 11

Lindsay Wildlife Museum
 1931 First Avenue
 Walnut Creek, CA 94597
 925-627-2926
 www.wildlife-museum.org

Summer Science Camp offers new adventures with live animals, science experiments, and more. The camp uses Lindsay Wildlife Museum's large community room, two private classrooms, and adjacent Larkey Park. Camp shirt, snacks and drinks are included.

Counselor positions for 12- to 17-year-olds for all camps. Mandatory training sessions for counselors on June 24 or July 10. Full details available at website. Cost \$40 for members, \$50 for non-members.

Session 1- Creepy Crawly Critter Camp (ages 4-6) June 25-29, 1 - 3:30 p.m. Enter the world down on the ground and under the rocks and leaves. Learn about these wonderful and strange creatures. Meet some of the animals that keep the bug world under control. Also science experiments and arts and crafts projects. Cost \$100 for members, \$125 for non-members.

Session 2- Getting Down to Earth (ages 6-9) July 9-13, 1 -4:30 p.m. What makes Earth so special as it spins through space with the sun, moon and other planets? Learn what prehistoric life and the dinosaurs' environment could have

been like. Cost \$125 for members, \$150 for non-members.

Session 3- Behind the Scenes (ages 10-12) July 30 - August 3, 12:30 - 5 p.m. Ever wanted to work with animals or help injured wildlife? Learn from our animal keepers, wildlife rehabilitators and museum staff what it's like to work with animals. Cost \$135 for members, \$160 non-members.

Session 4- Animal Adaptations (ages 6-9) July 30 - August 3, 1- 4:30 p.m. Enter the world of weird and wonderful animals. Cost \$125 for members, \$150 for non-members.

One-Day Workshops (ages 5-8 and Teacher's Helpers ages 10-14) Oceans of Fun-Habitats and Stewardship, June 1; (ages 4-6 and ages Teacher's Helpers ages 9-14) Magnets and Electricity-Putting This Energy To Work, June 5, 3:30-5 p.m.; (ages 5-8 and Teacher's Helpers ages 10-14) Oceans of Fun-Birds, Mammals & Fish. Cost varies \$10-15 for members, \$15-20 for non-members. Also a one-week class, Worms! (Ages 2.5-4 plus adult.) June 1-8, 10 -10:45 a.m. Materials fee included in cost, \$23 for members, \$25 for non-members.

Roughing It Day Camp
 P.O. Box 1266
 Orinda, CA 94563
 925-283-3795
 www.RoughingIt.com



CONTRIBUTED PHOTO

Learning to swim at **Sherman Swim Camp**.

An all-outdoor day camp located at the Lafayette Reservoir for ages 4 to 16. Skill based instruction for all ages and abilities in horseback riding, swimming, fishing, canoeing, boating, sports, nature, outdoor living skills, crafts, teen programs and more! Our longer sessions are designed for social growth, skill development, friendship and fun. Programs include: Day Camp (4 & 8 week sessions), Specialty English and Western Horse Camps for beginning to advanced riders; Little Raccoons, an introductory program for younger campers; and Outdoor Explorers, 1 week outdoor adventures. New activities and expanded programs provide something different every year. Free transportation from home and central pick-up locations. Free extended care. Visit www.roughingit.com for more information.

Zoo Camp
Oakland Zoo
 9777 Golf Links Rd.
 Oakland, CA 94605 (off Highway 580)
 510-632-9525 x280 (Zoo Camp hotline)
 www.oaklandzoo.org

The Oakland Zoo offers week-long camps, with second-week camps available. Campers from age 4 through grade 12 learn about nature and animals through hands-on experiential learning. The Zoo is home to more than 660 native and exotic animals. Full summer camp schedule, online registration, and need-based

scholarship applications on the website. Extended care also available. Open daily 10 a.m.-4 p.m. No sessions on July 4th.

Pre-K: Children need to be 4 on the first day of camp. Class A Sessions: Explore the idea of same and different in the animal kingdom. 9 a.m.-noon, June 18-22, July 2-6, 16-20, 30-August 3, 13-17. Class B Sessions: Animals move in weird and wonderful ways! Slither, slide, creep, crawl and waddle around the zoo. 9 a.m.-noon, June 25-29, July 9-13, 23-27, August 6-10. Cost \$196 for members, \$216 for non-members.

Kindergarten: Sessions from 9 a.m.-noon or 1 - 4 p.m., must choose one each week. Class A Sessions: If you were an animal, would the world seem the same? June 18-22, July 2-6, 16-20, 30-August 3, 13-17. Class B Sessions: June 25-29, July 9-13, 23-27, August 6-10. Cost \$196 for members, \$216 for non-members.

Grades 1 to 5: Furry Friends (grade 1); **Animal Adventures** (grades 2-3); **Nature Play Camp** (grades 1-5 together); **Eco-Explorers** (grades 4-5) Sessions from 9 a.m.- 4 p.m. Class A Sessions: June 18-22, July 2-6, 16-20, 30-August 3, 13-17. Class B Sessions: June 25-29, July 9-13, 23-27, and August 6-10. Cost \$291 for members, \$311 for non-members. See website for class details.

Grades 6 to 8 Wild Survivor: Sessions from 9 a.m.-4 p.m. Practice survival skills and receive your own emergency survival kit. June 18-22, 25-29, July 9-13, 16-20, August 6-10 and 13-17. Cost \$316 for members, \$336 for non-members.

Curious Cachers I: Learn all about geocaching with a handheld GPS device to explore a new hobby - treasure hunting! June 25-29, July 9-13 and 16-20. Cost \$291 for members, \$311 for non-members.

Grades 9-12 Teen Assistant: Sessions from 8:30 a.m.-4:30 p.m. Love animals and kids? We need your help! Come to camp as a Teen Assistant and spend two weeks playing with kids and helping to lead activities while earning community service hours. June 18-22, 25-29, July 2-6, 9-13, 16-20, 23-27, 30- August 3, 6-10 and 13-17. You must apply and be accepted to this volunteer program. Applications are available for download on the website and are due May 1. Cost \$60 for members, \$80 for non-members.

[SEE CAMPS 2 page 13]

CAMPS

◆ CAMPS 2 from page 12

SCHOOL-RELATED CAMPS

Fountainhead Montessori School
30 Santa Maria Way
Orinda, CA 94563
925-820-1343
www.fms.org

A Montessori-based summer school, 9 a.m.-noon with aftercare available from 7 a.m.-6 p.m. Age range 2 years to kindergarten.

Holy Shepherd Preschool

433 Moraga Way
Orinda, CA 94563
925-254-3429
www.holy shepherd.org

Fun in the Sun for ages 2.5 to entering first grade; enjoy summertime activities in a small class environment; songs, games, cooking, arts and crafts, and water play; various dates throughout summer, 9 a.m.-noon option for extended care to 1 p.m.

Orinda Academy

19 Altarinda Road
Orinda, CA 94563
925-254-7553
www.orindaacademy.org

Open House for interested families on April 18, 7-9 p.m. The Orinda Academy offers fully accredited (W.A.S.C.) academic classes for high school students. Classes meet state requirements and are U.C. approved. Two three-week Summer School sessions are offered: June 18- July 10 and 12- August 3, from 9 a.m.-1 p.m. with a student/teacher ratio of 9:1. Books are included in tuition. Academic courses offered include math, English, U.S. history, Spanish, middle and high school prep, American Sign Language (ASL) and English as a Second Language (ESL).

Middle School Prep: Reading, math, English, study skills (Grades 6 and 8).

High School Prep: Reading, math, English, study skills (Grade 9).

The Saklan School

1678 School Street
Moraga, Ca 94556
925-376-7900
www.saklan.org

Open to the public and located on the campus of The Saklan School. Every week is carefully designed to incorporate our mission to expand the heart, mind and character of every child. Camp programs and activities are led by a well-trained, dedicated staff in a caring, safe environment. Weekly themes include Science, Drama, Magic, Circus Arts, Lego Engineering, Movie Effects, Swim Lessons and much more.

SPORTS-RELATED CAMPS

Orinda Parks & Recreation

28 Orinda Way
Orinda, CA 94563
925-254-2445
www.cityoforinda.org

A variety of half and full-day camps offered for beginning to advanced levels (ages 4-15 unless otherwise stated). Call or go online for more information, many more sports camps are available online.

Basketball Skyhawks Camp (Ages 6-12) M-Tu, Th, F, July 2, 3, 5, 6 from 9 a.m.-3 p.m. Cost \$255-275

Flag Football Skyhawks Camp (Ages 6-12) M-F June 25-29, 9 a.m.-noon. Cost \$169-186.

Golf Skyhawks Camp (Ages 5-9) M-F, July 9-13, 9 a.m.-noon. Cost \$184-202.

Lacrosse Camp (Ages 6-12) M-F, July 16-20, 9 a.m.-noon. Cost \$169-186.



CONTRIBUTED PHOTO

Campers at **Oakland Zoo** can't resist the hippo.

Multi-Sport Camps (Ages 4-7, 6-12) M-F Half- and full-day camps offered. Mini-Hawks (Ages 4-7) June 11-15, 25-29, July 23-27, August 13-17, 9 a.m.-noon. Cost \$169-185. Sports Camp (Ages 6-12), August 13-17 9 a.m.-3 p.m. Cost \$258-283.

Soccer Camps Challenger, August 8-12; Euro, June 27 - July 1, 18-22, and August 1-5; World Cup, June 20-24, July 11-15 and 25-29.

Tennis Camps (Ages 7-12). Week-long tennis clinics offered throughout the summer. M-Th, 10:30 a.m.-noon and 1:30 - 3 p.m. Cost \$120-\$130.

Volleyball Camp (Ages 7-12) M-F June 25-29, 9 a.m.-noon. Cost \$169-186.

Oakland Strokes
4675 Tidewater Avenue (at High Street)
Oakland, CA 94601
510-434-1755

www.oaklandstrokes.org

Summer Rowing Camps are one week sessions designed to provide an enjoyable but very real introduction to the great sport of rowing. The camps provide training in rowing techniques, fitness, teamwork and endurance. Within a week, participants will gain enough skill to row their first race on the Oakland Estuary! **Beginner Sessions 1-5** run from June to August; participants must be 12-17 years old. Check our website for more details. All sessions run M-F in three-hour camps. Register online; scholarships are always available.

Saint Mary's Athletic Camps

Saint Mary's College
1928 Saint Mary's Road
Moraga, CA 94575

925-631-4386

Click on "summer camps" at www.smcgaels.com.

Saint Mary's College offers 30+ outstanding Athletic Summer Camps to children and teens between the ages of 4-18. Overnight, Day, Half-Day, Team and Specialty Camps include all sports, baseball, basketball, golf, lacrosse, soccer, softball, tennis, and volleyball. Athletes can expect to participate in daily competitions, conditioning, skill development and other activities. Resident campers from 7:30 a.m., - 10:30 p.m.; day campers (ages 8-14) drop-off is 8:45 a.m., departing at 4 p.m.; half-day campers drop-off time 8:45 a.m., departing at noon. (Also afternoon drop-off at 12:45 p.m., departing at 4 p.m.) The camps run from June 10 - August 2. [SEE CAMPS 3 page 14]

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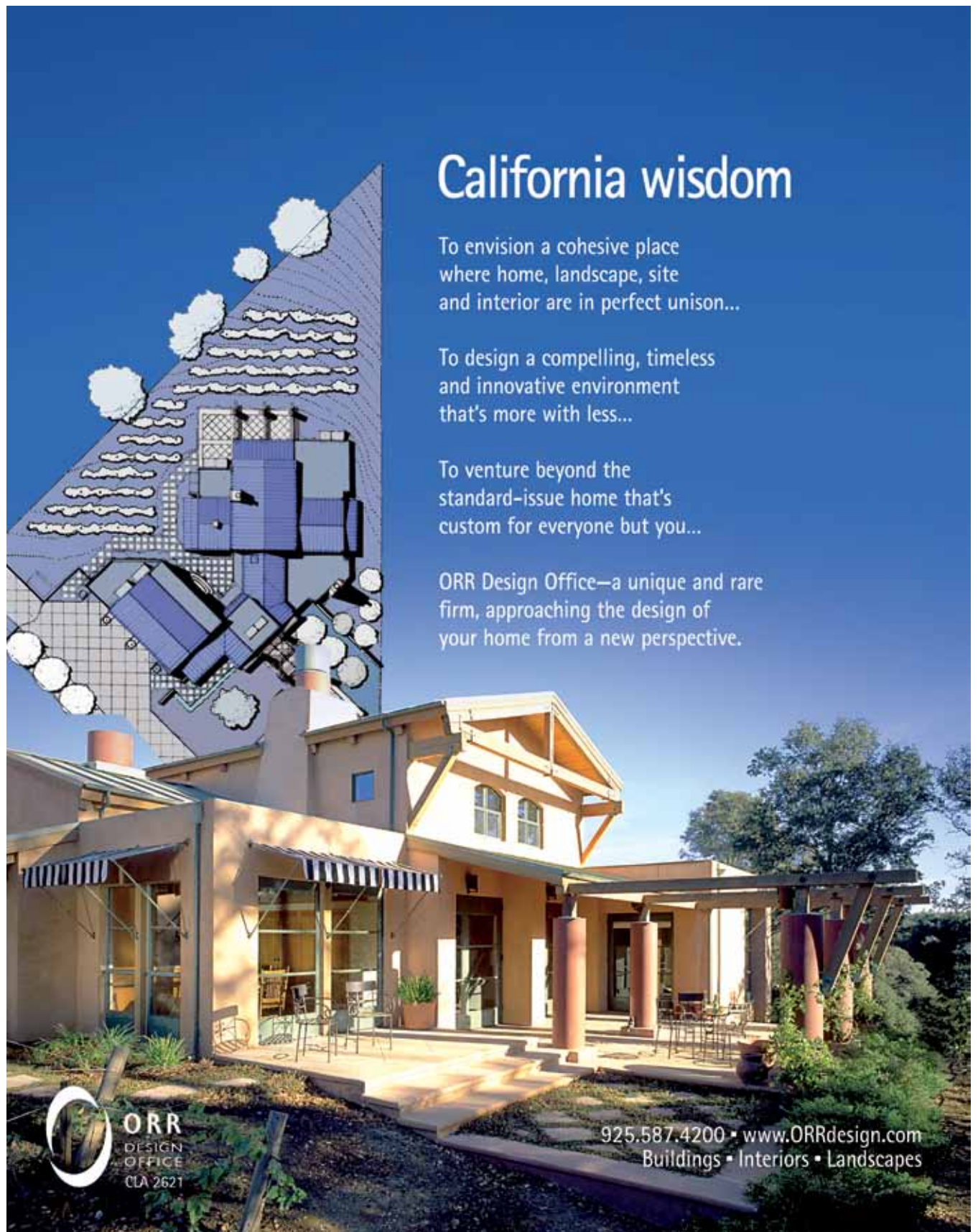
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To design a compelling, timeless and innovative environment that's more with less...

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Summer Camp Fair

On April 21, representatives from 20 area summer camps will be at the Lafayette United Methodist Church, 955 Moraga Blvd, in Lafayette from 1-5 p.m.

PEO International, Chapter OE-Concord sponsors the free event. A philanthropic, educational organization, PEO promotes the advancement of women through education with PEO scholarships, grants and loans.

To learn more about the fair, go to www.ebsaf.com.

CAMPS

◆ CAMPS 3 from page 13

Cost \$150 to \$535.

Sherman Swim School
 1075 Carol Lane (off Mt. Diablo Blvd.)
 Lafayette, CA 94549
 925-283-2100
 www.shermanswim.com

Celebrating 51 years, Sherman Swim School offers year-round swimming and diving lessons in a warm, protected environment. Our instructors love children and have received extensive in-water training. Private lessons coupled with patient, encouraging teachers, and extremely comfortable water (90°-94°) creates an ideal learning environment for swimmers of all ages. Our goal is to build a strong foundation for a safe and happy swimmer. The school is open year-round with **Summer Sessions 7, 8, 9 and 10** running from June 11 - August 31, between 10 a.m.-7 p.m. M-F for ages 9 months to adult. Private or semi-private swim lessons range from 15 minutes to 30 minutes; small group dive lessons are 30 minutes long. Each Summer Session runs for three weeks and can be set up one, two or three days per week. Check online for full schedule.

Sleepy Hollow Swim & Tennis Club
 1 Sunnyside Lane

Orinda, CA 94563
 925-254-1126
 email: shstc@comcast.net
 www.SleepyHollowLegends.net

Sleepy Hollow Swim & Tennis Club is dedicated to providing excellent recreational opportunities in an environment that fosters legendary pride and spirit. The **Swim Team** is for kids ages 4-18; the **Mini Legends** swim program is designed for kids ages 4-6; and the **Learn to Swim** program is for kids ages 3.5 and up. Our tennis clinics, private lessons and tennis team are available to kids of all ages. Younger members also enjoy spending fun in the sun at **Legendland**, a supervised drop-off day camp.

VISUAL AND PERFORMING ARTS CAMPS

Academy of Language & Music Arts (ALMA)
 Dr. James Fiatarone, Director
 99 Brookwood Road
 Orinda, CA 94563
 925-254-5056 or 925-254-5053
 www.alma-leap.com

This camp offers a create-your-own program featuring private lessons in music, including guitar, piano, voice, strings, wind instruments, and percussion; also, private and small group lessons in foreign languages (Italian, French, Spanish, Greek, Portuguese, Russian, Japanese and Chinese, etc.) and English as a second

language. Special summer group classes include Guitar Ensemble, Rock Guitar Combo, Band Ensemble, Jazz Combo, Theory and Musicianship (all instruments), Strings Ensemble, Percussion/Drum Clinic (two levels), and Vocal Ensemble/ALMA Glee Club. New classes include: "Acting up at ALMA" (Theater, Acting and Presentation skills), and Music Technology Class (Basic Studio Recording Techniques, creating/recording songs).

California Shakespeare Theater
 701 Heinz Street
 Berkeley, CA 94710
 510-809-3293
 www.summershakespearecamp.org

California Shakespeare Theater's Summer Shakespeare Conservatory offers five-, three-, and two-week sessions for drama students in grades 3-12 (ages 8-18). Each program culminates with a student performance. Campers receive free tickets to the Cal Shakes Main Stage season. Payment plans available; scholarships available if you apply by April 20.

Five-Week Conservatory - The most intensive of the Conservatory offerings, 9 a.m.-3:30 p.m., June 18-July 21, Bentley Upper School, Lafayette. Cost \$1,375.

Three-Week Conservatory Offered at Holy Names High School in Oakland from 9 a.m.-3:30 p.m., July 9-27. Cost \$825.

Two-Week Conservatory Offered at Bentley Upper School in Lafayette from 9 a.m.-3 p.m., July 23-August 3. Also offered at Holy Names High School in Oakland from 9 a.m.-3 p.m., June 25-July 7. Cost \$600.

NEW! Tech/Design Conservatory is being offered to a limited number of high school students (grades 9-12) at Bentley Upper School in Lafayette to learn about the creative work that goes on behind the scenes of theater.

Orinda Parks & Recreation
 28 Orinda Way
 Orinda, CA 94563
 925-254-2445
 www.cityoforinda.org

Art Camps (Ages 5-7 and 7-9) Enjoy drawing, painting, and creating art projects. Weekly half-day art camps offered with different mediums and themes. Morning and afternoon programs. Call for specific camps, dates, and times.

Musical Theater - Orinda Little Theater (Ages 4-8) M-F productions offered throughout the summer. Call for specific shows.

Musical Theater (Ages 6-14) M-F productions offered throughout the summer. Call for

specific shows. Musical theater intensives also offered.

Rock 'n' Roll Band Camps (Ages 8-11) 10 a.m.-noon) M-F, July 16-20, 23-27, 30- August 3, 9 a.m.- noon and 1 - 4 p.m. Cost \$267-293.

Dance Camps. Both traditional dance camps (jazz, hip hop, ballet and tap) and fantasy dance camps (princesses, unicorns, fairies, etc.) offered throughout the summer. Weekly half-day camps offered for ages 4-14.

Jewelry Making Camps, Magic Camp, Video Camp (Ages 6-12) Call for specific camps, dates, and times or half-day program.

Kids on Camera TV/Film Acting School and Day Camp
 415-440-4400
 www.kids-on-camera.com

Lights, camera, action and fun for ages 6-8 and 9-12. Week long day camps in SF, Piedmont and Marin; year round programs in SF and Marin for ages 4-18. Students build social skills, expand their creativity and improve listening and speech. Video feedback makes learning fun. 31st year. Live Improv performance on Friday from 1:30-3 p.m. Success stories include speech tournament winners; Lafayette's Krista Fettke, co-star of the Pixar film, *Play By Play*; Bridget Mendler, Star of the Disney series, *Good Luck Charlie*.

TV Scripts, Comedy, Audition Skills and Improv (Ages 6-8 and 9-12) July 2, 3, 5 and 6, 9:30 a.m.-3 p.m. Extended Care available 7:30 a.m.-6 p.m. Camps conclude with a review and live improvisation. Piedmont Veteran's Memorial Building. Enroll online at www.ci.piedmont.ca.us or call 510-420-3070. Cost \$370-\$390.

Youth Theatre Company's Summer Theatre Shadelands Art Center
 111 N. Wiget Lane
 Walnut Creek, CA
 925-943-5846
 www.YouthTheatreCompany.org

Summer Theatre (ages 5-14) Allows kids to work together to produce the musical *Aladdin, Jr.* The program runs for three weeks, June 18-July 6, and students rehearse the musical while they learn to sing, dance and act. Part of the Stepping Stone Program of the Youth Theatre Company, Summer Theatre is perfect for the budding actor. **Mini Kids** (ages 5-6) rehearse from 2:30-4 p.m., while our **Kids Theatre** and **Theatre Jr.** (ages 7-14) students rehearse from 1-4 p.m. M-F. Performances take place on July 5 and 6 at 4:30 and 7 p.m. Tuition includes cast T-shirt. Cost \$312 (ages 5-6) and \$492 (ages 7-14).

Willows Theatre Company
 636 Ward Street
 Martinez, CA
 925-798-1300
 www.willowstheatre.org

Willows Theatre Company Youth Conservatory's SummerStage is a four-week summer intensive for kids aged 12-18 and runs from June 25- July 22. Morning classes include instruction in acting, music, singing, movement and dance followed by afternoon rehearsals. Classes will be held 9 a.m.-4 p.m. **SummerStage Jr.** (ages 7-11) runs June 18- July 15 and includes morning activities in dance, acting and vocal techniques followed by afternoon rehearsals for a fully staged musical production. Aftercare available for an additional fee. The high school campers will perform *Thoroughly Modern Millie* while the junior campers will perform *Willie Wonka*. Register online or by phone, 925-798-1300. Cost is \$650, \$450 for additional children.

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SCHOOLS / STUDENTS

Seven Orinda Odyssey of the Mind Teams Advance to State Tournament

By FRAN MILLER
Staff Writer

What solution might you dream-up, if asked to design an extraterrestrial device to be used by scientists on expeditions to collect samples? What creation might you construct if asked to design, build and operate an emotive vehicle that travels a course and uses two different propulsion systems? What theatrics might you display, if asked to produce a humorous performance involving a scene change, a creative costume change and a trap door, based on your own derivation of Hamlet's "to be or not to be" quandary?

Varying solutions to each of these Odyssey of the Mind (OM) problems recently earned seven Orinda OM teams a trip to the California State Competition. A record 14 Orinda teams (from Wagner Ranch, Glori-etta, Sleepy Hollow, OIS and Miramonte High School) competed this year.

Odyssey of the Mind is an international educational competition providing creative problem-solving opportunities for students from kindergarten through college. The friendly competition (participants often cheer-on their competitors) includes open-ended problems that teach students to think divergently. Participants can express ideas and suggestions freely, without fear of criticism. They learn to examine problems and identify challenges while developing team-building skills. Each year, the five problem options include the following subjects: vehicle, technical, classics, structure and pure performance. Teams also compete in spontaneous problem solving, requiring thinking on their feet, teamwork and creativity. The competitive element



CONTRIBUTED PHOTO
The fifth grade team from Sleepy Hollow is among the Orinda teams going on to the state finals. (L-R) front row: Jacqui Yuke, Audrey Warner; second row: Gracie Guidotti, Paige Millham, Alyson Eversole, Katie Lyons, Bridget Tague; third row: coach Bruce Yuke.

provides a challenge, yet encourages kids to be the best that they can be. Participants are rewarded not for coming-up with a correct answer, but for how they apply their knowledge, skills and talents with "outside the box" thinking. In OM problems, there is never one right answer.

A parent, who acts as project manager, coaches each team of up to seven members. The time commitment is discretionary and is up to each individual coach and team. Most teams start meeting once a week in the fall or winter and increase the number and length of meetings as they near tournament dates. "It was kind of hard to get our project going," says OIS sixth grader Claire Tarkoff of her team's "performance" project. "We felt like we were behind when it came time for regionals, but the Friday before we were ready from practicing so much!"

OIS 8th grader Joe Yuke's team took on

the technical problem of creating a device that could collect a sample. He admits that he and his teammates struggled for solutions, until Daniel Ginsberg had an idea: "We decided to make a launcher that could

shoot a projectile that would attach to a netting material that could then pull the sample back in," says Yuke. "It was risky, but worked very well."

The most important rule of OM is that the ideas and creations must come only from the team members and not from the coach, parents or friends. "For this reason, many teams do not even tell their parents about their problem until after it is solved,

[SEE ODYSSEY page 16]

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Grab a pair of light dumbbells and hold them straight over your shoulders at arm-length as you stand with feet shoulder width apart.

Begin by striding back into a reverse-lunge position as you simultaneously thrust your arms back behind you.

Pause for a second, then push down with the heel of your front foot as you step back into the starting position, simultaneously thrusting your arms overhead. Repeat with the opposite leg leading back into the reverse lunge. That's one repetition.

For more information, contact Sheena with Living Lean personal training and eating for elite fitness, at 925-360-7051 or www.thelivingleanprogram.com.



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Tips from Sheena

At 54, I was at a crossroads. Despite my best efforts, I was gaining several pounds every year and beginning to develop a few medical conditions. I had tried gym memberships, but I didn't have the discipline to go regularly. Something had to change. Living Lean, turned out to have all the necessary ingredients for me to get on track and stay there. Two personal training appointments per week to keep me accountable; the trainers are very knowledgeable and supportive. Spinning makes me feel so good that I want to do it regularly. Sheena's lovely studio is small enough to feel personal, the bikes are state-of-the-art, and the music is terrific! A great extra is having the option to purchase homemade meals that are "on plan."

Nine months into the Program, I'm much stronger and fitter than I have ever been. I have achieved a lifestyle change that will help ensure I'll be active into my 80's. Thanks, Sheena!"

- Victoria Robinson, Piedmont

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by Sheena

SCHOOLS / STUDENTS

◆ ODYSSEY from page 15

to avoid the risk of hearing suggestions from parents trying to be helpful," says Janet Franklin who is in her third year as OM organizer for Orinda School District teams. "Coaches do not need to be creative; that is the team's job. They just need to be good facilitators."

Franklin acts as student and coach recruiter, coach mentor, t-shirt designer and liaison with regional and national headquarters. She started as a coach for her child's team in 2007 and has been involved ever since. She loves that OM gives kids of all ages the chance to be part of creating something they could never accomplish in school, individually or on a sports field. "OM is an alternative activity where kids can be part of a team and enjoy a forum for competition," says Franklin. "Only instead

of rewarding athletic ability, the emphasis is on thinking, creating, risk-taking and team work.

"Coaches love watching their teams brainstorm. One team member shares an idea, then another builds on that idea and makes it better, then a third team member develops it even further and the rest of the group is nodding their head and shouting 'yeah, that's it,'" she says.

"Unfortunately, every year in Orinda we always have many more students who would like to participate in OM than we have parents who volunteer to coach," continues Franklin. "Without enough coaches forming teams, we have to turn away interested kids. Parents ask me how they can get their child on a team. I tell them the only way to really guarantee participation is to coach your child's team. That's how I got started."

Joe Yuke adds, "It is a really fun experience all together, I love doing it with my friends; I always have a good time at meetings with them. I also love the thought process. Creating a story is very fun for me. It lets your imagination run free, and you can do whatever you want, and when it all comes together it is very satisfying."

Advancing to the State Tournament on March 31 at Heritage High School in Brentwood are the following Orinda OM teams: OIS 8th graders, coached by Jennifer Theisen, OIS 7th graders, coached by Kent Grelling, OIS 6th graders, coached by Janet Tarkoff and Tracy Gittings, Sleepy Hollow 5th graders, coached by Bruce Yuke, Wagner Ranch 5th graders, coached by Jim Kelsey, and Glorietta 4th graders, coached by Stephen Hung. Miramonte High School students Lyndsay Buckel, Jess DeLange, Patrick Huston, Kaiser Pister, Megan

Schussman and Christopher Tennant also advance to the State Tournament. Under coach Pam Delange, they did Problem 3, "To Be or Not to Be."

Additional Orinda OM teams include: OIS 7th graders, coached by Lisa Pugh, Brad Pugh and Rick Veres, OIS 6th graders, coached by Helen Holobetz, Wagner Ranch 5th graders, coached by Mary Vreeland and Cara Heilmann, Wagner Ranch 3rd graders, coached by Paula McCauley and Cara Heilmann, Sleepy Hollow 3rd graders, coached by Ghet Shinn and Darlet Lin, Glorietta 3rd graders, coached by Kahn Angsupanich, and Sleepy Hollow 2nd graders, coached by Peter Sullivan.

For more information on Odyssey of the Mind, visit www.odysseyofthemind.com. For questions about Orinda-specific Odyssey of the Mind, contact Janet Franklin at janfranklin@comcast.net.

Orinda Academy Hosts Russian Students



CONTRIBUTED PHOTO

Orinda Academy (OA) recently hosted several Russian high school students and teachers from Novouraisk, Russia. The group came on a cultural and educational trip to Orinda, staying with teachers and students and visiting the San Francisco Zoo before attending the Critical Issues Forum in Monterey, California with OA students. (Back row L-R) **Bob Shayler**- OA teacher, **Elie Portnoy**- OA student, **Sasha Morzina**- Russian teacher, **Jamie Ruzicano**- OA student, and **Philip Wolf**- OA student. (Front row L-R) **Natalia Tolochko**- Russian teacher, **Masha Philippova**- Russian teacher, **Maria Gornovaia**- Russian student, and **Sasha Rybakova**- Russian student.

Art and Music Festival

The Orinda PreSchool (TOPS) will host an art and music festival on Saturday, April 21, from 9:30 a.m. - noon at 10 Irwin Way in Orinda. The event is \$5 per person with ages 2 and under free. Call 254-2551 for more information.

Orinda Elementary Schools Celebrate Grandparents Day



SALLY HOGARTY

Hadley Orr, (L) a kindergartener at Wagner Ranch, has her grandmother **Chystal Orr** help with her reading on Grandparents' Day. Her 11-year-old sister **Harper** (R) was a tour guide for the day.

The Educational Foundation of Orinda (EFO) and the Orinda Union School District (OUSD) welcomed grandparents to Wagner Ranch and Del Rey Elementary Schools on March 16 and to Glorietta and Sleepy Hollow Elementary Schools on March 23. The event, which ran from 8 - 10:30 a.m., included interactive learning sessions in classrooms and student-led tours of such enrichment programs as the technology center and art and music classrooms.

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SCHOOLS STUDENTS

OIS Fencing Students Win Medals



KASEY BYRNE

Two Orinda Intermediate School students won gold and bronze medals in the Bay Cup Fencing Tournament in San Jose in early March. The Bay Cup is a series of tournaments held around the Bay for fencers of all ages and weapons (epee, foil and saber). **Atahan Kilicote** (L), a 6th grader at OIS, won a gold medal in the age 12 and under Men's Epee tournament as well as a bronze medal in ages 14 and under. Training at the East Bay Fencer's gym in Oakland, he has been fencing for just under a year. **Gabriel Bronfman** (R), a 7th grader at OIS, won a gold medal in the ages 14 and under Men's Epee and a bronze medal in the Junior Division (under 19) tournament. Bronfman also had the highest point total and was named the overall winner of the Bay Cup for ages 14 and under Men's Epee for 2011-2012.

Poul Anderson Writing Contest Accepting Entries

The Poul Anderson Creative Writing Contest is currently accepting entries from students who reside and/or attend high school in Orinda. Entry categories include Science Fiction, Essay/Memoir, Poetry and Short Story. Students may submit one entry in any of the four categories for a total of three entries. The submission deadline is April 20 at noon. Up to four winners will each be awarded \$250 prizes.

Entries are judged by a panel of Orinda

writers and residents. This year's judges are authors Ginger Wadsworth and Sally Small, Janet Boreta and Marian Nielsen of Orinda Books.

Sponsored by the Friends of the Orinda Library, the contest honors the late Poul Anderson, a popular science fiction writer and Orinda resident. Entries should be submitted to individual school representatives. For additional information, go to www.friendsoftheorindalibrary.org.

Miramonte Student Wins Oratorical Contest



CONTRIBUTED PHOTO

Bennett Stehr (L), shown with District Commander **Drew Hanson**, won the Area 2 Oratorical Competition held by the American Legion in Pacifica, California. Stehr is a sophomore at Miramonte High School, where he credits his previous public speaking instructor **Sandy Maquire** and current instructor **Kristen Plant** with giving him the skills to win. He will next compete at the state competition held in Lakewood, California.



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Orinda Idol 2012 Auditions May 17-19

Start warming up your voices now and making your song selections. The Orinda Arts Council invites K-12th graders to audition for a chance to be a 2012 Orinda Idol Finalist! All categories are open to all Lamorinda residents and students at Lamorinda schools (Lafayette, Moraga and Orinda).

All auditions will take place at Orinda Intermediate School (OIS), at 80 Ivy Drive in Orinda, following the schedule below. Signs will direct students to the audition location.

SCHEDULE:

- Soloists Grades K-2: May 17, 4-7 p.m.
- Soloists Grades 3-5: May 18, 4-7 p.m.
- Soloists Grades 6-8: May 19, 9-11 a.m.
- Soloists Grades 9-12: May 15, 11 a.m.-noon and 4-5 p.m.
- Groups Grades K-5: May 19, 1-2 p.m.
- Groups 6-12: May 19, 2-4 p.m.

The registration form and relevant documents will go live on April 1 on the Orinda Arts Council's website at www.orindaartscouncil.org. Registrants will be added on a first come, first served basis--so register early! Registration will close on April 30, 2012.



CONTRIBUTED PHOTO

Contestants from last year's Orinda Idol included (L-R) **Shelby Tse, Emery Anderson and Malin Glade**.

At the audition, students should bring background music of their choice on a CD or iPod and sing for a maximum of two minutes. Audition judges will be music and performing arts teachers and professionals in the community. Up to 10 finalists in each category will be selected to sing at the Orinda Theatre on September 9 to compete for cash prizes and recognition.


— Britta Glade

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Miramonte Alum To Scale Mount Baker For The Climb To Fight Breast Cancer

By CHRISTI BALL LOSO
Contributing Writer

Rob Rosenblum, 27, of Walnut Creek is taking on an ambitious goal in support of research to improve prevention and early detection of breast cancer. Rosenblum will be scaling Mount Baker on July 26 - 28 for the Climb to Fight Breast Cancer benefiting Fred Hutchinson Cancer Research Center.

Rob grew up in Orinda and attended Miramonte High School from 1999-2003, where he played basketball for the Mators. In 2010, a few years after graduating from San Diego State University, he had the opportunity to hike the Annapurna Circuit, a three week trek through the towering Himalayan peaks of Nepal.

"Spending time among the tallest mountains on Earth and talking to the incredible men and women who climb them really sparked my interest in mountaineering," Rosenblum said. "When I stumbled on the Climb to Fight Breast Cancer website and realized I could achieve my mountaineering dream while raising money for such an outstanding cause, I knew I had to do it."



CONTRIBUTED PHOTO

Rob Rosenblum became interested in mountain climbing after a trip to Nepal.

Climb to Fight Breast Cancer expeditions offer opportunities for participants of all skill levels to have fun and be challenged in honor of those who have battled breast cancer. A full schedule of peaks, climb dates and routes can be found at www.fhrc.org/climb.

Each climb will have a limited number of team members – generally nine or 10 – as established by the guide services. Each participant commits to a fundraising minimum of \$3,000 to \$12,500, depending on the mountain.

Since the first Climb to Fight Breast Cancer 14 years ago on Mount Adams, the popular fundraiser has garnered nearly \$6 million in support of breast cancer research at the Hutchinson Center, which includes three Nobel laureates among its researchers. The center's interdisciplinary teams of world-renowned scientists and humanitarians work together to prevent, diagnose and treat cancer, HIV/AIDS and other diseases.

For more information or to register for the Climb to Fight Breast Cancer, visit www.fhrc.org/climb or e-mail cfbc@fhrc.org.

To donate towards Rosenblum's climb fundraising goal, please visit <http://getinvolved.fhrc.org/goto/RobRosenblum>.

COOKING WELL

Upgrade Your Favorite Dishes with High-Value Alternatives

Chef Charles Vollmar



Of all my core recommendations, there is one that tops my list: Over-Emphasize Vegetables. We ALL need to eat more micronutrient-rich vegetables (dark, rich, bright colors, leafy greens). We have all heard it before, but it is true. A consistent intake of a variety of high-quality vegetables will result in significant positive metabolic effects – for many of us, depending on our upbringing, this suggestion takes the most emotional and physical effort, but the end result is unsurpassed. Vegetables are high in phytonutrients: plant-based compounds that are not required to sustain life, but provide the health-promoting qualities and reduce our susceptibility to chronic degenerative diseases. Vegetables are high in fiber, which may lower cholesterol, reduce potential risks of cancer, heart disease and obesity. Vegetables are also low on the glycemic index, which means that due to added fiber, their natural sugars enter the blood stream more slowly, and result in lower insulin levels. And, if that's not enough, vegetables are low in calories, which mean you can enjoy as much as you like!

One idea that I use regularly in my own cooking is to add high-value ingredients into my regular repertoire of dishes. Let's take a list of my top five high-value vegetables and see how we can include them in standard recipes: **Spinach, Kale, Chard, Arugula, and Collard Greens.** I suggest these five because they are all conveniently available at most markets either bagged or in clamshell containers and are either loose leaf or pre-chopped. Regularly incorporate these items in egg dishes, salads, soups, stews, casseroles and slow cooker recipes, even if the recipes don't specifically call for them. I regularly add these at the end of cooking to preserve color, flavor and nutritional value.

To finish, this month's featured recipe may be recognized by many, as I have shared with most of my family and friends, and is a consistent favorite for its ease of preparation, brilliant presentation and balanced, classic flavors.

Chef Charlie's Caesar Salad

This popular dish was originally created in 1924 by Italian chef Caesar Cardini at his restaurant in Tijuana, Mexico and was prepared and served right at the table. My recipe excludes croutons, but includes wild arugula and roasted pumpkin seeds for added nutritional value, flavor and texture. It is important to keep the cut greens chilled prior to serving, and not to overdress the salad. Serve as soon as possible after

dressing for best results.

3 hearts of romaine - cut into 2 inch strips, cleaned and spun dry
3 cups wild or baby arugula
1 cup Caesar dressing (recipe follows)
4 ounces hard grating cheese of choice (Asiago, Parmesan, Dry Jack, Manchego), shaved
1/2 cup roasted pumpkin seeds
Serves 8

Chef Charlie's Caesar Salad Dressing

A blend of extra-virgin olive and canola



CHARLES VOLLMAR

oils are used to reduce the bitterness often a feature of extra-virgin olive oil. The amount of garlic, anchovy and seasonings used in this dressing is a personal choice, but it is suggested that you balance the flavorings, particularly anchovy and garlic, so it can be enjoyed by all.

2 very fresh, large egg yolks
1 tablespoon champagne vinegar
2 tablespoons Maille Dijon mustard
1/2 cup extra-virgin olive oil
1/2 cup canola or vegetable oil
10 anchovy fillets packed in oil (1 - 2 ounce can)
4 cloves garlic, finely minced
Juice of 2 lemons, or to taste
Kosher salt and freshly ground pepper to taste

- Place the egg yolks, mustard and the champagne vinegar in a food processor and process until smooth.

- Once combined, with the motor running, slowly drizzle in the olive oil. Add the lemon juice, minced garlic, and anchovy fillets and blend until smooth. Season with kosher salt and freshly ground black pepper. Add more mustard, lemon, and vinegar, if necessary. If the dressing is too thick, thin with lemon juice or a bit of cold water.

Makes 2 cups.

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Tom Westlake



As April is known as a somewhat silly month, it is only fitting that we impose a certain reversal of the usual and start out with *It Came From Outer Space* (1953). This fourth movie in “The Queen’s Slumber Party” series firmly belongs here if, for no other reason than the title alone. If, however, there is anything to elevate it beyond its tawdry Drive-In origins, one could make the argument that it has a subtext. The Cold War was still being fought and many, during that time, thought an invasion from terrestrial forces and/or nuclear obliteration to be a very real possibility. “Watch the Skies” was as salient a piece of advice as was “Duck and Cover” and that paranoia pervaded nearly every aspect of people’s lives.

But that’s giving this movie far too much credit, especially in light of the fact that, not four years later, another film *Invasion of the Body Snatchers* (1956) would elaborate on similar themes with far more success. Even though noted science fiction author Ray Bradbury had a hand in writing the screenplay, that should not stop you from leaving your brain at the door to revel in *It Came From Outer Space*.

It screens at the Rheem Theatre on April 20 at 9 p.m. For more information, show times, and tickets, go to www.lamorindatheatres.com.

On a more Earthly note, the foolishness of love is explored in the International Film Showcases’s latest gem – *Young Goethe in Love* (2010)

Actually this film, *Young Goethe in Love* (2010) belongs in that sub-category that is shared by Shakespeare, Moliere and many, many others: That category is known as “Tormented Artists Felled by Cupid’s Arrow” and like *Shakespeare in Love* (1998) and *Moliere* (2007), it tells the story of how someone of middling or undiscovered talent is brought to immortality by love, or in this case, the loss of love. Many may know Goethe as the author of *Faustus*, but this movie happens long before that and the literary work that is most salient here would be *The Sorrows of Young Werther*. Those familiar with this work will recognize it as a precursor to the Goth movement, albeit far more colorful (blue coat, yellow breeches).

Young Goethe in Love screens Friday, April 6, through Thursday, April 12, at the Orinda Theatre. For more information, please check out their website at www.lfef.org/showcasetickets.

Once again, there’s plenty to keep our spirits up this April as well as some surprises, like the Classic Film Series. So, stay in the dark. That’s where the magic happens.

Orinda Resident’s “Secret Love” Taped for Book Anthology

By KATHRYN G. MCCARTY
Staff Writer

Nadia Yakoob-Sway has plenty to be excited about. She gave birth last month to her first child, Eva. The busy wife and mother, an attorney for the 9th Circuit Court of Appeals, is also celebrating the “extraordinary press coverage” from the likes of the *NY Times*, *Washington Post*, *Boston Herald*, *Houston Chronicle* and *NPR* for *Love Insh’Allah: the Secret Love Lives of Muslim American Women*, for which she is a contributing essayist. Her story was one of 25 chosen from hundreds of submissions from Muslim American women across the country.

“My husband’s father is Jewish and his mother is Episcopalian. We joke that Eva is the product of all three major faiths. Monotheistic ones,” says Yakoob-Sway, who writes under the pen name Leila N. Khan.

“*Insh’Allah* means God willing. It’s Love, God Willing. The editors wanted to create space for the Muslim female love experience,” Yakoob-Sway explains.

“My story was considered the sad one, the heartbreaking one, about a relationship I had with an Italian man who was Catholic and living in Europe,” says Yakoob-Sway, who was raised in a conservative Muslim family. “It was romantic, very glamorous.” Yakoob-Sway, one of an estimated 8 million Muslims in the U.S., was living in New York at the time, and the long distance relationship meant long weekends to London and Paris.

“When I was finally ready to make a commitment to him, he wanted to get married in a church, and said our kids would be raised Catholic,” she explains. When she

suggested their children could “split time between the Church and the Mosque,” her boyfriend responded “You mean where the terrorist hang out?” The derogatory remark hit home. The two never saw each other again.

“I’m not telling the story to discourage interfaith marriages,” Yakoob-Sway says. “My purpose is to say you can be really wrong, and you can get your heart broken, and that’s just life.”

The book’s editors are on a national tour, where Yakoob-Sway says most events are standing room only. She recalls the event she attended at The Booksmith in San

[SEE YAKOOB-SWAY page 20]



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Director Transforms Goethe’s Sorrow Into a Powerful Film

By BEAU BEHAN
Contributing Writer

In *Young Goethe in Love*, director Philipp Stölzl attempts to convey the anguish and joy of love as seen through the eyes of writer Johann Goethe, who rose to fame during the German romanticism of the 18th century.

Goethe’s bestseller, *The Sorrows of Young Werther*, forms the basis for Stölzl’s film. In his novel, Goethe describes his very emotional and sorrowful life, revolving around his love for Lotte Buff.

One could easily dismiss the story as a précis of the vicissitudes of love that many experience over a lifetime in the pursuit of happiness. The film’s emphatic rendition of the characters (Goethe played by Alexander Fehling and Lotte Buff played by Miriam Stein), however, delicately takes us to the world of romanticism and realism with its inevitable ebbs and flows. Indeed, it is in this effervescent vogue that Stölzl brings his unflinching directorial expertise to captivate the audience with the film’s cinematic antithesis—tearful, yet joyful and sad, yet delightful. Ultimately, Stölzl makes Goethe and Lotte symbols for both romantics and realists.

Lotte’s love for Goethe is powerful and real. Nevertheless, due to her family’s meager financial circumstances, she is forced to sacrifice her personal happiness and marry



COURTESY OF IMDB

Alexander Fehling is Goethe in love.

a wealthy aristocrat. Devastated, the young Goethe attempts to win her back by writing their love story. Quite extraordinary in nature, his novel seeks a hopeful ending that only Lotte can provide.

This very moving and touching film will captivate romantics and hold the interest of realists as well. Local audiences have an opportunity of viewing this powerful film when the International Film Showcase presents *Young Goethe In Love* at the Orinda Theatre from April 6 - April 12. Tickets may be purchased at the theater’s box office or online at LFEF.org or at www.lamorindatheatres.com.

Young Goethe in Love
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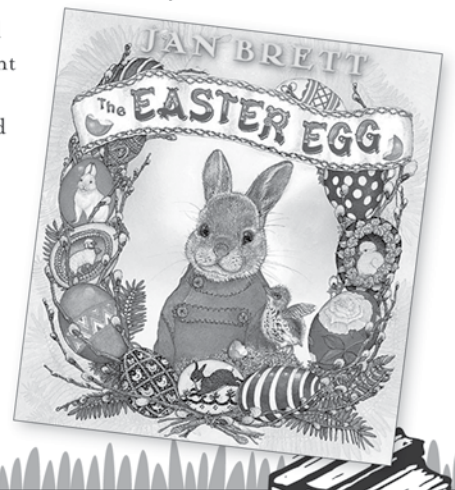
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CALENDAR

ON THE CALENDAR

APRIL

- 1 **Orinda Starlight Village Players** holds auditions for its 2012 season, Orinda Community Center Park Amphitheater, 4 p.m. Also April 3, Orinda Community Center Carpentry Room, 7 p.m. Everyone welcome to do a reading. Visit www.orsvp.org.
- 5 **Hummingbirds Writing Workshop** with Cynthia Leslie-Bole, Orinda Books, 276 Village Square, 1 to 3 p.m. No writing experience necessary. Free, but donation to Orinda Books to defray costs suggested. Visit www.amherstwriters.com or call 254-7606.
- 6 **International Film Showcase** presents *Young Goethe in Love* at the Orinda Theatre through April 12. For information and tickets, visit www.lfef.org/showcasetickets.
- 11 **Artist Reception for Orinda schools' 2012 Art Ambassadors** in grades K-8, Orinda Library Art Gallery, 4 to 6 p.m. Refreshments and live music. The artwork is on display through April. Sponsored by Orinda Arts Council, www.orindaartscouncil.org.
- 12 **Performers for Progress Benefit Variety Show**, a benefit for The Sophia Project, Miramonte High School Theatre, 750 Moraga Way, 7:30 p.m. Also April 13 at 7:30 p.m. Tickets are \$12 for adults, \$6 for students. Visit www.performersforprogress.com.
- 13 **Lamorinda Acalanes Union Film Festival**, featuring short films by students from local high and middle schools, Campolindo Performing Arts Center, 300 Moraga Rd., Moraga, 7 to 9 p.m. Tickets \$6 at the door.
- 18 **Del Rey Elementary School** presents its spring musical, *Alice in Wonderland, Jr.*, 25 El Camino, Moraga, 7 p.m. Also April 19 at 7 p.m. Visit www.orindaschools.org/delrey/site or call 258-3099.
- 19 **Holden High School** Meet the Writer night, 7-9 p.m., Orinda Community Church. Featuring Penny Warner, mystery writer for adults and teens. Admission \$25. Call 254-0199.
- 21 **Orinda in Action**, Community Service Day, 9 a.m. – noon, volunteer to help at orindainaction@gmail.com or go to www.orindainaction.org.
Orinda Garden Club's Community Awareness Walk Around Lake Cascade to promote further clearing of invasive plants and restoration, 10 a.m. For more information, email Diana Kennedy at pinedsk@comcast.net.
East Bay Camp Fair, 1-5 p.m., Lafayette United Methodist Church, 955 Moraga Rd., Lafayette. Go to www.peointernational.org.
- 22 **Wagner Ranch Nature Area** Wildlife/Earth day Festival, 1-4 p.m., 1350 Camino Pablo, www.fwrna.org.
- 25 **Orinda Intermediate School's** Bulldog Theatre presents its spring musical, *Guys & Dolls, Jr.*, on April 25 and 26, 4:30 p.m., April 27 at 5 and 8 p.m. and April 28 at 3 and 7 p.m. 80 Ivy Drive. Visit www.orindaschools.org/ois/site/default.asp or call 258-3090.

AT THE LIBRARY

All events are free unless otherwise specified. Please note the library is closed Easter Sunday, April 8. For more information, call 254-2184 or visit www.ccclib.org/locations/Orinda.html.

- 1 **2012 Poul Anderson Creative Writing Contest**, presented through April by Friends of the Orinda Library, is open to all students who reside or attend high school in Orinda. Visit http://friendsoftheorindalibrary.org/FOL/Writing_contest.html.
Computer Help for Adults (18 plus), learn basic skills in one-on-one hour-long sessions, 1 to 3 p.m. Also April 15, 22 and 29, same time, and April 6, 13, 20 and 27 from 10 a.m. to noon. Call the library to register.
- 3 **Toddler Lapsit**, stories, songs and fingerplays for infants to 3-year-olds and their caregivers, 10 to 10:30 a.m. and 10:30 to 10:55 a.m. Drop-ins welcome, but limit attendance to once per week. Also April 4, 10, 11, 17 and 18.
Peek-A-Boo Time with songs, stories, rhymes and rhythm for newborns through 1-year-olds and their caregivers, 11:30 to 11:55 a.m. Also April 10 and 17.
- 5 **Friends of the Library** Book Sale, bookshop and sorting room, 10 a.m. to 1 p.m.
- 7 **Saturday Morning Live**, family story time for 3- to 5-year-olds, Picture Room, 11 to 11:30 a.m. Also April 14 and 21.
- 13 **Mystery Book Club** members discuss *Death Comes to Pemberly* by P.D. James, Tutoring Room, 3 to 4:30 p.m. Adult program, drop-ins welcome.
- 18 **Life in Imperial Rome**, journey back in time with guest speaker Marie Whelan as she explores life in ancient Rome, Gallery Room, 6:30 p.m. Fun for the whole family.
- 21 **The Orinda Preschool** Art and Music Festival, 10 Irwin Way, 9:30 a.m. – noon, 254-2551.
- 24 **Toddler Nutrition**, Rania Khoury makes healthy living fun with stories and songs, toddlers to preschoolers, Gallery Room, 10:30 a.m.
Pompeii and Herculaneum: Rediscovering Roman Art and Culture presented by Humanities West. George Hammond will discuss new discoveries about these two cities destroyed by the Vesuvius eruption in 79 A.D., Fireside Room, 6:30 to 7:25 p.m. Adult program.
- 25 **Getting into College Workshop**, free for teens and parents, presented by Princeton Review, Gallery Room, 6:30 p.m. Call the library to register.
- 26 **Talespinners of Contra Costa**, storytelling for adults with a featured speaker every month, Garden Room, 7 p.m.

CLUB MEETINGS

- American Association of University Women**, April 22 at 3 p.m., Dr. Margaret Race speaks on her career in science plus 7th grade Tech Trek scholarship winners and high school and college winners announced, Holy Trinity Serbian Orthodox Cultural Center, 1700 School Street, Moraga. Call 925-631-0668 or fox-sohner@comcast.net.
- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Moraga-Orinda Fire District Conference Room, 1280 Moraga Way, Moraga, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 253-1997.
- Lamorinda Alcohol Policy Coalition**, every second Wednesday, 10 to 11:30 a.m. at Orinda City Hall, Sarge Littlehale Room. Call 687-8844, ext. 227.
- Lamorinda Sirs for retired men**. Second Wednesday, 11 a.m. to 1:30 p.m., Holy Trinity Cultural Center, 1700 School St., Moraga. Luncheon speakers plus golf, tennis, bocce, bridge and astronomy. Call Pete Giers, 254-4667.
- Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Postino, Lafayette, 254-0440, ext. 463.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 p.m., Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette, www.lamorinda.freetoasthost.net.
- Montelindo Garden Club**. Third Friday, September through May, Orinda Community Church, 10 Irwin Way, 9 a.m., www.montelindogarden.com.
- Orinda Junior Women's Club** community service group. First Tuesday, September to June, 7 p.m. Contact Julie Mercer or Charlene Robinson at info@orindajuniors.org or www.orindajuniors.org.
- Orinda Rotary**. Every Wednesday, noon, Community Center, 28 Orinda Way, 254-2222.

Science Careers the Focus of April Meeting

Interesting careers for women in the sciences will be the subject of the April 22 meeting of the American Association of University Women, Orinda, Moraga, Lafayette branch (AAUW/OML). Beginning at 3 p.m., Margaret Race, PhD, will discuss her career working with NASA and the SETI Institute. Her presentation is entitled, "From Mudflats to Mars, a Personal Odyssey." Dr. Race chose this topic because "my career path has been a true odyssey, from marine biology to the solar system."

Additionally, the AAUW's six Tech Trek Scholarship winners will be presented. These 7th grade girls from local middle schools will attend the Grace Hopper science camp at Stanford University this summer. The four branch scholarship winners chosen from each local high school and St. Mary's College will also be honored. The meeting will be held at the Holy Trinity Serbian Orthodox Cultural Center, 1700 School Street in Moraga where refreshments will be served. For more information,



CONTRIBUTED PHOTO

Dr. Margaret Race will discuss her career with NASA and more at the next AAUW meeting.

call 925-631-0668 or email fox-sohner@comcast.net.

– Diane Bell-Rettger

Understanding China at Next Friday Forum

By BOBBIE DODSON
Staff Writer

Professor Zhan Li, Dean of the School of Economics and Business Administration at St. Mary's College, will speak on Understanding China: A Cultural Transformation Perspective at the First Friday Forum lecture series held at Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette, on April 6 at 1:30 p.m. The public is invited to this free event.

Li says, "China is exerting increasing economic and political influence in today's world. At the same time, it has also been going through a significant cultural transformation. To understand the China of 2012 and anticipate its future, we need to look into these changes and their global implications."

A graduate of Harbin Institute of Tech-

nology in China with a Bachelor of Engineering, Li also holds MBA and Doctorate degrees from Boston University. Prior to joining the St. Mary's staff he served as Associate Dean for the School of Business, University of San Francisco and has also taught at the Haas School of Business, UC Berkeley, Boston University and Peking University of China. He has consulted for multinational corporations and government agencies and his research has been published in leading academic journals and collected by Harvard Business School of Publishing. Li is the founding Editor-in-Chief for the *Journal of Asia Business Studies*. He and his family reside in Moraga.

Refreshments will be served at 1 p.m. in Fellowship Hall. For further information call 925-283-8722 or click on lopc.org/News and Information/More News Events at LOPC.

Mason-McDuffie Realtors Help at Orinda Senior Village



SALLY HOGARTY

Getting a jump on Orinda in Action, Realtors with the Mason-McDuffie corporation spent March 10 at Orinda Senior Village pulling weeds, cleaning culverts, and pruning plants. Each year, the group performs a "Giving Day" to support a worthwhile cause. Last year, the local Orinda office joined the Save the Orinda Creeks organization to clean a section of the creek along Moraga Way.

- Orinda Association**. Second Monday, 7:15 p.m., Orinda Library, May Room, 254-0800.
- Orinda Hiking Club**. Hike every Wednesday, 9 a.m., old library parking lot on Irwin Way. Call Ian at 254-1465 or visit www.orindahiking.org.
- Orinda Historical Society**. Third Wednesday, 7 p.m., Orinda Community Church, 10 Irwin Way, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 283-7176.
- Orinda/Tábor (Czech Republic) Sister City Foundation**. Fourth Thursday, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday, 4 p.m., Community Center, 28 Orinda Way. For information, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 a.m. to noon, call Jean Barnhart, 254-3881.

CITY/FIRE/SCHOOL DISTRICT MEETING SCHEDULE

- Acalanes Union High School District**. First and third Wednesdays, 7:30 p.m., district office, 1212 Pleasant Hill Road, Lafayette.
- City Council**. First and third Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.
- Historic Landmarks Committee**. Fourth Tuesday, 3 to 5 p.m., Library Garden Room. Call 925-788-7323.
- Moraga-Orinda Fire District**. Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.
- Orinda Union School District Board of Trustees**. Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road. For the latest listing of dates, please check the website at www.orindaschools.org.
- Planning Commission**. Second and fourth Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.

Send calendar items to Maggie Sharpe at m.sharpe66@gmail.com

HELPING OTHERS

Orinda Family Builds A Water Well In Cambodia

By CHELSEA DEVRIES
Contributing Writer

One of the best moments of my life was pumping water from a Cambodian family's new well – a well that I and my fellow Saint Mary's College (SMC) students made a reality during our Jan Term service trip.

Jan Term is a mandatory class that students take for one month during January. Our trip was organized and led by Susie Miller-Reid, the director of the Center for International Programs at SMC and fellow Orindan Ksenija Olmer, the Vice President of Friends of CCDO (Cambodian Child's Dream Organization).

My parents, like many of my peers' friends and families, donated money to build a well. For a mere \$220, the life of a family and their neighbors can be changed significantly. With this new fresh water, all members of the household, especially the

children, will be healthier. One well will last for 10 years and typically serves four or five families.

Our Jan Term course nicely balanced service work with cultural and historical lessons. We spent the first few days exploring Angkor Wat and other ancient temples. We also took a cooking class and listened to presentations from people living in Cambodia.

After having spent most of our journey in Siem Reap, we concluded our trip in Phenon Pehn. While in the capital, we toured the Royal Palace and visited two different memorials dedicated from the time of the Khmer Rouge regime. We visited the S-21 prison, which was originally a school that Pol Pot and Khmer Rouge transformed into a jail where over 20,000 men, women, and children were tortured and killed in just a couple of years. It was a sobering sight.

We spent the majority of our trip teaching English and hygiene to students in village schools. I personally worked with fourth



CONTRIBUTED PHOTO

Chelsea DeVries, shown above with the well her parents donated and the family who will use it, traveled to Cambodia as part of a college class.

and fifth graders.

We brought 2,000 toothbrushes that we distributed to the students and demonstrated how to properly brush your teeth. I swear these kids have some of the most beautiful smiles I've ever seen, but if you look past the beauty and see the reality, you realize that almost every tooth in their mouth has a cavity. If you ask them if their teeth hurt, they can all point to a rotten tooth that is aching. With no dental care available, tooth brushing and proper nutrition is the only tool that can help them.

I had a few expectations that turned out to be correct. The first was that it would be hot (and it was). The second was that it would intensify my desire to travel to more "exotic" places in South East Asia and Africa. And my final expectation was that it would probably be an experience that would alter my life in some way – I couldn't have possibly anticipated just how much.

I also couldn't have anticipated just how much money we would raise. We ended up raising enough money to build 15 water wells and had \$1,500 to buy not only school supplies, but also water filters for each classroom, two volley ball courts for the schools we worked at, and paint for six classrooms that were then painted by local contractors.

We also brought with us 1,400 pounds of donated used clothing, shoes, toiletries,

English books, and medical supplies. The Orinda Park and Rec department donated used soccer uniforms and balls for eight teams. It was so much fun seeing the students I was working with playing with soccer balls and uniforms that I used to wear when I played OYA soccer.

As part of the academic requirement for the course, we were required to maintain a daily journal entry. This was a very helpful assignment for me, because it helped me process all that I had seen, felt and experienced. I thought about how these people I was meeting could have been so horribly affected by decades of war, yet still be friendly, generous, and appear genuinely happy. When I encounter great loss in my lifetime, I will look to the Cambodian people for guidance.

Since returning from Cambodia, I now measure everything in wells. I know that a designer handbag costs one well, so for my birthday I could ask for a purse, or I could ask for money to donate to provide water for 30 people for 10 years. My time in Cambodia made me realize all the opportunities I have as a college student, Orinda resident and American citizen.

To learn how to donate your own well, go to www.friendsofCCDO.org or email Ksenija Olmer at Xenija@aol.com for information on the next "Travel with Purpose" trip to Cambodia, Laos, and Burma.



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Echeveria sp. | Phot by Bryan Gim

BUSINESS BUZZ

◆ BUZZ from page 20

limitless,” he adds.

Clients have a variety of motivating factors, including those who wish to lose weight, topnotch athletes in high school and college who want to train more efficiently, and older clients who want to live a healthy lifestyle. Clients begin with a one-on-one personal session and then are required to commit to a six-week program commitment to focus on their own priorities.

Nina Peles enrolled in a six-week course last December and was pleased with the results. “I improved my half-marathon time by 14 minutes, which was amazing. This is a vital part of my current ironman training,” says Peles.

The Bandits Loop suspension system is an elevated training system that may be arranged in various positions for core usage, including performing push-ups. It incorporates different activities suitable for adolescents to the elderly. “My clients range in age from 13 years to 74 years of age,” says Miller, who will tell you he has always been the athletic type himself. “Fitness has always been a big part of my life. I love fitness and continue to train by cycling, running and lifting weights,” he adds.

At the end of the day, Miller thrives on bringing a better product to his clients and offering them the best customer service in the personal training arena. All-In-One Fitness is a member of the Orinda Chamber of Commerce. Open by appointment from 5 a.m. to 8 p.m. weekdays and 8 a.m. to 5 p.m. Saturdays and Sundays.

Tennant Consulting Celebrates 10th Anniversary

Steve Tennant established this local strategic marketing firm in 2001 and since then has helped over 40 software, internet and HighTech firms accelerate growth and gain market share by understanding customer needs, and aligning companies to address those needs better than the competition.

With a background as a product strategy executive first at Anderson Consulting (known as Accenture today) and at PeopleSoft, Tennant assists clients in defining market opportunities and creating solutions

that meet those needs. “As a strategic marketing consulting service, I identify what customers need in a client’s market and help software and technology companies run their business more efficiently,” explains Tennant. “At present I am working with several start-up companies that include two people in a garage to large companies with several hundred employees.” A sample of clients includes Cisco Systems, Tidebreak Software, Emagia, Planitax, Calypso Technology and Big Ax Technology.



CONTRIBUTED PHOTO

Steve Tennant does strategic marketing.

Tennant points out that many start-ups make fatal mistakes in certain stages of development that he is able to help them avoid. Most commonly, a client often believes the product must be fully developed before going to market. “In fact, it is preferable to put together a prototype of the concept in a couple of weeks and shop it around, rather than working two years to complete the concept before seeing if there is a need for it,” explains Tennant, who also helps raise venture capital to finance companies.

A current client is creating an application for the iPad geared for the construction industry, allowing construction workers who are accustomed to carrying huge rolls of blueprints on the job to load the documents on the iPad for easy access. Strategic development of this product involved meeting with thirty different construction firms to determine their needs and how the application can solve their problems,

and incorporating those priorities into the software.

One of Tennant’s core beliefs is to help by serving others. This value is exemplified in the nonprofit organization he founded, PeopleSoft Alumni Network. “We organize and host training events and training sessions for former PeopleSoft employees. This program was a tremendous service in 2005, when Oracle bought PeopleSoft and laid off 3,000 people.”

A 22-year Orinda resident, Tennant’s wife Laurie is a Human Resources consultant at TriNet. The couple has three children. Hannah is a freshman at the University of Oregon, Christopher is a sophomore at Miramonte High School, and Robbie is a 7th grader at Orinda Intermediate School.

For more information, visit the website at www.tennantconsulting.com. Steve can be reached at 925-788-1092 or steve@tennantconsulting.com.

Republic of Cake Award



SALLY HOGARTY

Orinda Chamber of Commerce executive director Candy Kattenburg presents Peter McNiff of Republic of Cake with the Chamber’s Business of the Year award.




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BUSINESS BUZZ

Business Buzz

Putting a Personal Face on Local Business

Valerie Hotz



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Re-Chic Boutique 101 a Resource for Orinda Youth

This novel boutique shop is the best thing to hit Orinda in a long time. Catering to the 'twix and 'tween crowd, clothing, acces-

sories, furniture, mirrors, jewelry, shoes and other consigned as well as new items are available in the spirit of repurposing, recycling and reclaiming. Native Orindan and mother of three, Jennifer Vigo, has a desire to make teenagers feel welcome and understood. She recently established Re-Chic Boutique 101 with a vision of providing a fun, safe place for youth to hang out,



VALERIE HOTZ

Jennifer Vigo has created a special place for teens with Re-Chic Boutique 101

shop and socialize. This novel business is located at 101 Orinda Way, near Geppetto's and Baan Thai restaurant.

The front of the shop features a comfortable sofa, stuffed chairs and coffee table stocked with magazines where kids can gather to socialize, complete with Wi Fi and a picturesque view of the Orinda Country Club golf course across the way. Turquoise walls provide a bright background for the

vintage rock 'n roll posters from bygone years and a bubble gum machine with a rainbow selection of bubble gum adorns the entry area.

"Re-Chic is about creating your own style and communicating your own identity without having to break the bank to do so. You can buy clothes here that are not a huge investment and then when you are done with an outfit, you can sell it back and recycle it. We have something for both guys and girls," explains Vigo.

A unique aspect of Vigo's vision is the workshop program she offers at Re-Chic Boutique 101. "We offer Auto 101 for teenagers age 15 and older, which is conducted in our back parking lot. They learn about cars, look under the hood and learn how to change the oil. We will offer a sewing class, and yoga for teenagers, as well as other classes. We encourage kids to come by the store and sign up," says Vigo. Teen yoga is offered Wednesday evenings at \$15 per class and the weekend car class is \$25 per class.

Shoppers will enjoy the tremendous variety and novelty found here, such as interchangeable decorated snaps to dress up flip-flops by East Bay resident Lindsay Phillips. "Miramonte High School students Liz Berndt and Margot Odell design fabulous earrings and necklaces and a portion of the proceeds go to a school they visited in Kenya," Vigo points out. You will find frames, candles, gift tags, casual clothing as well as special occasion pieces, belts, scarves, jackets, book shelves, trunks, signs and chairs. "Everything that helps you create and feel good in a space is what you will find at Re-Chic Boutique 101."

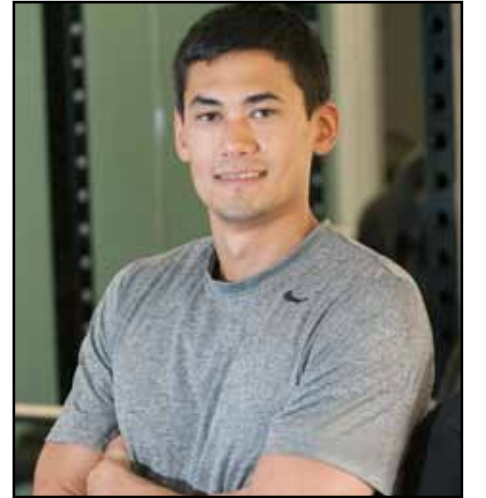
Vigo has worked as dietician for 20 years. Being deeply rooted in food, she has a passion for good health and runs regularly, even in the rain. She is married to Mike Vigo. The couple first met in their 7th grade math class at Orinda Intermediate School and today, their three daughters attend Orinda schools. Natalie is a sophomore at Miramonte High School, Olivia is an 8th grader at Orinda Intermediate and Morgan attends the 6th grade. Mike is a former

stockbroker who recently established Bee Ranchers. Concerned about the crisis of the dwindling bee population, Mike Vigo's vision is to get a beehive in every back yard. Look for the feature on Bee Ranchers in next month's Business Buzz.

Re-Chic Boutique is open Tuesdays 1 p.m. to 5 p.m., Wednesdays 10 to 5 p.m., Thursdays and Fridays 1 to 5:30 p.m., Saturdays noon to 5:30 p.m. and Sundays, 1 p.m. to 5 p.m. For more information, call Jennifer Vigo at 925-519-8050 or visit the web site at www.rechic101.com.

All-In-Fitness Offers Expertise in Personal Training With Unique Equipment

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CONTRIBUTED PHOTO

Jake Miller of All-In-Fitness

that will help develop maximum functional physical strength, then check out Jake Miller's All-In-Fitness at One Orinda Way, Suite 2, around the corner from Hsiang's Restaurant. One-on-one training sessions are one hour in length for either a six or 10 week session, or enjoy a variety of small group fitness classes that include indoor spin cycling, circuit and strength training, and a variety of cardio-vascular classes.

Utilizing unique equipment, the "Art of Strength" training methods include Training Ropes, Bandit's Loop suspension systems, Kettlebell Fitness training and Vintage Dumbbell and Barbells. Staff instructors guide clients in specific body movements that involve the entire body, which is distinctly different from traditional isolated muscle and strength training.

"The Kettlebell clinic is a full body exercise that originated in Russia and develops a well rounded body from the inside out. Ligaments, tendons, joint and core strengthening are all affected," explains Jake Miller, owner and personal fitness trainer. "There is so much specific technique and style involved with Kettlebells and the types of routines you can do are

[SEE BUZZ page 23]

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Saint Mary's College Museum of Art presents

Richard McLean: Master Artist Tribute IX
April 22 - June 17

EVENTS: Sunday, April 22, 2 P.M.
In Conversation: Richard McLean & Paul Karlstrom, former West Coast director of the Smithsonian's Archives of American Art

Soda Activity Center, Moraga Room
3:30 PM - Reception - Museum Patio
www.stmarys-ca.edu/museum - (925) 631-4379
\$5 adults - K-12 grades free

Incident in Turlock by Richard McLean

In the New Galleries
River of Words, 2012 winners, international youth poetry and art competition, an initiative of Robert Hass, UC Berkeley professor and U.S. Poet-Laureate, 1995-97.
Master Artist I - VII: Thiebaud, Oliveira, Neri, Lobdell, Bernhard, de Staebler, Villa Keith & the California Oak - 19th c. landscape paintings

Kahlua Lark by Richard McLean

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