



THE ORINDA NEWS

Gratis
Volume 30, Number 1

Published by The Orinda Association
Delivered to 9,000 Households and Businesses in Orinda

12 Issues Annually
January 2015

Orinda Association Names Volunteer of Year

By MAGGIE SHARPE
Staff Writer

The Orinda Association (OA) has named Dick Burkhalter its 2014 Volunteer of the Year and Orinda Intermediate School's Others First organization the recipient of its 2014 William Penn Mott, Jr. Environmental Award.



CONTRIBUTED PHOTO

Orinda Association's 2014 Volunteer of the Year **Dick Burkhalter** (L) pictured with "one of the locals" on a recent trip to Australia Zoo in Adelaide, Australia.

Volunteer of the Year

"I have known Dick for over 10 years, and to me he personifies the real spirit behind the Volunteer of the Year award," said OA president Bill Waterman. "He has selflessly volunteered to help the community on several fronts, from his many different Rotary Club activities to Orinda Community Foundation work to driving our seniors in the OA's Seniors Around Town program. He always has been 'hands on' in that he takes the initiative and always seems ready to pitch in and help."

Burkhalter said he is honored to receive the award. "It is quite an honor to be selected as the Volunteer of the Year in a community that is full of volunteers, and it is a great experience to be associated with all these wonderful folks," said Burkhalter. "We moved to Orinda in 1970 so that our children could attend these great public schools. When I joined the Orinda Rotary Club in 1990, I found the avenue to



MARY FRIESE

Students in OIS' Others First program wrapped presents at the Bay Area Crisis Nursery in mid-December. L-R (standing): **Lucy Wilson, Mina Jenab, Spencer Schneide, Isabella Nordstedt, Emma Stephens, Arman Marchiel** and **Chinmai Srinivas**, (sitting) **Sophia Pinto, Stephanie Friese** and **Mikayla Smith**.

give back to the community that has given so much to our family. That is where it all started, and I'm still enjoying helping others."

As well as the Rotary Club, Burkhalter has served with the Orinda Community Foundation, Grandfather's Club of America, Lamorinda Village Formation Commit-

tee, Orinda Association, Seniors Around Town, Soccer 4 All, Orinda Chamber of Commerce, Orinda Public Works Aesthetic Review Committee and Shingletown Lions Club. Burkhalter has travelled extensively on behalf of Orinda Rotary in support of various international projects, including

[SEE AWARDS page 14]

Monteverde Apartments Opens Its Doors to Seniors

By FRAN ENDICOTT MILLER
Staff Writer

After a three-month delay, the Monteverde senior apartment complex at 2 Irwin Way recently opened its doors to residents. Named for the verdant green hills surrounding the property, Monteverde offers 67 affordable one-bedroom/one-bathroom apartments, each between 616 and 717 square feet.

Built by Eden Housing, whose mission is to build and maintain high-quality, affordable housing communities for those with lower incomes, Monteverde serves low-income seniors earning at or below 30 to 50 percent of the Contra Costa County area median income. Residents pay 30 percent of their household income for rent. A specific number of units are held for the

varying income levels: seven units for the lowest Average Median Income (AMI), 14 at the next level and 45 units at a higher AMI level. Each unit can accommodate up to three people. Rental prices at each level vary according to the number of persons in each unit and the head of household must be at least 62 years of age.

Monteverde is the first affordable housing complex built in Orinda since the 1980s. It is situated at the site of the former Orinda library – a site that was identified by City of Orinda officials during a previous round of the Housing Element that called for increases in Regional Housing Needs Allocation. A deed restriction on the property required that the land be used for a public benefit and not for commercial development.

In 2008, the city issued a Request for Proposals for the development of an affordable senior project and Eden was selected to develop the property. Eden participated in an extensive entitlement and approval process during which many community meetings were held. Eden modified Monteverde's design based on community input.

The new community is located in the downtown Village area at the corner of Irwin Way and Orinda Way across from the Safeway parking lot. The property is intended for independent living and easy access to transportation, shopping and community services, such as the library and community center.

On-site amenities include a large community room with television and a full

[SEE SENIORS page 16]



SYLVIA JORGENSEN

A young friend helps the Orinda Association's (OA) **Kate Wiley** with the welcome baskets for residents at Monteverde senior apartments. The OA and the Orinda Satellite Rotary Club put together the baskets and delivered them in mid-December.



FRAN ENDICOTT MILLER

Monteverde, the new senior apartment complex at the corner of Irwin Way and Orinda Way, opened in December to its first residents.

OUSD Faces Wave of Criticism

By SALLY HOGARTY
Editor

The Orinda Union School District's (OUSD) actions to dismiss and then reinstate a second-grade Latina student made the district and the City of Orinda the topic of myriad publications and Internet articles – and not in a good way. Allegations of racism and the classification of Orinda as a wealthy, elitist suburb filled media and Internet sites. The Dec. 8 school board meeting was moved to the Orinda Library Auditorium to accommodate the number of speakers wishing to be heard on the topic as well as television crews.

At the heart of the controversy is how the school district determines residency, whether race plays a factor and what type of investigative techniques it employs. School board policies as well as the State of California require districts to follow objective rules for determining residency and to investigate questions of residency when brought to its attention.

According to the district's attorney, Har-

old Freiman, the school principal initially handles any questions of residency. "The principal would talk to the parents, the student and office staff. Most incidents are resolved at the school level. If it can't be

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New Year Exhibit Features Eclectic Mix of Artwork

By ELANA O'LOSKEY
Staff Writer

One way to start the New Year, according to Turkish playwright Mehmet Murat ildan is, "For a new year to bring you something new, make a move, like a butterfly tearing its cocoon! Make a move!" This sentiment puts one in mind of the work exhibited by Jill Landau, Melody Hesaraky, Tom Winn and members of the Embroiderer's Guild of America, Valley Quail Chapter. The Orinda Arts Council presents their work at the Orinda Library Gallery

during January. The public is invited to an artist reception on Sunday, Jan. 4 from 2 to 4:30 pm when light refreshments will be served. The embroiderers are offering two demonstrations of their work at the reception – a great chance to learn all about stitching from the experts.

Jill Landau of Walnut Creek has been painting for 30 years and loves the challenge of it. "People think it's easy, but it is not easy. It is work and I just happen to love the work, trying to get something to look like what I'm looking at, or get the feeling of what I'm looking at," says Landau. "My parents were art collectors, and I grew up surrounded by the works of Milton Avery, Janice Fish, Alice Neel and Jane Freilicher – beautiful work which is embedded in me." Landau will be showing more than 25 works, all representational and impressionist in nature. Look for *Sunny House*, a 14" x 18" oil on board painting. She hopes people will feel some kind of kinship with her work, the way the light is presented, or experience something they haven't seen before at all.

Melody Hesaraky of San Francisco was



CONTRIBUTED PHOTO

Jill Landau's oil on board entitled *Sunny House* will be on display at the Library Gallery during January.

born in Tehran, Iran, and recently graduated from the University of Brighton, England. Hesaraky discovered a love of the geometry, architecture and patterns inherent in her Persian background while exploring different mediums – textile design, mixed media collage, paintings, wood and metal. In Brighton, she interned with Pam Glew, a contemporary artist known for ingraining imagery onto richly textured vintage flags and textiles. This experience helped Hesaraky realize she could use her talents to pursue graduate studies in textile design while honoring her Persian aesthetic. She is showing 20 works of mixed media collage and ink paintings. Look for *Glorious Destruction*, an 8.3" x 11.7" mixed media on paper. Having lived in many different cultures around the world she says, "Art is my best friend; it doesn't have any age and is always there when I need it."

Tom Winn of San Leandro has been working with clay for almost 12 years. "Curiosity drew me to work with clay to start with. After that I wanted to see how far I could go with mastering shapes and creating pieces that were functional or just esthetically pleasing," says Winn. He will be showing about 25 ceramic works including basic functional pieces such as bowls as well as decorative pieces created using non-standard firing techniques like raku, pop-off glazing and pit-firing. He hopes people get a sense of the variety of types of ceramic works that are possible and the different effects that can be created from clay and glazes, which are basically mud

and powdered minerals.

Sheila Iskin, outreach coordinator, and members of the Embroiderer's Guild of America (EGA), Valley Quail Chapter (QVC), have a theme for their show: "Our Most Precious Tools." Among the 50+ works exhibited, look for needlebooks, scissor cases and fobs they have created which highlight the way they store their most important tools. They hope people will enjoy seeing the fruits of their labors including Sharon Kerst's *Cross Stitch and Queen Stitch Etui*, a 4" x 2" 4.5" hand-embroidered box containing needlebook, scissor fob, scissor case, scissors and assorted tools. At the artist reception, members are holding a stitching demonstration and a free "how to make a new stitch" demo. The EGA is a national, not-for-profit organization dedicated to the study and preservation of the art of embroidery; see www.ega-gpr.org for more information. Many pieces of embroidery created today qualify as fiber art. The QVC meets at the Faith Christian Fellowship Church, 860 Bancroft Road in Walnut Creek, and alternates morning and evening meetings to accommodate members who are working and members who don't like to drive at night. For meeting details and membership information in the QVC, contact Sheila Iskin at 925-680-8877.

As to the value of art in our community, Landau says, "Art is the life of any community and a reflection of the community we live in. I'm a firm believer in art in the schools, art everywhere."

Tom Winn says, "Personally, I just enjoy the feeling of drinking a cup of coffee from a mug that I made myself and that feels good in my hands."

Visit the gallery at 26 Orinda Way during normal library hours – Mon. through Thurs., 10 am to 8 pm; Fri. and Sat., 10 am to 6 pm; and Sunday, 1 to 5 pm. All libraries are closed Jan. 1 for New Year's Day and Jan. 19 for Dr. Martin Luther King, Jr. Day. Call 925-254-2184 for more information or visit <http://ccclib.org>.

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ORINDA ASSOCIATION

A Message From the OA President
Resolve to Volunteer!



Bill Waterman

Well, it's 2015, so now is a good time to reflect on our goals for the New Year. One of the best goals I ever set for myself was to get involved in the community by volunteering – in my case with the Orinda Association (OA), but there are many non-profit groups that offer great opportunities to contribute in Orinda and the greater Lamorinda area. If you are thinking, "I'd like to get involved and contribute but just don't know where to start," then the OA can help.

We operate a Volunteer Center in three ways: (1) we post current, specific and local volunteer opportunities on the OA's website under the Volunteer tab; (2) we have a Volunteer Guide on our website that lists more than 50 local groups that seek help from volunteers; and (3) our OA staff can assist with questions about volunteering in our office, by phone or in person, 30 hours a week. So if you're thinking about this, now is a great time to start by checking out our OA website, looking over the Volunteer Guide and calling us with questions. Starting this month, we are featuring a "Volunteer Opportunity of the Month" on the OA page.

We are all so busy, and yet many people say they are happy they decided to contribute to a non-profit, despite their busy schedules. Here in Orinda we have quite

a number of non-profits and charity or service organizations that welcome new members. These include Rotary Clubs, the Orinda Woman's Club and Orinda Juniors, garden clubs, the Arts Council and the California Independent Film Festival – the list goes on!

Speaking of volunteering, the Orinda Association will celebrate its 2014 Volunteer of the Year and William Penn Mott Jr. Environmental Award winners at our dinner on Feb. 8, at the Orinda Country Club. This year the OA received quite a number of nominations – and we thank everyone for taking the time to suggest worthy candidates. The 2014 Volunteer of the Year winner is Dick Burkhalter, one of the many dedicated members of the Orinda Rotary Club. Dick also volunteers as a driver for the OA's Seniors Around Town ride program and is a trustee with the Orinda Community Foundation. Our William Penn Mott Jr. winner is Others First, a group of more than 400 Orinda Intermediate School (OIS) students involved in service projects in Orinda and the Bay Area. The OA congratulates Dick and the students, parents and teachers of Others First at OIS. A heartfelt thanks to all for their generosity and their contributions!

Happy New Year!

Volunteer Opportunities

Each month the Orinda Association (OA) will feature a volunteer opportunity in this space. If you have a few extra hours and would enjoy a fulfilling volunteer endeavor, this is the place to look!

And, if you are an Orinda nonprofit or service group seeking help for upcoming events or programs, let us know all about you and your volunteer opportunities so we can feature your organization in this spot as well as in our online Volunteer Guide and office information.

You can contact the OA via email at oa@orindaassociation.org, by phone at 925-254-0800 or stop by the office located in the plaza level of the Orinda Library. Office hours are 9 am to 12 pm and 1 pm to 4 pm Monday - Friday.



SALLY HOGARTY

The OA's Seniors Around Town drive program recently held a holiday luncheon for both volunteer drivers and senior riders.

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- 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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Letters to the Editor

Closure of Fire Station

Regarding the closure of the Honey Hill fire station, two things are undeniably true.

First, the response time of fire trucks and paramedics will be increased to hundreds of homes in Orinda.

Second, the taxpayers of Orinda and Moraga will be paying for a fire station located in Lafayette.

How does this make sense?
– Mary Del Santo

Honey Hill Station Must Stay Open

Steve Cohn, in his letter in the December issue, seems to imply that, since we in north Orinda have so few emergency calls, we do not deserve the same excellent response times he enjoys. In fact, he suggests that we vote to tax ourselves an additional amount to pay for service to north Orinda. I thought we were all one fire district. Why should the residents of north Orinda alone be expected to pay down the unfunded liabilities on behalf of the entire district? Besides, both MOFD director Kathleen Famulener and Steve's candidate Nate Bell were quoted in the paper as saying they believed the financial situation is turning around and that the district will be able to cover its debt in the future.

Steve quotes several statistics regarding the number of emergency calls to north Orinda. His numbers may be accurate, but they are totally irrelevant. Only response time matters! He says there will only be a "minimal impact" on the Honey Hill response area. Closing the Honey Hill Fire Station in order to "share" a new station in Lafayette with Con Fire would result in a significant increase in response times. How many additional people will die because it took too long for help to arrive? How many more homes will burn down? Will it increase the chances of an Oakland Hills-type firestorm? What does he mean by "minimal?" If his life was on the line, would it still be a "minimal" impact?

The Committee to Save Our Honey Hill Fire Station opposes the plan to close our station and move it to Lafayette. We are concerned that increased response times will place us all at greater risk. And we cannot understand why the MOFD Board has, up to now, supported this plan. We assumed their first obligation was to protect the lives and property of MOFD residents, not those of people who live in Lafayette.

You can read more about the proposal to close the Honey Hill Station at our website: www.savehoneyhillfirestation.com. And please sign our petition so that the MOFD Board will know you oppose this move.
– Ellen Dale

Closing Station Only Makes Sense for Lafayette

I totally understand why the City of Lafayette would support the plan to close Orinda's Honey Hill Fire Station and build a new fire station on El Nido Ranch Road at Lorinda Lane in Lafayette. The county closed their station in NW Lafayette more than two years ago. Since then, the

residents of that area have had to depend on our Honey Hill Fire Station to provide emergency services. If the new station is built, response times to NW Lafayette will be reduced by two minutes – at no cost to Lafayette residents. It's a great deal – for them!

Instead, the cost will be borne by the taxpayers of the MOFD who will have their response times increased by two minutes. No one has studied increased risks of longer response times in terms of loss of life and property. The MOFD Board hopes to save money on operations, but what is the real cost? What is the value of a life lost while waiting too long for help to arrive? What is the value of a house that burns down simply because the fire department couldn't get there in time?

While there would certainly be an improvement in response times to NW Lafayette, these times still won't meet acceptable standards. Lafayette should be promoting a replacement station of its own, not moving ours from Orinda to Lafayette!

I understand why Lafayette would support this move. What I don't understand is why any resident of the MOFD would do the same.
– John Robertson

Two Minutes Can Be A Long Time

Steve Cohn, in his December letter to the editor, supports the plan to close the MOFD Honey Hill Fire Station and open a new one with Con Fire in Lafayette. This move would increase response times to many parts of north Orinda by two minutes -- so the question becomes why is two minutes crucial to our safety?

Most of Orinda and all of Lafayette north of Highway 24 are designated "Very High Fire Hazard Severity" zones by the State of California. This means that the area is extremely vulnerable to fires like the Oakland Berkeley Firestorm of 1991, which grew from a small grass fire to a major incident within half an hour.

It is important to note that because of the OSHA "two in, two out" rule, there have to be four firefighters on scene before they can enter a house to effectively attack a fire or search for possible victims. Since there are only three firefighters on an engine, they have to wait for the second engine to arrive. Waiting two additional minutes could be the difference between life and death, between a house burning down or not, between a firestorm or not.

The proposal to close Station 43 and replace it with a joint station in Lafayette adversely affects all of Lamorinda in another way. It means that we will forever have one less fire station in the area to respond to emergencies. We have had one less station since the Contra Costa Board of Supervisors closed the NW Lafayette station in Upper Happy Valley two years ago. We don't want to make this dangerous situation permanent. If the MOFD goes ahead with the plan to close its Honey Hill Station, MOFD constituents will be paying the same amount of tax money for significantly reduced service. The MOFD should keep Station 43 right where it is, and Con Fire should build a station in northwest Lafayette



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to replace the one they closed.

For more information go to www.savehoneyhillfirestation.com.

– Carol Bergren

Change Has Come To Orinda

That egregious monopoly that has dominated the Orinda City Council for many years has finally come to an end.

For the last four years, the like-minded forces of Amy Worth, Steve Glazer, Victoria Smith, Dean Orr, and Sue Severson had unbridled control over the entire City Council. Severson opted not to run in 2014.

A new candidate, Eve Phillips, not only won a seat on the council but came in first in

November's election. Phillips, unlike the other members of the City Council (Worth, Glazer, Smith, and Orr) wants to keep Orinda's semi-rural charm, prevent overcrowded schools, and put a height limit on the city's buildings.

The City Council team that went out of existence in December 2014 did irreparable damage to Orinda.

One example is the construction of the Eden Housing/Monterverde project at 2 Irwin Way (across the street from the Orinda Way firehouse and the local branch of Citibank). This Irwin Way monstrosity violates Orinda's 35-foot height limit and blocks views of nearby hills.

Another example is the Housing Element, [SEE LETTERS page 16]

The Orinda News prints 9,000 copies and is published 12 times a year by The Orinda Association. The office is located at 26 Orinda Way (lower level of the Library). All rights reserved. The publication is sent out by direct mail (Permit #4, Orinda Post Office) and distributed to key locations throughout the city.

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The Orinda News

A Publication of
 The Orinda Association
 Mailing Address
 P.O. Box 97
 Orinda, California 94563
 Telephone: 925 254-0800
 Fax: 925 254-8312

www.orindanews.org



THE Orinda ASSOCIATION

The OA is a 501(c)(3) not-for-profit organization.

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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 Editor** for the February issue are due **January 8, 2015**.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the February issue is January 8, 2015.

MOFD / POLICE / DRUGS

Fire Captain Details High Level of Service

By DAVID DIERKS
Assistant Editor

Captain-Paramedic Anthony Perry talked about unit responses in October at the Nov. 19 board meeting of the Moraga-Orinda Fire District (MOFD). “Moraga-Orinda Fire is something special. It offers a very high level of service because we have the resources to provide that high level of service,” said Perry. “We are committed to providing the highest level of emergency and public service in response to the needs of our community.”

During October, MOFD responded to

257 service calls including two vegetation fires, 136 emergency medical service (EMS) calls, 12 vehicle accidents and 107 other calls. “I often teach new firefighters to approach every person’s issue as an emergency, whether it is our definition of an emergency, a life-threatening emergency, or not,” said Perry. “It could be something simple like a flooding condition or a smoke detector that is out. To them that’s a problem and if we can’t fix it, we like to hand deliver them to a person who can.”

Perry described three incidents to illustrate his point, one a service call and two medical emergencies.

“The service call was a flooding condition,” he said. “It’s pretty common, especially when it starts to rain, and we respond to flooding conditions. It could simply be a clogged gutter or storm drain.” In this case, a resident walked into a fire station and reported a broken water pipe in her front yard with the water threatening to flow into her house.

Firefighters discovered that the homeowner’s sprinkler valve was broken. Due to the broken valve, they could not shut down the sprinkler and had to shut off the main water supply. “That person now has no water. If they have a gas water heater, they might have to turn off the water heater and they might not be comfortable relighting the pilot light. A simple problem turns into a multi-hour ordeal for that family.” The firefighters were able to dig up the valve and replace it and the sprinkler was back in service within a matter of minutes. “Obviously, they were on radio and available for another call at any time. Those kinds of things mean a lot to people, and it means a lot to us.” The homeowner subsequently made a donation of \$500 to the Rescue One Foundation that helps support the district’s paramedic programs.

The other two calls illustrate, “different perspectives on a medical call. There are two main parameters when we run a medical call and the patient’s needs dictate which route we choose. It could require rapid transfer to the hospital or rapid [on-site] intervention,” said Perry.

The first call involved a cyclist on a rural roadway. “The initial response was the fire engine with three personnel on the scene, a very narrow road, a sharp turn and traffic whizzing by,” said Perry. When the engine arrived, they found a man writhing on the ground. “The patient had an obvious head injury. There was a bicycle helmet that

[SEE MOFD page 16]



POLICE BLOTTER

November 2014

Burglary, Auto: 4 incidents: Nation’s Giant Hamburgers, Wagner Ranch Elementary, Moraga Way and Wilder/Hwy 24.

Burglary, Commercial: 1 incident: Moraga Way.

Burglary, Residential: 3 incidents: Oakwood Rd. and Arbor Dr. (2).

Checks – Non-Sufficient Funds: 1 incident: Orinda Way.

Drunk in Public: 2 incidents: Rite Aid and Brookwood Rd.

Grand Theft: 1 incident: Moraga Way.

Identity Theft: 4 incidents: Kite Hill Terr., Counter Report at Orinda PD, Davis Rd. and Estates Dr.

Petty Theft: 6 incidents: Orchard Rd., Camino Sobrante, Arbolado Ct., Honey Hill Rd., Wanda Ln. and Paintbrush Ln.

Petty Theft from Vehicle: 1 incident: Brookwood Rd.

Threats: 1 incident: undisclosed location.

Vandalism: 2 incidents: Martha Rd. and Ardilla Rd.

Vehicle Theft: 3 incidents: Bates Blvd., Hilldale Ct. and Bates Blvd./Davis Rd.

Arrests

DUI Misdemeanor Arrest: 1 arrest: Camino Pablo/Miner Rd.

Motorist Assist Arrest: 1 arrest: St. Stephens/El Nido Ranch Rd.

Public Nuisance Arrest: 1 arrest: Davis Rd.

Shoplift Arrest: 2 arrests: Moraga Way and Safeway.

Stolen Vehicle Recovery: 1 incident: St. Stephens/El Nido Ranch Rd.

Suspicious Vehicle Arrest: 1 arrest: Safeway.

Traffic Stop Arrest: 7 arrests: Fish Ranch Rd./Old Tunnel Rd., Oak Hill Rd./Hwy 24, Camino Pablo/Camino Sobrante (2), Davis Rd./Bates Blvd., Bryant Way and Shell Station.

Warrant Service Arrest: 1 arrest: Camino Pablo/Ardilla Rd.

Orinda BART Station

No incidents.

– Compiled by Jeanette Irving,
Orinda Police Department

In Rainy Weather, Law Requires Headlights Turned On

If you’re driving in the rain with your windshield wipers on but your headlights off, are you breaking the law? Generally speaking, the answer is “yes.”

There are still some Orinda residents who appear to be unaware of the “wipers on/headlights on” law that has been on the books for nearly 10 years. The law requires that a vehicle’s headlights be turned on whenever its wipers are in consistent operation, day or night.

Technically, there are two exceptions. One is if the wipers are on intermittently during light rain. The other is if a vehicle is equipped with daytime running lights (DRLs) that illuminate the headlights only at reduced brightness to make the vehicle more visible to oncoming traffic.

My suggestion is to turn on headlights (low beam) whenever you need to turn on your wipers, regardless of the intensity of the rain and whether or not your vehicle has DRLs. This is because rainfall intensity can change quickly and DRLs don’t turn on taillights. Think about when you’re driving on Highway 24 during periods of heavy rain, even in the middle of the day. Rooster tails of water thrown at your vehicle from those in front can make it very difficult to see clearly. So please – don’t be a “dim bulb.” When it’s raining: Wipers on – headlights on! We’ll all drive more safely when we can see each other more clearly.

– Mark Roberts, Chair of the Orinda Traffic Safety Advisory Committee



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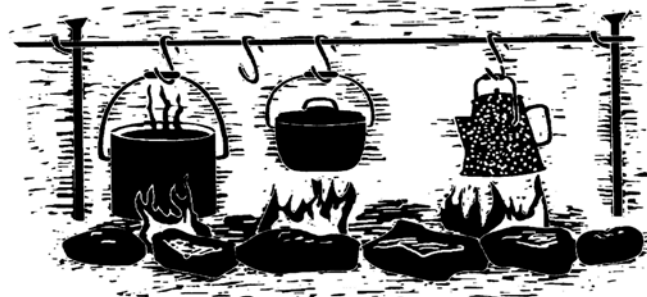
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He Was the Love of My Life – Remembering Barclay Simpson

By KATHRYN G. MCCARTY
Staff Writer

“The miracle of my life.” That’s how Sharon Simpson describes her husband Barclay Simpson. Over a cup of coffee on a recent December afternoon, her eyes light up as she spoke of the love of her life. The couple had been together 41 years, raised seven children and welcomed six grandchildren and four great-grandchildren to their family, when Barclay passed away on Nov. 8, at the age of 93.

I initially met the Simpsons in March of 2013, when I went to their home for a short interview. That short interview lasted almost three hours. During our meeting regarding Barc’s receiving the Berkeley Medal, the University of California’s highest honor, he spoke often of his wife. Without hesitation Barc said, “The best decision of my life was marrying Sharon.”

A child of the Depression, Barc knew the

value of hard work. While enrolled at U.C. Berkeley, he was twice forced to drop out of school. First, when WWII began and he was chosen to serve in the elite U.S. Naval Air Corps, the Flying Golden Bears, and a second time when his father became ill and needed his help in the family business. Over several decades Barc, (he insisted I call him that, and not “Mr. Simpson”) led the family company as it evolved into a world leader in structural connectors. He smiled when I asked him what a connector was.

Our interview took place in a dining room that was covered, floor to ceiling, in magnificent works of art – created by both recognizable masters as well as young artists. The Simpsons’ lives were intertwined with the arts. Their first date was at an art festival. After they married, they owned a fine art gallery in Lafayette for 13 years. Barc was also a trustee of the California College of the Arts and chairman of the



CONTRIBUTED PHOTO
Barclay and Sharon Simpson with daughter Julie Simpson Erwin.

U.C. Berkley Art Museum. When I told him I’d never had the opportunity to visit that museum, he assured me I was going to enjoy it.

When Sharon and I spoke about my earlier interview with Barc, she explained that Barc was good at making suggestions. People were simply “caught up in Barc’s enthusiasm.” I know I was. At his suggestion, I visited the museum and plan on attending the new Berkeley Art Museum and Pacific Film Archive that is slated to open next year. Sharon’s eyes grew wistful as it dawned on her that Barc would not be

there, but beamed when reflecting that her children, like their parents, love art. When they were young, she and her husband “planted the seed.”

“The arts are a critical part of civil society and education,” said Barc in an interview with the U.C. Berkeley News Center. He added that the new building would “ensure that U.C. Berkeley and the City of Berkeley have a world-class visual arts center befitting these communities for at least the next century.”

Barclay, Sharon said, “understood the importance of giving back. Giving people a chance was something that Barc firmly believed in.”

The couple spent decades contributing to many causes in the arts, education and sports. Their namesakes include: the Sharon Simpson Center at Cal Shakespeare Theater; the Simpson Center for Student-Athlete High Performance at U.C. Berkeley; and the Sharon Hanley Simpson Library and Barclay Simpson Sculpture Studio in Oakland at the California College of the Arts.

[SEE SIMPSON page 16]



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Yolanda Eldred Enjoyed Her Life

On June 7, longtime Orinda resident Yolanda N. Eldred passed away peacefully from the world she loved so much into the arms of her Savior. Yolanda died at home surrounded by her children and grandchildren, listening to her favorite opera arias.

Yolanda was born Jan. 6, 1920 in Savannah, New York. After graduating from high school at 16, she moved to New York City to study acting at New York University. She also worked with stage productions in Cambridge, Massachusetts. She subsequently worked as a medical secretary at the Long Island School of Medicine where she met W. James Eldred. They married and moved to San Francisco, where Jim did his residency en route to becoming a highly respected thoracic surgeon in Contra Costa County. In 1955, Jim and Yolanda moved to Orinda, where they and their eventual brood of six little swimmers became the quintessential Orinda Park Pool family.

Yolanda is fondly remembered for her passion for cooking for family and friends gathered boisterously around the dining room table. Both Jim and Yolanda enjoyed raising champion herding dogs *Bouviere des Flandres*. They were both passionate lovers of the arts, especially opera. For many years, Jim and Yolanda were season ticket holders at the California Shakespeare



CONTRIBUTED PHOTO
Yolanda Eldred.

Theatre; Yolanda continued her attendance at the Bruns Amphitheater up until her final year. She revived her acting career with several commercials and a role in the local television series, *Trauma*, when she was in her late 80s. Actively engaged with all who knew and loved her, she truly enjoyed her life.

Yolanda is survived by her children Mary Lee Loughman, Dina Fiatarone, Juliette Montagnon, Jim Eldred and Roxanne Wieber; by her grandchildren Maria, Carlo, Jimmy, Annalisa and Gianni Fiatarone; Travis and Denver Schaffarzick; Carmen and Michael Montagnon; and Brenna and Ryan Wieber; and by her great-grandchildren Damian, Tanner and Caleb.

Yolanda is predeceased by her son Charles in 1969 and her husband, Col. W. James Eldred MD, F.A.C.S., in 2006.




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HOUSING / CARS

Fifth Cycle Housing Element Ready for HCD

By FRAN ENDICOTT MILLER
Staff Writer

A standing room only crowd filled the Orinda Library auditorium for the 10th and final public comment session regarding the city's fourth draft of the proposed 5th Cycle Housing Element plan. The special meeting, held in early December by the Orinda City Council, drew supporters, detractors and those seeking to fully understand the housing element process.

The three and a half hour special meeting concluded with a City Council consensus that all three of the proposed sites be presented to the Department of Housing and Community Development (HCD) with wording that the city is considering the three alternatives and would like HCD's affirmation that the sites meet the city's obligations under state law. The state has 60 days to comment, which will ideally allow the city to make its final selection by the deadline extension of April, 2015. City Attorney Osa Wolff stated that due to the tight time frame, the presentation of all three sites is prudent, and that while the deadline would be met, the city is not bound to the three as described and can make substitutions among the various areas.

Councilmembers conceded that there are issues with each of the proposed sites, the number two alternative (The Orinda Community Church at 10 Irwin Way, St. Mark's Church at 451 Moraga Way, and St. John Orthodox Church at 501 Moraga Way) being most problematic due to its distance from public transportation. Resident Chet Martine expressed his concern over this particular location, citing the potential for increased traffic woes. He said that he and his Orchard and Overhill Road neighbors



FRAN ENDICOTT MILLER
Alex Ryan, 9, and his sister Annabelle, 7, were two of many Lamorinda Martial Arts Studio students to speak out about the possible re-zoning of the studio's location at 1 Orinda Way.

typically have long waits when trying to merge into Moraga Way traffic and that added housing would only increase the traffic problem.

Alvin Donner, a member of the Santa Maria Church community, says the council is moving in the right direction but expressed his concern over alternative one, the Santa Maria Church site at 40 Santa Maria Way. "This site has poor access and a steep driveway," he said. "The elevation change, equivalent to a 12-story building, needs to be taken into account."

The most prolific protest at the meeting was against alternative three, The Orinda Community Church/Rite Aid/1 Orinda Way

[SEE HOUSING page 14]

CAR TIME

Making Time For Your Vehicle



by JOHN VANEK

We rely on our vehicles every day to get us through our lives. We carry precious cargo to school, sports and scouts. When your daily driver goes down it throws a wrench in the works. Your time is so valuable that you cannot afford to be without your wheels. Sometimes there is just no time to deal with a broken car.

That is why I preach preventative maintenance. I have seen several vehicles within the last week that had failures that could have been avoided. These are emergency situations like grinding brakes and dead batteries that cause chaos and disruption in our lives. There is also a disruption to your car care professional. Your emergency turns into their emergency. A car is towed in suddenly and you need it back right away. These disruptions can be avoided with regular check-ups. Your vehicle should get checked out at least once a year. Not a quickie oil change but a total inspection including an under-hood and under-car inspection. The belts, battery, brakes, tires and other wear-and-tear items must be

looked at regularly.

There is a time commitment that must be dedicated to your car. Make a plan to be without your car for a day or so when you bring it in for service. An oil change will take less time if that is all that is needed. There is a recent trend where car owners give a very short time frame to have their cars serviced. We need time to take care of your car. It also helps to have a good understanding of what kind of service will be done. Have this conversation with your shop before you bring in the car. Speaking of time, be sure to give yourself enough time to check in your vehicle. This is for the benefit of your car as well as your car care provider.

Time is a hot commodity these days and nobody can afford to lose it. Planning to make time for your car will save time and avoid chaos in the future. Neglecting your car or neglecting to plan for your car will cost you time in the long run. I am always available for automotive consultation.

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ROVING REPORTER

Roving Reporter

Q: What would make Orinda a more positive place to live?

Charlie Jarrett



Greg and Lucia Haet.

Orinda residents **Greg and Lucia Haet** said they love Theatre Square. "I think we could draw an enormous number of pedestrians to the downtown area to dine and shop if they could experience what a great area it would be to shop in, if it were free of cars," said Greg Haet. "I think a long-term solution for Orinda would be to close the eastbound Highway 24 entrance at Bryant Way." The couple thinks a Theatre Square/Moraga Way street fair would be great to promote pedestrian traffic, local businesses and community arts and crafts. They also would like a joint Lamorinda community calendar that lists activities that organizations have throughout the year. "I think that a broad joint community calendar is really a

great idea as we certainly think of our three communities as one," said Haet.

Terri Moss Bookbinder and her friend **Jeanine Hunt** were drinking coffee and chatting about a controversy over the Orinda School Board's hiring of a private investigator to help the school board determine appropriate home residency of children attending local schools. Bookbinder said she would like to have an event in Orinda that shows how people inside and



Jeanine Hunt (L) and Terri Moss Bookbinder.



Lucia Bennhoff, Maureen Rosati-Wee and Jackie Smith.

outside of Orinda promote diversity. "I was very distressed at the way Orinda has been portrayed as a city of the one percent as elitist white people who want to keep other people out," said Bookbinder. "I think we are a community that promotes diversity, I just don't think that is the opinion other people have of us. I think we need one big social mixer. I am not an event planner, but I think we need something to facilitate connecting people on a deeper level in this community. Something other than a wine-and-dine event."

Lucia Bennhoff, Maureen Rosati-Wee and Jackie Smith said they would like a year-long event calendar that is broader in scope than such sources as *The Orinda News*, local club web pages and the Orinda Association website. "There is a need for a combined three-community Lamorinda calendar," said Smith. In addition, the friends thought that such a calendar could be set up to generate emails about specific events. They also suggested a community event every year, perhaps in a local park, where communities and clubs could disseminate information about their activities. Smith also mentioned the Nextdoor web page. "Those who use it like it, but not many people are enrolled and a broader base of community event alerts is needed," she said.

Jenny Kaplan said that when she and her husband decided to move to Orinda, primarily for the schools, they did a lot of

research and read *The Orinda News* to find out about upcoming events. One problem she has encountered in Orinda is finding childcare that allows her to pick up her children after 5 pm. She currently uses the childcare services where she works, as it is impossible to get home from work by 5 pm. She would like to gather information and references from other mothers regarding this problem. "It would be valuable if there were a community event where childcare providers could meet one-on-one with parents," said Kaplan.



Jenny Kaplan and baby Kaplan.

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VIJAY GUPTA

VIOLINIST with the LA PHILHARMONIC
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International Film Showcase Returns

The Italian Film Noir feature *Human Capital* marks the International Film Festival's return after its December hiatus. The film has won 38 international awards and is Italy's submission for Best Foreign Language Film at the 87th Academy Awards.

Human Capital tells of two prominent families enmeshed with the hit and run injury of a young waiter.

The film runs Jan. 30 - Feb. 5 at the Orinda Theatre. Go to www.Lamorindatheatres.com after Jan. 25 for show times.

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FITNESS GUIDE

2015 Orinda Fitness Guide

By ELANA O'LOSKEY
Staff Writer

What defines fitness for you and your family? One common definition is "the condition of being physically fit and healthy." Experts agree that regular exercise builds muscles, burns fat, lowers cholesterol, eases stress and anxiety and leads to restful sleep. What's not to like? January is the cliché month to begin, continue or change up your exercise routine: what's working, what's not, what goals fit for right now (pun intended)? Myrna Witt, of the Orinda Arts Council, suggests reading *The Power of Habit* by C. Duhigg (available at Orinda Books), as a way to migrate from where you are to a new place. We hope our guide assists you in exploring how to take exercise beyond routine so that it truly serves the physical well-being of you and your family. If you know of a fitness resource in Orinda we've missed, email us at news@orindassociation.org.

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Breathe Move Be Well

1 Northwood Drive
Orinda CA 94563
510-290-3428

<http://breathemovebewell.com>

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JEFF BARTEE

Living Lean's Sheena Lakhotia (R) helps a client get into shape at her Theatre Square studio.



CONTRIBUTED PHOTO

Three dedicated individuals at **Breath Move Be Well** fitness in Orinda.

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15 Risa Court
925-376-4110
www.moragavalleypool.org

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[SEE FITNESS page 10]




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Walnut Creek Open House
Jan. 27th, Feb. 23rd
55 Eckley Lane
(925) 934-1507

Open houses are for adults only, and start at 6:30 p.m.

FITNESS GUIDE

◆ **FITNESS** from page 9

Tennis Assoc. Pool is open April through October and has six lanes, a diving board area and sizeable shallow play area; also a baby pool. Tennis is open all year, four courts, upper courts refurbished with Har-Tru crushed stone. Observation deck overlooking pool and tennis areas. Many Olympians trained here including: Heather Petri, Water Polo 2012, London; and Matt Biondi, 1992 Barcelona. Family oriented club with many activities year-round.

Orinda Country Club Tennis & Fitness
315 Camino Sobrante
925-254-4313
www.orindacc.org

Private club; inquire regarding membership. The Fitness Center overlooks beautiful Lake Cascade and offers members cardio equipment, weight machines, dumbbells, and a stretching area. The new Fitness Studio offers group exercise classes including cycle, TRX, yoga, and muscle conditioning. Inquire about the Social Membership Pack-



CONTRIBUTED PHOTO
Teachers **Tomaj Trenda** (R) and **Shahla Fisher** can't stop dancing at the Orinda Community Center where they teach salsa classes.



CONTRIBUTED PHOTO
A master instructor from Lamorinda Martial Arts Studio prepares students for a Tae Kwon Do class warm-up drill.

age which affords members access to tennis and swim programming, and participation in social activities.

Orinda Fitness
15 Altarinda Road
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Orinda Parks and Recreation Department
Orinda Community Center
28 Orinda Way
925-254-2445
http://www.cityoforinda.org
Seasonal activity guide available online,

also info about parks and trails. Adult sports leagues begin in spring and summer, info online. Dance and Fitness classes offered year-round at the Orinda Parks & Recreation Department including: ballet, Polynesian dance, flamenco, line dancing, ballroom dance, yoga, dancercise, boot camp, Pilates, Nia, Tai Chi Ch'uan/Qigong, meditation and Zumba.

Orindawoods Tennis Club
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925-254-1065
www.orindawoodstennis.com

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Salsa Dance Lessons With Tomaj
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28 Orinda Way
925-254-2445
www.salsawithtomaj.com

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Sleepy Hollow Swim and Tennis Club
1 Sunnyside Lane
925-254-1126
www.sleepyhollowlegends.net

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40+ Norcal Tennis Champs Place Third at Nationals



CONTRIBUTED PHOTO
(L-R) 1st row: **Kristin Rosenbaum, Hilary Leutenecker, Stephanie Yee, Darlet Lin, Kay Sander, Laura Kim**; 2nd row: **Andrea O'Brien, Ellie Kann, Janet Absher, Robin Rudolph, Marcy Sharafian, Pascale Siu, Jessie Thomas, Jennifer Glass.**

By **PASCALE SIU**
Contributing Writer

Lamorinda women from local tennis clubs competed in the USTA 40+ league this season, emerging as Northern California Sectionals Champion against a field of 171 teams and winning a spot in the 2014 National Championships held Nov. 7-9 at Omni Rancho Las Palmas Resort in Rancho Mirage, California.

During the first two days at Nationals, the team won a round robin featuring teams from Texas, Florida and Middle States to make it to the final four. In the semi-finals,

the team had three match points in a third set tiebreaker to advance to the finals, but ultimately lost to Oregon 3 matches to 2. Playing New England for third place, Andrea O'Brien, Jessie Thomas, Darlet Lin and Stephanie Yee pulled out a final team victory.

"It was so much fun. Everyone contributed to the team's success," said co-captain Stephanie Yee. "This fantastic group of ladies (and great friends) trained so hard," said Yee. "It was super fun to compete at Nationals together and to watch the players' hard work pay off. It was a great team effort."

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STUDENTS

Oakland City Council Lauds Glorietta Student for Work with Homeless

By KATHRYN G. McCARTY
Staff Writer

“I wish that someday there will be no homeless people in the world,” said Nathan Mesfin, a young man on a mission. The 10-year-old Glorietta Elementary School student was commended by the Oakland City Council for his outreach efforts to the homeless at its Nov. 18 meeting, when they presented Mesfin with a proclamation.

Mesfin’s interest in helping the homeless originated several years ago when he visited Ethiopia, where he saw many poverty-stricken, homeless people. Twice he gave money to a young boy he encountered on the streets. Other homeless kids also asked for help. Mesfin said he couldn’t get the vision of homeless people out of his mind. “I cannot forget about it,” he said.

Last year at the family Christmas table, Mesfin said he “thought about the homeless people.” He was concerned about news



Nathan Mesfin receives a commendation for his work with the homeless from the Oakland City Council.

reports of people dying on the streets in the Bay Area because of the cold, so he devised a plan. Mesfin said he “made my whole entire family promise to give me money and I raised a lot of money.” He then shopped for quality sleeping bags that could withstand very cold temperatures and

used the money he raised to purchase and deliver them to the homeless, with the hope that he would “at least help some people.” According to Mesfin’s mother Selam Legesse, the sleeping bags were roughly \$30 each and were “of very good quality and reasonably priced.”

A few months later Mesfin and his family loaded up the bags and started their first deliveries in Oakland and Berkeley before heading to San Francisco. When they approached a man in a wheelchair, Mesfin asked him if he knew how to open the bag. “He said ‘yes, of course, I was in the Navy.’” The veteran asked the group to go to Glide Memorial Church, where they continued to distribute the sleeping bags. “I came home happy because I gave out all the sleeping bags,” said Mesfin.

“He always has a very soft heart when it comes to homeless people,” said his mother. “He never passes someone asking for help on the street without asking us to give them something. So it was very natural for him

to think about helping them.” She said the family is proud of her son and that the idea to give sleeping bags to the homeless was “all him.”

Oakland City Council members also praised Mesfin’s work. “I am so inspired by the fact that you conceived an idea, and you did it. And you did it in the service of others,” said Councilmember Lynette Gibson McElhaney. She praised the boy for being strong enough to follow his convictions. “That’s a powerful example for us all.” Councilmember Rebecca Kaplan thanked Mesfin for positively impacting people’s lives. “You are really helping people in a very direct way, and it’s really beautiful,” said Kaplan.

Mesfin plans to continue his work and is raising funds to buy and distribute more sleeping bags. Legesse says her son also hopes to interest the community “to help others in their own ways.” For more information or to help out, email Legesse at selaml@comcast.net.

Orinda Juniorettes Spirit of Giving

By KONNIE GHU &
ELIZABETH BENNETTE
Contributing Writers

It’s hard to imagine a group of teenage girls sitting down to make quilts on a Saturday morning, but the Orinda Juniorettes have done just that. They also donated a goat through Heifer International, supported girls’ education through the Malala Fund and knit hats for premature babies.

The Orinda Juniorettes of California are a group of high school girls who take part in community service projects, some conventional and some unique. Started in 2010, the Juniorettes are a division of the Orinda Junior Women’s Club and the national General Federation of Women’s Clubs. They plan monthly projects in which they focus on a specific charity. In September, the Juniorettes made 16 quilts, which they donated to children in need, specifically the homeless and those suffering from HIV or AIDS or who were born addicted to drugs. With quilt kits provided by Children’s Quilts/East Bay Heritage Quilters, the Juniorettes laid out patterns, ironed and sewed the quilts together. More experienced sewers taught other members how to use a sewing machine. “It’s so great how we were able to have fun, learn how to sew quilts, and give back to the community

with this project,” said Konnie Guo, vice president of the Orinda Juniorettes.

The Juniorettes’ most recent project was Operation Christmas Child, which provides children in underprivileged areas with school supplies, toys and clothing. The program has gained thousands of supporters since it started in 1993. For the past three years, the Juniorettes have made Operation Christmas Child their November project. Each girl purchased a few items such as crayons, markers, stuffed animals or hair clips. They packaged the gifts in shoeboxes, then wrapped and decorated the boxes with ribbons and stickers. After a day of packaging, one club member reflected, “Not only is it so much fun to embrace the holiday spirit with my friends, but Operation Christmas Child is such a worthy cause,” says Madeleine Becker. “Taking part in it allows us to make a difference and give back during the holiday season.”

Activities like these inspire the Juniorettes to continue their charity-related activities year round. Last month, they assisted at Saint Anthony’s soup kitchen in San Francisco, held a bake sale and began preparations for a school-wide textbook drive in the spring.

Juniorettes welcome new members. Interested high school girls in the Lamorinda area are invited to email the Juniorettes at ojclub@gmail.com.



(L-R) top row: **Sondra Abruzzo, Leila Minowada, Colleen McCullough**; bottom row: **Sarah Rockwood, Konnie Guo, Madeleine Becker, Lara Sanli.**



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Garden Club and Scouts Made Orinda Look Merry for the Holidays

By BOBBIE DODSON
Staff Writer

Orinda certainly had the Christmas spirit this December thanks to the Orinda Garden Club and Boy Scout Troop 237. Ten scouts and four dads from the troop joined with Garden Club members to hang wreaths all around town. The scouts were especially good on the ladders.

Mark Patten, troop leader says, "We've been helping hang wreaths for several years and always a good time is had by all. After gathering at the Bank of America parking

"This is a lovely way for adults and youth to work together to express love and joy beyond themselves," said Andy Amstutz, whose wife Carole is a Garden Club member.

lot, we got the job done quickly, especially since all were well fueled by the donuts and hot chocolate provided by the garden club."

Garden club member, Carole Amstutz, who with her husband, Andy, also helped with the wreath hanging, adds, "The club bought the wreaths from the scouts and then added bows and pine cones. This is a lovely way for adults and youth to work together to express love and joy beyond themselves."



BOBBIE DODSON
(L-R) Carter Fife, Sam Sernett, Troop 237 Senior Patrol Leader and Andrew Patten (on ladder) helped hang wreaths in early December.

Boy Scout Sam Sernett enjoyed hanging the wreaths as well. "I enjoy working alongside my fellow scouts while beautifying the community I live in. The organization represents selfless service and brotherhood. I try to live up to these standards and fulfill them in my everyday life, and the wreaths gave our town that extra little holiday sparkle."

Something to Howl About... Animal Tales ANOTHER YEAR



Jennifer Conroy

Another year has flown by and all hopes are that it has been a wonderful year for you and your companion animals. The passage of time is both a blessing and a curse for those of us who share our lives with animals. We enjoy and cherish the time with them and, yet, we cannot ignore the fact that the majority of companion animals have shorter life spans than we humans. The benefit for our animals is that we can be there for them in their time of aging and, with good nutrition and health care so readily available, there is no reason why our companions cannot enjoy the full extent of their life spans.

Each species, of course, ages differently, with different concerns and supports. For cats and dogs there is a ready body of information available through your own veterinarian, through the Internet, and through the experience of others to help your animal age with relative ease.

Perhaps the trickiest part of aging is that it creeps up on us. One day we are agile and pain free; suddenly, the next day we move more slowly and the aches and pains surface. The same is true for our cats and dogs. Jumping, running, climbing, tumbling are all part of their early activities and they may continue with those activities into their senior years. Dogs, especially, want so much to please their humans. They will keep on running after that ball even if it hurts. Cats, on the other hand, may not want to admit to

themselves they are a little too old to climb those drapes all the way to the ceiling and then jump to the floor.

The absolute key to determining how your animal is aging is by having a close relationship with your veterinarian who has been monitoring your animal's health at the very least through annual check ups. As the animal ages and still remains in good health, I recommend visits to the veterinarian at least twice a year so that any changes can be detected. This is especially important in the case of cancer or other diseases that may not fully impact your animal until it is too late. Every cat or dog should be accustomed to having you physically check its body frequently. This can be part of the regular grooming routine. It is important to see if there are any unusual lumps or growths; if fur is disappearing from a particular area; if eyes are clouding; or if the animal flinches when touched in certain areas. Those are just a few of the signposts requiring prompt veterinary attention. Of course, if your cat or dog is acting abnormally, a visit to the veterinarian is definitely called for.

Discuss with your veterinarian topics such as a change of diet, the addition of vitamins or supplements such as glucosamine, various therapies including hydrotherapy. It is never wise to make abrupt changes in your animal's life and, so, for example, if you change from a regular diet to a senior diet, do it gradually by introducing small quantities of the senior food to the regular food, increasing and exchanging the volume until the shift is complete.

Be cognizant of other needs of the senior animal. For example, more trips to relieve will almost certainly be necessary and greater patience may be required. Dogs that enjoy walks will continue to enjoy them but the distance may need to be shortened. Cats who like that multi-level cat tree may need to have the tree's "limbs" lowered. Water bowls should be kept well filled and daily grooming becomes even more of a comfort. Games of fetch can be adjusted to shorter distances for throws, shorter time periods, and even rolling the ball for the dog instead of tossing it in the air to prevent the dog from air jumping. The purchase of a therapeutic pet bed can be helpful for the aging dog or cat.

Enjoy the slower pace of your companion animal's senior years. The rush for frenzied activity is behind you and together you can enjoy relaxing together, watching the sunset, smelling the roses.



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LOCAL GROUPS

Friday Forum Speaker Addresses Human Trafficking

By BOBBIE DODSON
Staff Writer

First Friday Forum (FFF) ushers in its 2015 season with a topic much in the news today. Ashlie Bryant, vice president of development for Break Free, will speak on *The Race to End Human Trafficking* on Jan. 9, 1:30 pm, in the Sanctuary of



CONTRIBUTED PHOTO
Ashlie Bryant of Break Free will speak on "The Race to End Human Trafficking."

Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette.

"Human trafficking is one of the fastest

growing crimes in the United States," says Bryant. When a local 17-year-old girl was taken from a grocery store in her sleepy Sacramento suburb, Bryant was shocked that human trafficking was occurring right in her backyard. The incident inspired her and three friends to found Break Free, Inc., a division of 3Strands, to raise awareness and funds about the crime.

Break Free's website states: "There are more slaves today than were seized from Africa in four centuries of the trans-Atlantic slave trade. The modern commerce in humans rivals illegal drug trafficking in its global reach and in the destruction of lives." It is estimated there are 29 million slaves in the world today, generating about \$32 billion each year – and the number is growing.

The Bay Area is one of the top markets for human trafficking in the U.S. In a 2009 report, the FBI identified 13 areas with the largest incidence of child sex trafficking in the nation. San Francisco was one of them. "We need to find out about human trafficking, where it occurs, ways to combat it and how victims can be helped," says Bryant. "Break Free believes knowledge is power and seeks opportunities to educate our youth, especially, and all people so they too can help fight it."

Bryant's diverse responsibilities with Break Free include speaking, training and educating. She is also a part of the Californian Attorney General's roundtable in Sacramento that focuses on collaborative solutions to the crime. In 2013 Bryant was awarded a Resolution of the California State Senate for her dedication in the fight against human trafficking.

Bryant has extensive professional experience in marketing, communications and public relations. Prior to founding Break Free, she held executive marketing and communications positions in Silicon Valley. She has a B.A. in International Relations and French from U.C. Davis.

Over the past three years, Break Free has presented information on human trafficking to more than 7,000 students in schools and colleges. A race at Lake Merritt in Oakland in November raised more than \$60,000 for the cause. A similar event in Folsom last September raised more than \$100,000.

Darlene James, chair of the FFF team, hopes people will attend the Friday forum.

"While human trafficking may not be a pleasant topic, it is one about which we all need to gain a greater understanding and learn about ways we might help combat it," says James. "We hope many will attend to become educated about this important issue of our day."

Refreshments will be served in Fellowship Hall at 1 pm. For information, call 925-283-8722.

Orinda Woman's Club Beneficiary Forms

Orinda Woman's Club is accepting applications for the major beneficiary awards of 2015. Accepted applicants must fulfill the criteria: 1) serving youth, women and children primarily in Contra Costa and Alameda Counties; 2) a 501(c)(3) organization with an income no greater than \$2 million annually.

Application forms can be acquired from Orinda Woman's Club, Beneficiary Chair, 925-254-1162 or adeline@mcclatchie.com.

28th Annual Festival of Trees Raises \$40K



PHOTOS BY CHARLIE JARRETT
A very happy **Jean Barnhart** (L) won the trip to Mexico at the Festival of Trees luncheon while local Realtor **Patti Camras** took to the runway as one of Helen Lyall's models.



Orinda Woman's Club president Alison Kling, along with Elene Lee, Festival of Trees chair and Susan Domingos, publicity chair, were on hand to welcome more than 540 attendees at the San Ramon Marriott on Nov. 20. Dan Ashley, Channel 7 news anchor, emceed the sold-out lunchtime event and explained how the funds raised support the Court Appointed Special Advocates (CASA) program, Holden High School in Orinda and the group's

Community Service Committee. Helen Lyall of Clothes for Women at Riverfront in Napa outfitted statuesque models in up-to-the-minute fashions. As they sashayed up and down the runway, the upbeat music kept things moving. Guests at the event contributed more than \$40,000 to fund the chosen beneficiaries. For more information about the Orinda Woman's Club, see www.orindawomansclub.org.

– Elana O'Loskey, Staff Writer

Speakers For 2015

- January 9** Ashlie Bryant, Vice President Of Break Free, "The Race To End Human Trafficking"
- February 6** Dr. George Breslauer, Newly Retired Uc Professor, "Russia, Ukraine, And The West In 2015"
- March 6** Dr. Joel Kramer, Director Of The Neuroloical Institute At Ucsf On Dementia/Alzheimers Research
- April 10** Kenneth Wiseman "Parks Forward: A New Project To Protect State Parks In California"
- May 1** Dr. David Sedlak "Water 4.0 The Past, Present, And Future Of The World's Most Vital Resource"
- June 5** Dog Day: Three Presentations On Service Dogs; Guide Dogs For The Blind; Dogs For Diabetics; And Canine Companions



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◆ **AWARDS** from page 1

Polio Plus and Operation Smile, which raises funds for surgery to repair cleft palates in children.

“He also took soccer uniforms and an ambulance and fire truck on behalf of our club to Tala, Mexico,” said fellow Rotary Club member Gary Wong. “He has been in charge of the Rotary Spring Egg Hunt for several years, headed up our team for Orinda Action Day and shepherded our project for the electronic scoreboard at Wilder. Dick is an enthusiastic, tireless and faithful supporter of the Rotary Club of Orinda and the personification of the attitude of ‘giving back to the community.’”

William Penn Mott, Jr. Environmental Award

Others First is a student organization at OIS dedicated to building a volunteer ethic at an early age. Its mission is “to remind our students that a complete education in-

cludes a sense of community.” Every year, some 400 OIS students spend more than 3,000 hours volunteering their time at local non-profits. In 2014, students took part in a variety of environmentally focused volunteer activities including the Olive Festival, cleaning up the Wagner Ranch Nature Area, walking dogs and helping with mailings at the San Pablo Animal Shelter, sorting food at the Contra Costa Food Bank, the Special Olympics Bridge to Bridge Run and tree maintenance at the Moraga pear orchards.

“It’s a great group, especially since it’s centered around youth,” said Waterman. “It’s a fantastic opportunity because it allows youth to get a feeling for public service from a very young age. The fact that so many students are involved is amazing – teachers, parents and students are doing a great job.”

Others First has been in action at OIS for 10 years, said parent Annette Linney, who coordinates the program. Her son, eighth-grader Scott Linney, is part of the Green Team, which picks up recycling and cleans up the campus at lunch time. “It’s great that the program is finally getting recognized with this award. It will also let other students learn about the program and start volunteering as well,” said Linney.

Stephanie Friese is an eighth-grader at

OIS and an enthusiastic member of Others First. “I started doing Others First in sixth grade,” said Friese. “My older sister Emily was involved in Others First before I went to OIS so I knew about the program. At the end of her eighth-grade year, Emily received an award (Ellen D. Amen Award for Volunteerism) for the most hours throughout her years at OIS. She and my mother both inspired me to help out in the community.”

Friese said the group completed many projects in 2014, including preparing and serving lunches at Glide Memorial Church in San Francisco. “Another project I enjoyed was gift wrapping presents for children at Bay Area Crisis Nursery,” said Friese. “It allowed me to take a step back from my life and realize that not everyone is as privileged as we are in Orinda.”

The 13-year-old said she’s really happy that Others First is receiving the OA award. “I think that it will show OIS students and parents that Others First is a great program to be involved in,” she said. “I think the award will raise awareness about the program and what we are trying to achieve. I hope others are encouraged to volunteer because it is one of the most rewarding experiences a middle school student can have.”

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◆ **HOUSING** from page 7

site. More than half in attendance were youth and adult supporters of Lamorinda Martial Arts Studio (LMAS) located at 1 Orinda Way. LMAS owner John Drath successfully rallied his devoted students and parents to attend the meeting and voice concerns over the possible destruction of their beloved studio. But after clarification by Vice Mayor Victoria Smith that ground floor zoning would not change and that any development would take place on a second and third story, Drath humorously apologized for the crowd he had assembled. But, he continued to express concern that development of the site would likely entail a mass remodel of his entire building and the possibility that he might need to find a temporary substitute site for the school.


LMAS students, ranging in age from five through 18, spoke eloquently and passionately about the effect that LMAS has had on their lives, and pleaded that the council not select their site for zoning. Clara Wu, age 13, discussed the merits of Drath’s studio and his lessons. “You can’t find a family at just any studio,” she said. Sisters Liesl and Emily, ages 10 and 9, stated that LMAS “is like a second home.” And Susan Levy, parent of an LMAS student, shared her support stating that LMAS is a place for those for

whom the Orinda formula of mainstream sports and tough academics doesn’t work. “These kids need an alternative place,” she said. “Let’s keep LMAS the way it is.”

Voicing support for the Housing Element was 26-year Orinda resident Valerie Sloven, who stated her belief in regional planning, and thanked the council and staff for their time, acknowledging that the Housing Element process has been arduous. She reminded the assembly that “Orinda is not an island,” and that “We need to do our part to create a Bay Area that is livable for everyone.” Eartha Newsong concurred, stating that many residents of affordable housing are teachers and other valued community members, and not necessarily “people with guns.”


The 5th Cycle Housing Element is part of a state law mandate requiring that cities include adequate land area zoned to accommodate their “fair share” of the regional need for affordable housing. In order to meet HCD’s housing mandate for the next eight year period, Orinda must allocate 227 units of housing in the following income levels: 84 very low; 47 low; 54 moderate; and 42 market rate. City Planner Emmanuel Ursu clarified that the city’s role is limited to identifying sites and establishing zoning to allow property owners to develop as desired.

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SCHOOL / STUDENTS

Youth Ink Writers Reflect on Their Work

By KATHRYN G. MCCARTY
Contributing Writer

“What I love best about writing is that you can create whatever you want, and there is no right or wrong,” said Sage Kang, 13. Last year, Kang won an Honorable Mention in the Orinda Juniors’ Youth Ink 2014 program with her story “Don’t Judge a Fish.”

“I was inspired to write it by a quote by Albert Einstein that my PE teacher wrote on the board,” the eighth-grader said.

Inspiration for Sarah Inouye’s first-prize winning story “Listen” was found in her belief that if people “just tried to understand and listen to each other, there would be a lot less hate and evil.” The seventh-grader at Orinda Intermediate School added, “I write stories about everything really – the characters and places just fly at me from out of the air, and I have to write about them!”

With the submission deadline for Youth Ink 2015 looming, these young writers are exploring fodder for new stories. The annual creative writing contest, sponsored by the Orinda Junior Women’s Club, is open to all sixth-, seventh- and eighth-grade students

who live or attend school in Orinda. The prompt for this year’s contest is “Choices.”

“We can’t wait to see how Orinda’s talented youth writers will approach this year’s prompt although they can write about anything they choose,” said Tracy Cummings, president of Orinda Juniors.

While Kang said, “Entering a writing contest is a fun way to share my love for writing with other people, and for me to hear other people’s writing as well,” contest organizers see other values in writing as well.

Co-chairs Elizabeth Casey and Leigh Colburn said that, “Though Orinda students are fortunate in many ways, our community does not shelter them from the stresses of adolescence.”

The Orinda Juniors believes that providing a healthy outlet, such as the arts, can build self-esteem. The confidence built from the event “carries over to all aspects of life — including school, social interactions, family and the community.”

Casey expects the submissions to be “wide-ranging and very diverse. We get some that are quite personal, some hilariously funny and others that are pure



CONTRIBUTED PHOTO
Youth Ink winner **Sarah Inouye** from Orinda Intermediate School with **Tamara Ireland Stone**, an author who spoke at the event.

fantasy.”

Inouye, who describes herself as “passionate” about writing, said, “When you write everything is yours. You create amazing people and different worlds.”

[SEE YOUTH page 18]



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School Calendar

JANUARY

Note: Schools closed for Winter Break through Jan. 2, closed Jan. 19 for Dr. Martin Luther King, Jr. Day. Public schools closed Jan. 26 for staff development.

- 9 **Del Rey Elementary School** Parents Club Executive Board Meeting, library, 9 to 10 am. Visit <http://dr-orinda-ca.schoolloop.com>.
- 12 **Orinda Union School District** Board Meeting, 8 Altarinda Road, 6 pm. Visit www.orindaschools.org.
Del Rey Elementary School Parents Club Meeting, library, 7 pm. Visit <http://dr-orinda-ca.schoolloop.com>.
- 13 **Miramonte High School** Parent Education: Raising Resilient Girls, theatre, 7 pm. Visit www.acalanes.k12.ca.us/miramonte.
- 14 **Acalanes Union High School District** Governing Board Meeting, 1212 Pleasant Hill Road, Lafayette, 7:30 pm. Visit www.acalanes.k12.ca.us.
- 21 **Miramonte High School** Parents Club Meeting, 9:30 to 11 am. Visit www.acalanes.k12.ca.us/miramonte.
- 23 **Del Rey Elementary School** Grandparents Day, 8 to 11 am. Visit <http://dr-orinda-ca.schoolloop.com>.
Orinda Intermediate School Dances, sixth grade (3:45 to 5:15 pm), seventh and eighth grades (6:30 to 8:30 pm). Visit <http://ois-orinda-ca.schoolloop.com>.
- 22 **Miramonte High School** Junior Parent Naviance Workshop, College Career Center, 2 pm and 6 pm. Visit www.acalanes.k12.ca.us/miramonte.
- 28 **Acalanes Union High School District** Shakespeare Festival, Acalanes High School, 1200 Pleasant Hill Road, Lafayette, 9 am to 3 pm. Visit www.acalanes.k12.ca.us.
Holden High School Information Night, 10 Irwin Way, 6 pm. Visit www.holdenhigh.org.
- 29 **Miramonte High School** Public Speaking Showcase, Miramonte High School Theater, 7 pm. Visit www.acalanes.k12.ca.us/miramonte. Also Jan 30.

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CALENDAR

ON THE CALENDAR

JANUARY

- 3 **In Forma's** 20th anniversary party, 6 pm, 23 Orinda Way. Call 925-254-6877.
- 7 **Orinda Parks and Recreation Department and the American Red Cross Blood Drive.** To schedule an appointment, visit www.redcrossblood.org and enter sponsor code Orinda or call 1-800-733-2767. Walk-in donors also welcome.
- 8 **Orinda Theatre** Free Movie Night every second Thursday, 7 pm. Visit www.lamorindatheatres.com/index_orinda.asp.
Orinda Books Story Hour with Cathy Goshorn for children aged 2 to 4, Thursdays, 276 Village Square, 10 to 11 am. Call 925-254-7606.
Orinda Community Center Thursdays Together board games for seniors, 10 am to noon. \$3 residents, \$4 non-residents. Call 925-254-2445 or visit www.cityoforinda.org.
- 10 **Orinda Books** hosts mother-and-son writing team Caroline and Charles Todd discussing their new book, *A Fine Summer's Day*, 276 Village Square, 3 pm. Also attending are fellow authors, Cara Black, Simon Wood, Kelli Stanley and Priscilla Royal. Call 925-254-7606.
- 17 **Moraga Art Gallery**, "Art Appassionata" by Lisa Gunn, reception 5-7 pm, 925-396-5407 or moragaartgallery.com
Rotary Club of Orinda Dungeness and Drafts All-You-Can Eat Crab Feed, Orinda Masonic Lodge, 9 Altarinda Road, 6 pm., courtesy of La Piazza and live entertainment. Tickets are \$50. Visit www.orindarotary.org or call 925-254 6262, ext. 1, for reservations.
Rheem Theatre Live Jazz Series, 350 Park St., Moraga, features award-winning singer Linda Kosut, 7 pm. \$20 general; \$15 seniors and children. Series runs every third Saturday. Visit www.lamorindatheatres.com/index_newrheem.asp.
- 18 **St. Mark's United Methodist Church** Celebrate Week of Christian Unity, 451 Moraga Way, Orinda, 2 pm.
- 20 **AAUW** presents "The Many Stories of Rosie The Riveter," 9 am, Holy Trinity Serbian Church Cultural Center, 1700 School Street, Moraga. Email communication-publicity@aauwoml.org.
Orinda Parks and Recreation Department Peerless Coffee and Tea Tour to Jack London Square for seniors, 8:30 am to 3 pm. Residents \$25; non-residents \$29. Call 925-254-2445 or visit www.cityoforinda.org.
Orinda Books hosts Yiyun Li discussing her novel *Kinder than Solitude*, now in paperback, 276 Village Square, 7 pm. Call 925-254-7606.
- 22 **Orinda Books** hosts Pete Crooks discussing his book *The Setup: A True Story of Dirty Cops, Soccer Moms, and Reality TV*, 276 Village Square, 7 pm. Call 925-254-7606.
- 30 **International Film Showcase** presents the Italian film noir *Human Capital* through Feb. 5. Showtimes will be available Jan. 26 on the website. Visit <http://internationalshowcase.org/>.

AT THE LIBRARY

All events are free unless otherwise specified. Library closed Jan. 1 for New Year and Jan. 19 for Martin Luther King, Jr. Day. For more information, call 925-254-2184 or visit www.ccclib.org/locations/Orinda.html.

- 7 **Teen Advisory Group**, first Wednesday of month, Tutoring Room, 4 pm. Make an appointment at the Information Desk. Teens meet with teen librarian to plan fun teen programs and suggest library resources. Teens receive volunteer hours and grow leadership skills.
Free Computer & eReader Help, Wednesdays, 5:30 to 7:30 pm.
Paws to Read, First- through fifth-graders practice reading with a friendly dog, Gallery Room, 3:30 to 4:30 pm. Call or visit the library to register.
- 8 **English as a Second Language Conversation Circle**. Practice English conversation in an informal, small-group setting, Tutoring Room, 1 to 2:30 pm. Preregistration not required. Also Jan. 15, 22 and 29.
- 10 **Saturday Morning Live!** Story time for children aged 3 to 5, Picture Book area, 11 am. Also Jan. 17, 24 and 31.
Weekend Paws to Read, First- through fifth-graders practice reading with a friendly dog, Gallery Room, 2:30 to 3:30 pm. Call or visit the library to register.
- 13 **Toddler Lapsit**. Story time for children aged 1 to 3 and their caregivers, Gallery Room, 10 and 10:30 am. No registration required, but attendance limited to once per week. Also Jan. 14, 20, 21, 27 and 28.
Peek-A-Boo Time. Songs, stories, rhythms and rhymes for infants to 18 months, Gallery Room, 11:30 am. Also Jan. 20 and 27.
- 14 **Hat Program**. Get ready for National Hat Day (Jan. 15) with hat stories, hat making and a hat parade, sponsored by the Friends of the Orinda Library, 3:30 pm.
- 16 **Mystery Book Club** members discuss *The Art Forger* by B.A. Shapiro, Tutoring Room, 3 to 4 pm. For 18 years and up.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 pm. Orinda Masonic Center, Karen Seaborn, 925-689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 pm, Gallery Room, Orinda Library, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 am, May Room, Orinda Library, 925-253-1997.
- Lamorinda Alcohol Policy Coalition**. Third Wednesday, 10 to 11:30 am, Orinda City Hall Sarge Littlehale Room, 925-687-8844, ext. 227.
- Lamorinda Nature Walk and Birdwatching for seniors**. Wednesdays, 9 to 11 am, free. Call 925-254-2445 for weekly meeting place.
- Lamorinda Sirs for retired men**. Second Wednesday, 11 am to 1:30 pm, Holy Trinity Cultural Center, 1700 School St., Moraga, Pete Giers, 925-254-4667.
- Lamorinda Sunrise Rotary**. Every Friday, 7 am, Lafayette Park Hotel, 3287 Mt. Diablo Blvd., Lafayette, www.lamorindasunrise.com/ or 925-283-8288.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 pm, Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette, www.lamorinda.freetoasthost.net. Jan. 9 speaker AAUW Tech Trek Initiative; Jan. 16 Brazilian exchange student Gustavo Silva; Jan. 23 Laura Simpson on "Walnut Creek's Development Explosion."
- Montelindo Garden Club**. Third Friday, 9 am, September through May, St. Stephen's Episcopal Church, 66 St. Stephen's Drive, www.montelindogarden.com. January speaker is Claire Splan, author of California Fruit and Vegetable Gardening.
- Orinda Garden Club**. Fourth Thursday, 10 am to noon, September through May, Orinda Country

Orinda Academy's Food Drive



CONTRIBUTED PHOTO

Ninth grade students at Orinda Academy collected over 40 bags of food during a food drive at Orindawoods and donated it to the Food Bank of Contra Costa and Solano. Students included (L-R): Malaya Phelps, Virginia Clark, Yusra Khan and Humah Sultan.

Community, Culture and Vision

St. Mark's Church at 451 Moraga Way will observe the week of Christian unity, interfaith relations and Dr. Martin Luther King Jr.'s birthday on Jan. 18 at 2 pm with a workshop featuring Father Tom Bonacci of the Interfaith Peace Project and music by the Chorus of Sufi Reoriented and guitarist Christopher Giffen.



CONTRIBUTED PHOTO

Father Tom Bonacci.

- Club, 315 Camino Sobrante.
- Orinda Junior Women's Club community service group**. First Tuesday, September through June, 7 pm, www.orindajuniors.org.
- Orinda Rotary**. Every Wednesday, noon, Orinda Country Club, 315 Camino Sobrante, 925-254-2222.
- Orinda Association**. Second Monday, 7:15 pm, Orinda Library, May Room, 925-254-0800.
- Orinda Hiking Club**. Every weekend and first Wednesday, www.orindahiking.org or Ian at 925-254-1465.
- Orinda Historical Society**. Third Wednesday, 7 pm, 10 Irwin Way, 925-254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 pm, 9 Altarinda Road, 925-283-7176.
- Orinda/Tábor (Czech Republic) Sister City Foundation**. Fourth Thursday, 7 pm, social, 7:30 pm, meeting, call 925-254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday, 4 pm, Community Center, 28 Orinda Way, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 am to noon, call Jean Barnhart, 925-254-3881, or <https://sites.google.com/site/orindawomansclub/>.
- Walnut Creek Garden Club**. Second Monday, 9:30 am, Camellia Room, Heather Farm, 1540 Marchbanks Road, Walnut Creek, <http://californiagardenclubs.com/content/walnut-creek-garden-club> or mittle44@gmail.com. January speaker is rose breeder Tom Liggitt talking on heirloom varieties of fruits, vegetables and roses.

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**. First and third Wednesday of the month, 7 p.m.. Visit www.mofd.org/board/meetings meeting location will be posted on the agenda.
- Orinda Union School District Board of Trustees**. Second Monday, 6 p.m., OUSD Conference Room, 25 Orinda Way—Suite 200, Orinda, CA 94563. 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



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Orinda Historical Society Has Fun Holiday Party



PHOTOS BY CHARLIE JARRETT

Bea Heggie (L) attended the Orinda Historical Society's holiday party at which East Bay MUD's Michelle Blackwell spoke on the history of water development in Orinda.

AAUW Presents the Many Stories of Rosie The Riveter



Join the Orinda, Moraga and Lafayette Branch of the American Association of University Women (AAUW) on Tuesday January 20, for a program examining the powerful role of women in the WWII workforce. The monthly branch meeting begins at 9 am with a light continental breakfast, followed by a presentation at 9:30 am, at the Holy Trinity Serbian Church Cultural Center, 1700 School Street, in Moraga. Guest speaker, Ranger Raphael Allen

from the Rosie the Riveter National Park, will lead a historical recounting of Women in WWII—with special highlights surrounding war jobs for women, issues surrounding the shifting role of women during this era, and the critical role “Rosie” played — who she was, how she got started and why the branding eventually discontinued. For more information about the event, email communication-publicity@aauwoml.org.

Everyday Changes
PROTECT, MOVE, EAT
Recipes for a Healthy Winter

Bonnie Waters



California winters are mild compared with other parts of the United States. Most days are not blustery cold, however we still can experience the toll of seasonal changes – most notably joint pain and stiffness. There are many possible causes of seasonal aches. The most common reasons are:
Blood doesn't circulate to the extremities as readily.
In cold weather, our muscles tighten up. We exercise less in the winter months.

What to Do:

Protect: Keep your body and especially your joints warm. Layer when outdoors and remove layers indoors.
Move: Less movement means slower blood circulation and more stiffness. Opt for exercises that won't give your joints a pounding such as gentle yoga and walking. Thai Yoga Massage is excellent for loosening up tight joints and improving circulation.

Eat: A diet containing calcium and vitamin D is important for good bone and joint health. Moderate sun exposure available in California even in the winter helps to provide the body with Vitamin D. Adequate vitamin D allows calcium from the foods you eat to be readily absorbed. Enjoy a calcium rich diet by eating foods such as broccoli, kale and figs. Here are a few recipes to get you started. (learning-tolovekale.wordpress.com).

Zucchini and Broccoli “Pasta” (requires a Spiral Slicer)

This recipe features zucchini as the pasta element, which should be added to the sauteed vegetable elements only at the last minute after all the cooking is done and the heat is off. The pasta is more “wilted” than cooked to keep it al dente and preserve its nutrients. It can also be used as a side dish

◆ YOUTH from page 15

A panel of local professional writers adjudicate Youth Ink 2015. Co-sponsors include the Orinda Association, Friends of the Orinda Library and The Orinda Community Foundation. An awards ceremony will be held at the Orinda library on Thursday, April 23 from 6 to 7pm. Winners will receive cash prizes and gift certificates. Submissions are accepted on an ongoing basis through Feb. 18, 2015. For more information, visit www.orinda-juniors.org.

for a more substantial meal.

Ingredients:

- 4 zucchini, sliced into spaghetti on a spiral slicer
- 1 bunch broccoli, rough chopped
- 4 kale leaves, stemmed and rough chopped
- 2 cups of baby spinach
- 2 carrots, spiral sliced
- olive oil
- sea salt & freshly ground pepper
- 3 cloves of garlic, coarsely chopped
- Parmesan Cheese (optional)

Spiral slice zucchini and carrot into separate bowls. Heat oil in the pan. Add broccoli, and saute until desired tenderness is attained. Add in carrot spirals and stir fry for 2 minutes. Add in kale and spinach and stir fry until kale and spinach are wilted (about 1 minute). Turn off heat and add zucchini spaghetti and stir around for 1 minute to slightly wilt zucchini for desired texture. If zucchini is still too raw or al dente, cover the pan with a lid and let sit for up to 3 minutes to steam zucchini into healthful submission. Toss with Parmesan cheese.

Fresh Fig and Kale Toss

This salad can be made with either fresh black mission or green figs. If fresh figs are not available use dried figs reconstituted in warm water. The sweet fig taste is the perfect complement to mild, curly green kale in a light, fruity vinaigrette.

Ingredients:

- 1 small ripe avocado peeled, seeded and rough chopped
- 1/2 t sea salt
- 3 cups of kale – off the stem and rough chopped and massaged with the avocado and sea salt for 1 minute to soften the kale
- 3 figs -Mission or Green Figs, sliced or torn into small pieces
- 2 carrots – in thin slices or spirals
- 1 English Cucumber – quartered lengthwise and thinly sliced or spiral cut

Dressing:

- 2 T olive oil
 - 2 T seasoned rice vinegar
 - 2 t Balsamic Vinegar
 - 2 T maple syrup
 - 1/8 t sea salt
 - 5 turns coarsely ground black pepper
- While especially great in winter, these recipes are yummy all year round. Remember for healthy joints any time of year, Protect, Move and Eat!

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BUSINESS BUZZ

◆ DISTRICT from page 1

resolved, then it is referred to the district,” said Freiman. Orinda, like several other local districts including Los Gatos, San Francisco and San Jose, uses private investigators rather than staff to help determine residency.

However, speaking during the Dec. 8 school board meeting, Miriam Storch said that they were never contacted by the school district regarding the second-grader and her mother who live at the Storch home. The mother is a live-in nanny. “I couldn’t believe what was happening. No one called us to ask anything. We are parents, not criminals,” said Storch.

“We are absolutely looking at how we handle these cases,” said OUSD president



David Greenstone, a kindergarten student at Glorietta, gets a lift from his mother so he can speak at the December meeting.

Matt Moran. “This gives us an opportunity to look at policies and, specifically, see if we can improve how we communicate with the families. This situation has been hurtful not only to the men and women who work in the district but to the community as a whole.”

◆ BUZZ from page 20

Mahan. A talented hair stylist, Enferadi has 27 years of experience, six of those years at Coiffeur Hut.

In addition to cutting and styling hair, coloring, permanents, highlights, shampoo and sets, Enferadi provides waxing and threading services as well. “Many of my clients like new highlights and red highlights are very popular these days. For new clients I offer a 20-percent discount on a haircut and permanent,” says Enferadi.

Manicurist Judie Johnson has been in the business on a part-time basis for 30 years. Previously she worked as registered nurse at Rheem Convalescent in Moraga.

A large number of people spoke at the Dec. 8 school board meeting with the majority showing support for the second-grade student, including David Greenstone, a kindergarten student at Glorietta Elementary School: “I want people to be treated fairly.” Other speakers called the OUSD’s actions “shameful” while Rebecca Verity asked for an independent investigation to ensure “that racial profiling didn’t take place.”

According to records obtained from the OUSD, recent residency investigations at the district level are as follows:

2011-12 - 0
2012-13 - 3 families
2013-14 - 2 families
2014-15 - 1 family

“The six families investigated during the approximately four-year period represented multiple races and ethnicities, including multiple Caucasian families,” said Freiman. Former OUSD president Christopher Severson noted in his outgoing letter to the public that “I have seen and experienced how this district values diversity and actively educates the 125 inter-district transfer students and 26 English language learner students.”

Out of a total of 2,542 students, with approximately 100 students declining to state, the OUSD ethnic breakdown for 2014-15 is as follows:

White/Caucasian	1,803	71.4 percent
Asian	460	18.2 percent
Hispanic/Latino	103	4.08 percent
Native American/other/ Pacific Islander	49	1.9 percent
African-American	19	.75 percent

“The allegations of racism were very hurtful to us,” said Moran. Our district does not use race in any way when considering residency. There have been lots of unfounded statements with no basis in reality, but privacy laws that protect the student prevent us from responding.”

Residency requirements and policies for students with divorced parents living in different school districts can be obtained by contacting the OUSD office at 925-254-4901.

As a retired nurse, she is adept at doing manicures and pedicures for diabetic clients with sensitivity to their special needs. “It is a pleasure working here with Bob, Fay, Jan and Yvonne. We have watched our children grow up together over the years,” says Johnson.

Johnson and all the stylists at Coiffeur Hut will travel to a client’s home to provide services by special request. Plans are in the works to remodel the shop sometime later this year. Keep an eye out for additional stylists to join this coming fall.

For an appointment at Coiffeur Hut, call 925-254-3373. For a manicure or pedicure, call 925-254-9299.

Children’s Health Guild Raises \$115K+ for Worthy Beneficiaries

By ELANA O’LOSKEY
Staff Writer

The Children’s Health Guild (CHG) raised over \$115,000 for two beneficiaries at its annual Holiday Boutique and Luncheon on Dec. 4 at the Ritz Carlton, San Francisco. “We are especially proud to have launched our first Fund-a-Need at this event, in which all proceeds go directly to Respite Care at George Mark Children’s House (GMCH) and The Family Information and Navigation Desk (FIND) Program at UCSF Benoiff Children’s Hospital Oakland (USCF BCHO),” says Kendall Glynn, CHG President. See <http://childrenshealthguild.org> for more information.

Over 400 attended the sold out event, which included a talk by Orinda resident Dr. Dayna Long. Dr. Long is the named recipient of the 2014 National Service Leadership Award by Americorps and the spokesperson for the “Too Small to Fail: Talk, Read, Sing” initiative sponsored by the Bill, Hillary and Chelsea Clinton Foundation. A Wagner Ranch mother of three boys and renowned pediatrician at USCF BCHO, Dr. Long spoke about what the FIND program is like in action and how it feels to be part of something that is making a difference to patients and their families who are in dire need. FIND was co-founded about a year ago by Dr. Long and Dr. Kelly Meade, associate director of primary care and president of the medical staff at USCF BCHO. Mary Jane Perna, vice president of philanthropy at USCF BCHO remarked that, “Medical recipients make up 71.2 percent of children receiving care at USCF BCHO; 68.2 percent is our budget. CHG and other donors work to close the gap.”



ELANA O’LOSKEY

Over 400 women attended the Children’s Health Guild Holiday Luncheon Fund A Need program at the Ritz Carlton, San Francisco on Dec. 4. (L-R) **Kendall Glynn**, CHG President, **Holly Grossman** (event co-chair), Orinda resident **Dayna Long, MD** (speaker), and **Jennifer Rego** (event co-chair).

Joanne Mosellen of Orinda says, “Our 3-year-old son is an oncology patient at USCF BCHO, and we feel fortunate he is being treated at such an amazing facility where people are passionate about caring for children.”

Respite care at GMCH offers parents and caregivers periodic “breaks” from the non-stop physical and emotional responsibility of home care for a child with challenging medical needs. Some children are in need of special rehabilitation, which is difficult to provide at home, while others receive hospice care. See www.georgemark.org/ for more information.

The FIND program at USCF BCHO aims to reduce health inequities by partnering families with community resources to address social determinants of health and overcome adversities such as food insecurity, housing instability, secondhand smoke exposure, access to green space and physical activity. See www.childrenshospitaloakland.org/main/departments-services/155.aspx for details.

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Business Buzz Putting a Personal Face on Local Business

Valerie Hotz



To send items for consideration, email Hotz at v.hotz@att.net.

Lamorinda Wine Growers Association

While hunting for good ground cover for their three-acre property that happened to have an excellent southwest exposure, Leslie and Jim Ward stumbled upon the concept of planting grape vines. A consult with friends who are in the wine business in the Los Robles area, an aerial survey and a report from a soils engineer led to their planting 1,500 pinot noir vines and the Lamorinda Wine Growers Association was born.

“Our superb microclimate of cool evenings and warm days makes Lamorinda the perfect location for many varieties of the lighter red wines and of course all the white wines,” explains Leslie Ward. “We recently petitioned the Alcohol and Tobacco Tax and Trade Bureau to designate Lamorinda as an American Viticultural Area (AVA) and anticipate having a decision soon.” The AVA are federally recognized regions in the U.S. and essentially define the distinguishing features of a grape-growing area.

AVA designation is a benefit to the wine grape grower, the winery that uses grapes from a specific AVA and to the consumer as well. “Knowing where a wine comes from is important because it provides more information about the unique characteristics that define grapes grown in a specific

AVA,” says Ward. “The farmer growing grapes within the AVA will have more of a story to tell, essentially tying his or her grapes to the land.” Ward is excited about securing the AVA because it will draw visitors to the area.

Many members of the Lamorinda Wine-growers Association have 10 to 12 acres



DAVID DIERKS

Leslie Ward, president of the Lamorinda Wine Growers Association.

and cultivate up to 5,000 grape vines, while most members farm 200 to 400 vines. The organization hosts special events throughout the year, including a speaker series which recently focused on sustainability

and erosion control.

“We are trying to connect with everyone who has vines and are on the lookout for new vineyards,” says Ward. “We encourage the public to attend our meetings, especially individuals interested in planting vines. Our number one priority is to help our members to make the best wine and in the process to build the Lamorinda region.”

To view a map of the proposed Lamorinda AVA and for more information about Lamorinda Wine Growers Association, visit www.lamorindawinegrowersassociation.com. Leslie Ward can be reached at 510-406-5680.

Orinda Chamber of Commerce Serves Community and Businesses

Sylvia Jorgensen, president of the Orinda Chamber of Commerce, wants Orindans to know the Board of Directors has been working to better serve members and the community as a whole. “We are working hard, as previous boards before us have done, to support a nice shopping experience in Orinda,” says Jorgensen.

Programs implemented in order to accomplish this goal include a new membership program, an improved website, new computer system and more staff. “There are approximately 40 nonprofit organizations in Orinda and about 20 of them are members, including the Orinda Rotary Club, the Orinda Association, Friends of Wagner Ranch Nature Area and the Orinda Arts Council. We throw a lot of love to the nonprofit community by mobilizing Ambassadors and board members to help,” says Jorgensen.

A private wealth manager for Merrill Lynch for the past eight years, Jorgensen is an expert at creating 401(k) plans for business owners, advising on planning for retirement and putting children through college. “I deal with insurance and trust issues on behalf of clients as well,” says Jorgensen. She is married to Eric Jorgensen, owner of Candlestick Home and Garden, a small business specializing in home repair. The couple has five children.

“People working together well is what the Orinda Chamber is all about,” she says.



DAVID DIERKS

Orinda Chamber of Commerce president Sylvia Jorgensen.

“Everybody can have a place here and find it very valuable. We enjoy interfacing with the City of Orinda on behalf of our members.”

Mark your calendar for the Comedy Night at the Orinda Theatre on March 6. Trivia Beat takes place in April in collaboration with the Orinda Rotary Club. Visit the Orinda Chamber of Commerce at www.orindachamber.org for a full list of upcoming events, including luncheons and mixers.

For more information or to join the Orinda Chamber, contact Candis Kattenburg at 925-254-3909.



SALLY HOGARTY

Fay Enferadi (standing) and Judie Johnson of Coiffeur Hut in Orinda Village.

Coiffeur Hut

2015 marks Coiffeur Hut’s 50th year in Orinda Village and this small business is still going strong. Originally established in 1965 by Bob Mahan and Yvonne Eidson, Mahan recently handed the reins over to Fay Enferadi, as he prepares for retirement later this year. Located at 23L Orinda Way, adjacent to Orinda Veterinary Clinic, there is ample free parking just a few steps away from the front door.

Small and cozy with excellent natural light, the salon features oil paintings by local artist Mary Spain and views of native pines trees across the way. Four hair stylists offer their services here – Mahan, Eidson, Enferadi and Jan Tambellini – and Judie Johnson serves as in-house manicurist. A blast from the past is the row of hair dryers, offering cooler settings than blow dryers and gentler treatment of hair. “Rollers and dryers are popular with some clients because they provide less heat to hair,” says Enferadi.

“We are all good friends here at Coiffeur Hut. I like doing hair, but it is time for a vacation after 49 years. After all, my wife would like to do some traveling,” says

[SEE BUZZ page 19]

Wishing Everyone a Happy Holiday Season and a Prosperous New Year.

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