

THE ORINDA NEWS

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MOFD Labor Negotiations at Impasse

By DAVID DIERKS
Assistant Editor

On June 26, the Moraga Orinda Fire District (MOFD) announced that it had reached an impasse in its negotiations with the United Professional Firefighters of Contra Costa County IAFF Local 1230 for a new Memorandum of Understanding (MOU). The MOU is a binding contract between the district and firefighters' union. The previous MOU expired in January 2010. Since then, MOFD and IAFF Local 1230 have been in negotiations.

MOFD president Fred Weil explained, "We have been advised that as an expired binding contract under California labor law, salary scales, benefit levels, etc., specified in the contract remain unchanged until there is a new contract. As an example of what this means, we have been advised that whatever dollar amount per month was contributed by the district to an employee's health insurance premium at the expiration of the contract remains the same for each month into the future unless and until changed in a new contract."

During these negotiations, MOFD has striven to maintain and continue providing the same level of services to the district's citizens, as well as trying to "address the district's unfunded liabilities caused by the spiraling cost of health and retiree health benefits, to limit health benefit costs, to move future employees to a more sustainable pension benefit formula, and to provide an overall level of compensation that is within the district's financial constraints and budget," according to Weil.

Weil said, "Impasse was declared when our negotiator concluded that no progress could be made in the current negotiations." Vince Wells, President of Local 1230 said, "We were surprised at the notice of impasse. We had no communication about it

[SEE MOFD page 17]

Flying A Helps OBA



The Orinda Baseball Association recently hosted a car wash at the Flying A station in Orinda. Proceeds benefited the Mt. Diablo High School baseball program. Sponges were donated by Autopia Car Care. Above is Flying A's **Joseph Torbati** with Pinto player **Marcus Erickson**.

Orinda Resident Keeps Olympians in Style



Susan Glynn (L), who started the apparel division at Ariat International, designed the apparel for the **2012 U.S. Olympian Dressage team** (R) who will be competing in London this August. Susan, her husband Steve, and children Liam (7th grader at Orinda Intermediate) and Amanda (6th grader at Orinda Intermediate) live in Orinda.

CONTRIBUTED PHOTOS

Facilities Tour Shows How Taxpayers Money is Being Spent

By BILL O'BRIAN
Staff Writer

When a school district spends \$93,000,000 on facility upgrades, most taxpayers in that district would probably be happy to find out how it is being spent. On Saturday June 9, 2012, the Acalanes Union High School District Board of Trustees went on a tour of their schools to see for themselves and their constituents how their bond money is being spent on the buildings. Chris Learned, Associate Superintendent – business, Dave Humphries, Director Facilities Construction, and Amy Nichols, Technology Projects Director, led the tour for the school board and Superintendent John Nickerson. Dave Goldsmith, Chair of the Measure E Committee (the committee designated to monitor the construction spending of the bond measure), and this reporter also participated in the tour.

Bond Measure E passed in November of 2008 in the Acalanes District, and construction began in April of 2009. The total renovation time will be six years. Acalanes High School opened in 1941. Las Lomas

was built in 1950, Miramonte in 1955, and Campolindo in 1962. Though numerous upgrades and repairs have been done over the years, all the campuses needed major work to bring them up to date regarding building modernization, equipment in the classrooms and new technology.

At Acalanes High School, one project included tearing apart and rebuilding the art classroom. Dave Humphries describes the room, which has skylights that open and close, as "open and inviting." The room is

spacious, and Humphrey adds, "the kids love it, and it was fun to build." It has a gas-fired kiln and also two pottery kilns in a smaller adjacent room. The main room has an audio/visual computer system that can show videos on the whiteboard.

Six years ago the small gymnasium flooded in heavy rains, and insurance paid for a new floor. For the current renovation, the district replaced the floor and started with significant grading, increased gravel

[SEE FACILITIES page 17]



DREW WRIGHT

Orinda's very own **Wright Brothers**, **Ruben** (L) and **Max** (Center) with friend **Quincy Obradovbic** (R), won first prize for the Best Kids Float in this year's 4th of July parade. See more on pg. 9.

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LIBRARY GALLERY

Enter CC14's "Another World"

By Elana O'Loskey
Staff Writer

The Orinda Library Gallery is excited to present 35 works from CC14 during August, all created with the collaborative theme, "Another World" in mind. On August 4 from 3:30 to 5:30 p.m., an artist reception will be held where light refreshments will be served.

CC14 was established in 2002 when 14 Contra Costa County artists joined together to produce professional gallery exhibits and support each other creatively through critique, education and camaraderie. Today there are 35 active members, 12 of whom are original members. Membership is by invitation, and volunteers rotate coordinating exhibits and hosting monthly critiques. Randy Stansberry is the 2012 coordinator. Their website, www.cc14.us, is maintained by TaVee.

"Another World" echoes throughout the art world. M.C. Escher used it as the title

for a 1947 woodcut, famous because it is the first time his work focused on his idea of relativity; how one object is seen in relation to another. "Alan Bean: First Artist on Another World" was an exhibit held in 2009 at the Smithsonian National Air and Space Museum. Bean is a former astronaut who flew in the Apollo 12 mission. He is the fourth man to walk on the moon and is now a professional artist. CC14 member Kath Balamuth says the theme "fired our imagination, and was something that everybody wanted to explore. Each of us has a different idea of what 'Another World' means."

Works on display include David Fitzgerald's *Natural Causes*, a 30" x 48" acrylic on panel; Mike Ysahar's *On the Other Side of the Black Hole*, a 36" x 48" oil on canvas; FROgard's *Layering O'Keefe*, a 24" x 30" watercolor and Walter Crew's *Walter's Other World*, a 31" x 43" acrylic collage. Most of the members in CC14 are working artists who have been painting 10



CONTRIBUTED PHOTO

Mike Ysahar's oil on canvas entitled "On the Other Side of the Black Hole" will be part of the August exhibit.

years or more. While all members live in Contra Costa County, their backgrounds are diverse: business, medicine, architecture, education, graphic arts, etc.

The 26 artists contributing works to the show include: Carolyn Adams, Ann Allen, Flora Bauman, Cindy Baker, Kath Balamuth, Jules Campbell, Walter Crew, Marina DeSilva, Christina Finnie, David

Fitzgerald, FROgard, Dijana Harding, Pam Jameson, Jim Jordan, Aramanthea Kupco, Shun-An Lee, Joan McCarthy, Georgia Pack, Karina Race, George Rammell, Keiko Stong, Randy Stansberry, TaVee, Helen Troxel, Ann Vestal, and Mike Ysahar.

Members keep their work fresh by taking classes and workshops, visiting galleries and museums, and learning from each other. Most have taken advanced art classes at Diablo Valley College (DVC), where they have curated annual summer exhibitions since 2002. Other organizations members belong to include the Lamorinda Art Alliance, Arts Benicia, East Bay Artist Guild, Concord Art Association, Las Juntas Artists, International Encaustic Assoc., National Watercolor Society and Kunstanke. Previous exhibits at DVC include "Journey," "Peace and Cake," "What's at the Bottom of the Drawer," "The Artist's Life," "Art Looking at Music-Music Looking at Art," "Personal Places" and "Abstraction." Go to www.cc14.us for more information.

Visit the Orinda Library Gallery during library hours – Monday through Thursday, 10 a.m. to 8 p.m.; Friday and Saturday, 10 a.m. to 6 p.m.; and Sunday, 1 p.m. to 5 p.m. Call 254-2814 for more information.

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ORINDA ASSOCIATION

A Message From the OA President

Thanks for making July 4th a wonderful day



Bill Waterman

Let me take a moment to again thank everyone that helped make our Lamorinda July 4th a big success. From all of the parade participants to the many volunteers that worked behind the scenes, each of your contributions made the day both meaningful and fun at the same time. The parade's Grand Marshalls were the focus of our event – the dozens of local veterans that have served our country over the past seven decades. It was especially touching to see the men and women that served our country during WWII, who are now in their nineties. The fact that we were able to show them our appreciation for their sacrifice and service was both gratifying and moving.

I especially wish to again thank the four Lamorinda Rotary clubs, the Orinda and Lafayette Chambers of Commerce, and the Orinda Community Foundation for their contributions and hard work. The Rotary clubs constructed an original float and ran the pancake breakfast, the Chambers had several floats and served up great hot dogs, and the Orinda Community Foundation helped the OA with significant financial support. And we thank the city's staff members who worked hard that day to provide everything from traffic control to logistics. Lastly, a big thank you to our main event

sponsors, Orinda Motors and Mechanics Bank – in addition to acting as main financial supporters, both had floats and cars in the parade, and helped in countless ways.

But our Orinda Summer of Fun is not over. The 8th Annual Orinda Classic Car Show is coming on Saturday, September 22. There will be a dinner on Friday, September 21, followed by the Car Show on Saturday, with over 175 cars on display in Orinda Village. What you may not know is that the proceeds from this event benefit several Orinda nonprofits, including the Orinda Association and its Seniors Around Town driving program. Seniors Around Town provides hundreds of rides every month to seniors that do not qualify for other ride programs. So mark this date on your calendar and come out to have fun and support this worthwhile cause. For more information about the Car Show, see the OA's website, www.orindaassociation.org, and click on Programs. And also mark down Tuesday, September 18 – from 5 to 9 p.m., when the Orinda Chamber of Commerce will sponsor the Orinda Restaurant Tour. For more information, contact the Orinda Chamber of Commerce, 925-254-3909.

Have a safe and enjoyable August!



SALLY HOGARTY

Erin and Robin McFeely wait patiently for the 4th of July parade to begin.



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If you're not yet a member of the Orinda Association, please join us today. Your support helps the OA provide transportation for seniors (Seniors Around Town), volunteer opportunities for all ages through the Orinda Volunteer Center, publishes the free, monthly, in-depth coverage of news related to all Orindans with *The Orinda News*, presents the July 4th parade and celebration, and hosts public forums such as candidates night.

- Annual Membership categories include:
- Seniors \$30
 - Household \$40
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It's never been easier. Simply go to www.orindaassociation.org and click the big orange button, or you can mail your check to The Orinda Association, P.O. Box 97, Orinda, CA 94563.

Please consider becoming an OA member today and join hundreds of other Orinda families and businesses supporting the many programs and events offered by the The Orinda Association. The OA is a 501 (c) (3) nonprofit organization.

The Orinda Association

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

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

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Elana O'Loskey has been a feature writer since 2008. She is also an advertising rep and is part of the proof-reading team. She especially enjoys interviewing people and doing background research for her articles.

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For information on the OA, go to www.orindaassociation.org.

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Letters to the Editor

Thank You for Making the 4th of July Spectacular

On behalf of the entire City Council, I want to thank the Orinda Association for their extraordinary leadership in coordinating the 4th of July Parade and the surrounding activities. We also thank the Orinda Community Foundation and the Orinda and Lafayette Chambers of Commerce for sponsoring this great community event.

There is a tremendous amount of work that goes in to this day of activity. In particular, I want to express our appreciation to our Police Department and the many officers and reserves who gave their time to keep us all safe. We thank our Public Works crew and Parks and Recreation staff, who were up early and worked a long day to manage the traffic and pedestrians.

Of course, there were dozens of volunteers who managed the parade floats and routes, the food, beverage and activity booths in the Park, the Haley's Run For a Reason, and the Flag Raising activities. They did a wonderful job!

We could not have had a more beautiful day to honor the founding of our nation, and the men and women who bravely defend our freedom and liberties. The Orinda Association is one of our community's most enduring civic groups, and, year after year, they put on our greatest community showcase. We are very grateful!

– Steve Glazer, Mayor
City of Orinda

Worth Out of Line

Amy Worth, a member of the Orinda City Council, has opposed a plan to make a Bay Area-wide transportation group -- a group to which she belongs -- more accountable to voters.

Worth is, in addition to being on the Orinda City Council, vice chairperson of the Metropolitan Transportation Commission (MTC), a Bay Area agency involved in transportation planning.

Worth has objected to a bill by State Senator Mark DeSaulnier (D-Concord) to have the California Legislature intervene in MTC's plan to spend \$170 million for new offices in San Francisco. Orinda is in DeSaulnier's senate district.

The \$170 million comes from bridge-toll collections.

Worth told the *Contra Costa Times* (July 4) that DeSaulnier's bill is "an unwarranted intrusion into the local decision-making process."

The members of the MTC are not elected to their positions, making the MTC like the British House of Lords.

MTC members should be elected, not appointed, to their jobs. Without elected representation, MTC should be abolished.

Ms. Worth should stick to her elected position on the Orinda City Council. Her valuable time should be spent on matters

affecting Orinda. Worth should have no conflict of interest. She should resign from the MTC.

– Richard S. Colman

Orinda Revitalizing Itself

Last Saturday, on a beautiful early summer evening, we walked through the interior of Theater Square in Orinda and saw a wonderful sight. Several new restaurants were open and bustling, with all their outdoor tables full of happy families and friends. Couples were strolling about window shopping and chatting with neighbors. The place was truly alive! It reminded us a little of Paris' Left Bank.

It seems, while a lot of people have been arguing about how to revitalize downtown Orinda, that downtown Orinda has been doing a good job of revitalizing itself!

– Frank Simons

New Vision for Downtown Not Needed

Orinda Vision seems to be relentless in its efforts to push its "Vision" for the crossroads and village. They claim that renewal is necessary but do not state why. We do not want government to impose more controls on the property in the downtown areas. Most people who live in Orinda certainly do not want high density housing in those areas. I think people should understand that a "park like, pedestrian environment" in the downtown" will be bad for people who drive cars and need to park them to shop. Development will take place when the owners of property decide to renovate their property. We should not subject Orinda to the whims of utopian urban planners. I would really like to know Orinda Visions' real reason for pushing this agenda.

The only motive I know for this "renewal" is a desire to remove people from their cars and make them dependent on public transportation.

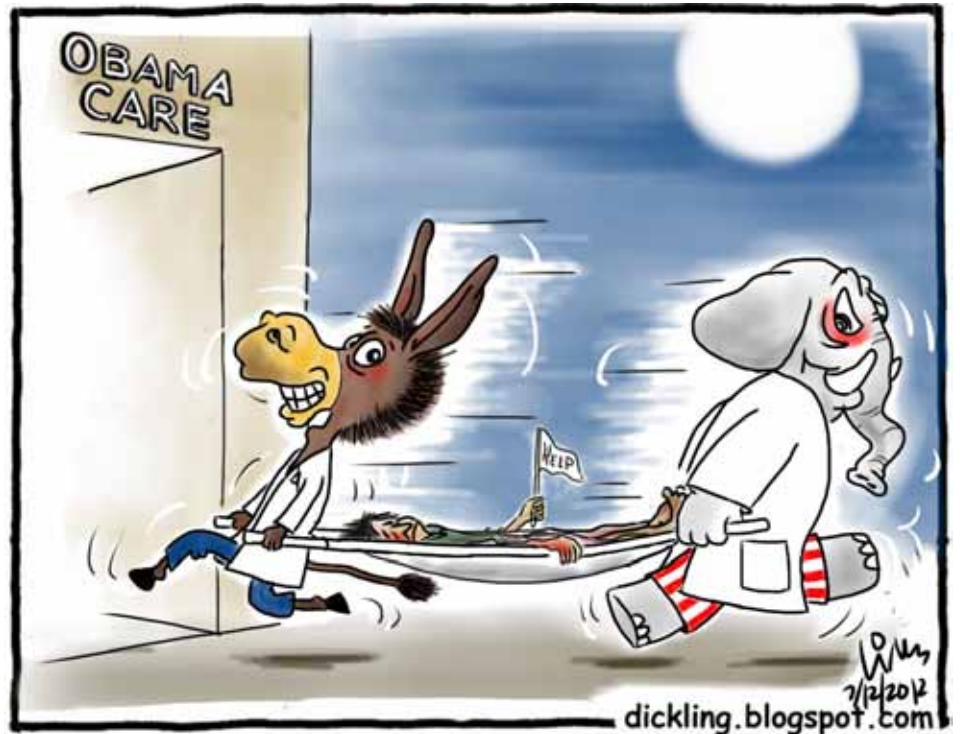
– Henry R. Pinney

Disagree with Trowbridge's Downtown Assessment

In response to Tom Trowbridge's editorial in the June issue, I would offer the following observations:

1) True, Casa Orinda, Rite Aid, and certainly Phair's (now vacant for some years) have been mostly unimproved; however, in the case of the first two, they offer valuable service/product to the community and generate sales tax revenue. Pressuring owners to make improvement so that their reward will be higher property taxes seems counter-intuitive.

2) Comparisons with Lafayette are not totally valid. Moraga and, to an even greater extent, Rheem's retail are marginal at best and many Moragans shop in Lafayette along with a number of people from Rossmoor and Walnut Creek. Most of the



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people who shop in Orinda live here and represent a smaller purchasing number.

3) Theatre Square was heralded as a major revitalization for Orinda yet has seen a number of businesses come and go and, at best, sustains sporadic patronage of many of its businesses. High rents fueled in part by more recently assessed property taxes are probably one cause of businesses' struggling here.

4) The way Orinda is divided by the freeway makes it unlikely shoppers will walk from one side to the other. In addition

to our internal geography, the proximity of Lafayette, Walnut Creek, and Concord will always provide attractive alternatives for shopping.

I fully support local business, but I think we need to be realistic about what we can accomplish given our population. The long repaving/re-stripping of Orinda Way showed a lack of concern on the part of the City Council for existing business in Orinda. Let's think of ways to support existing businesses without raising property taxes.

– Dave Sullivan

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CAR TIME / DISASTER PREPAREDNESS

CAR TIME

Proper Car Washing

by Joseph Torbati



You've spent plenty of money on the purchase of your car or truck, now the question arises, "How do I take care of it?" Proper washing is one of the most overlooked and misunderstood areas of auto care, and sadly improper washing damages and dulls your vehicle's finish over time.

If you take a second and look at the cars around you in a parking lot, or even at a car show, in the direct sunlight you will notice many of the cars have a scratched surface. These microscopic scratches seem to radiate outward in a "cob-web" effect from a central light source like the reflection of the sun. Many of the swirl marks are the result of improper washing and drying techniques. They are caused when grit is abraded against the paint's surface.

Much has been written on how to properly maintain a vehicle's appearance and while most of the tips in this article certainly aren't new, perhaps they may help you think about things in a different light.

Vehicle enthusiasts range from those who religiously wash or quick detail their vehicles daily, to those who love caring for their vehicle but only get the chance to wash them weekly or bi-weekly. Both categories of enthusiasts cringe at the very thought of taking their car or truck to a car wash, otherwise known as "automatic swirl factories." In this article, we hope to give you some ideas and tips that will help you maintain your vehicles appearance and teach you ways to avoid, or at least minimize creating swirl marks.

Car wash shampoos have come a long way since their introduction to the auto-

motive detailing market. There was a time when we all just grabbed dish soap and went to work, but those days are long gone. Dish soap is designed to eat away grease and food, and while it works great for dishes, we need to keep it in the kitchen! The same attributes that break down the grease on dishes will strip your car wax and dry out your plastic moldings and rubber seals!

Wash mitts can be micro fiber style (both short nap and the longer fuzzy monster looking type), sponges, synthetic and genuine sheepskin. The sheepskin wash mitt is a great choice: They are soft, hold lots of water and car wash shampoo, and they rinse cleanly.

When it comes to swirl free washing, one of the greatest ideas to come along is the two-bucket method of car washing. As the name implies you use two separate buckets to wash your car. One bucket holds the soapy car wash solution and the other holds clean clear rinse water so you can rinse your mitt after each pass over your car. This keeps those dirt particles you just picked up on the surface from going back into the clean car wash solution and being picked up again by the wash mitt. At Orinda Auto Detail, we even go the extra step and use two grit guards in both the soap and rinse bucket to keep all the dirt at the bottom of the bucket.

When you're actually washing the car you always want to go top down. Wash in straight, overlapping lines as opposed to circles and remember to be gentle with the wash mitt on the first pass. This first pass

[SEE CAR TIME page 14]

Your BEST BET After a Disaster

By REBECCA KUNZMAN
Lamorinda CERT Drill Committee

Imagine the disaster we all know will happen has happened. Will you know what to do? The following will help you stay safe in the event of a disaster.

How will I get help or know where my help is needed?

Since your cell phone probably will not work and your land line will be overloaded with others reaching their out-of-state contact person, you won't! BEST BET: Texting will be the best possibility because your message will stay in queue until the system has the capacity to send it.

Will first responders (police and/or fire) be able to reach me?

The Incident Commander (IC) in the local city will prioritize the responses, using their limited resources, according to local, area, and regional needs. But if you can't reach them, they will not be coming. BEST BET: Make sure you are prepared to take care of your family and your neighborhood by organizing a Neighborhood Watch/Emergency Preparedness group and taking Community Emergency Response Team (CERT) training.

How will I contact my neighbors?

If you and your neighbors have FRS (walkie-talkie) radios in working condition and you know how to use them, you will be able to contact your neighbors. This simple piece of emergency equipment should be the back-bone of your neighborhood communication in a major emergency. This can only happen if you make a plan, pick your channel and practice. Many neighborhoods in Lamorinda conduct weekly or monthly FRS radio checks with their neighbors at



Dr. Gene Gottfried uses his FRS radio to communicate in a simulated emergency.

a prearranged time. BEST BET: Get your FRS radios and practice.

How will we reach the city and the outside world?

Many licensed Amateur (Ham) radio operators live in Lamorinda. They have the ability to relay neighborhood status and calls for help to the Emergency Operations Centers. You can become part of this essential emergency preparedness group by passing a license exam, paying a minimal fee and buying a radio. Lamorinda has on-going classes for this exam and study help is available online. The popular radios cost between \$50-100. BEST BET: Make sure you have a least one (preferably two) trained, licensed Hams in your neighborhood. To learn more, call 925-631-6650 or go to the Orinda Amateur Radio group site at www.k6ori.com.

Who will be listening for my Ham radio message?

Many Ham radio operators in the area will be listening and can relay FRS messages to the Emergency Operation Center. The operations center will be connected to the Hams communication team (officially known as K6ORI). BEST BET: Get your

[SEE DISASTER page 14]



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FILM



THE REEL LESS TRAVELED

LOTS OF REASONS TO STAY IN THE DARK THIS AUGUST

Tom Westlake



August may be a time for last minute vacations or preparing for the school year ahead, but I think of it as a sort of Thanksgiving due to a plethora of offerings for the film buff. Both the Rheem Green Film Series and the Kids' Summer Film Camp are programs that warrant attention not just for the films they show but for the causes they represent. And as usual, I'll

list them in chronological order though be warned -- your calendar may not have room for much else after I'm done.

First off (and on the 1st of the month), the Green Film Series offers *Wasteland*. Winner of numerous awards, including a 2011 Academy Award nomination for Best Documentary, this film tells the story of Vik Muniz, a Brazilian born artist who leaves

his Brooklyn studio and goes back home, specifically to Rio de Janeiro and the landfill in Jardim Gramacho. There he acquaints himself with the "pickers" or *catadores*. In what could only be viewed as the ultimate in recycling, he creates vast works of art with the materials at hand -- namely, the over 7,000 tons of refuse deposited there every day! Not content to stop there, he also uses the *catadores* themselves as models. *Wasteland* will screen at the Rheem on August 1 at 7 p.m.

The next newcomer here is the Kids' Summer Film Camp. Though many might dismiss children's films (or as they're euphemistically called "family fare") as tripe, there are genuine works of art that could inspire the next Spielberg or Lucas. Two arguable examples of the latter will be showing at the Orinda Theatre. The first is *Kung Fu Panda 2*. An obvious sequel, it features the continuing adventures of Po (Jack Black) and Tigress (Angelina Jolie). Clever writing and sight gags abound making this a film that adults can enjoy as well. It will screen August 6-7.

Then on August 13-14, *Yogi Bear* will be showing. Again, though modern technology is used to bring this film to life, not to mention the voices of Dan Aykroyd and Justin Timberlake, there will be enough nostalgia value to make this worthwhile for everyone. To make it even more so, the Kids' Summer Film Camp prices admission at \$1 for kids and \$2 for adults providing they also bring a can of food to donate to the Contra Costa Food Bank. Call 254-9065 or go to www.lamorindatheaters.com for exact show times.

Next up is the Moraga Movers with their always-welcome showing of classic films. This time, it's *Only Angels Have*

Wings. The 1939 adventure features Cary Grant as a daring pilot, Jean Arthur, and Rita Hayworth. The unavoidable sparks and heroism ensue. This will screen at the Rheem Theatre on August 15 at 4 p.m.


The list continues as the California Independent Film Festival brings us another truly classic film *The Apartment* (1960). Jack Lemmon, Shirley MacLaine and Fred MacMurray (playing yet another unsavory character -- how he became a family icon, I'll never know), and director Billy Wilder weave a tale fraught with flawed ambition, failed suicide attempts, and unorthodox cooking technique. This comedy won the Best Picture Oscar and is a must for anyone serious about movies. Even those who look upon films as simply a night's entertainment will be surprised at how much one is moved by the plight of ordinary people in ordinary (but somewhat sordid) situations. It will screen on Thursday, August 16, at 7 p.m. at the Orinda Theatre. Call 254-9065 for tickets.

Of course, what would summer be without Vanessa, the Queen of Scream at the Rheem. Thus far, she has regaled us with the very worst that film has to offer and, make no mistake, we have welcomed it, but I have noticed a recent failing on her part. Her latest offering, *The Bad Seed*, is actually not so bad and was nominated for four Academy Awards, including one for Patty McCormack as the title character. What is her insidious plan that includes such a quality film amidst her usual sea of dreck? Has this been her design all along: to lull us into her web of mediocrity and then make us watch a worthwhile film? Whatever her reasons, you won't want to miss it.

And, remember to stay in the dark for that is where the magic is.

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International Film Festival Screens Popular Swiss Film

By Beau Behan
Contributing Writer

Late Bloomers has been described as the number one movie in the Swiss film industry for the past 25 years, and it is not puzzling, at all, to see the reason behind this perception.

This film reminds us of the hit TV show, "Sex in the City" if you belong to "Generation X." However, if you belong to the "Baby Boomers," it definitely would remind you of "The Golden Girls." However, regardless of your affinity to either show, the setting is not in San Francisco, but rather, in a conservatively old-fashioned idyllic Swiss village, Emmental of Trub.

Martha (Stephanie Glaser) is a grieving 80-year-old widow, who has lost her gusto for life. Her three girlfriends are so concerned for her well being that they have all decided to help Martha regain her buoyancy and move on. Much to their chagrin,

however, they have no idea what to do. But a trip to the city to look for the necessary material needed to mend the old choir's club flag changes everything.

While searching for material, Martha stumbles upon some sexy lingerie, and she starts walking down memory lane to when she was a meticulous lingerie seamstress. Her friends notice the sparkle in her eyes, but it's her ambitious friend Lisi (Heidi Maria Glossner) who convinces her to open up her own boutique, despite the strong skepticism from her other two friends, the resolute Hanni (Monica Gubser) and the stiff, decorous Frieda (Annemarie Düringer).

Martha and Lisi quickly became business partners, and despite a less than enthusiastic reception from the village, they open Martha's lingerie boutique. It's impossible not to feel connected to these characters as Martha transforms before our eyes.

[SEE BLOOMERS page 15]

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CALENDAR

ON THE CALENDAR

AUGUST

- 3 **Orinda Starlight Village Players** presents *Room Service* by John Murray and Allen Boretz through Aug. 11 at Orinda Community Park, 28 Orinda Way. Shows are Fridays and Saturdays at 8:30 p.m.; Sunday, Aug. 5 at 4 p.m.; and Thursday, Aug. 9 at 8 p.m. Call the box office at 528-9225 or email info@orsvp.org. This event is outdoors, so dress warmly and bring a blanket.
- 8 **California Shakespeare Theater** presents Noel Coward's *Blithe Spirit* through Sept. 2 at Bruns Amphitheater, 100 California Shakespeare Theater Way (formerly Gateway Boulevard). For tickets, visit www.calshakes.org or call 510-548-9666.
Second Wednesday Book Group will read and discuss *The Jungle Book* by Rudyard Kipling, Orinda Books, 276 Village Square, 3 p.m. The group meets monthly and welcomes new members. Call 254-7606.
- 16 **Orinda Chamber's Hot August Nights** networking mixer, 5:30 - 7 p.m., Oak Springs Pool and Event Center, 39 Spring Rd., Orinda, www.orindachamber.org.
- 24 **The International Film Showcase** runs through Aug. 30 at the Orinda Theatre featuring the Swiss comedy, *Late Bloomers*. When four older ladies from the Emmental region of Switzerland decide to turn a local corner shop into a chic lingerie store, the whole community is thrown into disarray. Go to www.lfef.org for times.
- 25 **Orinda Idol** Finalists and Runners-up performance, Orinda Theatre Square in front of Entourage, 6 to 8 p.m. Visit www.orindaartscouncil.org.
NorCal Kids Triathlon at Wilder Development off Highway 24, 9 a.m. to 1 p.m. Participants must be no older than 19 on day of event. Cost is \$45 for single participant; \$120 for team of 2 or 3. Register at www.active.com/triathlon/orinda-ca/norcal-kidstriathlon-2012.

AT THE LIBRARY

All events are free unless otherwise specified. For more information, call 254-2184 or visit www.ccplib.org/locations/Orinda.html.

- 1 **Toddler Lapsit**, stories, songs and fingerplays for infants to 3-year-olds and their caregivers, Gallery Room, 10 to 10:30 a.m. and 10:30 to 10:55 a.m. Drop-ins welcome, but limit attendance to once per week. Also Aug. 7 and 8.
- 4 **Book Sale** by Friends of the Library, bookshop and sorting room, 10 a.m. to 1 p.m.
Saturday Morning Live, family story time for 3- to 5-year-olds, featuring chalk art. Picture Book area, 11 to 11:30 a.m. Also Aug. 11, featuring truck craft.
- 5 **Computer Training** for all ages offers 1-hour, one-on-one help with basics such as email, photos and Microsoft Word, 1 to 2 p.m. Also Aug. 12 and 19, same time, and Aug. 3, 10, 17 and 24, 10 to 11 a.m. and 11 a.m. to noon. Pre-registration required.
- 7 **Peek-A-Boo Time** with songs, stories, rhymes and rhythm for newborns through 1-year-olds and their caregivers, Picture Book area, 11:30 to 11:55 a.m.
- 14 **Summer Dance Party** for children through 5 years, celebrate the end of summer with kid-friendly dance tunes, 10 a.m. to 11 a.m. Also Aug. 15.
- 15 **Library Books on my Kindle**, a workshop on how to check out books on Kindle eReader, including the new Kindle Fire. Pre-registration required.
- 17 **Mystery Book Club** members will discuss *The Blue Last* by Martha Grimes, Tutoring Room, 3 to 4:30 p.m. Adult program, drop-ins welcome.
- 18 **Pajama Party** celebrates the end of Teens Read 2012. Wear your favorite PJs and make a book bag out of duct tape, Gallery Room, 3 to 4 p.m. Pre-registration required.
- 22 **Summer Music Series** with The Pocket Trio, swing and traditional jazz featuring keyboard, bass and drums, inside the library, 6:30 p.m. Free.
- 23 **Talespinners of Contra Costa**, storytelling for adults with a featured speaker every month, Garden Room, 7 p.m. Share a story or just come to listen.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Moraga-Orinda Fire District Conference Room, 1280 Moraga Way, Moraga, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 253-1997.
- Lamorinda Alcohol Policy Coalition**, every third Wednesday, 10 to 11:30 a.m. at Orinda City Hall Sarge Littlehale Room. Call 687-8844, ext. 227.
- Lamorinda Sirs** for retired men. Second Wednesday, 11 a.m. to 1:30 p.m., Holy Trinity Cultural Center, 1700 School St., Moraga. Luncheon speakers plus golf, tennis, bocce, bridge and astronomy. Call Pete Giers, 254-4667.
- Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Postino, Lafayette, 254-0440, ext. 463.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 p.m., Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette, www.lamorinda.freetoasthost.net.
- Orinda Juniors Women's Club** community service group. First Tuesday, September to June, 7 p.m. Contact Julie Mercer or Charlene Robinson at info@orindajuniors.org or www.orindajuniors.org.
- Orinda Rotary**. Every Wednesday, noon, Community Center, 28 Orinda Way, 254-2222.
- Orinda Association**. Second Monday, 7:15 p.m., Orinda Library, May Room, 254-0800.
- Orinda Hiking Club**. Hikes every weekend and the first Wednesday of the month. Visit www.orindahiking.org for weekly schedule or call Ian at 254-1465.
- Orinda Historical Society**. Third Wednesday, 3 p.m., Historical Society Museum, 26 Orinda Way, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 283-7176.
- Orinda/Tabor (Czech Republic) Sister City Foundation**. Fourth Thursday, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday, 4 p.m., Community Center, 28 Orinda Way. For information, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 a.m. to noon, call Jean Barnhart, 254-3881.
- Moraga-Orinda Fire District**. Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.
- Orinda Union School District Board of Trustees**. Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road. For the latest listing of dates, please check the website at www.orindaschools.org.
- Planning Commission**. Second and fourth Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.

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, 925-788-7323
- Moraga-Orinda Fire District**. Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.

René Augesen Stars in Cal Shakes' *Blithe Spirit*

By KATHRYN G. MCCARTY
Staff Writer

Renowned Bay Area actress René Augesen will make her Cal Shakes debut as Ruth Condomine in the Noël Coward classic *Blithe Spirit* at California Shakespeare Theater opening August 11. Augesen has been a core company member at San Francisco's American Conservatory Theatre since 2000 and has starred in over two dozen productions for ACT including *Once in a Lifetime*, *The Homecoming*, *Clybourne Park*, *Scapin*, *November*, *The Caucasian Chalk Circle*, and *The Tosca Project*.

Debuting in 1941 in London's West End, *Blithe Spirit* is one of Coward's most well-known comedies. The plot involves a successful novelist who hosts an eccentric medium to conduct a séance as research for a novel he is writing on the occult. When the ghost of the novelist's first wife, Elvira, is inadvertently summoned, his present wife, Ruth, played by Augesen, is none too pleased.

A.C.T. Associate Artistic Director Mark Rucker, who Augesen calls "one of those rare directors that intuitively what each actor needs" will direct the Cal Shakes' Production. This is Augesen's second production of *Blithe Spirit* having previously performed as Ruth's nemesis Elvira, and she says the opportunity to do a different character "should be pretty interesting."

A graduate of the Yale School of Drama, Augesen has performed at New York's Lincoln Center, in The Public Theatre's *Macbeth* (with Alec Baldwin and Angela Bassett), and the Arc Light Theatre's *It's My Party* (with F. Murray Abraham and Joyce Van Patten). Throughout the country, she has performed at Huntington Theatre Company, South Coast Repertory, the Great Lakes Theatre Festival, CENTERSTAGE, the Los Angeles Shakespeare Festival, Yale Repertory Theatre, and Stage West. She has also done film work, including *The Battle Studies*, *Law & Order*, and *Saint Maybe*.

There are many audience activities in conjunction with the production including two Teen Nights (August 16 and 24); Tasting Nights every Tuesday and Wednesday



CONTRIBUTED PHOTO

Actress René Augesen plays Ruth Condomine in Noël Coward's *Blithe Spirit*.

after opening, beginning at 6 p.m.; Grove Talks and Insight Matinee (August 19); and Meet the Artists (August 12 and 26).

For tickets to *Blithe Spirit*, which previews August 8 and runs through September 2, go to www.calshakes.org or call the box office at 510-548-9666. Shows are held Tuesdays through Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 4 p.m. Located at 100 California Shakespeare Theater Way in Orinda, The Bruns Amphitheatre grounds open two hours before curtain. Complimentary shuttle service from the Orinda BART begins 90 minutes prior to curtain. Additional information can be found at www.calshakes.org.

St. Mark's Nursery School asks all alumnus who have old photos or other memorabilia to contribute same to their 50th Anniversary Memory Book project. The book is featured as part of their 50th Anniversary Ice Cream Social on Sept. 30 from 2-4 p.m. Call 254-1364 or email to stmarksnurseryschoolorinda@gmail.com for more info.

Orinda Union School District Board of Trustees. Second Monday, 4 p.m., OUSD Conference Room, 8 Altarinda Road. For the latest listing of dates, please check the website at www.orindaschools.org.

Planning Commission. Second and fourth Tuesdays, 7 p.m., Library Auditorium, www.cityoforinda.org.

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



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Messy Cupcake Delivers More Than Sugar to Children



Peter McNiff, owner of Republic of Cake, visits with Katie Nues outside his popular cupcake store.


By FRAN MILLER
Staff Writer

Cupcakes used to be just cake and frosting. Then the cupcake evolved

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[SEE CUPCAKES page 15]



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NorCal Kids Triathlon Returns August 25

By DAVID DIERKS
Assistant Editor

August 25 will see the return of NorCal Kids Triathlon to Orinda; this year it will be at Orinda Wilder in the Gateway Valley. The event is classified as a Super Sprint Triathlon where athletes will compete in three categories: swimming, bicycling and running. Joel O’Camb of NorCal Kids Triathlon said, “We cater to the first timer or nearly first time triathlete and adjust distances according to age. We are one of the very few triathlons dedicated to kids; there are only two others that I know of in California.”

Athletes from six years to high school age are encouraged to attend and compete. There are six different classes for competitors based on their ages. O’Camb said, “We allow many mechanical aids for participants such as floaties in the swim and training wheels on the bike. We also allow one parent to assist in the six and under category. We’ll do just about anything to encourage new triathletes. Our motto is Tri 4 Health.”

Orinda resident Alexa Clark has been competing in the triathlon since 2009. “This is going to be my fourth year,” said Clark. “I got involved because my dad is a triathlete, and I thought it would be fun. My favorite part is the swimming.” Clark doesn’t change her routine too much when training for the triathlon. “I already swim and do cross country. I like to work on transitions, get my feet wet, run into the garage, dry my feet off, get on my bike and start to ride,” she added. Clark placed second in her category last year, and her advice to anyone entering the triathlon is to “know how to transition. That’s where

people lose a lot of time. Know what you’re going to do when you get out of the pool or off the bike.”

A NorCal Kids’ spokesperson has the following recommendations for athletes “Familiarize yourself with the course and the transition area. Visit the site the day prior, if possible. Eat a good meal the night before. It is important to stay hydrated. Drink water prior to your race, but don’t overdo. Getting to the event early is really useful — it will calm the nerves, and the children will feel more confident knowing everything is ready. Bring a bike helmet and sunscreen.”

Registration is open until August 22. This year’s sponsors include Orinda Wilder, Handlogger’s Hardwoods, Living Lean, Mechanics Bank, Orinda Motors, Orinda Fitness and All-In-Fitness. Proceeds from the triathlon benefit the Orinda Community Foundation and the grants it makes to support programs and events in Orinda.

For more information, visit www.norcalkidstri.org.

Orinda Youth Selected for SF Opera's Magic Flute



CONTRIBUTED PHOTO

Arman Marchiel of Orinda was selected as a cover Spirit in the San Francisco Opera’s production of Mozart’s *Magic Flute*. The competitive audition process involved two sets of auditions drawing from local choruses in and around the Bay Area. After a grueling two-and-a-half hour try-out, a total of six boys – including Arman Marchiel – were selected to perform as principals in Mozart’s final opera, which played at the San Francisco War Memorial through July 8 (www.sfopera.com). Sung in English, the San Francisco Opera’s imaginative new production featured colorful stage design, visual effects, and costumes designed by the Japanese American artist Jun Kaneko. Arman (age 10) sings with the San Francisco Boy’s Chorus and has previously performed with the San Francisco City Chorus, as well as the San Francisco Symphony.



BILL CLOUGH

Alexa Clark (L) and Marie-Claire Schillinger competed in last year’s NorCal Kids Triathlon.

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These events benefit the Seniors Around Town transportation program, Educational Foundation of Orinda, and other local charities. We would like to thank our partners for helping make these events happen: Orinda Association, Orinda Rotary, Orinda Historical Society, Orinda Country Club, Orinda Chamber of Commerce, Educational Foundation of Orinda, Orinda Arts Council, and Seniors Around Town.

Event Schedule

Friday, September 21st, 7pm

"DANCING WITH THE CARS" FRIDAY NIGHT PRE-PARTY

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Again, we will be tenting Avenida de Orinda for a fun-filled sneak preview of the next day's car show. The evening will feature hosted cocktails, dinner, music and a live auction. Proceeds of this event primarily benefit the Educational Foundation of Orinda.

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- Loard's Ice Cream and Candy
- Ride in the Parade of Classic Cars at 2pm
- Buy a 2012 Car Show T-Shirt

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Meredith and David Blain	Cara Hoxie	Jody Morrison	John Vanek
Barbara and Jack Bontemps	Sue and Dave Howard	Allen Palmer	Bill Waterman
Sheila and Scott Butler	Glenn Jackson	Sharon and Lou Parrague	Kathie Wicker
Betsy and Greg Chovanes	Donna and Doug Johnson	Lynn and Paul Randelman	Kate Wiley
	Stu Kahn	Janet and Ben Riley	

Orindans Help Bring the Classic Car Show to Life

By DAVID DIERKS
Assistant Editor

Orinda residents Stuart and Sally Kahn have been working with the Orinda Classic Car Show for over five years. Stuart said, "When we first got involved there were 40 cars. It was real small. It's grown to the size of some of the more well known car shows. This year could be as high as 200 with all the cars and bikes. For a local car show, that rivals some of the ones you see on the news."

Car show founders, Chip and Carolyn Herman, recruited the Kahns. "Some of our friends were already involved, and I was looking for something to do locally that would benefit the community," said Sally. "Carolyn called and asked if I would do some volunteer stuff. I drove for Seniors Around Town for a while and then both Stu and I got involved with the Car Show. The last couple of years I haven't been as active because I started working full time. But I still go down and work as a gofer if they need me. It's a great thing for the community." Sally has been heavily involved in the past, doing everything from selling t-shirts and tickets for the parade at the end

of the day to setting up tents and getting the health certificates for the food kiosks. Stuart added, "I'm the hamburger flipper."

In addition to their work behind the scenes, the Kahns always enter a few vehicles in the show -- Sally's Porsche Speedster and Stuart's Arlen Ness custom motorcycle. Stuart said, "Sometimes we have three vehicles, depending on what we've got at the time." Sally added, "Stu pretty much wants to own one of everything some time in his life. I like nice cars. I love this old Porsche. You can't hurt it and it feels good when you're in it. It's just fun." Stu said, "I didn't get my first car until I was 21, but I've sort of made up for it. Somebody once asked me 'what's the next car you would buy?' I couldn't even answer the question. There are so many that I want. My tastes are pretty eclectic. I really would like to get a '65 Rolls Silver Cloud Three. It would just be fun to end up with one of those at the end of my life, with a chauffeur cap on, driving people around."

The Orinda Classic Car Show occurs on September 22 with the opening night event, "Dancing with the Cars," on Friday, September 21. Avenida de Orinda will be tented for the evening event and will offer a



DAVID DIERKS

Stuart and Sally Kahn show several cars, including Sally's Porsche Speedster, in the annual Classic Car Show.

sneak peek of the next day's car show. The dance will have a James Bond 007 theme, including a special collection of cars that represent the most notable cars from the Bond years. Get your tickets early because last year the event sold out. Proceeds of "Dancing with the Cars" will benefit the Educational Foundation of Orinda (EFO).

The next day, the Classic Car Show will be free to view from 10 a.m. to 2 p.m. The car show will be at Orinda Motors and surrounding streets. This year, the car show

will again display on the Orinda Country Club's 16th fairway. Owners will be on hand to answer questions about their vehicles and to explain what it takes to keep a classic in tip-top shape.

For more information, visit www.orinda-carshow.com. Those interested in displaying a vehicle can register online. Cars are \$60 and motorcycles are \$35. Proceeds from vehicle registration go directly to the Orinda Association's Seniors Around Town program.

When Youth Meet Our Orinda Seniors

By JOHN FAZEL
Contributing Writer

The 13th Annual Three Quarter Century Luncheon was again a blend of Orin-

da's youth with the seasoned experience of its senior population. For the third year in a row, two Orinda Idol singers provided superior vocal talents to the event. Amrita



MICHAEL BUUCK

The "baby" of the luncheon, MC John Fazel (R), awards Thomas Deahl the title of King, as the oldest male attendee at 97.

[SEE SENIORS page 14]

Water wisdom

“No element captivates the soul more than water and its ways. In the West where we live, water is precious—we respect it and cherish it. Water can spurt through the cracks of courtyard sculpture display, drip down a private bedroom patio screen wall or mirror the sky, horizon and people in an 'infinity' swimming pool. Water environments are magical.”

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4TH OF JULY

4th of July Parade Winners

- Best Overall: **Orinda Chamber of Commerce**
- Best Vehicle: **Mechanics Bank**
- Best Kids Float: **The Wright Brothers**
- Best Musical Float: **St. Gabriel's Band**
- Best Costumes: **Orinda Starlight Village Players**
- Best Spirit: **Tie between OPP and MVP**
- Most Entertaining: **Peter Pan**
- Most Creative: **Sleepy Hollow Pool**



SALLY HOGARTY

The 2012 parade honored our local veterans. Over 30 veterans took part in the parade and festivities.

Congratulations to Kattenburg Architects!




SALLY HOGARTY

Kattenburg Architects, located across from Theatre Square, went all out for the 2012 Business Decorating contest and won first place. Rick Kattenburg decided to honor the veterans of various wars with large photos and plenty of red, white and blue, which matched the theme of this year's parade. Lamorinda Chamber presidents Cesar Perlas (Lafayette), Frank Mellon (Moraga), and Keith Miller (Orinda) judged the contest.

More Thank You's!

In addition to all the folks OA president Bill Waterman thanked in his President's Message on page 3, the OA would also like to thank Mo Levich and Tom Carter for making the Orinda All-Volunteer Marching Band the best ever; County Supervisor Candace Andersen, who attended the flag-raising and rode in the parade; Terry Murphy for organizing all the veterans as well as the flag-raising; all of the Boy Scout troops from Orinda and Lafayette who marched, and Baan Thai and Shelby's restaurants. And a very special thanks to the veterans who were in the parade as our honored guests.



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Thanks to Bonfire Pizza and Village Pizza!



SALLY HOGARTY

Bonfire Pizza and Village Pizza donated pizzas to feed our volunteers, who decorated the park and Community Center on July 3. Volunteers included (L-R) **Ron Barels**, cheerleaders **Ricky Samoranos**, **Hannah Gunn**, **Ariela Araquistain**, **Julia Gomes**, and **Joella Ochs**.



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Swimming to Help Malnourished Children in the Congo



CONTRIBUTED PHOTO
Keris Dahlkamp will swim the length of Lake Tahoe to help children suffering in the Congo.

By **BOBBIE DODSON**
 Staff Writer

In the Democratic Republic of Congo three-year-old Zarkayo has graying hair and a swollen belly, both signs of severe malnourishment. He was brought to a medical center from a village that was being looted. It is unclear whether his parents are still alive.

It is because of true stories like this that Keris Dahlkamp is preparing to swim the length of Lake Tahoe to increase the awareness of the horrific violence occurring in the Congo and the direct connections we as Americans have to the crisis. "Once learning how U.S. foreign policy is engaged in the region and about how many of the products I use daily require minerals which are often illegally mined from the resource rich country, I knew I needed to do something. The swim is something I can do, however small, to help shine a light on this tragic crisis," Dahlkamp explains. Very little of the mining profits reach the country's population of 60 million. The living conditions in the Congo are the worst

[SEE SWIMMING page 16]

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Middle school: registration is limited and on a first come first serve basis. The program fills up quickly and will open for registration on August 19th.

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www.oaklandstrokes.org

Something to Howl About... Animal Tales

Mosquitoes, Ticks, Fleas



Jennifer Conroy

The triumvirate of pests that threaten your pets in our geographic area includes the mosquito, the tick, and, of course, the flea.

Fleas will lay eggs in your carpet, your upholstery, your drapes, even in your clothes and will hatch long after an initial infestation. There are many excellent commercial and prescription products available to get rid of fleas and vigilance should be maintained year round. And don't blame flea infestation on your cat or dog – humans can bring them into your home as well!

Ticks are, in my opinion, a notch higher on the danger scale. They can cause serious infection if left on the body and are vectors for Lyme Disease and Rocky Mountain Fever, both of which are debilitating to humans. Ticks are actually arachnids, related to spiders and scorpions. They are more visible to the human eye than the flea and, while the flea is an accomplished jumper, the tick is only able to crawl. Typical infestation comes from walking in brush, grass, and shrubbery.

The best way to deal with fleas and ticks is to check your pet's body thoroughly after it has been outdoors. I recommend starting at your pet's tail and working your thumbs and fingers against the flat of the coat. Especially with ticks, you need to

be able to touch and examine your pet's skin. Turn this into massage time for your pet and make it a habit that it will be a fun activity for the both of you. Don't forget to check areas around the eyes and muzzle. Follow this up by combing the coat with a fine tooth comb.

If a tick has become imbedded it will appear to be a bump on the skin and the coloration may be almost flesh colored. This is because the tick is infused with your pet's blood. You must remove the entire tick, including the head, in order to safeguard your pet. Use tweezers to grasp the body mass and then slowly and firmly pull the tick out. There are handy tick removers available at quality pet stores that are an inexpensive and worthwhile investment. Once the tick is removed, swab the bite area with rubbing alcohol. Flush the tick down the toilet and, in fact, I recommend a double flush! A pet who seems lethargic following a tick bite should be taken to a veterinary for examination and possible administration of antibiotics.

And, now, for the worst of the three: the mosquito carrying heartworm larvae. The details of heartworm infestation are both disgusting and deadly. Following a bite by a carrier mosquito, the heartworm

[SEE HOWL page 17]

Pet of the Month for August

Herbie, who lives with Ingrid Evans, is a "Paw Pal." His job is to bring a little sunshine into the lives of patients in nursing homes. With a face like that, how can he miss?

To have your pet considered for Pet of the Month, send a photo to news@orindaassociation.org.



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LOCAL AUTHOR/EVERYDAY CHANGES

Move of the Month

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Keeping the right knee bent, bring it behind the right leg, then squat with the left leg. Return to starting position for one rep. Complete 12 reps on each leg.

For more information contact Sheena with Living Lean Personal Training, Nutrition, Cardio Classes for Elite Fitness 925-360-7051, www.livingleanprogram.com

Local Publisher Inspired to Write Book on Americana

By HEATHER WILSON
Staff Writer

Robert Etheredge has lived in the Orinda community for over 20 years. He founded Mira Vista Press over 10 years ago to publish *Poetry for a Lifetime* edited by his father, Samuel Etheredge. The book proved very successful with its beautiful illustrations and poetry organized by themes. Robert went on to publish several other books including *The Camper's Companion*, a compilation of famous poems, short stories, and helpful tips for the outdoors and complete star maps.

But it wasn't until Robert saw a study showing that almost half of the people in the United States could not pass the U.S. Citizenship Test that he decided a book detailing how America is run and what the rights and responsibilities of her citizens are was needed. The result is *The American Challenge*, a book that provides an easily accessible format allowing the reader to quickly find out about various governmental institutions and American customs and culture.

On his website, www.newamericanchallenge.com, Robert writes, "Thirty-eight percent of Americans given a Newsweek Citizenship Test failed, most being unable to define the Bill of Rights. More than half failed an Intercollegiate Studies Institute civics test. Most couldn't even name all three branches of government. Elected officials taking the test did even worse – their average score was only 44 percent. Failures were evenly split among Republicans and Democrats, conservatives



CONTRIBUTED PHOTO

Robert Etheredge brings back the spirit of America in his latest book.

and liberals. This is a wake-up call for all Americans."

Robert, who served in the Navy from 1972-75, felt inspired to improve his fellow countryman's knowledge. He has spent the past two years researching American history as he worked on *The American Challenge*. "The more civic knowledge citizens possess, the more they participate in their government," he says. Robert also discovered he had some of his own misconceptions. "While researching our American heroes, I discovered they were not necessarily well-known political figures. I was surprised to find out how diverse our heroes really were and how many were everyday ordinary people that changed history forever."

The American Challenge is available at Orinda Books. More information, as well as the online version, can be found at www.NewAmericanChallenge.com.

Everyday Changes

Buy California Small Business First

Bonnie Waters



As Californians, we are proud of being number one, however, according to research done by Dunn and Bradstreet when it comes to small business success, California is the not-so-Golden state. California's small business failure rate was 69 percent higher than the national average over the past few years.

I recently had the honor to be selected by Assemblywoman Joan Buchanan as the California Small Business Owner of the Year for District 15 at the Small Business Owner's Day held in Sacramento. The event served as a forum to highlight the importance of California's small businesses, which account for 90 percent of net new job creation and 75 percent of the Gross State Product.

The California Small Business Association has started the "Buy California Small Business First" campaign. Smart, Save and Service are the three pillars of the campaign.

Smart – Shopping at a local small business keeps your local community vibrant and well funded. A recent study conducted by professors at Sacramento State University found that on average \$53 more dollars of economic impact were felt in local economies for every \$100 spent. These extra monies help fund local community services such as schools and transportation infrastructure.


Save – When you shop at a California small business, more of your money stays in the local community. When these extra dollars stay in the community, it strengthens as

well as broadens the tax base. When the tax base is stable and broad, it will help keep rates low and steady while still providing well-funded services locally.

Service – Small businesses train staff to specialize in the products and services being sold at their establishments. If you have an issue with a product purchased from a small business, you can call someone directly. Creating an excellent shopping experience is a top priority for every small business owner.

Get Involved – Purchase from local small businesses and keep your purchases within California. Our state economy depends on it.

Bonnie Waters, Small Business Owner, Changes Salon and Day Spa.



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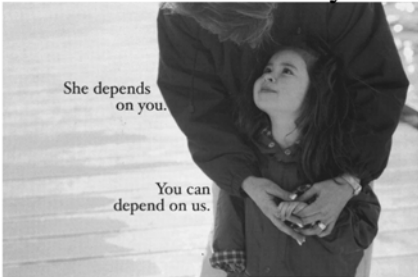
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◆ **CAR TIME** from page 5

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When you dry your car, use only high quality micro fiber waffle weave drying towels and wring out often. Gently dry the surface without much pressure. You don't need to rub the surface...you're just picking up the bulk of the water! Once you have picked up the bulk of the water, and the first towel is saturated, use the second towel to lightly pick up any remaining streaks or droplets.

Joseph Torbati, Manager of Orinda Auto Detail, can be reached at 254-2011 or Joe@orindamotors.com.

◆ **SENIORS** from page 10

Newton and Emma Patton sang a selection of songs from an earlier day that conjured up fond memories for the 125 assembled guests. In return, they received some insight about the joys of achieving the lofty status of senior citizen by guest speaker Dr. Cliff Dochterman.

This year's celebration, again, was held at the Orinda Community Church and hosted by members of Lamorinda Sunrise Rotary and Orinda's Mason McDuffie/Better Homes & Gardens Real Estate. The guests dined on rotisserie chicken, rice pilaf (courtesy of Europa), Caesar salad, wine, coffee & tea (courtesy of Peet's) and cake.

Lamorinda Sunrise Rotary President Mark Roberts read a proclamation from Mayor Steve Glazer designating June 20 as Three-Quarter Century Club Day in Orinda. Just in case anyone attending forgot what it was like 75 years ago in 1937, MC John Fazel reminded them: "200,000 pedestrians crossed the Golden Gate Bridge on Opening Day; "The Hindenberg" exploded in flames over New Jersey; the price of a new home increased 5 percent to \$4,100; the cost of a new car decreased 3 percent to \$760, and life expectancy was just 59.7 years."

One of the highlights of the luncheon each year is the naming of the Royal Court. Tom and Aileen Deahl were the longest married couple as they celebrated 71 years of wedded bliss on June 7, while 97-year-old Tom was again crowned King. A first time attendee, Arline Pierre, was given her tiara as Queen having celebrated her 99th birthday in January. A spectator noted that there must be something in the water since Arline lives across the street from the Deahls.

Co-chair and fellow Mason McDuffie realtor, Lisa Shaffer, placed the traditional colorful candle adorned hat on the head of this year's Baby of the Year, John Fazel, who was also the MC and founder of the Three-Quarter Century Club as well as the



MICHAEL BUUCK
Rachel Lederman (L) of Mason McDuffie and Michael Edwards of Lamorinda Sunrise Rotary help prepare food for the Three-Quarter Century luncheon.

writer of this article.

The keynote speaker was Cliff Dochterman, the former worldwide president of the 1,250,000 member Rotary International and an 18 year Moraga resident. Dochterman had a 44-year career in the administration at UC Berkeley and University of Pacific in Stockton. He proceeded to weave a series of spellbinding stories as the assemblage roared with laughter. Maintaining a sense of humor was a key element to his topic "The Joy of Growing Older." Following his last birthday, he asked his wife, "Do I really look 86?" She looked at him, and said, "No, but you used to."

The humorous speaker noted many "joys" of growing older: "All of us can find some joys and pleasures in growing older, but sometimes we have to look for them. We each have to decide if our glass is half full or half empty." If anyone arrived with their glass half empty, they left with their glass more than half full.

Ninety-five-year-old Ray Penfield closed the activities with a rousing rendition of "Young at Heart," which perfectly reflected the mood of the event. For information on next year's luncheon, contact John Fazel at 925-324-2017 or email at rtmmtns@2iprodigy.net.



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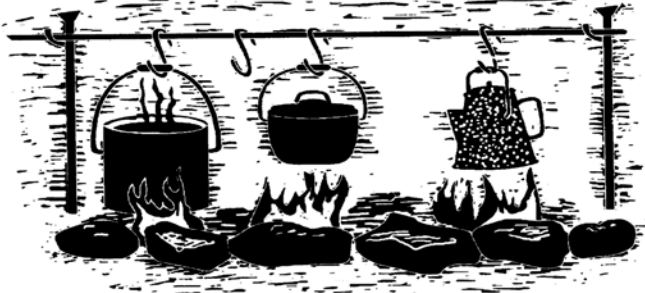
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◆ **DISASTER** from page 5

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In Lafayette: police officer Cathy Surges-Moscato, CSO, LPD 925-299-3220 or 925-283-3680 or lamorindacert.org

Lamorinda CERT Drill Committee: lamorindacert.org

This communication plan will be tested on October 18 at 10:18 a.m. during the Great California Shakeout and again on Saturday, October 20 at the Lamorinda CERT Drill. Let's prove that we can do it! Start now.

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YOGA FOR KIDS

Green Buddha Goes To “Yoga For Kids” Gratitude Class

By JEANNE DOWELL
Contributing Writer

Green Buddha, an Orinda based mother-daughter owned business, which focuses on gratitude, outfitted their attitude of gratitude shirts on a group of 2 year olds in San Francisco’s Presidio.

Michelle Wing, owner of “Its Yoga For Kids,” in addition to teaching kids yoga, teaches children to be aware of gratitude in their daily lives. She starts each class by asking her young yoga students what they are grateful for; their sweet responses ranged from their dogs and family to their favorite toy.

Robert Emmons, UC Davis Psychologist, shows scientific proof that when people practice cultivating gratitude, they sleep better, have more energy, experience boosts



Jeanne Dowell with two young yoga practitioners. CONTRIBUTED PHOTO

in their immune system and are, in general, happier people.

It was exciting to see these kids wearing our Attitude of Gratitude shirts and

experiencing the practice of gratitude at such a young age. The fun and excitement of Michelle’s class lingered happily with me all day.

If you’re looking for a way to share the practice of gratitude as a family, try the attitude of gratitude game. When the family is together, have each person share one thing they are grateful for. It can be the small things we take for granted; a beautiful day, sunset, our health, friends, bees (I now have a bee hive (thanks to Orinda Bee Rancher, Mike Vigeo). You’ll notice how the happiness level rises in your family.

Jeanne Dowell, a long-time Orinda resident and yoga teacher, and her daughter, Dana Windatt, operate The Green Buddha store, where a portion of the proceeds benefits developing nations. For more information, go to www.thegreenbuddha.com.

◆ CUPCAKES from page 8

a portion of the proceeds to a different children’s charity each month. The featured cupcake, a rich and intense chocolate concoction featuring chocolate ganache, creamy chocolate buttercream and chocolate sprinkles, is named in honor of owner Peter McNiff’s special-needs son – and hero. Since opening in December, 2009, Republic of Cake has sold nearly 29,000 of Sam’s eponymous cupcake and has donated \$16,000 to more than 20 children’s organizations.

July’s charity was Katie’s Clinic at Children’s Hospital Oakland, a suggestion from customer Dr. Mary Jones of East Bay Pediatric, and medical director of the Clinic. Katie’s Clinic, named for local Rett patient Katie Nues, is one of very few places in the U.S. specializing in the diagnosis and comprehensive care of individuals with Rett syndrome, a genetic disorder of the developing nervous system that causes a baby who is normal at birth to lose hand use, mobility, and purposeful speech toward the end of the first year of life. Rett Syndrome affects 1/10,000 females, affects all races and ethnicities, and is very often misdiagnosed. More than 5,000 girls and women have been diagnosed in the U.S. The gene responsible for causing the disorder was discovered in 1999, and research has since proceeded at a rapid pace leading toward hope for a cure in the not so distant future.

Once per month at Katie’s Clinic, a multi-disciplinary team of neurologists, pediatricians, physical therapists, music therapists, nutritionists and augmentive communication specialists gather to see patients with

Rett syndrome. The team works together to help families create a plan of care that emphasizes the communication abilities and strengths of the patients, who come mostly from Northern California, but also from other states and even the Philippines.

“Therapies that support the needs of those affected are the main treatment,” says Dr. Jones, who adds that patients receiving therapies are definitely benefiting: “The multi-specialty approach to care is helpful since this rare disorder affects so many body systems and is complicated to treat. The research on this gene is sometimes referred to as the Rosetta Stone for understanding the genetics of autism and related disorders.”

Jones, who follows two Rett syndrome patients at East Bay Pediatric, says that the most important thing she has learned from her experience in working at the clinic is that the abilities of the children are underestimated. “Affected individuals are able to communicate in many different ways and it is easy to miss their interactions,” says Jones. “We are excited to explore ways to support this communication and to promote awareness of this rare disorder among physicians and educators. Early diagnosis is very important so therapies can be started.”

Republic of Cake’s McNiff goes beyond the monetary donation. He takes a personal interest in the various children’s charities he supports. He has visited the Katie’s Clinic site and spent time communicating and sharing his cupcakes with the girls and staff. “Peter is an amazing friend of Katie’s Clinic and of Children’s Hospital Oakland,” says Dr. Jones. “We are fortunate to have a business like Republic of Cake in our

community.”

McNiff returns the compliment; “Mary Jones has really drummed up support for Katie’s Clinic and Children’s Hospital. She’s fantastic.”

For more information on Rett syndrome and various upcoming benefits, phone 510-428-3885 x5458, or visit http://www.childrenshospitaloakland.org/healthcare/depts/rett_overview.asp.

Upcoming charities that the sale of Sam’s Very Messy Chocolate Cupcake will also help include: The Rainbow Community Center of Contra Costa County for August and the RYSE Youth Center of Richmond for September.

◆ BLOOMERS from page 6

Full of laughter as well as pathos, the poignant *Late Bloomers* resembles all the ebbs and flows of real life. Its universal message reminds us to never lose hope or our commitment to make our dreams come true – even if the journey takes us to a road less travelled.

Late Bloomers screens at the Orinda Theatre from August 24 - 30. For more details, go to www.lfef.org.



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Orinda's Meadow Swim and Tennis Club Hosted the 42nd Annual Mini-Meet Swim Meet

By AMY CAMPBELL BROWN
Contributing Writer

Close to 650 Lamorinda swimmers ages eight and under participated in the 42nd annual "Meadow Mini-Meet" on Sunday, July 15, at Meadow Swim and Tennis Club in Orinda. Co-chaired for a second year by Meadow volunteers Kellie Williams and Sarah Cunningham, this annual event began in 1970 and is one of the most popular swim meets of the summer for the eight and under crowd.

Swimming events for all participants included the 25 yard freestyle, backstroke, breaststroke and butterfly. Meadow nine and up swimmers showed support for their younger peers by volunteering at the event.

"The great thing about this particular meet is that every child feels like a winner," says co-chair Kellie Williams. "This meet is designed to give the little kids the chance to win," says Cunningham. "If you are a four

year old swimming against a six year old, you don't stand a chance. This meet evens the playing field."

This year's 'Mini Meet' included a catered lunch and vendors such as Loard's Ice Cream, Mystify Me (airbrush tattoos and hair braiding), Nor Ski Sports of Lafayette, and Chillers.

The first place trophy went to the Sleepy Hollow Legends for the second year in a row. Orinda Country Club came in second place with Moraga Ranch Swim Club rounding out the top three. Other results are as follows:

1. Sleepy Hollow Legends
2. Orinda Country Club
3. Moraga Ranch Swim Club
4. Meadow Swim and Tennis Club
5. Moraga Country Club
6. Moraga Valley Pool
7. Orinda Park Pool
8. Campolindo Cabana Club
9. Miramonte Swim Club

◆ SWIMMING from page 12

in the world according to the most recent index of Human Development. However, there seems to be a deeply troubling international silence about the plight of the people there, leaving most of us uninformed. "As a husband, father, son and brother, it is hard for me to imagine how families cope in this nation where an estimated six million people have died from war related causes since 1995, with the number growing. It is described by the United Nations as 'the deadliest conflict since WWII,'" he adds.

This 36-year-old Canyon resident and Lafayette-Orinda Presbyterian Church (LOPC) member plans to begin his 22-mile swim at 3 a.m. on August 11, estimating it will take him 14 hours. He has already swum the 12-mile width. To prepare for this test he is swimming six days a week at the YMCA in Pleasant Hill and is doing a number of long, open water swims at Del Valle Reservoir and Lake Tahoe. Dahlkamp is looking for other swimmers to join him, even if just for half an hour. "I believe the more people involved, the more the message of the situation in the Congo will be spread," he says. He is also looking for donations for the swim, which will go to support *The Congo Connect Youth Initiative Project*. "You may go on line at www.friendsofthecongo.org/

support-fotc-projects.html, or mail donations to *Friends of the Congo*, 1629 K St. NW, Suite 300, Washington, DC 20006. In this program, young people from across the Congo heal and promote peace by working in radio stations and on filming projects, to capture and communicate what is happening in the area," Dahlkamp says.

Dahlkamp says it was watching the 27-minute film *Crisis in the Congo: Uncovering the Truth* that made him want to do something to bring this crisis to the attention of others. He urges everyone to watch it at www.congojustice.org or on YouTube to get some idea of the tragedy there. He also hopes others will sign a petition to request the U.S. government change the manner in which it is engaged in the Congo so strong institutions and the goal of peace are supported. You may do this by clicking on www.change.org/petitions/secretary-of-state-hillary-clinton-help-end-the-conflict-in-the-congo.

There was a huge turnout of members of the LOPC, to which Keris and his wife Rena belong, when the video was shown there. A Congo team has been formed seeking ways to inform themselves and others and to take appropriate actions to address the needs of the Congolese people.

To contact Dahlkamp about joining the swim or the LOPC Congo team, write to keris.dahlkamp@gmail or phone 925-812-2496.

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THEATRE / TENNIS

Starlight Continues Comedy *Room Service*

By DAVID DIERKS
Assistant Editor

The Orinda Starlight Village Players (OrSVP) performances of John Murray and Allen Boretz's frenetic comedy *Room Service* continue through August 11. The show follows a few days in the life of a struggling theater company as they play hide and seek with bill collectors while

simultaneously trying to get funding for a new stage show. The play was originally written in 1937 and was later adapted for the Marx Brothers film of the same name.

Performances run Friday and Saturday nights through August 11 at 8:30 p.m., Sunday, August 5, at 4 p.m., and Thursday, August 9, at 8 p.m. For tickets, call 925-528-9225 or visit www.orsvp.org.



David Weiner (L) and Charles Guitron in Orinda Starlight Village Players production of *Room Service*.

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Ace It! Raises \$9,000 for Health Center

By BOBBIE DODSON
Staff Writer

A community effort and over 100 participants, made this year's Ace It! Tennis Tournament another successful fundraiser for Alta Bates Summit Foundation's Carol Ann Read Breast Health Center. Sponsored by the Orindawoods Tennis Club, this year's tournament resulted in a check for \$9,000 to the center named after an Orinda resident who passed away in 1998. "We are delighted to support the Carol Ann Reed Breast Health Center," Ace It! committee member Jo Kerner says. "The family of Carol Ann were the primary benefactors in

he counseled, "The serve is not a swing, but a snap up to the ball and the primary target is not the court, but the ball. The secondary target is the court. A great exercise to work on the serve is to think of reaching up and touching the ball." Rhodius suggested the power of music to get players in the zone, which is where they function best. She cited Victoria Azarenka, ranked #2 in the world, as one who listens to her iPod before every match, and Michael Phelps, who listens to music every time he enters the pool deck before a race. "Music has a unique way of increasing or decreasing one's energy. Try creating your playlist of songs and listen to them before a match to increase your energy," she says.



LYNDA LAWRENCE
Nancy Korich (L) and Margaret Worden were winners in the 3.5 Women's contest.

establishing the Center to help others fight the disease." In the 10 years Lamorinda tennis players have "played for the cure," over \$110,000 has been raised.

The Center's focus is on finding breast cancer at its earliest stage, which can save lives, and it features state of the art technology such as digital mammography, and ultrasound biopsies. Every year they perform more than 30,000 mammograms and diagnose 400 new cases.

The one day event featured clinics in the morning where pros, Keith Wheeler, Patric Hermanson and Anna Marie Gamboa of Orindawoods; Jim Coyn, Sleepy Hollow Tennis Club; Brad Rieser, Tennis Coach; and Dr. Allison Rhodius, Sports Psychologist, donated their time. Jo Kerner especially liked Wheeler's clinic on serving where

After the advice and practice with the pros, the afternoon featured playing where, along with Orindawoods, Sleepy Hollow and Orinda Country Clubs donated their courts. The winners were: Men's Doubles, Matt Kolb and Nat Taylor; Women's 3.0, Twila Hackett and Andrea Henningsen; Women's 3.5, Nancy Korich and Margaret Worden; Women's 4.0, Doreen O'Kelly and Kaarin Graham; Mixed Doubles 7.0, Jay Dunlavy and Christine Kline, Mixed Doubles 8.0 Al Smith and Debbie Goetsch.

The highlight of the day for many was the gourmet lunch and raffle. The Ace It! Committee extends special thanks to brewmaster Mel Siegal, Chef Barbara Britto-Tang, bakers Penny Veres and Nancy Coombs, and floral designer Melody Thompson. Orinda merchants who contributed to the lunch and raffle include: Republic of Cake, Entourage Spa, Shelby's Restaurant, Bonfire Pizza, Lava Pit Restaurant, and Anahid Designs Flowers. Contributing from Lafayette were: Special Tees, Dallas for Hair, Twigs Florist. Moraga merchants included: Moraga Motors, Lynda Lawrence of Mosaics With Love, and masseuse Connie Mock.

Members of the committee who volunteered many hours to make the Ace It! Tournament such a success were: Lysbeth McNeill, Jo Kerner, Tess Siegel, Corina Ninayahuar, Danielle Signorella, Lyda Lawrence, and Keith Wheeler.

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BUSINESS BUZZ

◆ BUZZ from page 20

With six years of teaching experience at local preschools including The Orinda Preschool, the Mulberry Tree and The Child Day School in San Ramon, Aghazarian is enthusiastic about the play based curriculum. "We rough house, which helps children focus and know the boundaries of their bodies. We follow two rules: First, if the child asks to stop, then we stop; and second, always ask permission first before rough housing. It is always done with respect and cooperation," says Aghazarian, who points out that research shows children who rough house have better social skills and higher test scores.

This fall two programs are offered. The Monday, Wednesday, Friday Infant Toddler program is designed for children ages 10 months to two and a half years of age. It is a full day program from 8:15 a.m. to 5:30 p.m. and includes nap time. The Tuesday, Thursday program is for children ages two and a half to school age and napping is not part of this program.

Aghazarian is married to Jamie Allen,

an engineer with Genentech. The couple moved to Orinda seven years ago. Aghazarian is an Orinda native, having graduated from Miramonte High School. She earned her Master of Arts degree in Early Child Education at Mills College. Baking and quilting are activities Aghazarian enjoys pursuing when not teaching and managing her preschool. She especially enjoys traveling, and has visited 14 countries to date. "I am a foodie and really enjoy baking with the kids, as well as teaching art and science," she adds. Teaching composting to her students is integrated into the program.

For more information about Curious By Nature Preschool, visit the website at www.curiousbynaturepreschool.com, or call Aghazarian at 253-1150, or email to naturallycurious@yahoo.com

Anahid Designs Flowers Opens in Theatre Square

Anahid Raad has been designing floral displays for 12 years and is delighted to bring her creative flair to Orinda this past spring. Located across from Barbacoa Grill in Theatre Square, her floral shop offers a diverse range of attractive arrangements and features tropical flowers year round. Orchids, hydrangeas, stargazer lilies, roses, daisies, bonsai or succulents – you name it and Raad will put together a beautiful display for you.

"I love having a flower shop and especially enjoy providing unusual things which customers enjoy. You have to be inspired to do this. A lot of creativity is involved, all coming from inside," smiles Raad. Offering a full service floral shop, Anahid Designs also features small gift items such as hanging crystals, and sachets filled with lavender. An ancient grapevine is suspended from the ceiling in the shop's front window, from which crystals and lights dangle. "I have a lot of different kinds of wood in which I incorporate floral displays, old grapevine being just one type



SALLY HOGARTY

Anahid Raad creates beautiful designs with the addition of wood, crystals and other items to her floral arrangements.

of wood," she adds.

Originally from Iran, Raad moved to the Bay Area three years ago from Los Angeles, where she owned a flower shop specializing in wedding arrangements. She brings this special talent to her new business, offering European, Modern or Traditional style floral arrangements. A variety of unusual vases are available for customers to choose from. In addition to managing her shop, Raad offers floral design instruction at home parties. Raad sees things differently and takes pride in working elements together in different and unusual ways. For example, the walls of her tiny floral shop are lined with lovely satin fabrics.

After attending art school in Kassel,

Germany for two years, Raad moved into interior design and enjoys landscape architecture for private homes as well. She recently completed all the plantings for her neighbor in Theatre Square, Barbacoa Grill. Not surprisingly, Raad enjoys being in nature and especially enjoys hiking in areas with commanding views. She also spends her time cycling and swimming, although hiking has taken priority since she acquired Bruno, an 11-month-old poodle-maltese mix puppy.

Anahid Designs Flowers is open Monday through Friday, 10 a.m. to 6 p.m., Saturday, 11 a.m. to 4 p.m. and is closed Sunday. For more information, visit the website at www.AnahidDesigns.com or call 258-9967.

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Local Resident Selected as Supreme Court Fellow

Waseem Iqbal (L), seen, with his brother **Nadeem**, has been assigned to the Supreme Court's U.S. Sentencing Commission. He will conduct legal research concerning sentencing guideline issues and legislative directives pending before the commission. Waseem is a special agent in the SF office of Homeland Security Investigations. His brother Nadeem works at the White House.



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SALLY HOGARTY
Robin Bradley, a former geologist, is now a consultant for Arbonne Beauty and Health Products.

"I enrolled in a program in Walnut Creek that helped people restart their metabolism, and this program introduced me to Arbonne's wellness protein fiber shake, which contains no soy, dairy or gluten. I lost 50 pounds in six months. When friends asked what I was doing, I referred them to Arbonne. I fell in love with the products and eventually became a consultant for the company," explains Bradley. "I do not have a sales background, but I have always been interested in health and all of these products I use myself."

A geologist who spent her career exploring for gold across the globe for an international mining concern, Bradley joined Arbonne as an independent consultant two years ago. "The skin care and health and wellness products are formulated to European standards, utilizing Swiss formulations. Arbonne Institute of Research and Development continually explores and develops scientifically advanced, botanically based formulas that meet high standards for

safety and sustainability," she adds.

A variety of beauty product offerings include anti-aging formulas, skin and body care, cosmetics, fragrances, a spa grade detoxification program named the Seasource Detox, Arbonne baby, vitamins, sunscreen and aromatherapy oils. The company's complete line of products is available on the web site, www.arbonne.com. As a consultant, Bradley assists clients with placing their orders online, or she will complete a client's order. Orders arrive within three days. A team of 12 Arbonne consultants serve the Orinda community, and there are opportunities to become a consultant.

Bradley and her husband, Professor Nick Sitar, moved to Orinda in 1997. The couple has twin sons, Ryan and Cole, who are sophomores at Miramonte High School. Professor Sitar teaches civil engineering at U.C. Berkeley. A devoted outdoorswoman, Bradley enjoys hiking and backpacking in the Sierras. She enjoys swimming regularly and traveling with her family.

For more information about Arbonne, call Robin Bradley at 925-899-5759. You may visit the web site at www.arbonne.com or review Bradley's personal web site at www.RobinBradley.myarbonne.com.

Curious By Nature Preschool

Lori Aghazarian recently established this emergent curriculum preschool in her home, offering a smaller student-teacher ratio than the typical preschool – no more

than eight children per class – and focusing on the concept of free play and nature inclusion. Conveniently located near the Crossroads on Brookwood Road, Curious By Nature Preschool features personal attention with Aghazarian and her assistant teaching eight children.

"I offer a preschool curriculum in a home environment. We are licensed by the State of California as a Family Day Care Home for children ages 18 months to school age," says Aghazarian. (Facility number is 073407279). "My philosophy is nature inclusion and the concept of free play, essentially working with what children are interested in at the time," she adds. "I play with children a lot more because of our smaller ratio. For example, when children are playing school, we work on math problems together for 20 minutes."

This home based preschool features an



SALLY HOGARTY
Lori Aghazarian runs a small preschool that focuses on free play and natural surroundings.

outside play area shaded by oak trees, and an art curriculum as well in Aghazarian's clean and well maintained home. Bamboo flooring and floor to ceiling windows make the play areas bright with natural sunlight. A *shoji* screen creatively displays photos of students for all to see.

[SEE BUZZ page 19]

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