

# THE ORINDA NEWS

Gratis Volume 30, Number 6 **Published by The Orinda Association** 

Delivered to 9,000 Households and Businesses in Orinda

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## Local Students Accomplish Much In and Out of Class



CONTRIBUTED PHOTO

**Members of Miramonte public speaking team** endured 14 hour days to compete at the California High School Speech Association's State Championships in Murietta, CA. Under the guidance of teacher/head coach Kristen Plant, Miramonte came in 6th out of 360 schools. See other winners on page 13.



CONTRIBUTED PHOTO

**Orinda residents Annie Hammond** (middle row, 2nd from L), **Fiona** (top row, 3rd from R) and **Dania Innis** (bottom row, far R) recently competed in the Irish Dancing World Championships in Montreal during Easter week as part of the Dillon Magh Adhair (DMA) Academy's dance drama. See story page 19.

## Police Launch Surveillance Camera Pilot Program

By FRAN ENDICOTT MILLER Staff Writer

In an effort to solve more crimes and apprehend more criminals, the Orinda Police Department (OPD) will soon initiate a one-year camera technology pilot program. Approved by the Orinda City Council in early May, the program, as recommended by Police Chief Mark Nagel, entails the purchase of eight fixed surveillance cameras and an Automated License Plate Reader (ALPR).

Nagel began championing the camera program many months ago after studying the efficacy of similar systems in other towns. The same technology is utilized by the Lafayette Police Department (LPD) and has helped to drastically increase its crime solve rate. In one recent month, the LPD was able to solve nearly 60 percent of home and automobile robberies in town. The state average for solved home and auto robberies is roughly 10 percent.

The new Orinda camera system, when used in combination with such tools as high-tech neighborhood and private home surveillance, as well as alert systems such as Nixle, Nextdoor and Outlook, will allow OPD to quickly recreate criminal events and find the bad guys, when time is of the essence. One patrol car will be outfitted with the ALPR and the eight Reconyx fixed cameras can be placed and moved about the city based on crime trends and "hot spots." The city will purchase the equipment and contract with Vigilant Systems, the same

vendor for Lafayette and the Sheriff's department. The cameras will have a one-year trial, after which Nagel will report back to the council on the program's success. "I believe we have sufficient data from previous years to be able to do a proper analysis or a good before-and-after comparison," said Nagel.

Lafayette Police Chief Eric Christensen, who spoke before the Orinda City Council several months ago regarding the value of Lafayette's cameras, is an ardent proponent of the program and credits the technology to many of LPD's recent "solves." "What used to maybe take 20 hours to solve is now taking us two hours," says Christensen. "The teamwork between residents and our department is allowing for a quick turnaround which is crucial when we are dealing with stolen goods which quickly find their way to a second market."

Opponents to the OPD's use of camera technology have cited concerns over priva-[SEE CAMERA page 5]

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## Glazer Takes Senate Race Handily



CHARLIE JARRET

On May 19, Mayor Steve Glazer became the first Orinda politician to move into state politics. He won the race for Senate District 7 over Assemblywoman Susan Bonilla with 54.6 percent of the vote compared to her 45.4 percent. Glazer's current tenure on Orinda City Council lasts until November 2016. The City Council will decide at its June 2 meeting whether to appoint someone to fulfill Glazer's remaining term, hold a special election or leave the seat vacant. Shown above (L-R) daughter Ariel, wife Melba Muscarolas, Steve Glazer and daughter Alex.

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## New iPhone App Generates Info on Fire Fuel

By CHARLIE JARRETT Staff Writer

During Orinda Association Volunteer Fair at the library in April, approximately 15 groups shared information about their organizations and how they provide important activities and services. One of the exhibitors was long-time Orinda resi-

dent, U.C. Berkeley Environmental Studies Professor John Radke, and two students, Crysta Lynn Highfield and Kanokwalee (Mam) Suteethorn. They are part of three class study groups that recently completed a yearlong study and analysis of potential fire hazards in the Sleepy Hollow neighborhood of Orinda.

[SEE APP page 20]



#### 4TH OF JULY SPONSORS



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 $(L\text{-R})\,\textbf{John Vanek}\, \text{and}\, \textbf{Allen Pennebaker}\, (\text{owner})\, \text{of Orinda Motors}$ with OA president Bill Waterman.

"A very special thank you to our 4th of July sponsors, without whom our parade and park festivities would not be possible,"

> Bill Waterman, President of Orinda Association



Orinda Parks and Rec Foundation (L-R) Lee Bressette, Booker Holton, Julie Rossiter, Frank Woodward, Alison Zamanian, Carolyn Mills and Thomas Lavin with OA president Bill Waterman.



Orinda Community Foundation Board (L-R) 1st row: Ted Urban, Carol Penskar, Sue Severson; back row: Mark Roberts, Dick

Burkhalter, Erik Andersen and Richard Westin.



OA president Bill Waterman with Village Associates Real Estate manager Ignacio Vega.



Mechanics Bank branch manager Marc Maier with staff members Amy Bang-Knudsen and Berit Volga and OA president Bill Waterman.



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SALLY HOGARTY

OA president Bill Waterman (Far R) with Coldwell Banker Residential Real Estate Brokerage staff. Manager Valerie Cook-Watkins (1st row, 4th from R).





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#### **ORINDA ASSOCIATION**

## A Message From the OA President Fourth of July – We Could Use Your Help!



Bill Waterman

The Orinda Association (OA) is organiz-L ing our city's Fourth of July parade and park celebration again this year, our 32nd year. In order to once again fulfill our goal of being the "Best Hometown Parade" this year, the OA needs help with the event. As the ad on this page says, "WE WANT YOU" to assist with certain areas: help with marshalling the parade along, setting up street and park decorations and generally making the parade and park festivities a big success. You won't be alone – we will have about 75 people working together to make this event happen. This is not a sacrifice – your contributing a few hours of your time to this day will generate a lot of good feelings and is but one way for us to give back to our community. Tahoe

can wait a half-day – stick around in town, avoid the traffic hassles of the holiday weekend, and enjoy this special day in our community!

On behalf of the OA board, and all OA members, I'd also like to again thank all of the Orinda foundations, families and businesses that have stepped up to sponsor the event. The photos of some of our main Orinda business and foundation sponsors are on page two.

So, plan on coming out to the pre-parade events at the community center, watch or participate in the parade and come stay afterward in the park for all the festivities. Check out the OA's website for more details (www.orindaassociation.org), and see you on the Fourth!

#### 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.

P.O. Box 97

26 Orinda Way (Lower Level Library) Orinda, California 94563 Phone: 254-0800 Fax: 254-8312 www.orindaassociation.org

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#### **EDITORIAL**

## Editorial . . . Happy Father's Day to All the Dads

While Father's Day doesn't receive as much hype as Mother's Day, it's certainly just as important. A strong father-figure has been credited with providing guidance and stability to children while the lack thereof is linked to juvenile delinquency and much more.

I'll be thinking of Les Graham's family this Father's Day as they celebrate this special holiday without Les for the first time. The popular Parks and Rec employee died suddenly at the end of April. For more information on this gracious man and loving husband and father, see the story on page 14.

A very special Happy Father's Day to all the dads in our community.

- Sally Hogarty, Editor

## Letters to the Editor

#### **Financing Our Roads**

Thanks to *The Orinda News* for highlighting the road situation in its frontpage article in May. Roads have been a major concern for Orinda ever since the Infrastructure Committee came out with its report in 2006. In the 2008 City Councilmember election, the two winning candidates stated that their top three priorities were roads, roads and roads.

While the May article accurately reports on the city's current 10 Year Plan (adopted last April), it does not include information contained in the latest (December 2014) consultant's report to the city which is prepared biannually (available on the city website "Pavement Management Program Budget Options Report - CAPS Dec. 2014"). This report shows five road repair financing options, all of which have a cost of about \$60 million to bring all roads up to the condition that the city's 10 Year Plan specifies; no road below 50 PCI.

This \$60 million amount is only \$8 million in excess of the \$52 million assumed in the current 10 Year Plan. However, the report's repair scenarios assume compressing the repairs into a five year time frame (2015 through 2019), while the city plan assumes 10 years (2014 through 2023). Extending the report's time frame four more years to accurately compare it to the current city plan would add costs for inflation, additional road degradation, and four years of maintenance for roads already brought up to reasonable standards. A \$20 million estimate has been made for the additional costs due to this extended time frame.

This would bring the total cost of repairing the roads to \$80 million. When the \$15 million for associated storm drain work is included, the total cost becomes \$95 million; \$30 million more than the current 10 Year Plan projects.

Obviously, a new 10 Year Plan needs to be created, and it needs to include financing options to complete the repairs and then maintain the system into the future. Hopefully, the city will keep the community advised as to what its plans and deliberations are. This will require an education process to demonstrate to the taxpayers that it is both affordable and in their own best interests to come up with the \$50 million

or more of additional taxes required to fix their roads and then \$3-5 million per year thereafter to maintain them.

**Note**: The City Council will be meeting jointly with the CIOC to discuss roads on June 10. All residents interested in having their roads repaired and then maintained should attend.

- Steve Cohn

#### **Orinda's Road and Drain Fix**

On May 4, I attended the 8:30 a.m. Orinda City Council Meeting that focused on the city's Five Year Capital Improvement Plan. I had read the 80-page Staff Report and had previously spoken to the council re appropriate planning and execution of the project to fix Orinda's roads and failing drainage systems.

Key comments to the council were:

First, the Plan represents a capital expenditure of \$45.3 million over five years and about \$38.8 million, or 85 percent, is for roads and drains. No one could tell if the plan made sense or had the right priorities because there was no scope of work other than generic words like fix the roads and drains. At some point, the Citizens' Infrastructure Oversight Commission (CIOC) would provide a listing of roads but the 80-page document had none, and the city was clearly putting the cart before the horse.

Second, according to Rev/Expenditures Projections by Funding Source, there are four road and drainage funding sources (not including Measure J) that have a carryover from FY15 to FY16 of about \$3.5 million. In other words there is about \$3.5 million to fix roads and drains available right now, but the city has not completed plans, drawings and subcontracts to perform the work.

Third, the plan numbers show total capital expenditures of \$1.2, \$5.2, and \$13.2 million for the fiscal years 2014 to 2016. Between 2014 and 2016, cap expenditures are increasing \$12 Million or about 1200 percent. Yet the staffing plan, from a recent budget meeting, showed Public Works staff constant over this period. This makes no sense. To effectively and efficiently plan, organize, execute and control a substantial capital improvement plan, beyond normal maintenance functions, requires some additional in-house (not just subcontract)



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oversight: e.g. engineering, planning and scheduling, inspection, project management

This is a major program for Orinda with project costs likely in excess of \$100 million. Measure J was for \$20 million. If it continues as is, we risk having our own mini Bay Bridge fiasco.

Suggestions on how to approach the road and drainage project were made at a Rotary Talk, "Measure J's \$20 million – Taking

a Closer Look," April 2014: http://media. virbcdn.com/files/51/681b1b423fd26cd9-MeasureJtoRotary4-29-14argumentagainst.pdf.

There continues to be a reluctance to put together a proper scope of work, execution plan, schedule, and budget as described in the above referenced talk. Concerned citizens may wish to get involved.

- Chris Kniel [See LETTERS page 6]

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

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, or email to news@orindaassociation.org. **Letters to Editor** for the July issue are due **June 8, 2015**.

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



## POLICE BLOTTER

April through May 2, 2015

Battery: 1 incident: Tahos Rd.

Burglary, Auto: 16 incidents: Orinda Way, Bank of the West (2), Bates Blvd., Nations, Vashell Way, Hillcrest Dr., Starbucks, La Fond Ln., Wilder Rd./Orinda Fields Ln., Los Dedos Rd., Lombardy Ln., Tiger Tail Ct., Ardith Ct., Tara Rd. and Wagner Ranch Elementary.

**Burglary, Residential:** 7 incidents: Bates Blvd., Loma Vista Dr., Glorietta Blvd., Rio Vista, Monroe Ct., Ardith Dr. and Ridge Lane.

Credit Card Fraud: 2 incidents: Bank of America and Scenic Ct.

Forgery: 1 incident: Counter report at Orinda PD.

**Identity Theft:** 4 incidents: Counter report at Orinda PD (2), Gardiner Ct. and Southwaite Ct.

Grand Theft: 1 incident: Orinda Way.

Petty Theft: 1 incident: Camino Del Diablo.

Petty Theft from Vehicle: 2 incidents: Hacienda Cir. and Heather Ln. Shoplifting: 1 incident: Orinda Way.

#### **Arrests**

**Hit and Run Misdemeanor Arrest:** 1 arrest: Knickerbocker Ln./Lucille

Subject Stop Arrest: 1 arrest: Shell Station.

Suspicious Vehicle Stop Arrest: 5 arrests: Entrance to Wilder Park, Beverages and More, St. Stephens Dr./Hwy 24, Northwood Dr./Southwood Dr. and Wells Fargo.

Traffic Stop Arrest: 4 arrests: Camino Pablo/Manzanita Rd., Camino Sobrante, Camino Pablo/Bear Creek Rd. and Hwy. 24/Camino Pablo.

Vehicle Theft Arrest: 1 arrest: Camino Pablo/Orinda Way.

Weapon at School Arrest: 1 arrest: Miramonte High School.

Welfare Check Arrest: 1 arrest: North Ln.

#### **Orinda BART Station**

No reported incidents.

- Compiled by Jeanette Bradfield Orinda Police Department

## Recycled Irrigation Water Available for Pickup

By MAGGIE SHARPE Staff Writer

R ecycled landscape irrigation water is available for pickup to residents of Central Contra Costa County, including Orinda, Lafayette and Moraga. The fill station is located at the Household Hazardous Waste Collection Facility (HHWCF), 4797 Imhoff Place, Martinez, which is open Monday through Saturday, 9 a.m. to 3:30 p.m. Central Contra Costa Sanitary District produces the recycled water.

East Bay Municipal Utility District (EBMUD) is also working on a plan to truck recycled water to local communities,

cy and proper data storage. Nagel intends to

have one police officer handle the captured

data and photos, which will be stored for

one year, and will not be reviewed unless

a crime has been committed. Orinda resi-

dent Bill Judge urged the council to accept

Nagel's camera recommendation, citing a break-in to his own home a few years ago.

Judge acknowledged the privacy concerns

expressed by other citizens but stated that

the experience of having one's own privacy

violated by a break-in is incomparable to

being captured on film that will likely never

♦ CAMERA from page 1

Blackwell.

Prior to using the fill station for the first time, residents must complete a Residential Recycled Water Use Application/Agreement, bring it to the HHWCF and receive training on the proper use of recycled water. Minimum container size is 1 gallon and the maximum fill per trip is 300 gallons. There is no limit on the number of trips.

For more information, visit www.centralsan.org/index.cfm?navId=159, email residential@centralsan.org or call 1-800-646-1431.

though the plan has yet to be finalized, according to EBMUD spokesperson Michelle

#### be seen by anyone. Daniel Debusschere also acknowledged the privacy concerns, but urged the council to accept the camera recommendation. "We have a police department I can trust," he said. "I believe the City Council carefully and

respectfully considered the privacy issue raised by some members of the public but thought it was important to have these tools to assist the police in the crime closure rate similar to neighboring cities," said Nagel, who also emphasized the deterrent effect of a camera system. "When bad guys learn that a city has the tools to capture them, they talk to each other about it."

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## Mayor Presents State of the City Address at Rotary Luncheon

By CHARLIE JARRETT Staff Writer

Mayor Steve Glazer presented the annual State of the City address at the April 29 lunchtime meeting of the Rotary Club, held at Orinda Country Club.

"When I came into the position of mayor this year, I talked about community building through consensus and what that really means," said Glazer in his opening remarks. "Orinda strives to provide excellent service in a fiscally responsible manner and to promote a safe, healthy and vibrant

He emphasized how that mission statement guides how "we look at ourselves and at all the things that come before us."

"When we talk about a community built through consensus building, it doesn't just happen in one place, it happens in a lot of places, including all the public communication processes throughout the formal structure of Orinda's government," said the mayor, pointing to the work done by the various members of the city's commissions, advisory panels and committees. "At least 60 people, plus our wonderful staff, really make things happen on a day-to-day basis."

Glazer stressed the fact that everyone serving on these committees and commissions are volunteers. "That dedication and work is the underpinning of what we do to build consensus on the issues that come before us," he said.

In order to properly conduct the public's business, there must be processes for discovery, disclosure and debate. "When somebody says they want to see something happen in town, or they say they really want to see a change, then this question goes right to the issue of what is the appropriate way we do things as a public entity," said Glazer. "One of the misunderstandings about life in Orinda is that we are not a private enterprise, we are a public enterprise!" He explained that as a public



Mayor Steve Glazer delivers the State of the City address at the Orinda Country Club.

government institution there are rules that must be adhered to, which are often quite different from how people conduct business in a private business.

"You can't just conduct your city business in ways that might be more expedient or convenient or make you feel better and that frustrates a lot of people," said Glazer. "There is a process as to how city business [SEE MAYOR page 6]



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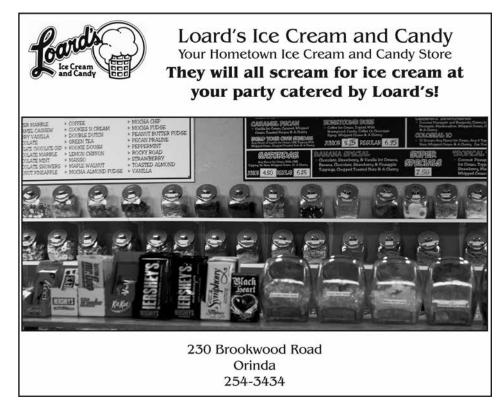
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## CONCERTS / SENIOR EXEMPTION

#### ♦ LETTERS from page 4

#### **Orinda's Savior Coming Soon**

I share with many other Orindans deep concerns about proposed changes in our community: downtown renovations; senior living centers; lower-income housing construction; non-resident children in our schools; developers threatening construction on our parking lots; radicals in positions of power on our City Council. The "blood-dimmed tide is loosed," W.B. Yeats might have muttered after one of our recent council meetings.

Despair not, Orinda. In order to stem the tide of change and keep Orinda Orinda, I am proposing a new organization, SAVYOR, Save Your Orinda, an umbrella organization whose mission will be to preserve the 19th century semi-rural character of our community and ensure a base annual income level of \$225,000.00/family. [N.B. This acronym has not been approved by local clergy.]

SAVYOR will pool the efforts of several other civic-minded groups now working to maintain the quality of life in Orinda. Here

SAVORVIEWS. Save Orinda's Views. This group has lobbied effectively to prevent downtown structures from exceeding two stories, thereby allowing unfettered views of the surrounding telephone poles, transmission lines, and nesting pigeons, while thwarting efforts of senior citizens to overpopulate our downtown areas.

SAVORPHOLES. Save Our Potholes/ Save Our Foals. Council Member Eve Philips, Chair. This group emerged from an affiliation between the local American Horsebreeders Association and those aligned with Councilmember Eve Philips,

whose recent (and unsuccessful) efforts to fund a \$150,000 special election would have assured that our potholes remain exactly where we always expect them to be.

SAVORPRIVIES: Save Orinda's Private Detectives. School Supt. Joe Jaconette, Honorary Chair. This organization is dedicated to keeping off-duty police officers and private detectives in gainful employment. By redirecting educational funds to detective agencies, this group prevents nonresidents from taking advantage of a variety of programs our schools are unable to offer.

SAVE.ORINDA.WATCHES. This amalgamated organization was formed to coordinate efforts by the "Savers" and "Watchers" of Orinda who have courageously challenged any and all renovation projects in our downtown area. Under this new affiliation, this group is also now repairing antique watches in the Orinda Community Center every Thursday evening.

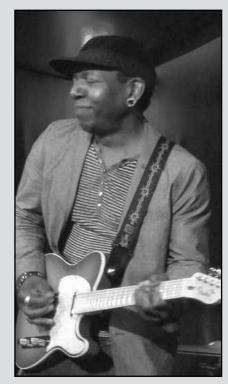
SAVOCAMS. Save Orinda from Cameras. This well-intentioned group is protecting our civil liberties by preventing the installation of monitor cameras throughout our city. It disclaims any affiliation with the Pawnshop Owners Association of Northern California.

SOPORIFIC: Save Orinda from the Poor If I Can. This well-intentioned group has lobbied effectively to curb low/middleincome housing in our community. Its motto: "Wake up, Orinda!"

All of these community groups will work more effectively together under the aegis of SAVYOR. We expect that in coming years, a rival organization, SAVOR/SAVYOR (Save Our Orinda from its Saviors) may emerge to save Orinda from its would-be saviors.

- Jeffrey Segall

## Summer Concerts in the Park



Sponsored by the Orinda Parks and Recreation Foundation, concerts take place Tuesday evenings from 6:30 - 8:30 p.m. in the Orinda Community Center Park. Performers are:

June 9 - DND Band - Rock n' Roll; June 16 - Kenya B Trio – Funk, Blues

June 23 - Spill the Wine - Pop &

June 30- Dennis Johnson & Ramblers

- Blues & Swing;



CONTRIBUTED PHOTOS **Dennis Johnson** 

July 7 – Floorshakers - Funk Soul & Rock n' Roll

July 14 – Lamorinda Idol w/ Arts in Bloom @ 5pm - Variety

July 21 - West Grand Boulevard -Motown & Rhythm & Blues

July 26 – Opera in the Park, \*Sunday, 4-6 p.m.

August 4 – Little Dog 2 - Pop & Rock August 11 - Cami Thompson, \*6-8 p.m. - Big Band Jazz

See calendar p.21.

## ♦ MAYOR from page 5

must be conducted because there are state laws that govern this."

The mayor said that everyone involved in city government must conform to the laws concerning conflict of interest and maintain full transparency. For example, he said, everyone who serves on a city commission or board must fill out a form that describes any potential conflict of interest. (These forms are available to the public at the City Clerk's office.) If a potential conflict of interest arises, the commissioner or board member involved must disclose the interest to fellow members and potentially

recuse him or herself from discussions on

After the address, Glazer took questions from the audience. "How does the City of Orinda compare itself with other cities throughout California as far as its costs of operation, especially as respects the huge costs of pensions and health care?" asked Rotary President David Pierce. The mayor responded: "There are almost 500 cities in California and only 10 cities have no retirement or health care obligations for retirees. Orinda is one of those 10 cities!" This answer drew applause from the audience, one of whom shouted, "And keep it that way Mr. Mayor!"

## One Woman Makes a Difference for Seniors

By BILL O'BRIAN Staff Writer

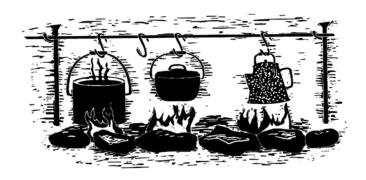
citizen spoke; the Orinda Union ASchool District (OUSD) administrators listened and agreed to return to the original criteria for parcel tax exemptions for senior citizens.

The original criteria used a formula allowing seniors to have an income up to \$44,600 in 2014 and still qualify for the exemption from paying two Orinda school parcel taxes totaling \$509 per year. But the OUSD board had recently changed the formula that would reduce the amount of income allowable to qualify for the exemption to \$32,550.

Then along came Orinda resident Elizabeth Cehovic. On April 24, Cehovic sent a letter to OUSD board members, two local politicians, three local newspapers, and Tom Torlakson, State Superintendent of Public Instruction, protesting the change. Cehovic's letter stated that this change did not seem right for several reasons: that most seniors are on fixed incomes and that most seniors would not have voted for the parcel tax had they known the district would change the exemption standard.

Thanks to Cehovic's efforts the district reverted to its original formula, which for 2015 sets the maximum income at \$46,450. According to the Parcel Tax Resolution (available at www.orindaschools.org), the low-income exemption applies to households whose income does not exceed 50 percent of the area median income, adjusted for family size and revised annually."

Theresa Sidrian, the OUSD's director of business services, said last year there were 90 applications for the exemption. "Every year at this time, the district sends reminder notices to people on the prior year's exemption list if they have not filed their application yet, to let them know the due date," she explained. This year, the applications are due on June 12.



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### **AUTOMOTIVE**

## CAR FIME

High-Tech Features Add to Auto Repair Bill

By JOHN VANEK



Today's high-tech vehicles require a different kind of servicing than older models. In most cases, the interval between services has been extended and many services required in the past have been eliminated. As the technology changes, so does the way we service them.

For instance, we used to change spark plugs every 15K miles; now it is common to change them at 100K. Vehicles once had ignition parts such as distributor caps and points. Those have been replaced with sensors and computers. The consumer doesn't have to pay to replace the distributor cap and rotor but if the sensor fails, it costs more to replace than an old-fashioned tune-up. When I started working on cars, we would repack the wheel bearing with new grease on a regular basis. That has since been replaced with a sealed unit that does not require maintenance but, when it fails, it is more expensive to replace.

It also comes down to the cost of manufacturing and the greed of car companies. For instance, some BMW transmissions are sealed with no ability to check the fluid or service the unit. BMW would rather sell its customers a complete transmission when the original fails. Consumers save money on transmission services over the years but if the transmission fails, replacing it costs about the same as buying a used Toyota.

So if maintenance and repair items have been eliminated, why is auto repair today more expensive? It all comes down to technology. When a high-tech components fails, a diagnostic process is required that takes time and money. For instance, it is common for today's vehicles to have high-tech light bulbs. HID headlight bulbs provide improved night vision but are more expensive than standard halogen bulbs. I have seen a Cadillac headlight assembly cost \$1,800 due to an inoperable bulb. The taillights on a new Toyota Prius and other Toyotas are LED. The single bulbs cannot be replaced so the entire taillight requires replacement. Instead of paying \$28 for a bulb replacement it costs hundreds of dollars for a new assembly.

"My Dad used to say about extra features on the car, 'it is just more stuff to go wrong,'" recalls John Vanek.

Engine technology has also progressed. Automotive engineers have figured out how to get more power out of smaller engines, but at a price. Many newer vehicles require synthetic oil, which is more expensive but extends the interval between changes. Other components include variable valve timing, variable intake runners and twin turbochargers. When these components fail, there is a significant price tag - and we are talking about vehicles with only 50K to 80K miles! Direct injection is a new trend in fuel delivery. This high-pressure system puts the fuel directly into the combustion chamber and is used commonly on imports such as Audi and VW as well as Ford and other domestics. However, we are starting to see a phenomenon in these vehicles after [SEE CAR TIME page 16]

## Orinda Motors Gears Up for 11th Annual Classic Car Show

By DAVID DIERKS Assistant Editor

This year marks the 11th anniversary of the Orinda Classic Car Show presented by Orinda Motors. The car show will be Sept. 12, with a pre-show party on Sept. 11. John Vanek of Orinda Motors remembers how the show began: "There are a lot of classic car owners in this area. I was putting an ad in *Drive Magazine*, and I had about 10 or 12 customers' classic cars set up for pictures. Chip Herman had two Mustangs at the time. We thought it looked like a car show. The Wednesday after the photo shoot, Chip called me up and asked if we'd be interested in doing a car show."

## Register a Vehicle for the Car Show

The 11th annual Orinda Classic Car Show will be held rain or shine on Sept. 12 in Orinda Village in and around Orinda Motors, 63 Orinda Way.

Register to display your classic or exotic car or motorcycle. Join the fun and camaraderie – and get the praise you deserve. As those exhibiting before know, it's a great community with lots of interested attendees. The 10 a.m. to 3 p.m. schedule frees your time to explore charming Orinda and the nearby attractions.

Car registration is \$60. Motorcycle registration is \$35. All registration fees go directly to support Orinda Association's Seniors Around Town, a ride program for senior residents, and other non-profits. To register, visit www.orindacarshow.com.



DAVID DIEF

**Gino Chiodo's** 1960 Triumph TR3 (front) and 1953 MG TD from a previous show line up at Orinda Motors to display their pristine condition.

That chance photo shoot resulted in Vanek and Herman creating the first Orinda Classic Car Show, which included 22 vehicles. Last year, the show had more than 200 vehicles.

"The plan was to just have cars on the Orinda Motors lot," said Vanek. "We decided that we could raise money and make it a fun, free event. Part of it was about people in the community showing off their cars. The extra benefit was we could do this and raise some money for the community." The first year, proceeds were given to the Orinda Film Festival. The second year, the Orinda Association's Seniors Around Town, a program that provides alternative transportation for Orinda seniors who are no longer able to drive, became the main beneficiary. Since then, the Educational Foundation of Orinda, Orinda Arts Council, Orinda Historical Society Museum, Orinda Rotary, Orinda Chamber of Commerce and Orinda Starlight Village Players have joined the beneficiary list.

Every year for the show, Orinda Motors shuts down its business and becomes the central display area. "The community is [See CLASSICS page 16]

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## Between the Lines What's In YOUR Beach Bag?



Marian Nielsen, Orinda Books

Summer reading does seem to fall into a category of its own. For some people, summer reading means finally tackling Moby Dick - perhaps that association of beaches and sea air blends well with Melville's salty tome. For other readers, it might mean diving into an accumulated collection of fun fiction that can be packed off to holiday houses or tucked into beach bags and carry-ons. There is also that very desirable middle ground where one finally has time to catch up on some of the fine new novels, memoirs or non-fiction titles that have been piling up on night stands and coffee tables over the past six months.

Should your beach bag or carry-on happen to be empty, Orinda Books has a few "fillers" to suggest. Family relationships have been artfully depicted in many new novels this past spring. As Tolstoy keenly observed over a century ago: "Happy families are all alike; every unhappy family is unhappy in its own way." Both Anne Tyler and Ann Packer have brought readers deep into the unhappy hearts of some family matters in their new novels, A Spool of Blue Thread (Tyler) and The Children's Crusade (Packer). Tyler, once again in Baltimore, and Packer, in Portola Valley, write movingly about familial and generational discord, the problems of aging parents and the division of spoils (the family homestead). Both authors give us much to think about as we consider our own lives. In A God in Ruins, Kate Atkinson's fine follow-up to Life After Life, we explore the fortunes of Teddy, Ursula Todd's golden younger brother, as he survives World War II but has difficulty coming to terms with the remainder of the 20th century. Atkinson writes poignantly of the longings for times

past that haunt us at any age.

On a far lighter note - but perfect beach reading - is Oh! You Pretty Things by Shanna Mahin, who has written a delightful romp of a novel set in Hollywood, where we follow the fortunes of a 30-year-old woman as she navigates the treacherous shoals of contemporary L.A. – lowly barista becomes personal assistant to very needy star. This is great fun to read and even has its own family issues – the heroine has a "mother" problem. Best-selling author Jane Smiley has just published Early Warning, the second volume of her The Last Hundred Years trilogy. In Early Warning, readers travel with the five Langdon children and their various offspring from the Iowa farmstead where it all began in 1920 to far corners of the world. The first volume of the trilogy, Some Luck, is due in paperback this month. Smiley's epic is expansive and impressive reading.

A superb "non-family" novel that will not weigh down your beach bag is recently out in paperback. Euphoria by Lily King manages to pack into its 288 pages a steamy love affair, fascinating insights into anthropology as it existed in the 1930s, and intriguing characters based loosely on the lives of Margaret Mead and her fellow anthropologists, Reo Fortune and Gregory Bateson. The author has created lively fiction based on the imagined interaction of this trio as they explored tribal patterns in New Guinea (Fortune and Bateson were not only fellow researchers but also Mead's second and third husbands). This was one of the New York Times "Ten Best of 2014" and is highly entertaining. Audio-book fans will love the Blackstone edition, narrated [SEE BOOKS page 16]

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## Lamorinda Arts Council - The

By ELANA O'LOSKEY Staff Writer

Power of Three

On April 23 a group of artists, art enthusiasts, patrons and community leaders from Lafayette, Moraga and Orinda celebrated the expansion of the Orinda Arts Council by renaming it the Lamorinda Arts Council. The vote was unanimous and the event was a long time in the making. "We are delighted that distinguished art supporters from Lafayette and Moraga have joined us," said Lawrence Kohl, president. "This will engender greater leverage in promoting the arts, expanding our current activities, creating new events and coordinating arts activities between the three communities." Maestro Kohl is also the founding music director of the 30-member Pacific Chamber Symphony where he wields a baton with grace and verve.

Moraga Town Council member and working artist Teresa Onoda said, "When the creative seeds we are planting today come to fruition, Lamorinda will be known for the arts like Napa is known for wine! We expect to see people of all ages representing every art form imaginable involved with the new group. How great will that be!"

Lafayette Public Art Committee chair Tom Taneyhill, who is also the local artist liaison for the Lafayette Art and Wine Festival Committee, said, "The newly formed Lamorinda Arts Council has the rare opportunity to unite the creative efforts of the three cities. It will also inspire new art programs, performances and events for all ages to enhance the arts in our community."

The 501(c) (3) nonprofit organization's mission statement is to ignite and sustain artistic expression and appreciation for all ages throughout Lamorinda. Over the past 65 years, they have done just that. Notable events include the Lamorinda Idol singing competition, monthly Orinda Library Gallery exhibits, Art in Public Places, school music funding, high school Visual Arts Competition (with co-sponsors Lafayette Partners in Education, Moraga Education Foundation and the Education Foundation of Orinda), and the Art of Mixology cocktail competition held in October.

An important addition to the council's existing visual and performing arts components is a literary arts component. Literary activities might include poetry and book readings, seminars, competitions, workshops, visiting authors and poet laureates. Another new feature offered is an online Lamorinda Artist Directory, which local



(L-R) front row: Tom Taneyhill of Lafayette, Teresa Onoda of Moraga, Lawrence Kohl of Orinda, president, and the board and volunteers celebrated the expansion of the Orinda Arts Council to the Lamorinda Arts Council on April 23.

artists are invited to join - go to http:// LamorindaArts.org/Artist.

In the spirit of celebrating both art and education in the three communities, Maggie Boscoe, curator of the Orinda Library Gallery exhibits, has extended an invitation to K-12 teachers from the Lafayette, Moraga and Orinda school districts to exhibit their artwork at the gallery during September. One of the council's new policies requires exhibiting artists to remit a 20-percent commission on any works sold. In this way, any artwork purchased benefits the council and allows them to fund more programs for the schools. If you are a K-12 teacher or retired teacher in one of those districts and would like to exhibit your artwork, email Boscoe at fleetwood7@comcast.net for more information. Deadline is July 20.

The council has a strategic planning group that is in the process of conducting a needs assessment including Lafayette and Moraga to determine what's already happening in terms of the arts. Strategic planning regarding advocacy and coordination of and for the arts between the three towns is also underway. It is hoped that mining what is already in place will expand the group's community partners and encourage smart timing of events. The strategic planning group will also look at what arts councils throughout the nation are doing - what's working and what's not working. There might be incubation programs and other resources for young and old visual artists, writers, musicians and performing artists that the three communities can learn from.

[SEE COUNCIL page 16]



#### AWARDS / FORUM

### **Small Business Award**



Dan and Sarah McDonnell (on the right) of McDonnell Nursery received the Small Business Award from the Orinda Chamber at the 15th annual Small Business Award luncheon held at Concord's Crowne Plaza Hotel on May 8. Also shown are Orinda Chamber of Commerce executive director Candy Kattenburg (L) and president of the East Bay Leadership Council Kristin Connelly.

## First Friday Forum Hosts Dog Day

By BOBBIE DODSON Staff Writer

og Day comes to First Friday Forum (FFF) on June 5 when there will be three presentations of service dogs – Guide Dogs for the Blind, Dogs for Diabetics and Canine Companions. The program will be held at Lafayette-Orinda Presbyterian Church (LOPC), 49 Knox Drive, Lafayette. Refreshments will be served in Fellowship Hall at 1 p.m. followed by Dog Day in the sanctuary at 1:30 p.m.



Maile, who lost her sight as a young woman, with her previous guide dog Flanders.

Carolyn Hindes of Guide Dogs for the Blind (GDB) will bring Gaston, a black Labrador retriever, who is a guide dog puppy-in-training. "Currently GDB has 1,200 volunteer puppy-raising families in 10 western states," said Hindes. "They raise the puppies from eight weeks to approximately 15 weeks old. The puppies then return to the GDB campuses in San Rafael or Boring, Oregon, for 10 weeks of specialized training with licensed instructors. Then the dog is matched with a visually impaired person and the team lives and trains together at the GDB campus for two weeks. All of GDB's services are free to those whom we serve, and we receive





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no government funding." Hindes states their mission as: GDB empowers lives by creating exceptional partnerships between people, dogs and communities.

LOPC member Fred George has been volunteering at GDB every Wednesday for 18 years. He became involved because his daughter Maile lost her sight. "She felt her life was over," said George. "Luckily she met a girl who had a guide dog and encouraged her to get one, which she did. I truly feel that this saved her life. She got back into the mainstream with her first dog, and has had four more as their working life is about seven years. Maile married, got a job at Bank of America, and is completely on her own. She also does a lot of volunteer work. Jasmine, her current dog, is trained in two disciplines: guide work for the blind and a diabetic sniffer. I believe she is the only dog in the country trained for both. Jasmine will be at FFF as a member of the

Dogs for Diabetics (D4D) will be represented by Ralph Hendrix. D4D is an independent non-profit founded in 2004. "GDB is our primary partner and donates career change dogs to our program to be trained to assist people with Type 1 Diabetes to avoid the chronic complications of the disease," said Hendrix, adding that D4D is located in Corcord. "Diabetes is the leading cause of blindness and amputations in the United States." Mark Reufenacht, who is a forensic scientist and a Type 1 diabetic, started this program after developing the scent-training protocols and proving the effectiveness of medical alert assistance dogs to insulindependent diabetics. D4D was the first accredited program in the world to train dogs for the purpose."

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## **AAUW Awards Community Service** Scholarship to MHS's Maritza Grillo

By KSENIJA OLMER **Contributing Writer** 

Maritza Grillo has a big voice. She can belt out a song, be it at a Miramonte High School musical or at Lamorinda Idol. She also raises her voice for UCSF Benioff Children's Hospital to persuade people to open their hearts and wallets to assure that sick children get the best medical care just as she did when she was a sick little girl.

This and many other volunteer activities, adding up to thousands of hours throughout her high school years, garnered Grillo the top Service Scholarship Award from the Orinda Lafayette Moraga Association of University Women (AAUW). She was selected as a finalist from a pool of 14 Lamorinda high school girls and receives a \$5,000 scholarship towards college. She will attend Yale University in the fall.

"I am excited to be part of an academic community with many different opportunities for growth," says Grillo, who will also be a walk-on soccer player for Yale. "Volunteering means a lot to me. Rarely do people get a chance to repay those who change their life. Children's Hospital saved my life when I was a little girl and, by volunteering with the Notes and Words Foundation, I was able to use my passion for performing to give back to the institution that meant so much to me."

Grillo also used her singing and organizing talents as a board member and producer of Miramonte Performers for Progress, raising money for local and international projects. She also mentored and trained aspiring young performers for Lamorinda Idol, refereed youth soccer games and, as Link Crew Commissioner, organized annual MATS Day to welcome freshmen and new students. She has been a threetime Heart to Heart Award recipient in the Lamorinda Chapter of the National Charity

Four types of assistance dogs are trained for Canine Companions for Independence: Service Teams assist adults with physical disabilities by performing daily tasks; Hearing Teams alert the deaf and hardof-hearing to important sounds; Skilled Companion Teams enhance independence for children and adults with physical, cognitive and developmental disabilities; and Facility Teams work with a professional in visitation, education or healthcare settings. The training of the client in the use of one of their dogs is called Team Training and



Ksenija Olmer (L) with Miramonte High School senior and scholarship winner Maritza Grillo.

League.

While each of the applicants had impressive accomplishments and volunteer activities, Grillo's depth of commitment, maturity level and presence at interview time, proved exceptional.

In her recommendation for the scholarship Miramonte High school history teacher Kelly Ginnochio said, "To be honest, I continue to be amazed at the ability of this young woman to be able to maintain such a positive energy while facing an extremely difficult course load, leading Link Crew, playing the lead in the fall and spring plays, competing and winning local music competitions and playing club and school soccer at a premier level. How does one balance all of this and do it extremely well? This young woman is truly a marvel. Maritza does not see problems, she only sees opportunities."

Grillo gave an inspirational speech at the AAUW awards ceremony underlying the benefits of volunteerism. "I have never felt powerless," she said. "Even one person can make a difference. So I plan to continue using arts to give back, and preaching what working with Children's Hospital has taught me. You can always find some way to give, with your time, your money or just your voice."

lasts for two weeks. There have been 4,603 graduate teams placed since its founding in 1975 in Santa Rosa. Renee White will be on hand to further explain this group.

"This promises to be a special afternoon as the audience will learn more and be able to ask questions about these three outstanding organizations, which are headquartered so near us," George said. "They can also find out about touring the San Rafael facility. It's possible to visit on graduation day which is truly a heart-warming experience."

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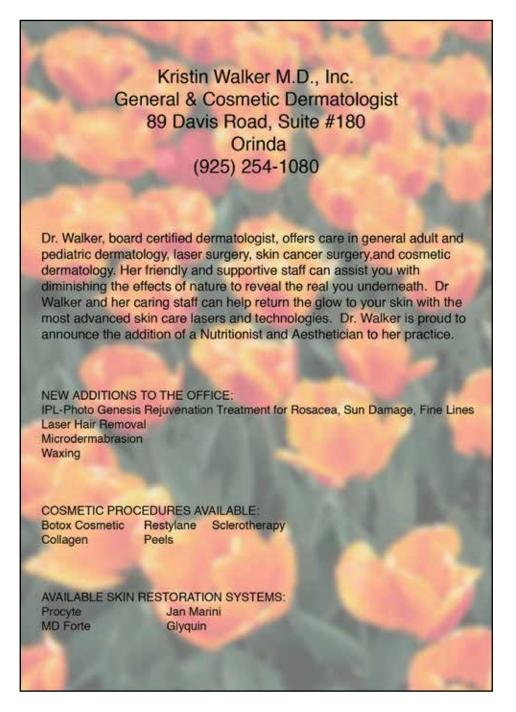
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## Something to Howl About... Animal Tales

"Stay, Go, Come With"

Jennifer Conroy



It's vacation time and for some of us the big question looms of what to do with our companion animals. For those of us with animals that can be confined to a cage or tank, the question is less daunting. We may be able to move that cage or tank to a neighbor's house or we might be able to get that neighbor to stop in every day to feed, clean and converse with our bird or fish or rodent or reptile. We certainly would not simply dump a bunch of food in a rabbit hutch along with a tub of water and then go away for two weeks with no one to check on that lonely bunny!

With cats and dogs, it's different. Many of them share our beds and, oops, even our tables! While we may be happily packing for two weeks in Ireland, our cat or dog is almost certainly working up to a case of separation anxiety.

So what do we do? The choices include a pet visiting service, a home sitter, a boarding kennel or bringing our dog or cat with us.

There are many pet-friendly establishments across the country and one only has to Google "pet-friendly hotels" to find listings of them. Just because a hotel or motel or inn states it is pet friendly doesn't mean you can show up at their doorstep with pet in tow. Always call first and discuss the arrangements including any pet reservation fees. Some places will only allow crated animals in their rooms so make sure your dog or cat is accustomed to spending comfortable time in a crate. Today you can find collapsible crates suitable for all sizes at pet stores or online.

If, for whatever reason, you are not going to take your companion animal with you, a pet visitor or pet sitter might be the answer. There are reliable agencies that have individuals who will go into your home to visit, feed, water, clean, walk and play with your cat or dog. Be very careful to check out the credentials of any pet visitor or sitter. Get references – lots of them. Find out if they carry insurance. Make sure there is a written agreement as to fee and extent of services. Do not pay the full fee in advance. Ask a neighbor to keep an eye on things for you while you're away. Paranoid? Yes. Anyone can state he or she is a pet visitor or sitter so please make your choice wisely as to whom you entrust your pets.

There are pet sitters who will actually move into your home for the duration of your vacation. This may be particularly suitable if you have an elder or medically fragile pet. I have had good and bad experiences with home sitters. One sitter was so sloppy that I felt like giving my home a good steam cleaning when I returned from a one-week vacation. Another sitter was so incredibly wonderful that when she started to head out the door after her sitting interlude, my cat literally threw herself across the door sill crying and screaming because the pet sitter was leaving. Was I happy that my cat loved the sitter? Yes. Was I jealous? Well, maybe a little bit.

Then there is boarding. There are certainly wonderful cat and dog boarding facilities throughout the Bay Area. Follow the same routine of checking references, insurance, etc., before committing to a boarding facility. Of course, you will visit the facility prior to actually using it. In addition to an official appointment, try making an unofficial drop-by visit as well. Also, try boarding your dog or cat at the facility for, say, a weekend only. That will give you some idea of your animal's tolerance for boarding and the treatment received. Your veterinarian may offer short-term boarding [See HOWL page 16]



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#### ROVING REPORTER

## Roving Reporter

What is it about the Orinda Farmers' Market that makes you want to shop here rather than at a grocery store?

Charlie Jarrett



The day before Mother's Day at the ■ Farmers' Market in Orinda was extra special for several mothers this year. As market manager Nora Duffy had promised earlier in the year, the market set up a Mother's Day gift activity booth where children could create a hand-painted clay flowerpot as a gift for their mothers. Ethan Elkind brought his son Caleb and two daughters, Sadie and Maya. He dropped his daughters off at the supervised gift activity booth so they could each make mom a pot while he and Caleb did the grocery shopping. Ethan said his whole family loves the smells and tastes and personal interaction with everyone at the market.



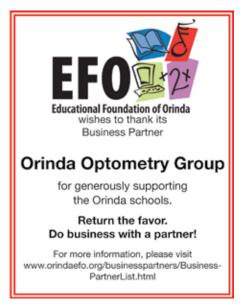
Ethan Elkind with son Caleb and daughters Sadie and Maya shopped for a Mother's Day present at

Liz (Schriver) Nykodym was thoroughly enjoying her body massage – her Mother's Day gift - courtesy of Magical Massage Tour's masseuse and owner, Indy Choy, and his assistant Cheri Easterley. When the massage was over, Liz sat up slowly, looking relaxed and rejuvenated and thanked the masseuses for their splendid work. Liz said that everything about the market is truly enjoyable to the senses and the massage was extra-special. The treat was made even more enjoyable by the sweet voice of Suzanna Holland, who was singing folk music while strumming her guitar.

"My daughter Chloe and son Zack es-



Magical Massage Tour's Indy Choy (L) and Cheri Easterley (R) gave Liz Nykodym a relaxing mas-





Vendor Daisy Ortez (L) with Chrissie Denniston and her children Chloe and Zack.

pecially love being offered the delicious free samples of the fruits and other goodies as we meander through the market," said Chrissie Denniston, as vendor Daisy Ortez offered Chloe a ripe, delicious strawberry.



Johanne Busch (L) with singer Suzanne Holland.

Johanne Busch expressed concern that too few local residents avail themselves of the wonderful fresh food awaiting them in the colorful and fragrant booths on Orinda Way. "I don't want more vendors to go away because this is such a wonderful market. We need to encourage people to come and enjoy."

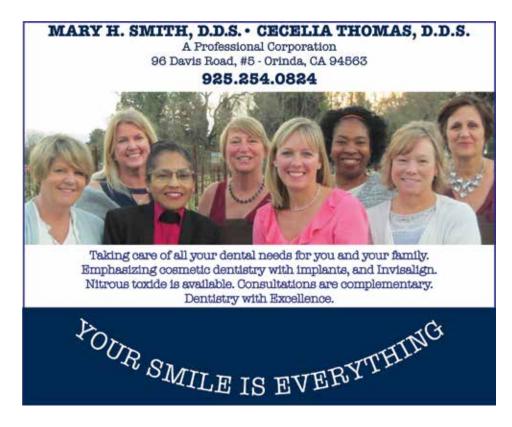


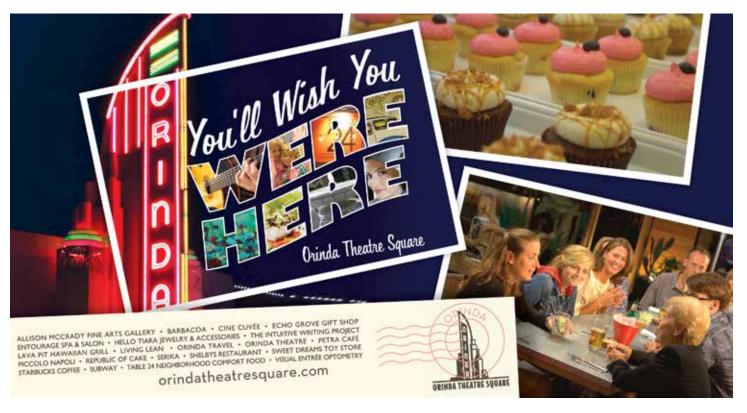
John Mark Mosher and his mom Jennifer.

Jennifer Mosher and her son John Mark Mosher have lived in Orinda for many years and say they truly enjoy the people and the experience as well as the great fruits, breads and vegetables offered in the market.









#### **VISUAL ARTS**

## Library Displays Talents of Oakland Art Association

By ELANA O'LOSKEY Staff Writer

The Lamorinda Arts Council is proud to fill the Orinda Library Gallery with 60 works from members of the Oakland Art Association (OAA) during June. Join them at an artists' reception on June 14 from 2 to 4 p.m. when light refreshments will be served. The exhibit will feature matted and framed watercolors and photographs, oil and acrylic paintings on stretched canvas and collage/mixed media in a variety of styles including non-objective compositions, representational landscapes, portraits, wildlife photography, mixed media works and coastal scenes.

The OAA has been around for 60 years and focuses on arranging venues for its members to show their work in Alameda and Contra Costa counties. Membership is open to all area artists who would like

to exhibit their work. Members say they enjoy the camaraderie of working with fellow artists to show their work and develop their skills. The membership encompasses a wide variety of artistic styles and genres. They exhibit locally, regionally, nationally and internationally.

Rick Nelson, president, is a prolific wildlife photographer. He and his wife Tina Nelson (an oil painter) often plan trips focusing on specific subjects. Wenda Pyman, photographer, noted that the recent Ai Weiwei exhibit at Alcatraz, "was awe-inspiring – the huge painted silk dragon contained messages of hope and freedom from political prisoners; all the work encompassed the call for human rights." Oakland landscape artist Tom McCort says, "Years of hiking and fishing in the Eastern Sierra Nevada has focused my artistic attention there. My challenge is to bring the recurring symbols in landscapes – distant openings of light



ONTRIBUTED DUOTO

**Danute Nitecki** of Berkeley, 88 years young, began drawing and painting watercolors at age 60 when she retired from her career as a research scientist. She exhibits her work often and enjoys being a member of the OAA because, "It allows me to surround myself with working artists whose achievements and failures teach and inspire me." Above is Nitecki's watercolor *Old Guardian*.

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and color, dark frames of trees or clouds, streams of life giving water – into a harmonious but dynamic representation that intrigues the viewer." See http://oaklandart. org for more information.

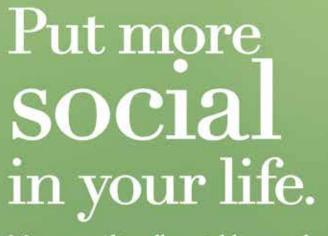
Exhibiting members include George Ehrenhaft of Orinda (watercolors), John Henry of Albany (photography), Lupe Jimeno of Orinda (watercolors), Jenifer Kolkhorst of Orinda (watercolor and acrylic paintings), Julia Montrond of Berkeley (oil paintings), Judith Mortensen of Berkeley (oil paintings), Rick Nelson of Walnut Creek (photography), Tina Nelson of Walnut Creek (oil paintings), S. Newman of Oakland (oil paintings), Danute Nitecki of Berkeley (watercolors), Wenda Pyman of San Francisco (photography), Iris Sabre of Albany (oil paintings) and Rita Sklar of

Oakland (watercolors).

Look for *Old Guardian*, an 18" x 21" watercolor by Nitecki, which may remind you of trees you have known and loved. Sabre's 24" x 18" oil portrait, *Bridget*, shows an unconventional pose. Arlene Risi Streich, who works in fused glass and is a painter, believes that art benefits the community because, "it is a conduit of visual information from and through the artist, whose role is to amaze, provoke, stimulate and agitate the senses."

The gallery at 26 Orinda Way is open during normal 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 to 5 p.m. Call 925-254-2184 for more information or visit http://ccclib.org.

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#### STUDENTS / TEACHERS

## Congratulations to Local Students





Miramonte junior Lauren Ramirez was named to the NorCal Team 1 roster to represent Northern California at the U.S. Lacrosse National Tournament in Pennsylvania on Memorial Day weekend. Winners of this year's Youth Ink writing contest sponsored by the Orinda Juniors are (C) Katie Lyons (1st place), (L) Lindsay Kornguth (2nd place) and (R) Nisha Andrews (3rd place).

## Miramonte's Paul Fitzgerald Finalist for County Teacher of the Year

By BILL O'BRIAN Staff Writer

Miramonte High School's Paul Fitzger-ald is one of four finalists for Contra Costa County's two Teacher of the Year awards - from among the county's 8,126 teachers. Fitzgerald has taught for 40 years and currently teaches Advanced Placement (AP) European history and AP psychology. Prior to his 18 years at MHS, Fitzgerald taught at high schools in Chicago, Denver and Costa Mesa, California.

"I am humbled because there are so many great teachers in my profession," said Fitzgerald, who holds a master's degree in history from the University of Colorado. He said he has worked hard to teach students how to learn and that students at MHS in the 11th and 12th grades "know a lot and want to learn."

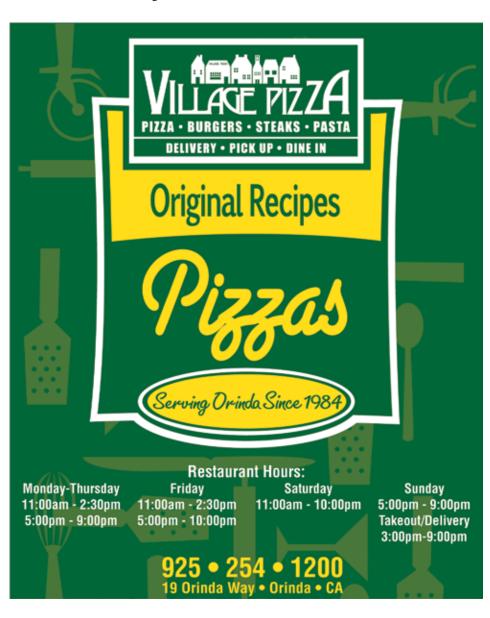
Selecting the Teacher of the Year is a three-stage process. The first step is an application screening with a committee of education, business and public sector partners reviewing and rating each application - the county had 20 eligible teachers this year. Next, a small committee of education specialists and business partners observes the four finalists interacting with students



Miramonte High School's Paul Fitzgerald teaches AP European history and psychology.

while teaching, followed by teacher interviews. In the third stage, each candidate gives a three-to-five-minute speech to another panel of educators, business and public sector representatives who judge the finalists on their speech and presentation skills.

All 20 candidates will be honored at the Teacher of the Year dinner on Sept. 24 at the Hilton Hotel in Concord, where Superintendent of Schools Karen Sakata will be the master of ceremonies. The four finalists will give their speeches – the same speeches they presented to the panel – to an estimated audience of 400 people, after which the two Teachers of the Year will be announced. The two winners will compete in the state Teacher of the Year competition in the fall.



## Willy Wonka JR at Wagner Ranch



Cast One splits performances with Cast A.

Wagner Ranch Elementary School presents Roald Dahl's fun trip to a chocolate factory June 5 (at 4 and 7 p.m.) and June 6 (at 3 and 7 p.m.). Ron Pickett directs the enthusiastic cast of 4th and 5th grade students. Tickets will be available at the door or in advance through www.showTix4u.com.



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#### **OBITUARY**

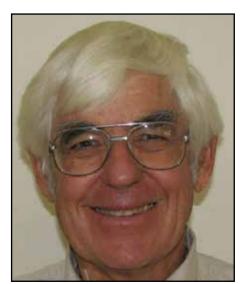
## Les Graham – the Heart of Orinda

On April 30, 2015, the City of Orinda lost one of its most highly regarded employees and many of us lost a dear friend. Les Graham was the "go to guy" at the city. A member of the Parks and Recreation Department team for 22 years, he set-up classes, public meetings and did whatever was necessary to make sure everything ran smoothly. He greeted everyone with a smile and always found a way to make everyone's day just a little bit brighter.

Many never realized that Les began his career as a firefighter. Following his retirement from that occupation in 1989, he decided to go back to work and, fortunately for the Orinda community, joined the City of Orinda's maintenance department.

Les died suddenly doing the job he loved. He left behind his adored wife Norene, three stepchildren, six grandchildren and two great grandchildren. He will be sorely missed.

- Sally Hogarty, Editor



Les Graham's smile brightened the day for many

"Les was my protector, my cheerleader and my confidant. He would hold the ladder for me, lift my spirits when I was down and encourage me when things seemed impos-



Graham (L) and Antonio Arroyo set up for a meeting in the Library Auditorium.

sible. He never sat in judgment of me and reminded me to keep smiling," Michele Olsen, City Clerk.

"Les loved his lattes at Café Teatro and his friendship with the owner, Joe. I will miss him but, because of his beliefs, I know he is in a very special place in the universe," Antonio Arroyo, Maintenance staff.

"He was the city's heart and soul. Les touched so many lives and organizations," Janet Keeter, City Manager.

"Les was a wonderful advocate for the city. He always greeted people with a smile," Michelle Lacey, Parks and Rec



CONTRIBUTED PHOTO

Graham and City Manager Janet Keeter enjoy one of Graham's favorite past-times -- attending an Oakland A's baseball game.

"He was our unofficial greeter for the City of Orinda. The City Council declared May 12, 2015 as Les Graham Day," Mayor Steve Glazer.

"Les was the most wonderful person that

I have ever met. I worked with him for over 20 years as he set up Rotary lunches every Wednesday. The word NO wasn't in his vocabulary," Dick Burkhalter, Orinda Rotary.

"Les had a quiet, gentle, caring, spiritual presence. One day 10 years ago, I was very worried about my 20-year-old son. During a college-sponsored trip around the world, his ship had been hit by a rogue wave and was completely disabled at sea. Les listened to my fears and gave me a big reassuring hug along with words of encouragement. He unselfishly gave me exactly what I needed at that moment," Kate Wiley, Seniors Around Town Program.

"I've had the pleasure of working with Les for the past two and half years. He motivated and encouraged me in so many ways. His smiles, funny faces, silly jokes and words of wisdom will never be forgotten," Amanda Perceval, Recreation Coordinator.

"When the OA hosted an event, Les was ready to help with whatever we needed. Truly an unsung hero, he worked behind the scenes to ensure our success. We will miss his ready smile, his 'can do' spirit, and his enthusiasm," Bill Waterman, Orinda Association.

"Les Graham was a positive presence. He was amenable to helping in any situation with a sense of humor, and, from our limited conversations, a very devout Christian," Jo Alice Canterbury.



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## **OBITUARY / CANCER FOUNDATION**

## Beloved Orinda Dentist Became **Favorite of Patients**

r. William E. Wilbur passed away peacefully in his sleep on Tuesday, April 21, 2015, after a 10 year battle with

Born in Glendale in May of 1929, he graduated from Glendale High School and went on to UC Berkeley for pre-dental studies. He served stateside for the United States Air Force during the Korean War and graduated from University of Pacific School of Dentistry in San Francisco in 1958. He returned to UC Berkeley for a master's degree in public health. This additional degree was fitting as he enjoyed working with patients of all ages and backgrounds. Bill donated dental services to the underserved, including children in need of facial reconstruction. He also volunteered at the local elementary school to educate the students about proper dental hygiene.

Bill began his dental career in San Francisco where he practiced for nearly 25 years. He made Orinda his family's home in 1964 and relocated his practice to Orinda in the early 1980s. He is remembered by generations of Bay Area families that he lovingly cared for throughout his 50 years of practice. When he retired, he said, "It was like having to leave hundreds of my best friends."

Bill is survived by his wife Maureen, whom he adored. She has been the love of his life for the past 39 years. He is also survived by his six children and nine grandchildren: his daughter Sharon (Terry) Wilbur Ranahan and her children Ian, Darin, Conor and Tess and his son Mark (Nadine) Wilbur, both by his former wife Janet Peters Davis (deceased), his daughters Sabrina Wilbur and Samantha (Cliff) Wilbur Nagler both by his former wife Leilani Mattice McManus, his son Tyson (Anna) Krumholz and his children Logan and Quinn, his daughter Megan (Ariel) Krumholz Hurtado and her children Marina, Sebastian, and Loren. To Bill, family was the most important thing in life.

An avid Cal Bears football fan and season ticket holder for 40 years, Bill also enjoyed reading novels, snow skiing in Squaw Valley, water skiing at Lake Berryessa, scuba diving in the Grand Caymans, and daily exercise at Orinda's In Forma gym. Bill appreciated gourmet food, fine wine and all things chocolate. His love of cooking, with inspiration from Bon Appétit Magazine, was an integral part of his routine. For over 40 years, he and several friends ("The Monday Night Group") gathered weekly to share one another's culinary skills and



Dr. William E. Wilbur

company.

Dearly loved by his family and friends, he was the sweetest of men who's positive and selfless nature inspired others. The warmth of his welcoming smile and beautiful spirit will be missed every day.

Your memories of Bill Wilbur would be treasured by his family. Please send your messages via email to: wewdds@yahoo.

In lieu of flowers, donations can be made to Children's Hospital Oakland. www. chofoundation.org/giving/waystohelp/ honormemorial.html.

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## Tennis Club Aces It! In Fight Against Breast Cancer

#### By BOBBIE DODSON Staff Writer

The 13th Annual Ace It! for breast ancer awareness event will be held at Orindawoods Tennis Club on Saturday, June 20. In addition to the popular format of clinics with local tennis pros in the morning and the Tournament of Champions in the afternoon - plus a gourmet lunch and raffle at noon - this year will feature a silent auction for a weekend getaway, wine basket and sporting events (credit cards will be

Ace It! benefits Alta Bates Summit Foundation and the Carol Ann Read Breast Health Center. Over the past 12 years, the Lamorinda tennis community has raised more than \$110,000 for breast cancer support and treatment. Donation to participate in either the morning or afternoon event, both of which include lunch and raffle, is \$80; donation for the



(L-R) Ace It! committee members: Keith Wheeler, Danielle Signorella, Barbra Britto--Tang, Tessie Siegel, Lysbeth McNeil and Lynda Lawrence.

entire day is \$135; lunch and raffle only is \$25. All donations are tax-deductible.

To register, visit www.orindawoodstennis.com, choose Orindawoods Tennis Club, Events and Ace It! Then choose either "pay online" or "mail application." If you don't have a partner, you will be paired with one. Orindawoods Tennis Club is located at 650 Orindawoods Drive, Orinda. Call 925-254-1065.





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#### SEASONED SHOPPER

#### ♦ CLASSICS from page 7

our audience and customer base, and we feel it's important to give back to the community," said Vanek. "We've had a lot of fun over the years putting on the car shows. We've really built it into something special. It's the second biggest event in Orinda, next to the 4th of July." The car show has also enlisted dozens of volunteers who help each year. "Some people like cars, some people want to give their time to something good. We can't do this alone," said Vanek. "They've helped build the crew that puts on the car show. It has spread out into a huge event, but the emphasis remains cars and community."

For the past several years, the Orinda Historical Society Museum has displayed at the car show. "This year we're going to have a special display inside Orinda Motors featuring Orinda Motors through the years," said Vanek. "We'll have cars, pictures from the 1920s through the 1990s and memorabilia from the different eras. We'll have some World War II items, some farming equipment and school items. This year we're going for more artifacts."

Orinda Motors plans to keep doing the car show as long as people want to show off their cars. "We're looking forward to continuing to do shows," said Vanek. "This is our 11th year, and we're going to keep building it by being involved in the community the way we are. We have no plans to change that."

For more information, visit www.orindamotors.com and www.orindacarshow.com.

## Seasoned Shopper Peak Season for Many Favorites **BARBARA KOBSAR**



The Orinda Farmers' Market is quickly L becoming the local gathering spot on Saturday mornings. With its proximity to the Community Park and local shops, many people take the chance to stroll through the market to buy their weekly fresh produce. The market is a perfect spot to unwind and enjoy music or get a bite to eat at one of the popular food stands.

June is a wonderful month to enjoy peak-season apricots, cherries, peaches, berries, figs, tomatoes and cucumbers.

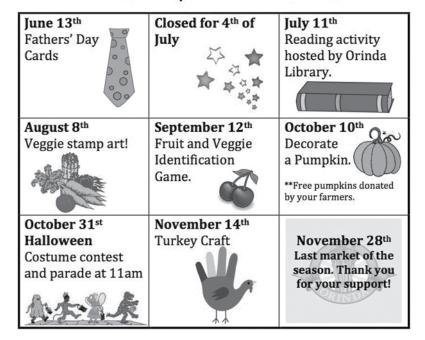
It's also an opportunity to meet the growers who grow your food and explore the easy way to healthy eating. Every second Saturday, the market has a fun activity at the kids' booth. Keep this calendar handy!

If your organization is interested in hosting an activity at the kids' booth, send an email to manager@cccfm.org. The market is open every Saturday from 9 a.m. to 1 p.m. For information, visit www.ccfm.org or call 925-431-8361.

## Orinda Farmers' Market

Every Saturday 9am - 1pm on Orinda Way

## Second Saturday Kids' Events Calendar



## ♦ COUNCIL from page 8

Kohl stated that the commitments in place to the Orinda Union School District will be continued - nothing will be abandoned. A needs assessment will be done for the Lafayette and Moraga school districts as each town will have different needs and different ways of getting those needs met. A roster of school partners such as educational foundations and parents clubs will be created for Moraga and Lafayette.

So, how will the Lamorinda Arts Council fund all the events, classes and activities envisioned for the three communities? Fundraising will include corporate and business sponsorship, gallery commissions, membership fees, individual donations, foundation grants and local, county, state and federal agencies. Kohl believes that the exponential power of the three towns acting together will surpass anything they could do

Art Passes – discounts to local restaurants and performances - eventually mean the membership pays for itself and are included when you join.

individually. Regarding membership fees,

Each community will have a membership, volunteer and fundraising committee. Recruitment of leadership is underway. "We believe in the team approach, where each person takes on a task they enjoy so they can make efficient use of their precious time to have maximum impact," says Kohl. Board meetings, which are participatory and informative, are open to the public - check online for details. To make volunteering easier, check out the online sign up form. How about just one hour a month for art's sake? Visit the website at http:// LamorindaArts.org where social media pages can also be accessed. Love the arts? It's time to get involved – add your energy to the power of three.

## ♦ BOOKS from page 8

by Simon Vance and Xe Sands. Vance is one of the best narrators in the audio-book business.

One more outstanding recommendation for the summer is Amy Bloom's Lucky Us, due out in paperback early this month. Families of all sorts – the ones we are given at birth and the ones we create - are the backbone of this delightful novel that takes readers from the Midwest to Hollywood in the 1930s and finally on to New York pre- and post-World War II. The opening sentence will intrigue you, and you will shed a tear at the end – not to be missed.

Summer is indeed reading season – don't go anywhere without a book.

#### ♦ HOWL from page 10

as well or may have good recommendations

Whatever you decide, give yourself and your pet a chance to try it out first. If your neighbor will take care of your parakeet, ask the neighbor to take the budgie for just a couple of days as a test run. If you plan to travel with your pet, make sure all vaccinations are up-to-date, and you have copies with you. Get your cat or dog microchipped and put current ID tags on the collar.

Knowing your animals are safe and sound is the greatest relief a vacationer can have. So, go ahead, do your homework and enjoy your vacation, knowing your pets are in good hands.

## Join us for the 2015 season! www.cccfm.org

If your organization is interested in hosting an activity at the kids' booth please send an email to manager@cccfm.org

#### ◆ CAR TIME from page 7

only 50,000 miles. The engines' valve trains build up with carbon, causing drivability issues and eventually a check engine light. To take the engine apart to clean out the carbon build can run as much as \$800. Hybrid vehicles are efficient and save a lot of money on gas. However, they have a high-voltage battery with a finite life span that costs quite a bit to replace.

The bottom line is that technology is

expensive. My Dad used to say about extra features on the car, "it is just more stuff to go wrong." He was right but now we don't have a choice if we drive modern vehicles. You can be sure that the next new car you buy will be more high tech and more expensive to repair than your last new car. You do have a choice: to keep your current vehicle and invest in its future or research your next vehicle purchase and stay away from some of the higher-tech stuff.

You can reach John Vanek at john@ orindamotors.com.

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### PERFORMING ARTS

## Cal Shakes Launches 41st Season with Shakespeare's Twelfth Night

By KATHRYN G. MCCARTY Staff Writer

The hills of Orinda rolled with laughter ■ as Cal Shakes opened its 41st season on May 27 with Shakespeare's comic masterpiece, Twelfth Night. Christopher Liam Moore who said he was "thrilled to be returning to Cal Shakes" craftily directs Twelfth Night, one of William Shakespeare's most popular comedies.

Moore, whose directing debut with Cal Shakes was in 2013 with the popular Lady Windermere's Fan, has assembled a cast of seven women and one man to play all the roles in this masterful comedy which explores both the beauty and madness of love. Moore's directing credits include work at Oregon Shakespeare Festival, Artist's Rep in Portland and Utah Shakespeare Festival. As an actor, he recently played Walter Jenkins in last year's Tony Award-winning play All The Way (with Brian Cranston). Film and television work includes Ten Items or

Less and Murder in Small Town X, Friends, Judging Amy, Third Rock from the Sun and Star Trek: Voyager.

"I've always loved Chris' work on the classics - he brings such humanity and elegance to the work and reveals new meanings that make these plays from the past seem so fresh and relevant," said Artistic Director Jonathan Moscone who was "inspired" by Moore's idea of "populating most of the company with female actors." This season concludes Moscone reign as Artistic Director at Cal Shakes, which he has led since 2000.

"I'm thrilled that this cast is filled with some of the Bay Area's most extraordinary female actors," said Moore. "I'm also delighted to have Ted Deasy in his Cal Shakes' debut as Feste."

According to Moore, Deasy serves "as a kind of stage manager to the proceedings and helps to reinforce the idea that life is fleeting and love is to be embraced when it comes your way."



Cal Shakes Twelfth Nightfeatures (L-R standing) Julie Eccles, Catherine Castellanos, Lisa Anne Porter; (L-R seated) Rami Margron, Domenique Lozano, Margo Hall; and (front, seated) Stacy Ross.

Deasy has appeared in the national tour of The 39 Steps, and in the world-premiere production of Jonathan Moscone and Tony Taccone's Ghost Light. He has worked at numerous regional theaters, including Oregon Shakespeare Festival, Actors Theatre of Louisville, Rep Theatre of St. Louis and

Utah Shakespeare Festival,

The women of Twelfth Night include well-known Cal Shakes' actresses Julie Eccles, Stacy Ross, Margo Hall, Catherine Castellanos and Domenique Lozano.

Newcomers to the Bruns Amphitheater, though familiar to Bay Area audiences, are Rami Margron and Lisa Anne Porter.

The theatre hosts a variety of activities associated with its performances including Tuesday Tastings (June 2, 9, and 16); Teen Night (June 2, 6 p.m.); open-captioned performance (June 3); Meet the Artists (June 14); InSight Matinee (June 7), Bring Your Child to their First Shakespeare Performance (June 20); and Grove Talks (held 45 minutes prior to curtain).

Twelfth Night continues through June 21 at the Bruns Memorial Amphitheater, 100 California Shakespeare Theater Way, Orinda, with performances Tuesdays through Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., Sundays at 4 p.m. and a Saturday matinee on June 20 at 2 p.m. The grounds open two hours before curtain and the theater offers free shuttle service from the Orinda BART station (beginning 90 minutes prior to curtain) as well as free onsite parking. For information or tickets (\$20 to \$72), call the box office at 510-548-9666 or visit www.calshakes.org.

## Starlight Players Serve Black Coffee in the Park

By DAVID DIERKS **Assistant Editor** 

Trinda Starlight Village Players (OrS-VP) present Agatha Christie's *Black* Coffee starting on June 5. Initially produced in 1930, Black Coffee is the first piece that Christie wrote for the stage and the play launched a successful second career for her as a playwright.

Directed by Suzan Lorraine, a longtime OrSVP actor and director, the play has not graced the OrSVP stage since 2001. "The plot, of course, is quintessential Christie," said Lorraine. "Sir Claude Amory has come up with a formula for an atom bomb and is poisoned - for what? And by whom? Enter Hercule Poirot, Inspector Japp and Poirot's sidekick Hastings to gather the suspects together and solve the mystery. The suspects range from close family to near strangers, all lovely and seemingly innocent. In true Christie fashion, no one is innocent until one is proven

Lorraine is exited to be working at OrSVP again. Her greatest joy comes from



OrSVP rehearse for Black Coffee which opens June 5. (L-R) Tom Westlake, Lisa Marie Taylor, Don Bialik, Ken Sollazzo, Marian Simpson and

"working with the cast to bring the story together in such a way that has the audience guessing 'who done it' until the reveal. I love hearing audiences asking each other 'who do you think did it' during intermission." Lorraine's roughest hurdle comes from the popularity of Christie. "Lots of people have read the books that the plays are based on, so making the characters believable for those people so they stop comparing the book and the play is probably the biggest challenge."

Black Coffee marks Lorraine's 12th production with OrSVP and her fifth Agatha [SEE COFFEE page 18]

## Orinda Starlight Village Players





Produced by permission of Samuel French Ltd.

Fridays and Saturdays, at 8:30 p.m. June 5 through July 4 Sunday, June 28, 4:00 p.m., Thursday, July 2, 8:00 p.m. At the Outdoor Theater, Orinda Community Center Park, 26 Orinda Way (Across from Rite Aid). Two blocks from BART.

> Regular admission \$16, Discount admission \$8 Season Tickets: \$35 regular, \$21 discount tickets (All 3 shows - Black Coffee by Agatha Christie, Madness on Madrona Drive by By Louis Flynn and Carlo Collodi's Pinocchio adapted by Malcolm Cowler

> > Orinda Starlight Village Players, P.O. Box 204, Orinda, CA 94563

www.orsvp.org Tickets at Box Office or call 925-528-9225 or email info@orsvp.org

#### Starlight Dinner Theater Offer

Bring a receipt from an Orinda restaurant to the theater and get two <u>regular</u> theater tickets for the price of one. (Restaurant receipt must be from the same night as the performance. One discount per party.)



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## THE REEL LESS TRAVELED DON'T SHOOT THE MESSENGER

Tom Westlake



This month, I write this column with I trembling fingers and an uneasy mind – and it's not just because I have to report the absence of the International Film Showcase, which Efi and Jo Alice always do at this time of year so they don't have to compete with the big summer releases. No, I'm going to tell you about something worse ... far worse ... but not just yet. Let me lead up to it slowly to ease the pain.

Since free movies are always good news I'll start with *The Karate Kid* (1984). This film came out at just the right time. The Kung Fu craze had left its mark on movie and TV screens, people were flocking to learn the martial arts and the Rocky movies were still making bank. With all three of these elements firmly in the public mind, as well as the ever-lucrative youth market, Kid became popular in its own right. After all, who doesn't like an underdog story especially if the underdog in question is Ralph Macchio? Having built a following already, audiences were anxious to see if he could break out beyond the small screen and this was just the vehicle for him. Think of it as Rocky for the teen set and you've got a pretty good idea what to expect. It will show for one night only on June 11 at the Orinda Theatre at 7 p.m.

Then, appropriately on June 13, comes what I spoke of earlier and which, as I write this column in chronological order, I can no longer avoid. This is a film that has such a reputation, is so widely known and yet so universally reviled that I'm surprised that the good folks who run the Rheem allow it to be shown in their theatre. I speak of Plan 9 From Outer Space. Yes, Vanessa has really gone and done it this time. She has risked all and brought forth

to us poor, innocent moviegoers a movie that is rightly regarded as the Worst Movie Ever. Directed by the legendary Ed Wood, the film is also notorious for being the last movie appearance of Bela Lugosi (and for the story surrounding that, see Tim Burton's Ed Wood, an ideal companion piece to this abomination). In truth, there's quite a bit more I could say about the movie, but I urge you (all joking aside) to go to the Rheem on June 13 at 7 p.m. so that you can cross this off your bucket list.

Next, we have a movie inside an event inside a worthy cause. June 14 has been officially named Kids' Day at the Rheem, and there will be all manner of celebration and hoopla surrounding it. The event will primarily be a fundraiser for the Special Olympics. Sponsored by the Kiwanis and the Moraga Police Department, it will feature a wide variety of entertainments including face painting, bounce houses, a petting zoo – and a showing of *Despicable* Me 2. I urge anyone who isn't exhausted by all that's going on to make time to see this. Not only is it a worthy sequel to the first one, it's a perfect movie for the whole family and a fitting centerpiece for the fundraiser itself. Add to this the fact that it only costs \$5 and it will screen at 10:30 a.m. and there's really no excuse for missing it. And there are minions - can't forget about them, can we?

Lastly, there's Now, Voyager. The Moraga Movers monthly movie features Bette Davis in a role that truly established her as an actress for the ages. Going from a suppressed (and oppressed) to an openspirited soul, Ms. Davis displays no end of heartbreak, joy and nearly every other emo-[SEE FILM page 20]

## Rheem Theater Hosts '50's Sci-Fi Day

By FRAN ENDICOTT MILLER Staff Writer

More than 500 science III.

turned out for the May 16 Classic

'Go?- Sci Fi Day at Film Hall of Fame's '50's Sci-Fi Day at Moraga's Rheem Theatre. The event drew Sci-fi enthusiasts from throughout northern California, and featured four classic 1950's Sci-fi movies: This Island Earth (1955), The Day the Earth Stood Still (1951), The Creature from the Black Lagoon (1954), and Them! (1954) - during which a giant 12-foot ant dropped from the ceiling to successfully scare audience members.

Special guests at the event included Billy Gray, from the television show Father Knows Best and from the movie The Day the Earth Stood, and screen legend Julie Adams, star of *The Creature from the* Black Lagoon. Derek Zemrak, co-owner of the Rheem Theatre and founder of the Classic Film Hall of Fame and Museum, used the opportunity to induct Adams into the Classic Film Hall of Fame. "It was the highlight of the day," said Zemrack. "It was an honor to pay tribute to a Hollywood screen legend and a movie that can still sell out after premiering in movies theaters 61 years ago." Adams joins a lauded list of previous Classic Film Hall of Fame and Museum inductees including Vincent Price, Charlie Chaplin, Abbott & Costello, Boris Karloff, Mickey Rooney, Carl Reiner, Mary Pickford, Margaret O'Brien, Cloris Leachman and Moraga's film historian and Hollywood author, Larry Swindell.

Doug Jones, better known as "The Man of Many Creatures," hosted the day. While Jones himself might not have been recognizable to fans, the characters he has played are certainly well known: Silver Surfer (Fantastic 4: Rising of the Silver Surfer), Abe Sapien (Hellboy), Fauno & Pale Man (Pan's Labyrinth) and Billy Butcherson (Hocus Pocus). Jones is also currently on the hit Sci-fi television show Falling Skies where he plays the role of Cochise, and the television show Flash as Deathbolt. "Mr. Jones is truly a fan favorite in the industry and one of the nicest guys in Hollywood," said Zemrak.



SCI FI BOB EKMAN

Screen Legend Julie Adams attended the Sci-Fi event at the Rheem Theater.

The Rheem Theatre, winner of Best Bay Area Independent Theater in 2014, and its Classic Film Hall of Fame and Museum, located at 350 Park St. in Moraga, is a one-ofa-kind experience and features more than 100 Hollywood exhibits including movie props, costumes, autographs, personal letters from Hollywood screen legends and interactive tablets where individuals can learn more about Classic Film Hall of Fame inductees. Admission is free with the purchase of any movie ticket.

Zemrak and friends Bob Ekman and Eric Yee (designer and creator of the 12-foot ant) continually seek varied programming to bring new audiences to the Rheem. In March, they hosted "Vincent Price Day." "Zombie Day" takes place Saturday, Aug. 1, and will feature four films including Night of the Living Dead with writer John Russo, who will be inducted into the Hall of Fame. The next '50s Sci-fi Day is Oct. 2; films include *Thing from Another World*, It Came From Outer Space, War of Worlds and Forbidden Planet.

"I love all genre of movies and my goal with the Classic Film Hall of Fame and Museum is to preserve the history of cinema," said Zemrak.

For more information on the Rheem Theatre and the Classic Film Hall of Fame and Museum, visit www.lamorindatheatres. com. Sign up for the Rheem's e-newsletter and get free popcorn!







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#### ◆ COFFEE from page 17

Christie. What keeps bringing her back to Starlight year after year? "First, the people. This is truly community theatre and we have a great time doing this. We generally play very well together. Second, the venue. This a magic setting and when the lights go down, the stars - on stage and in the sky - come out."

Black Coffee runs from June 5 through July 4, with performances Friday and Saturday nights at 8:30 p.m., one Sunday performance on June 28 at 4 p.m. and one Thursday performance on July 2 at

OrSVP is completely run by volunteers and no one at the theatre is paid. Anyone who is interested in any aspect of theatre and would like to help is encouraged to contact the group at www.orsvp.org or 925-528-9225. "This is a great place to get your feet wet in community theatre, so do come play with us," said Lorraine.



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## SUMMER FUN / SCHOOLS / STUDENTS

## Moraga Valley Pool Offers More than Water Sports

By DAVID DIERKS **Assistant Editor** 

The Moraga Valley Pool (MVP) is a I neighborhood swim and tennis club in Orinda located just up the hill from Orinda Intermediate School at 15 Risa Court. In addition to the pool area, the club also boasts tennis courts, a large lawn area and a sports court. "The grounds are what we're best known for of all the Lamorinda clubs," said Julie Oliver, MVP Swim Team president. "We have the biggest grass area, biggest play area, and most natural setting. When you look at other clubs, there's a lot of asphalt. Here, you see kids run from one side of the club to the other without getting in trouble with the lifeguards." Clubs don't allow children to run on the concrete decks around the pools, but MVP has so much lawn area that children have free rein. "The kids love to go up into the trees. It's just a giant playground because it's within the fence. There is a fire trail for the fire department, but it's an adventure trail for kids. You can't be bored as a kid here." Heather Randolph, MVP director of tennis added, "The best thing is that it's unstructured play. They love climbing up the redwoods and running around. It's like an extension of your back yard."

MVP offers a baby pool, a main pool with six lanes for laps, a diving area, and a shallow play area. "We're the only club to have a diving board," said Oliver. "A lot of other clubs had to expand their pool in such a way that they don't have room. For others, insurance won't let them have one. We have a fun thing we do in the summer, a Dads' Cannonball Competition, which is hilarious. The kids line up on either side to be splashed. The moms know to stand just a little farther back."

The pool is open from April through October every year. The club offers swim lessons, competitive practices, and swim meets for children ages 5-18 and a masters program for those 19 and up. "We're famous for having three Olympians at this club," said Oliver. The Olympians include Drew McDonald on the '80 and '84 water polo teams; Matt Biondi swam in the '84, '88 and '92 Olympics; and Heather Petri on the '00, '04, '08 and '12 water polo teams. A recent addition that has proven very popular are ping-pong tables. "When you're waiting for your sibling to be done with their lesson, you can get in some great games of ping-pong," said Oliver.

The sports court is located above the lawn and has gorgeous views of the valley. "It's shocking that we're in Orinda and only 20 miles from San Francisco. It looks like you're in the middle of nowhere. The court can be used for basketball or volleyball, but playing around is really what it's for," said

Oliver. Randolph added, "We get a lot of kids that just push each other in chairs. It's kind of like bumper cars." The club was built in 1958 and the tennis courts were added in the '70s. "We love the retro look of the buildings," said Oliver. "If we ever do expand the club we want to keep that same look. The large trees that are all over the property were a gift from the town. The town was so happy to have a swim club in the area. Originally the area was designated light industrial complex, but one of the neighbors convinced the town to donate the land."

The club has four tennis courts: two traditional hard courts and two new Har-Tru clay courts that were completed last April. "It's a different surface than hard," said Randolph. "It's a green clay and the courts are 10-15 degrees cooler in the summer than hard courts. They are much better on your body so you don't sustain as many injuries when you're playing on clay. It's what all the professionals play on." Oliver added, "We get some people that are practicing for the pros who will contact our tennis pro to try it out."

The clay courts are a big draw for MVP. Randolph said, "We are the only clay courts in the East Bay, and one of the only clubs in the Bay Area that has clay courts." Clay courts have another benefit over hard courts, especially in the Bay Area. Oliver said, "It was a really smart move for us, not just because they're unique, but also because they're great if you have any earth movement. The biggest problem most courts have are cracks. Well, guess what, we can just smoosh them flat."

The tennis programs run year-round. "We have a very established junior program here, from beginning pee-wee tennis to high school tennis to more advanced juniors," Randolph said. "We have a growing men's program and we're actually recruiting women for a ladies' league. We have three tennis pros and they are all USPTA (United States Professional Tennis Association) certified."

The club is constantly improving the grounds. "We have wonderful financial management, so we can do incremental improvements," said Oliver. "We're having some landscaping done right now. We've got new equipment for the pool – new lane ropes and new flags. We're getting a new scoreboard."

MVP offers its members a safe environment for recreation, instruction and fun. Oliver said, "It's really happy and vibrant when all the kids get here for swim team." Randolph added, "It's super friendly and very community oriented."

For more information, visit www.moragavalleypool.org.

#### Miramonte, OIS Named Gold Ribbon Schools

By BILL O'BRIAN Staff Writer

Orinda Intermediate and Miramonte High School have been named 2015 Gold Ribbon Schools. Just 373 middle and high schools in California received the award, a new program for 2015-2016 that honors some of the state's outstanding public schools. Contra Costa County is home to 26 of the secondary schools selected, the most of any county in northern California. Miramonte is one of three high schools chosen in the Acalanes Union High School District. Campolindo in Moraga and Las Lomas in Walnut Creek also earned the Gold Ribbon award.

"We are very proud of the schools in our county being recognized for some amazing model programs, and our site visit teams were extremely impressed with what they observed at each of these schools," said County Superintendent of Schools Karen Sakata. Schools applied for the award based on a model program their school adopted that includes standards-based activities, projects, strategies and practices that can be replicated by other local educational agencies. The new award is recognizing middle and high schools this year and elementary schools in 2016.

The Gold Ribbon schools were recognized at a ceremony in Sacramento in May.

## Local Irish Dancers Take First In World Championships

By SALLY HOGARTY Editor

rinda residents Annie Hammond and Fiona and Dania Innis competed in the 2015 World Irish Dancing Championships in Montreal during Easter week as part of the Dillon Magh Adhair (DMA) Academy's dance drama. The Walnut Creek academy's performance of Full Irish Breakfast took first place in the junior drama category. "This is the first team from Northern California to ever achieve such as honor," said academy director Michael Dillon. "Equally exciting was that the decision was unanimous amongst the seven-judge panel." Dillon Magh Adhair's senior drama piece, entitled The History of Ireland in 5 Minutes 53 Seconds took second place.

Dance drama is a popular genre among Irish dance aficionados. The drama must tell a specific traditional or historical Irish story and include between 8 and 20 dancers using only Irish music.

"Participating at World is fun because you meet people from all over the world and then competitors start to become friends," said Fiona Innis, a 6th-grader at Head-Royce who competed in both dances. "It is exciting to watch all the dancing because the quality is so good. But most of all I love being on stage with my friends and

Fiona's sister Dania, a 4th-grader at Glorietta Elementary, agrees. "This was a once-in-a-lifetime experience because it takes a lot of effort and hard work for a



Dania (L) and Fiona Innis hold the first place trophy their group won for the dance drama Full Irish Breakfast.

team to get first place at World and I was lucky enough to be on a team that made it when it was my first time ever competing at World."

Glorietta 5th-grader Annie Hammond recalls the tense moments before the awards were announced. "It was so exciting standing in a circle holding hands with the whole team when they announced World Champs. And it was us!"

Senior choreographer Michael Dillon, assisted by DMA teachers Lauren Edberg and Eimear Broderick, choreographed both award-winning dances. For more information on the school, visit www.dmadancers.





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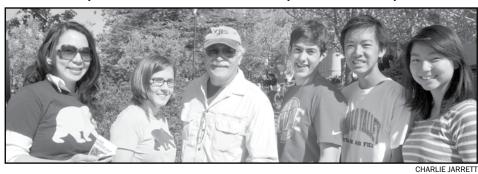
#### **CLASSIFIED**

#### ♦ APP from page 1

The main focus of Radke's Action Day "meet and greet" was to introduce residents to a new fire fuel evaluation tool created by his former student, Scott Farley. The tool, called Firesphere, improves firefighters' ability to determine how a fire would move through a specific neighborhood during a wildfire and is available at no cost for iPhone users. Users simply take photographs of the trees, foliage and terrain around their homes and upload them to a central fire fuel database that gives firefighters the most current fire fuel information necessary to forecast fire movement

tary schools and a major golf club. They said that, most of all, they wanted to see the formation of a community group in Orinda as a "catalyzing event" - without the need for a catastrophic event such as the 1991 Oakland Hills fire, which subsequently resulted in the formation of a study group to prevent future disasters in that area.

Firefighters and government-sponsored fire evaluation agencies have attempted to map fire fuel sustaining materials for years. The main problem is that the fire modeling tools used currently are many times limited by satellite imagery that is often years out-of-date by the time it is



UC Berkeley Environment Studies Professor John Radke (3rd from L) with students (L-R) Mam Suteethorn, Crysta Highfield, Willliam Shain, Austin Mac and Mictara Leon.

danger, depending on the temperature, wind conditions and humidity relevant in any geographical area, at the time a fire breaks out. Check it out at www.Firesphere.org. Radke and his students concentrated their studies on the Sleepy Hollow neighborhood due to its diverse slopes, variable strong Diablo winds and absence of large fire break areas that can result in fast-moving fires that are difficult to contain.

"In general, Orinda is situated in an area at risk for wildland urban interface fires," said Radke. "Using complex mathematical models and remote sensing and vegetation observations ... we built a fuel model for Sleepy Hollow. We combined this with weather data and topographic information to compute potential fire behavior using computer systems such as Firesphere, FlamMap and Farsite." The information resulted in a call for creating a new fire evacuation plan for the neighborhood and Sleepy Hollow Elementary School plus recommendations for a tall tree mitigation plan, to reduce the potential for Crown Fires, which are forest fires that spread along treetops, often at great speeds.

In their studies, the U.C. students noted that in Sleepy Hollow there are roughly 7,247 residents, 2,700 acres, two elemen-

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incorporated into fire studies. When Farley was conducting his analytical studies of forest fire propensity in Southern California, he was dismayed by this lack of current information-gathering methods – hence he wrote the Firesphere application software that can be used with everyone's favorite

tool – the cell phone!

## SCHOOL CALENDAR (JUNE)

- Miramonte High School Public Speaking Awards Dinner, 750 Moraga Way, 6 p.m.
- Acalanes Union High School District board meeting, 1212 Pleasant Hill Road, Lafayette, 7:30 p.m. Also June 23 and 24. Visit www.acalanes.k12.ca.us.
- Miramonte High School Pops Concert, Theatre, 750 Moraga Way, 7 p.m. Also June 5 at
- Holden High School Graduation, 10 Irwin Way, 4 to 6 p.m. Call 925-254-0199 or visit www.holdenhigh.org.
- Wagner Ranch Elementary School presents the musical Willy Wonka Junior! featuring 4th- and 5th grade actors, directed by Ron Pickett, produced by Ara Jelalian and Jackie Lawrence-Knight with musical direction by Derek Luscutoff. Show times are Friday, June 5 at 4 and 7 p.m. and also Saturday, June 6 at 3 and 7 p.m. Tickets (\$12 reserved, \$10 general) are available at the door or through www.showTix4u.com. The school is at 350 Camino
- Orinda Union School District board meeting, 8 Altarinda Road, 6 p.m. Visit www.orindaschools.org.
- Orinda Academy, 19 Altarinda Road, 8th-Grade Graduation and All School Awards Ceremony. Call 925-357-9729 or visit www.orindaacademy.org.
- Miramonte High School, 750 Moraga Way, Senior Graduation. Call 925-280-3930 or visit www.acalanes.k12.ca.us/miramonte.

Orinda Academy, 19 Altarinda Road, Senior Graduation. Call 925-357-9729 or visit www. orindaacademy.org.

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

#### ♦ FILM from page 18

tion that a story of this ornateness requires. Paul Henreid and Claude Raines hold their own but it's the struggle that Charlotte Vale (Davis) goes through that really holds our attention. That it plays fast and loose with the Hayes Code is also something to recom-

mend it. All in all, you could do far worse (like going to see *Plan 9*, for instance) than to be at the Rheem on June 17 at 1 p.m.

So, hopefully that will tide you over until July, when we'll have I'm sure another wide variety of filmic wonders, but until then, remember to stay in the dark, for that's where the reel magic lies.

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#### **CALENDAR**

## ON THE CALENDAR

#### JUNE

**Orinda Library Gallery,** Oakland Art Association, entire month, 26 Orinda Way. See article p. 12.

- 1 **California Shakespeare Theater** opens its summer season at Bruns Amphitheater in Orinda with Shakespeare's *Twelfth Night*, running through June 21. Visit www.calshakes.org.
- 4 **Orinda Starlight Village Players** presents Agatha Christie's *Black Coffee* through July 4. Performances at the Community Park are Fridays and Saturdays, 8:30 p.m., July 2, 8 p.m. and June 28 at 4 p.m. Visit www.orsvp.org.
  - **Story Hour** with Cathy Goshorn for children aged 2 to 4, Thursdays, Orinda Books, 276 Village Square, 10 to 11 a.m. Call 925-254-7606.
- 5 Diablo Choral Artists presents *Love*, a concert featuring Johannes Brahms' Liebeslieder Waltzes, plus other works, Mt. Diablo Unitarian Universalist Church, Walnut Creek, 8 p.m.; also June 7, 3 p.m., St. Stephen's Episcopal Church, Orinda. Visit www.vmschorus.org.
- 9 Orinda Books hosts Laura Dave discussing her new novel, *Eight Hundred Grapes*, set in the Sonoma Valley, 276 Village Square, 7 p.m. Wine country treats will be served.
  Summer Concerts in the Park, features DND Band, rock n' roll, Community Park, 28
  - Orinda Way, 6:30 to 8:30 p.m. Free. **The Second Wednesday Book Group** meets at Orinda Books, 276 Village Square, 3 p.m. The group meets monthly and welcomes new members.
- 11 **Free Movie Night** presents *The Karate Kid*, Orinda Theatre. Free movie every second Thursday, 7 p.m. Visit www.lamorindatheatres.com/index\_orinda.asp.
- 13 **Orinda Books** hosts a *Sisters-in-Crime Showcase* with local crime authors, 276 Village Square, noon.
  - **Parks and Recreation Department** hosts blood drive, Orinda Community Center Founder's Auditorium, 28 Orinda Way, 9:30 a.m. 2:30 p.m. Donors can schedule an appointment or just drop in. To schedule, go to www.redcrossblood.org and enter sponsor code Orinda or call 800-733-2767.
- 14 **Niles Canyon Railway & Afternoon Antiquing** for seniors, sponsored by Orinda Parks and Recreation, 11 a.m. to 4 p.m. Residents \$15; non-residents \$17. Call 925-254-2445 or visit www.cityoforinda.org.
- Orinda Books hosts chef Charles Vollmar with his popular series of cooking demonstrations/luncheons. \$35 includes a 3-course luncheon, wine and 10 percent off the price of the cookbook, 11:30 a.m. to 1:30 p.m. Reservations required. Call 925-254-7606.
  - **Summer Concerts in the Park** features Kenya B Trio playing classic funk, blues and jazz, Community Park, 28 Orinda Way, 6:30 to 8:30 p.m. Free.
  - **Three-Quarter Century Club**, honoring citizens 75 and up, features a luncheon with Frank Helling portraying *A Visit with John Muir*, Orinda Community Church, 10 Irwin Way, 11:30 a.m. For reservations, contact John Fazel at runmts@prodigy.net or call 925-324-2017.
- Founders Night features the best films of the California Independent Film Festival's 17-year history, Rheem Theatre, 350 Park St., Moraga, 7 p.m. Admission \$7 or free for leading role members of CAIFF. Series runs every third Friday. Visit www.lamorindatheatres.com/index\_newrheem.asp.
- 20 Live Jazz Series at Rheem Theatre, 350 Park St., Moraga, 7 p.m. Admission \$20 general; \$15 seniors and children. Series runs every third Saturday. Visit www.lamorindatheatres. com/index\_newrheem.asp
- 23 **Summer Concerts in the Park** features Spill the Wine, playing pop and classic rock, Community Park, 28 Orinda Way, 6:30 to 8:30 p.m. Free.
- **24 Orinda Books** hosts The Random Readers discussing *The Goldfinch* by Donna Tartt, 2 p.m. The group meets monthly and welcomes new members.
- Orinda Books hosts a luncheon with Ann Packer discussing her new novel, *The Children's Crusade*, 276 Village Square, noon.
  - Maria's Book Club meets the fourth Thursday at Orinda Books, 276 Village Square, 11 a.m. The club welcomes members.

    Movies in Orinda Community Park, Alexander and the Terrible, Horrible, No Good, Very
  - Bad Day, begins at dusk, 28 Orinda Way.
- 30 **Summer Concerts in the Park** features Dennis Johnson and Ramblers playing blues and swing, 6:30 to 8:30 p.m., Community Park, 28 Orinda Way. Free.

#### AT THE LIBRARY

All events are free unless otherwise specified. For more information, call 925-254-2184 or visit www.ccclib.org/locations/Orinda.html.

- 4 **English as a Second Language Conversation Circle**. Practice English in an informal, small-group setting, Tutoring Room, 1 to 2:30 p.m. Preregistration not required. Also June 11, 18 and 25
  - **Monthly Book Sale**. Hosted by Friends of the Orinda Library, Book Shop and sorting room, 10 a.m. to 1 p.m.
- 6 **Summer Reading Festival** kickoff with live music by Oakland Future Trio, a teen trio playing classical jazz standards, 2 to 3 p.m.
- 15 **J.D. Salinger Seminar** with novelist Deborah Janke, Garden Room, 7 to 8:30 p.m.
- 16 **Toddler Lapsit.** Stories and songs for children aged 1 to 3 and their caregivers, Gallery Room, 10 and 10:30 a.m. No registration required, but attendance limited to once per week. Also June 17, 23, 24 and 30.
  - **Peek-A-Boo Time**. Storytime for children ages 0 to 5, 11:30 to 11:55 a.m. Also June 23 and 30.
- 19 **Mystery Book Club.** Members discuss *The Silk Worm* by Robert Galbraith, Tutoring Room, 3 to 4 p.m. Adult program.
- 20 **Saturday Morning Live!** Story time for children aged 3 to 5, Picture Book area, 11 a.m. Also June 27.
- 25 Contra Costa Tale Spinners. A monthly story swap keeping the oral tradition alive, Gallery Room, 7 to 9 p.m.
- 27 **DRUM!** Drum, tap and clap with percussionist and art therapist Jeni Swerdlow, 3:30 to 4:15 p.m. For ages 5 to 11. Instruments provided.

#### CLUB MEETINGS

**Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m. Orinda Masonic Center, Karen Seaborn, 925-689-0995.

Friends of the Joaquin Moraga Adobe. Third Monday, 7:30 p.m., Gallery Room, Orinda

# Three-Quarter Century Club Features Local Hero at June Luncheon

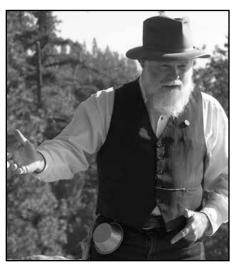
#### By SALLY HOGARTY Editor

The annual luncheon that celebrates Orinda residents 75 years and older will have a very special guest speaker at its June 17 get-together – John Muir. The famous adventurer and naturalist will regale the audience with tales of his travels and more. Or rather Frank Helling, who has been portraying Muir for more than 20 years, will bring the great mountaineer to life in his show "A Visit with John Muir."

An active adventurer and naturalist himself, Helling has devoted a good deal of his life to following in Muir's footsteps. He has backpacked through the Sierras, Rockies, and Cascades and worked as a ranger/naturalist in Kings Canyon Natural Park. Helling also has more than 25 years of educational experience, teaching elementary through college-age students.

Using a first-person narrative, Helling creates a riveting portrait of Muir as he describes his early adventures in Dunbar, Scotland and his family's immigration to the United States in the mid-1800s. While Muir's travels throughout the U.S. are fascinating, probably the most exhilarating tales take place in Yosemite Valley as Muir fights to preserve this incredible wilderness.

Sponsored by Lamorinda Sunrise Rotary, BHG Mason McDuffie Real Estate Orinda



CONTRIBUTED PHOTO

**Frank Helling** becomes the environmentalist John Muir for his presentation at the June luncheon.

office and Orinda Community Church, the luncheon begins at 11:30 a.m. at the Orinda Community Church, 10 Irwin Way.

"It's a wonderful way to honor our citizens who have reached the three-quarter century mark," says founder John Fazel. "They have contributed so much to making our community the wonderful place it is to live in. We start with a social hour and then have a full-course meal followed by dessert and our speaker, and it's all free."

To sign up for the luncheon, contact Fazel at runmts@prodigy.net or call 925-324-2017.

Library, www.moragaadobe.org.

Friends of the Orinda Creeks. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library, 925-253-1997

**Lamorinda Alcohol Policy Coalition**. Third Wednesday, 10 to 11:30 a.m., Orinda City Hall Sarge Littlehale Room, 925-687-8844, ext. 227.

**Lamorinda Nature Walk and Birdwatching** for seniors. Wednesdays, 9 to 11 a.m., free. Call 925-254-2445 for weekly meeting place.

**Lamorinda Sirs** for retired men. Second Wednesday, 11 a.m. to 1:30 p.m, Holy Trinity Cultural Center, 1700 School St., Moraga, Pete Giers, 925-254-4667.

**Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Lafayette Park Hotel, 3287 Mt. Diablo Blvd., Lafayette, www.lamorindasunrise.com or 925-283-8288.

Lamorinda Toastmasters. Every Tuesday, 7:30 p.m., Temple Isaiah, 945 Risa Road., Lafayette, http://lamorinda.toastmastersclubs.org

Montelindo Garden Club. Third Friday, 9 a.m., September through May, St. Stephen's Episcopal Church, 66 St. Stephen's Drive, www.montelindogarden.com.

Orinda Garden Club. Fourth Thursday, 10 a.m. to noon, September through May, Orinda

Country Club, 315 Camino Sobrante. **Orinda Juniors Women's Club** community service group. First Tuesday, September through

June, 7 p.m., www.orindajuniors.org. **Orinda Rotary**. Every Wednesday, noon, Orinda Country Club, 315 Camino Sobrante, 925-

**Orinda Association**. Second Monday, 7:15 p.m., 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 p.m., 10 Irwin Way, 925-254-1353.

Orinda Job's Daughters. First and third Monday, 7 p.m., 9 Altarinda Road, 925-283-7176. Orinda/Tábor (Czech Republic) Sister City Foundation. Fourth Thursday, 7 p.m., social, 7:30 p.m., meeting, call 925-254-8260 for location.

**Orinda Teen Advisory Council.** Second Wednesday, 4 p.m., Community Center, 28 Orinda Way, email orindateenadvisorycouncil@gmail.com.

**Orinda Woman's Club**. Second Tuesday, 9:30 a.m. to noon, call Jean Barnhart, 925-254-3881, or https://sites.google.com/site/orindawomansclub/.

Walnut Creek Garden Club. Second Monday, 9:30 a.m., Camellia Room, Heather Farm, 1540 Marchbanks Road, Walnut Creek, http://californiagardenclubs.com/content/walnut-creek-garden-club or mslittle44@gmail.com.

#### 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, 8 Altarinda Road, 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.cityo-

forinda.org.

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

#### **HEALTH / BEAUTY**

## Move of the Month

Ripped Abs for Summer: TRX Knee Tucks

Starting Position: Start in a plank position. Keep your head and spine aligned. Do not allow the low back or rib cage to sag or arch. Do not allow the hips to hike upward. Your feet should be together throughout the exercise.



Avoid any back and forth swinging of the TRX straps.

Upward Phase: Slowly pull your knees toward your chest, bending your knees as they tuck under your hips, keeping your feet together and toes pointed. During this movement, your hips will rise upwards and your spine will round into a ball.



Downward Phase: Inhale and slowly lower your body back to a plank position. Keep the

torso rigid, and head and spine aligned; do not allow the low back or rib cage to sag.

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

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### **Everyday Changes**

**Choices and Changes** for a Beautiful Life Well Lived

**Bonnie Waters** 



For the majority of baby boomers, the very idea of aging is not something to relish. Truth be told ... we all are aging. To do so gracefully necessitates shifting our thoughts and beliefs. Instead of thinking of aging as being "over the hill," why not think about aging as being the reflection of the story of a beautiful life well lived? You might begin by making simple changes in how you live your life and by making better choices on a day-to-day

Choice # 1: Choose to be educated on the subjects of beauty and wellness. Real positive change begins with knowledge. Don't be caught up in the latest fads and trends when it comes to your body. Educate yourself in both internal and external

Choice #2: Choose to eat fat and not **be fat.** Perhaps the most insidious trend is to over- or under-consume fats. We must stop treating all dietary fats alike. The key here is to eat plant-based fats rather than animal fats. Research has proven that people who consume small quantities of nuts and seeds and other plant-based whole fats are healthier and live longer. Healthy whole-food fat won't make you fat but sugar, excessive calories and a lack of exercise will. Healthy fat helps increase your metabolism and suppresses hunger, which helps you lose weight. The acronym "G-BOMBS" can help you to remember the most nutrient-dense, health-promoting foods on the planet, i.e Greens, Beans, Onions, Mushrooms, Seeds and Nuts. These

are the foods that you should eat every day, and they are extremely effective at preventing chronic disease and promoting health and longevity.

Choice # 3: Choose to have skin that glows. If your skin is saggy, dry, with premature wrinkles or lines, chances are you are lacking polyunsaturated fatty acids in your diets. Omega-3s are critical to preserving skin structure and helps to bring back the glow by hydrating and plumping the skin. Avocados, seeds, nuts, and coconut add Omega-3s to your diet. While what you eat addresses your internal beauty, how you maintain your skin on a daily basis impacts your external beauty. Putting your face in the hands of a professional for a facial is the first step.

Choice # 4: Choose to keep your body and brain fit. Just as you can exercise your abs, delts, and quads, you can exercise your memory, attention and more. Puzzles, crosswords and brain games can challenge your brain in new ways every day and work to improve your cognitive ability. When it comes to brain fitness, fat is the superstar again. Fat is the main component of brain tissue and eating fat sharpens the thinking process. Adding avocados and walnuts to your salad on a daily basis not only improves memory but acts as a mild antidepressant.

Make well-informed choices and lifestyle changes to thrive in any season of your life. Dare to be healthy, vibrant, radiant and glowing. The choice to attain a beautiful life well lived is truly in your hands.



**45** lbs lighter and a reduction in body fat from 36% to 21%

"There was a rumor around town that I 'had to have liposuction or something.' What is true is that my sustainable results over the last year and a half are a testament



**Before** 

of what's possible when you are 'living lean' and 'living on purpose.' I attribute my results to Sheena's TLC and her commitment to my success. After years of yo-yo weight loss & gain, I finally have a solution that gave me results and a routine I liked ... that I can stick with for life." - Michelle Davenport

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Sheena Lakhotia Personal Trainer. Nutritionist and Founder



#### **BUSINESS BUZZ**

#### ♦ BUZZ from page 24

two adult children are currently pursuing their education. Eldest son Amin studies medicine at the University of Iowa, and Ehsan is a student at Diablo Valley College. While managing the family business keeps him very busy, whenever possible Motagheti enjoys playing soccer, gardening fruits and flowers – especially roses – and working out at the gym.

"I am very happy to serve the Orinda community and that we have such loyal



Shams Motaghedi is the new owner of Fashion

customers. It is a pleasure to provide excellent service in a part of someone's life that is as important as personal attire," says Motaghedi, who is also a member of the Orinda Chamber of Commerce.

Fashion Cleaners, 140 Village Square, is open Monday through Friday from 8:30 a.m. to 6:30 p.m. and Saturday from 9 a.m. to 5 p.m. For more information, call 925-254-6409.

## Republic of Cake Celebrates Five Years in Theatre Square

Step inside this delightful cupcake bakery and your mouth will water at the assortment of delicious cupcake offerings inside the front glass cabinet. Baking begins at 4 a.m. every morning of the week resulting in

11 different flavors for customers to enjoy. Standby classics include Chocolate, Vanilla and Sam's Very Messy Chocolate Cupcake. Savor more exotic offerings such as Black Cherry Amaretto, Mint Chocolate Chip, Strawberry Lemonade and other seasonal flavors. Keep in mind the menu changes every month – no need to ever get bored here.

Owners Peter McNiff and Chih Fang make it a priority to minimize their carbon footprint by using local providers whenever possible. "We use flour from Guisto's, which is California grown and milled here with offices in South San Francisco," says Fang. "Clover Stornetta supplies our dairy ingredients, and Clover sources all dairy from humanely raised cows on the Northern California coast. For example, Clover is clean milk, no antibiotics are used and there are no pathogens."

Seasonal fruits and vegetables are sourced locally whenever possible and this extends out to the Central Valley. "We use seasonal ingredients. For example, we make strawberry cupcakes in spring and summer because that is when they are ripe here," explains McNiff. Every Friday, Fang makes homemade pies. The flavor changes weekly, but past flavors have included blueberry, maple-pecan, cranberry rhubarb, Dutch apple and, of course, pumpkin pie during the holidays. Saturday and Sunday features freshly baked cinnamon rolls.

"We do not make Red Velvet because we do not use artificial colorings," says Fang. "Toppings on our cupcakes are food such as shortbread, caramel toffee and ganache, not artificial ingredients that are often found in other cupcakes. Some bakers put garnishes made of paraffin wax on top to look nice, but they are not edible."

Both McNiff and Fang have a wicked sense of humor, making Republic of Cake even more fun. Gifts from customers include signs that read, "Will Work for Cupcakes" and "Live life, one cupcake at a time." Beginning this month and running



VALERIE HOTZ

**Peter McNiff** and **Chih Fang** put in long hours to make Orinda even "sweeter."

through the summer, Republic of Cake Kid's Club meets every Thursday at 11 a.m. for 30 minutes of music and singing followed by 30 minutes of story telling. "We are in our fourth year of this entertaining youth program. We encourage the community to check our website for the schedule of this free event at www.republicofcake. com," says McNiff.

"We believe in giving back to local schools and donate to fundraisers for public education," says Fang. "To date, we have donated about \$10,000 to local schools, and we support the Education Foundation of Orinda." The unforgettably delicious Sam's Very Messy Chocolate cupcake is designed to make chocolate lovers swoon. This selection is named for McNiff's son, Samuel Austin McNiff, a youngster with special needs. Ten percent of the sales of this cupcake go to children's charities.

While running a small business seven days a week does not leave the pair much free time, when they are able to get away McNiff and Fang enjoy the simple art of relaxing. "I used to enjoy cooking at home, but now I cook at Republic of Cake," says Fang, who – with McNiff – belongs to the Orinda Chamber of Commerce.

The bakery is open Monday through Thursday, 10 a.m. to 6 p.m., Friday and Saturday from 10 a.m. to 7 p.m. and Sunday from 11 a.m. to 5 p.m. For more information, call 925-254-3900 or visit www. republicofcake.com.







#### **BUSINESS BUZZ**

# Business Buzz Putting a Personal Face on Local Business

Valerie Hotz



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

## Frankie Joseph Interiors Opens in Village Square

Frankie Joseph has opened his interior design service and retail boutique shop at 128 Village Square, adjacent to Orinda Village Barber on the lower level of Village Square. With 25 years of experience in interior design, Joseph shares a keen eye for beauty and harmony as well as a wealth of knowledge with his clients.

The current grand opening display in the well-lit showroom is inviting and relaxing. Retail offerings include a wide variety of home accessories, from large furniture items such as sofas and library bookcases,

to accent pieces such as lamps, candle holders, towels, picture frames, dried flower arrangements and chairs. "I have an artist – Betsy Rosen – who creates custom canvases for my clients to complement a specific décor," says Joseph. "What I love about my work is creating a backdrop for my clients' lives. When I design, I look at what my clients are doing, where they are and how they spend their time and then I integrate these aspects into their home environment. I get to know the whole family and their lifestyle well and then create the landscape for their memories."

Joseph has served clients throughout the Bay Area and Southern California, including Newport Beach and Costa Mesa. Professional athletes Jason Kidd and Jason



Frankie Joseph Interiors is now in Village Square.

CONTRIBUTED PHOTO

Richardson are clients. "I have designed entire estates and condominiums, as well as commercial spaces."

A native of Piedmont, Joseph also worked in television. His credits include *The Real Estate Show* with Debbie DiMaggio for KRON-TV, and he appeared on *Real Housewives of Orange County* for three seasons on the Bravo Network. "I had a lot of fun doing the show and designing the wives' homes in Orange County as well," he says. Most especially he enjoyed doing a lifestyle show for NBC entitled *Frankie's California*. "You can Google it and watch it on YouTube," he adds.

Joseph is excited to locate his retail showroom in Orinda. "This community has culture and appreciates fine design." He enjoys spending time in the wine country searching for old furnishings. "Sometimes you stumble upon old, reclaimed pieces that are really interesting when you least expect it and you have to be prepared," he says.

Frankie Joseph Interiors is open Wednesday through Saturday from 11 a.m. to 6 p.m. and by appointment. For more information, call 925-791-1411. Visit Frankie Joseph on Facebook at www.facebook.com/FrankieJoseph.

com/FrankieJoseph.

Fashion Cleaners Under New Manage-

Shams Motaghedi recently assumed ownership of this full-service dry cleaning

business with a top priority of delivering excellent service to his customers. It's located around the corner from Safeway, on the lower level of Village Square and adjacent to Frankie Joseph Interiors.

The easy access with abundant parking within steps of the front door is popular with customers, even though Motaghedi always carries garments to the car for each and every one. Floor-to-ceiling windows make for a bright shop, which is adorned with ficus trees, hydrangeas and even a vintage sewing machine that adds some color. A jar of lollipops on the counter is available to every child who walks through the door. "We offer prompt two-day service on dry cleaning. We also offer service for cleaning comforters, sleeping bags, duvets, as well as alterations, pressing and hand carpet cleaning," says Motaghedi.

Currently Fashion Cleaners features a 20 percent discount on all dry cleaning (although not applicable to special items including leather or suede) and a \$1.49 special on men's dress business shirts. "I have been in the dry cleaning business since 2005. Our cleaning process is non-toxic and all organic, so there is no odor. Our loyal customers appreciate this," says Motaghedi.

Originally from Iran, Motaghedi came to the Bay Area to study at San Francisco State University, where in 1983 he earned a bachelor's degree in civil engineering. His

[See BUZZ page 23]

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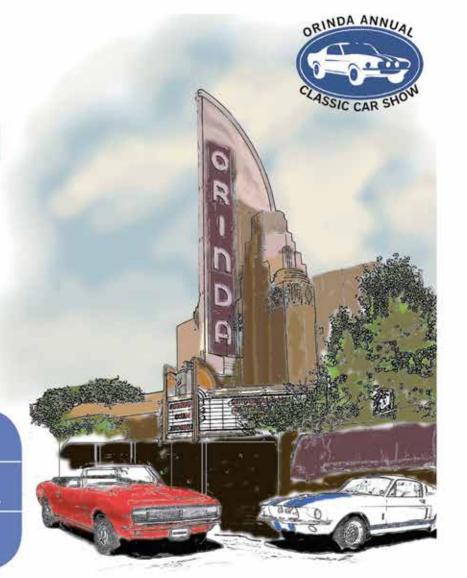
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