

THE ORINDA NEWS

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12 Issues Annually May 2015

Local Entertainment Abounds During the Month of May



CONTRIBUTED PHOTO

One of two large casts for Glorietta Elementary School's production of *The Little Mermaid, JR.* takes a break during rehearsals. Information on Glorietta and Wagner Ranch and other performing arts groups can be found on pages 11, 12, 13 and 21.

Council Selects Site for Low-Income Housing in Orinda

By FRAN ENDICOTT MILLER Staff Writer

A fter an exhaustive yearlong process of evaluation, influenced by spirited discourse, the Orinda City Council adopted a final 5th Cycle Housing Element that meets state requirements. The Housing Element will be transmitted to the California Department of Housing and Community Development (HCD) for certification, meeting a May 31 deadline that ensures Orinda an eight year, rather than four year, housing element cycle.

The final outstanding consideration

for completion of the document was site selection, and in early April, councilmembers concurred that of the three site alternatives studied, Alternative One – the 40 Santa Maria Way site – was the sensible choice for inclusion in the final Housing Element document, which requires that cities include adequate land area zoned to accommodate a "fair share" of the regional need for affordable housing. In order to meet HCD's housing mandate for the next eight-year period, Orinda must allocate 227 units of housing in the following income levels: 84 very low; 47 low; 54 moderate; and 42 market rate. In addition to selection

of the Santa Maria site, the council agreed to limit development to 48 units, rather than the zoned 80.

The other two sites under consideration included Alternative Two: a division of units between three church locations where there is vacant and/or under utilized land -27 units at the Orinda Community Church at 10 Irwin Way; 27 units at St. Mark's Church at 451 Moraga Way, and 54 units at St. John Orthodox Church at 501 Moraga Way. Alternative Three consisted of three downtown locations - 27 units at the Orinda Community Church, 54 units with commercial space on the ground floor at the Rite Aid site, 27 Orinda Way, and 27 units with commercial space on the ground floor at 1 Orinda Way.

Final Environmental Impact Reports (EIR) for the three locations, presented and adopted at a March Planning Commission meeting, indicated that all sites were environmentally sound. Pat Angel, principal in [See HOUSING page 22]

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City Councilmembers **Victoria Smith**, **Mayor Steve Glazer**, **Eve Phillips** and **Amy Worth** tried out the new play equipment at the Pine Grove playground before the official ribbon cutting ceremony.

Postal Customer



Three Years into 10-Year Plan

By DAVID DIERKS Assistant Editor

When Orinda incorporated in 1985, it inherited 92.5 miles of publicly maintained roads from the county, many of which were in need of repair. Given the new city's budget limitations, adequate road maintenance became impossible to accomplish with Orinda's roads falling into

deplorable condition. By 2012, the Metropolitan Transportation Commission listed Orinda roads as the fifth lowest among all Bay Area cities and counties with 53 percent listed as "poor" or "failed."

Various funding methods have been proposed over the years including a parcel tax in 2006 and 2007, both of which failed to obtain the two-thirds vote necessary. In 2012, however, voters did approve Measure [See ROADS page 24]



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VISUAL ARTS

Echo Grove Phrase of the Month



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May Gallery: The Art of Two Sisters

By ELANA O'LOSKEY Staff Writer

The Orinda Arts Council presents the work of two prolific artists who happen to be sisters, Mei-Rung Huang and Mei-Yu Lo Black. The sisters have shared a lifetime of friendship and creative pursuits. "When sister were born, both were exposed to art at an early age through their parents, especially their mother. Mei-Rung studied with Chinese master brush painters in Taiwan, Master Fu Jun-Fu and Master Ji Kang. She also studied commercial art in Taiwan. Once she came to the States, she pursued post-graduate work in art at the University



Mei-Rung Huang's acrylic on canvas entitled Stare will grace the walls of the Orinda Library Gallery in May.

we were younger we looked a lot alike and loved to play tricks on people, making them guess who was who," says Mei-Rung. "We can't get away with that now, but we do critique each other's work – always honestly. But that doesn't mean we listen to what the other one says." Meet them on May 3 from 2:30 to 4:30 p.m. for an artist reception where you can ask questions about their work while enjoying light refreshments.

Mei-Rung Huang of Orinda has her own ceramics studio because she loves creating pottery. In Taiwan, where she and her of Oregon and today enjoys both painting and ceramics. A longtime daily Tai Chi practitioner, Mei-Rung says the practice allows her to use her hands with much dexterity despite 20 years of rheumatoid arthritis (RA). "After my RA diagnosis, working with clay became part of my stress reduction because it keeps my joints from swelling and allows me to engage in a joyful activity, which brings me much pleasure," says Mei-Rung. While clay allows her to play in 3D form, she also enjoys [SEE GALLERY page 20]



CONTRIBUTED PHOTO

Marsh, an acrylic on canvas by Mei-Yu Lo, is part of the May exhibit at the Orinda Library Gallery.



ORINDA ASSOCIATION

A Message From the OA President

Fourth of July – Thanks to our great Volunteers and Sponsors!

Bill Waterman



The Orinda Association (OA) is again I organizing this year's Fourth of July (FOJ) parade and park celebration, our 32nd year! This is a signature event that everyone in Orinda looks forward to. And this year our FOJ Committee is already hard at work, doing everything from lining up equipment (we'll have two covered bleachers for seniors this year) to organizing our many musical and float entries to helping set up our beautiful decorations. We'll have a variety of bands and musical entries, and a bagpiper and juggler, to name a few. Plus there will be classic cars and other interesting vehicles and floats. Together, our Committee and volunteers will donate over 1,000 hours of time to put together the celebration this year, so please join our board in thanking everyone helping to make the whole day a success.

Speaking of helping out - the OA couldn't even begin to put the FOJ together without the tremendous generosity of so many supportive community groups and businesses. This year the Orinda Community Foundation (OCF) and Orinda Park & Recreation Foundation (OPR) have together provided



OA president Bill Waterman, treasurer Cindy Powell and vice president Joe Garvey "manned" the OA booth at the Volunteer Fair on April 18.

one third of the funds for the event - so please help both in their fund raising efforts, which benefit community groups like the OA. The OA board and membership sincerely thank each of the generous sponsors that make this event happen - the early sponsors are listed to the right.

So mark your calendars for July 4th this year, and plan to take part in the fun!

Orinda Association caring Dedicated P join service project 3. Make a difference

Volunteer Opportunity for May

The Orinda Association seeks volunteers for the Fourth of July parade and park festivities. Lots of fun! Here are some of the positions available:

- Parade Marshalls/Pacers (adults)
- Decorations (adults and high school ages)
- Parade organization; (adults)
- Parade and event set-up and take down (Junior High and High School ages).
- Parade Flag Carriers (Jr. HS and HS ages)

To volunteer or for more information, call the OA at 925-254-0800 or go to www. orindaassociation.org.

2015 Early Fourth of July Sponsors: "Best Hometown Parade"

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The Orinda Association

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

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

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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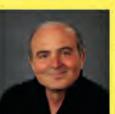
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Kellie Beaubelle

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ORINDA COUNTRY CLUB

Orinda - A stylish contemporary design artfully blends with classic Craftsman features in this Orinda Country Club residence designed by award-winning Architect Whitney Sander. Enjoy 4 bedrooms, 2.5 bathrooms in the main house and a detached 500sf office/ game room with full bath and wine cellar. Offered at \$2,155,000



ORINDA DOWNS

Orinda - Gorgeous, this Cape Cod inspired home is ideally located on a cul-de-sac and has a welcoming curb appeal. Enjoy 6 bedrooms, 5 1/2 baths, office, game room, hardwood floors, detailed millwork, plantation shutters, coffered ceilings, skylights, wool carpet and a park-like yard. Offered at \$2,495,000





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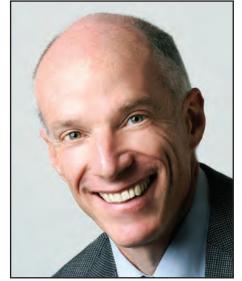
FORUM / ROVING REPORTER

Forum Deals With Water Resources

By BOBBIE DODSON-NIELSEN Staff Writer

X Jater 4.0: The Past, Present and Future Of Our Most Vital Resource" is the timely topic for the First Friday Forum (FFF) on May 1. Featuring Dr. David Sedlak, professor of Civil and Environmental Engineering, UC Berkeley. The forum takes place at Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Refreshments begin at 1 p.m. in the Fellowship Hall with the talk taking place at 1:30 p.m. in the Sanctuary.

"Turn on the faucet, and water pours out. Pull out the drain plug, and the dirty water disappears. Most of us give little thought to the hidden systems that bring us water and take it away when we're done with it," says Sedlak. "But these under appreciated marvels of engineering face an array of challenges that cannot be solved without a fundamental change to our relationship with water."



Dr. David Sedlak talks about the "hidden" water systems so important to daily life.

Professor Sedlak's research at UC Berkeley focuses on chemical contami-[SEE FORUM page 10]

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David Collins, Orinda

Roving Reporter

What type of business or service would you like to see in Orinda?





rinda residents Mike and Amalia **Starbird** said that while they enjoy Orinda restaurants, they would prefer a greater variety of restaurants in Orinda, in that they go to Lafayette a lot to eat out. Mike also commented that there are "no full-time yoga studios in Orinda as there are in San Francisco, where you can go in anytime that it is convenient."



Amalia and Mike Starbird with daughter Mave and, under the hat, baby Thomas.

Jason and Dawn Novak commented that, as Moraga residents who often do much of their shopping in Orinda, they really would like more inexpensive breakfast places to eat, even noting that they have to go elsewhere to find any fast food restaurants. Dawn said that with small children, "you definitely need fast food places to eat!" Jason complained that "there is no bar that closes at 1 a.m. that provides a younger family and younger couples atmosphere, similar to the Roundup in Lafayette."



CHARLIE JARRETT Dawn and Jason Novak with their two young



Clint and Katherine Eakle with their daughter Piper and Clint's mother Sally

Sally Eakle, a long-time Orinda resident, said she had no concerns about new businesses or services, but had strong objections about road conditions and lack of parking in Orinda, a situation that made it hard to support local stores and restaurants at

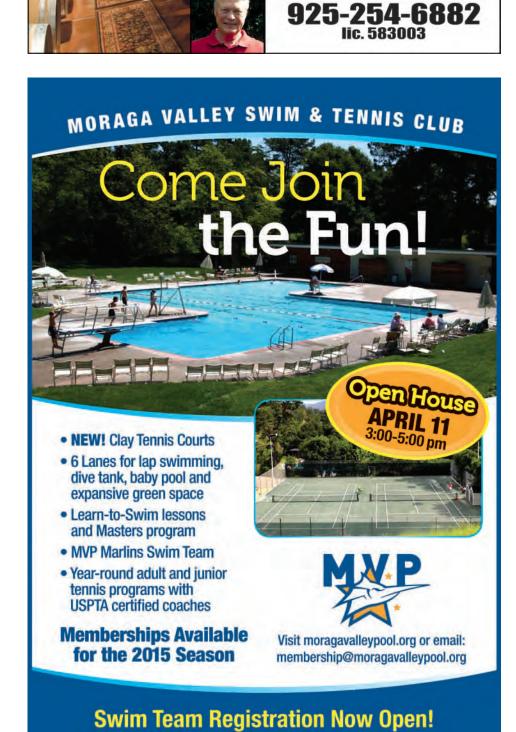


Matt Stipovich, Hilary Elkin and grandson **Easton Bonano.**

convenient times. Her son and daughter concurred.

Long-time Orinda residents, Matt Stipovich and Hilary Elkin said their only concern was the lack of a fresh food and vegetable market where they could go shopping any time during the day for these particular types of items, rather than just at the farmer's market on weekends.

Charlie Jarrett visits various areas of Orinda asking people's opinions on a variety of topics. If you have a question that you'd like answered by fellow locals, please let him know. Jarrett can be reached at megaline@comcast.net.





POLICE / EMERGENCY PREPAREDNESS



POLICE BLOTTER

March through April 4, 2015

Battery: 1 incident: Safeway.

Burglary, Auto: 8 incidents: Brookwood Rd./Moraga Way, El Nido Ranch Rd., Rabble Rd., Theatre Square (2), Orinda Way, Bank of the West and Southwaite Ct.

Burglary, Residential: 4 incidents: Monte Veda Dr., Sanborn Rd., Southwood Dr. and Los Amigos.

Embezzelment: 1 incident: Moraga Way.

Grand Theft: 1 incident: Redcoach Ln.

Hailed by Citizen Arrest: 1 incident: Brookwood Rd./Moraga Way.

Harrassment: 1 incident: Orinda Library.

Identity Theft: 3 incidents: Rustic Way, Donald Dr. and Van Ripper Ln.

Petty Theft: 4 incidents: Orchard Rd., Davis Rd., Theatre Square and counter report at Orinda PD.

Shoplifting: 2 incidents: Rite Aid and Safeway.

Threats: 2 incidents: Washington Ln. and El Camino Moraga.

Vandalism: 7 incidents: Theatre Square, Brookwood Rd., Miramonte High School (3) and Orinda Way (2).

Violation of Custody Order: 1 incident: Del Rey School.

Arrests

DUI Misdemeanor Arrest: 1 arrest: Orinda Way

Elder Abuse Arrest: 1 arrest: Bates Blvd.

Panhandling Arrest: 1 arrest: Camino Pablo/Hwy 24.

Subject Stop Arrest: 2 arrests: Shell Station and Wilder Park.

Suspicious Circumstance Arrest: 1 arrest: Moraga Way.

Suspicious Subject Stop Arrest: 4 arrests: Moraga Way, Rite Aid, CVS and Moraga Way/Altamount Dr.

Suspicious Vehicle Stop Arrest: 3 arrests: El Nido Ranch Rd./Hwy 24, Camino Pablo/Camino Sobrante and Camino Pablo/Brookwood Rd.

Traffic Hazard Arrest: 1 arrest: Beverages & More.

Traffic Stop Arrest: 3 arrests: Oak Hill Rd., Moraga Way/Woodland Rd. and Moraga Way.

Warrant Arrest: 1 arrest: Hwy 24/ Wilder Blvd.

Orinda BART Station

No reported incidents.

Compiled by Jeanette Bradfield
 Orinda Police Department

Lamorinda Readies in Event of Emergency

By CHARLIE JARRETT Staff Writer

St. Stephen's Hilltop residents met in the Orinda Library on April 8 to give feedback on the joint "Ready Lamorinda" emergency preparedness program. The meeting was the third and final segment in a fact-finding collaboration between residents and disaster planners to create an inter-city safety alliance. Longtime community volunteer Diana Wilde has created a cross-community safety framework and safety guide manual that is broadly supported by city leaders, fire, police and Community Emergency Response Team (CERT) leaders in all three communities.

Wilde said the idea for Ready Lamorinda originated with pro-active homeowners in the neighborhood of St. Stephens Episcopal Church in Orinda, who met regularly to facilitate a neighborhood watch program but wanted something more, namely, a plan in the event of earthquake or fire disaster. Their focus was on preparation and evacuation, and what to do in the aftermath. They wanted to know how to prepare their families and homes (water, food, emergency gear, etc.), how to participate in crime and fire prevention, what kind of communications equipment they needed (GMRS radios), and how to participate in multiple community disaster notification systems (Contra Costa County Community Warning System - www.cococws.us and Nixle alerts).

Following an introduction by Moraga-Orinda Fire Department (MOFD) Chief Stephen Healy, City Manager Janet Keeter spoke about the city's involvement in disaster preparedness and planning, explaining how various Orinda city departments were designed to work together in the event of a natural disaster. She said the city was



CHARLIE JARRE

CERT Coordinator **Duncan Seibert**, City Manager **Janet Keeter** and MOFD Chief **Stephen Healy** spoke on emergency preparedness.

well-prepared for immediate action should a need arise.

Lamorinda CERT coordinator Duncan Seibert then explained the CERT program, which is designed to train citizens to become part of the communications and response efforts. He said CERT helps save lives and property and get the proper response teams to those who need it most in the event of a disaster.

In conclusion, Wilde discussed the importance of being prepared for recovery following a catastrophic loss. She recounted the story of the complete destruction of one local family's home by fire in 2012. She told of their horrific ordeal, primarily in dealing with their insurance company. Currently, they are not expected to be back in their home for more than three years from the date of the fire. They were unaware that their home insurance policy had limitations on funding rental payments they are making while out of their home. Meanwhile, they have to pay the mortgage on their damaged home as well. Wilde emphasized the importance of knowing the scope and limitations of a home insurance policy, keeping a current photo log of the home and its contents and keeping important papers, documents [SEE PREPARE page 8]

Orinda Action Day Beautified the City



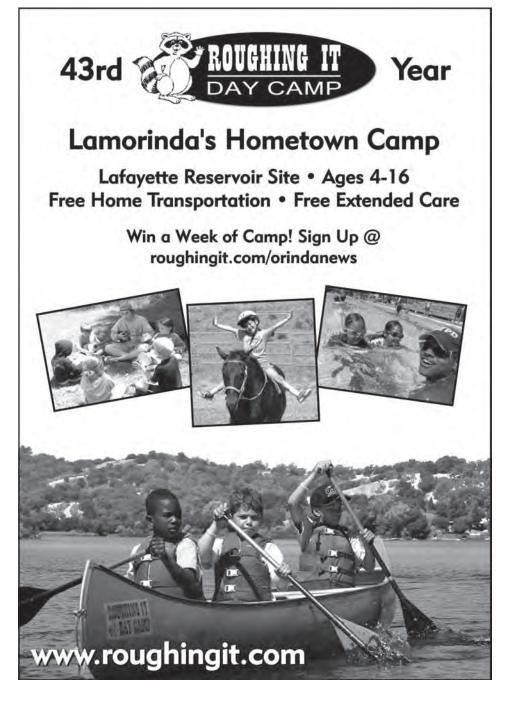
Volunteers **Ella Nelson, Julia Kadie** and Parks and Rec employee **Troy Faulk** were part of the clean up during the busy day.



Orinda Woman's Club members **Carol Morehouse, Virginia Samuelson** and **Margi Mead** helped Orinda Action Day volunteers register.

PHOTOS BY CHARLIE JARRETT





EDITORIAL

Editorial . . . Mother's Day Will Be Here Soon

Before you know it, Mother's Day will be upon us. This year's tribute to all things mom occurs on May 10.

As a daughter and a mother, this holiday always produces mixed feelings. All the commercial hype dissolves into equal parts stress, expectation and guilt. When my mom was alive, I resigned myself to being on the back burner. We did what ever she wanted. I often fantasized what it would be like if I was the one in the spotlight. Now that she's gone, I so wish she was back with us still calling the shots.

And, what if your kids forget one year? Well, mine did and it wasn't a pretty sight! I had to remind myself that they showed

their love for me in a million ways every single day. Somehow that seems much more important than a card and present one day a year.

I now opt for very simple Mother's Day celebrations – usually a bar-b-que at our house with my grown up kids doing chores around the house instead of presents. Last year, we began the day with a two-mile fundraising walk for breast cancer on the St. Stephen's trail. As a 10-year survivor, this is the perfect way for me to start the day.

What ever you do to celebrate the moms in your life, I wish you a very happy and reduced stress Mother's Day.

- Sally Hogarty, Editor



Letters to the Editor

Drought Means Orinda Needs Moratorium On New Construction

Obstinate Orinda politicians who insist that Orinda must have more real-estate development have a strong opponent: Mother Nature.

For the last four years, California has not had sufficient rainfall to cover the state's residential, industrial and agricultural needs.

On April 1, 2015, Gov. Jerry Brown, a Democrat, ordered a 25 percent cut in California's water consumption.

Meanwhile, the Orinda City Council – with the important exception of councilmember Eve Phillips – is planning to continue the Housing Element, a plan to add hundreds of new residences to Orinda. The city has no room for additional development. Orinda's Housing Element is now in its fifth phase.

The Housing Element includes plans for the construction of special guest homes, technically called Second Units, to help fulfill demands by the State of California for additional housing.

If Orinda does not have a Housing Element, the state claims that it will cut off money for road repair in the city.

Orinda is subject to another government mandate, Plan Bay Area, a scheme to add high-rise, high-density housing (often called stack-and-pack housing) to Orinda and other cities. On July 18, 2013, two regional governmental agencies, the Metropolitan Transportation Commission (MTC) and the Association of Bay Area Governments (ABAG) voted to go ahead with Plan Bay Area. At the time of the vote, the chairperson of MTC was Amy Worth, who from 1998 to the present time has also been a member of the Orinda City Council.

California, in general, and Orinda, in particular, do not have enough water to

permit more construction. Therefore, the Orinda City Council should immediately place a moratorium on any new construction anywhere in Orinda.

-Richard S. Colman

Some Fans Go Beyond School Spirit

Your editorial comments [April 2015 issue] about teenage fan conduct at the soccer match are legitimate, but to drag the Berkeley High School basketball game into the discussion is mean-spirited race-baiting and/or lazy journalism.

I was at the game five rows from the court, no racial slurs were said, the Berkeley coach changed her story (claimed the slurs came from behind the Berkeley bench), then refused to comment. The North Coast Section formal investigation, after sitting down with every player, coach, and official; concluded that no racial slurs were uttered.

Making such inflammatory comments are best left to those who were at the game, and carefully followed the non-story from start to finish.

- Andrew Moran

In defense of Orinda Watch

Even Valerie Sloven in her last issue letter hostile to Orinda Watch stated: "I urge the council to submit the Housing Element for approval and move on to other business....." It should be obvious, even to left wingers, that the council's forcing the "Housing Element" on the people of Orinda is fascist. This is an important issue and should require approval or denial by the voters of Orinda.

When analyzing this business, I recommend we "Follow the Money." The left wing members of the council always want to expand the size and scope of city List of The Orinda News Advertisers

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government. More particularly they want to expand the tax base. They do not like Prop. 13, especially as applied to businesses. Their clear motive (as I see it) is to cause downtown businesses to loose their Prop. 13 tax advantages. They also see more property tax revenue coming from high density housing. They think people should have a "right" to live in Orinda, even [See LETTERS page 10]

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

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, fax them to 254-8312, or email to news@orindaassociation.org. **Letters to Editor** for the June issue are due **May 8, 2015**.

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

OBITUARY

Lifelong Orinda Resident Ezra Nelson Dies Age 91

By CHARLIE JARRETT Staff Writer

Ezra Emanuel Nelson, believed to be Orinda's longest remaining native son, passed away on March 15, 2015 at age 91. Ezra, who was born on Feb. 27, 1924, was a lifetime resident of Orinda and almost as much of a fixture of Orinda's history as his family home, the 1890's Old Yellow House on Moraga Road. Ezra graduated from Mt. Diablo High School in 1941 at age 17 and went to work for the Hexel Corporation in Berkeley as a machinist until he retired in 1967. He then worked for the U.S. Postal Service as an Orinda mailman for 22 years.

A celebration of his life was held in the Sun Valley Bible Chapel in Walnut Creek, shortly after his death at home. The church chapel was packed with friends and family. Tears flowed freely as many attendees described the attributes of this kind and thoughtful Orinda man. Ezra was revered as one who lived conservatively and actively participated in his community, all while demonstrating his religious values every day. Ezra joyfully met his second wife, Margaret (Mori) Ellingson through the Sun Valley Bible Chapel. They were married on Jan. 4, 1997. His first wife, Aleda J. (Dooley) passed away in 1995.

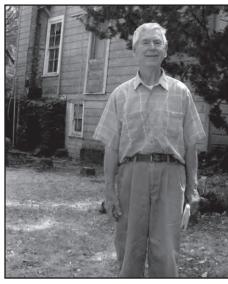
Among the eulogies shared during the celebration was that of a former Postal Service co-worker who recalled Ezra's outstanding work ethic and character. A thank-you letter was read that the family had found among his personal papers, written by Orinda resident Esther L. Bailes. She thanked Ezra profusely for his successful efforts in returning to her a purse she had lost, stating "Dear mailman, ... There was so much in it ... of great value ... and would

have been so much trouble to replace ... Again, Thank you!" Several touching letters were read by family members including commendations by the Postmaster, L.S. Clark, written between 1983 and 1988, and acknowledging Ezra's retirement in 1989.

Ezra father, Charles A. Nelson, bought the Yellow House and surrounding 2.2 acres in 1918. His father was a merchant sailor and the captain of a sailing ship. During the industrial age, when the steam-powered ships put Ezra's father out of business, he sold his boat and in turn, bought the Yellow House.

When Ezra's father contracted cancer many years ago, it was generally believed at that time that cancer was contagious, so his father built a one-room cabin next to the main house where he intended to live until he passed away. When Charles Nelson died and his son came of age, Ezra built the little two-bedroom house next door, on the site of his father's one-room cabin, in which he lived for the remainder of his 91 years.

Since Ezra is considered to be the oldest original resident of Orinda, he and the Yellow House have been the subjects of several articles, including an historical piece written by The Orinda News reporter Kay Norman. In that article (reprints are available from the Orinda Historical Society), Norman asked, "So what is to become of the Old Yellow House?" Her discourse. written in the fall of 1990, stated that since the house had been unoccupied since 1966 and was still owned by the Nelson family, it was hoped by locals that it would eventually be preserved and passed on to the next generation. "As one of Orinda's most visible reminders of earlier times, the Nelson house will hopefully have a future as well as a past." Now the Yellow



CONTRIBUTED PHOTO **Ezra Nelson** in front of the "Old Yellow House."

House and its long-hidden secret hoard of historical newspapers (which were rescued and preserved by architect James Phillip Wright) will indeed have a future.

Unfortunately, Ezra passed away just a few days before his granddaughter Courtney Anne Nelson and her fiancé, Coner Poull of Dallas, Texas, were to be married. They were, in fact, married in the restored Yellow House, surrounded by Ezra's family. Courtney is the granddaughter of Ezra and Aleda Nelson (Ezra's first wife), and daughter of David and Carolyn Nelson



Ezra's granddaughter **Courtney Anne Nelson** and her fiance, **Coner Poull**, were married in the newly restored Yellow House.

of Evergreen, Colorado. Conor is the son of Pat and Maureen Poull of Lawrence, Kansas. The family had come to California specifically to celebrate the wedding so Ezra passed peacefully surrounded by family members.

"The house now will certainly have a new beginning and a future that Ezra Emanuel Nelson will be proud of," said his son, David Nelson. James Phillip Wright will continue to reside in the home as his official residence while a non-profit educational [See NELSON page 20]

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SENIORS

Senior At-Home Assistance Program Launches

By CHARLIE JARRETT Staff Writer

amorinda Village, a nonprofit com-Limunity-based organization dedicated to supporting Lamorinda residents over the age of 55 who want to remain safely and independently in their homes, held a launch party April 6 to celebrate three years of hard work bringing the concept to fruition. Lamorinda Village provides homebased volunteer services such as transport, light housekeeping and grocery shopping; referrals to screened service providers such as gardeners, painters and attorneys; social and educational events; and health and fitness activities.

The launch party, presided over by Lamorinda Village president Ruth D. Mc-Cahan and its board of directors, was held at Lafayette Orinda Presbyterian Church.



Gary Wells (R) of Nurse Next Door Home Care answers questions for a Lafayette Village member.

Members of the communities' chambers of commerce participated in the ribboncutting ceremony.

"The Monday event at the Presbyterian church was when we actually started operations," said McCahan. "We invited all of our current members, pending members, providers, donors and community leaders. The purpose was to celebrate the launch of the Village as a real operating entity; we are now open for business! Heretofore, we have been in our development phase."

The launch also included preferred senior service providers who set up booths in the church courtyard to offer information about everything from how to upgrade your home for safety to various types of home health care providers.

"We do background, licensing (if appropriate), insurance and Better Business Bureau checks and validations on all contracted preferred service providers," said McCahan. There are different types of memberships with varying fees in order to participate in the Village support program. Currently, average enrollment in the program is \$840 per annum for a single person and \$1,200 for two people.

For a visual tour of Lamorinda Village home care and assistance program, its purpose, membership, application process, service provider's base and volunteer opportunities visit www.lamorindavillage.org or call 925-253-2300.



The Orinda, Lafayette and Moraga Chamber of Commerce's Ribbon cutting ceremony included (L-R): Ruth McCahan (president of Lamorinda Village), Karen Mendonca (program Chair), Andy Amstutz (membership), Gayle Lee Pulley (Chamber Ambassador), Don Jenkins (development VP), Art Haigh (Treasurer), Anne Ornelas (executive director) and Janet Tiemann (board member).

Dementia Expert Headlines Two Local Events May 4

Senior Helpers is sponsoring two events headlined by national dementia expert Teepa Snow on Monday, May 4.

The first is a seminar for first responders (fire, police, ambulance) from 10 a.m. to noon at the Orinda Library Auditorium, 26 Orinda Way. The focus is on first responders, but the information is relevant to anyone who may need to assist a family member during an emergency. For reservations, call the Moraga-Orinda Fire Department (MOFD) at 925-258-4514.

"People suffering from Alzheimer's or dementia can easily become disoriented in stressful circumstances and often make 911 calls in non-emergency situations," said Kevin Reneau of Senior Helpers. "We decided to bring in Teepa and have her share techniques which will be of great value to EMTs, fire personnel and local police departments."

The second event, entitled "Why Do They Do That? Understanding Symptoms and Behaviors in Dementia," takes place in the John Muir Hospital Ball Auditorium from 2 to 5 p.m. and is geared for nurses, social workers, psychologists, residential administrators and home health aides.

Based in North Carolina, Snow is one of

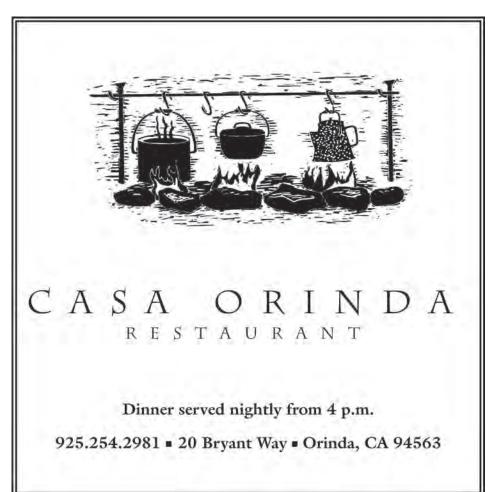


Dementia expert Teepa Snow will focus on

the nation's most popular speakers on Alzheimer's and other types of dementia. For the past 30 years, Snow has helped pioneer an approach that focuses on the remaining capabilities of Alzheimer's/dementia patients rather than their limitations.

Call Senior Helpers at 925-376-8000 or register at www.regonline.com/walnutcreek2015pro. The public is welcome at both events.

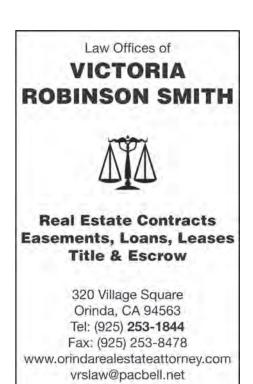




♦ PREPARE from page 5

and family photos in a safe place, such as a fire- and water-resistant safe.

CERT meetings are held on the second Monday of the month in the Garden Room in the Orinda Library at 7 p.m. For more information, visit www.lamorindacert.org. For more information on Ready Lamorinda, email readylamorinda@gmail.com.





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CAR FIME

Car Neglect is a Killer



By JOHN VANEK

Por most consumers, a car is their second biggest investment, yet many treat their vehicle about the same as their washing machine, electric range or other major appliance. They don't worry about it until something goes wrong. "This is particularly true for families with busy lives that do not make automotive maintenance a high priority," says Brian Hafer, vice president of marketing for AutoMD.com. "Not following the maintenance schedule in the owner's manual is very common. Typically, it happens more often with younger drivers but all ages are guilty."

Although they don't have to survive reentering the atmosphere, in many ways, today's automobiles are more complex than the early Mercury space capsules. Overlooking routine car maintenance or ignoring warning signs can significantly add wear and tear, eventually killing your car. Below is a list of the top neglected items.

Oil changes and air filters: According to AutoMD's Hafer, issues with the oil are the most common and potentially costly car maintenance problem. Although today's vehicles don't burn oil the way they did 25 years ago, it is expected that most vehicles will burn some oil between changes. Today's modern engines have high tech internal components that are oil driven but controlled by the car's onboard computer. When the oil is low and dirty, it could cause a check engine light. There is no good reason for this scenario. Checking the level every couple of weeks will alert you to a problem. Also keep track of the last oil change and be aware when it may be due. Engine oil level isn't the only issue. As it circulates through your engine and ages, oil gradually wears out. "If you don't change the oil regularly, your engine just isn't getting the lubrication it needs," Hafer says. Your owner's manual is the ultimate authority on how often to change your oil. It spells out exactly how many miles you can drive (or how many months, if you don't drive your car much) between oil changes. When the mileage reaches 100k miles, it is a good idea to change the oil more often than recommended.

Changing the air filter is another one of those routine car maintenance chores you might forget about if you're not following the owner's manual schedule. Just like you, your car's engine must breathe. Your engine needs clean air. If the filter is dirty, the airflow is restricted. Asking your car to perform with a dirty air filter is like trying to run the 100-yard dash with one lung.

Neglecting brakes: If applying the brakes is rewarded with a squealing noise, it's your car telling you that you're overdue to replace your disc-brake pads. Many modern vehicles even have some type of warning light or message indicating that your brakes need attention. The brake pads are a layer of material between the metal caliper and the rotor. They eventually wear down. If you live in the hills here in Orinda, you will be using your brakes more often. Short trips throughout the day will increase your brake wear as well. When the pad's lining wears out, the bare metal rubs on the rotor, which could require replacement of the rotor and increase the cost of the brake job. This is a common situation that is avoidable. Grinding brakes can ruin your day. All your plans can change because suddenly your vehicle is not drivable. Routine inspections will let you know the condition of your brakes so you can avoid this problem.

Neglecting struts and shocks: According to AutoMD.COM, shock absorbers or struts perform a number of essential duties critical to the well-being of your car's suspension, as well as to how your car handles and rides. In the areas of handling and comfort, shocks provide the fine-tuning element to your car's suspension, determining how your car corners while absorbing the bumps and potholes in a road's surface. A car's springs do the hard work, but it's up to the shocks to absorb and dissipate the energy produced by the springs. Worn-out shocks/ struts put extra stress on all your car's suspension elements, causing accelerated wear of brakes and tires. The amount of work shocks must do and the rate at which they wear has everything to do with the condition of the roads on which you drive. Rough roads that have more potholes will wear out shocks/struts more quickly. This job comes with a significant price tag but is worth it in the long run if you plan on keep the same vehicle for years to come. Even though the price tag is significant it will give you peace of mind with improved ride [SEE CAR TIME page 10]

Dancing With the Cars Revs Up

By ELANA O'LOSKEY Staff Writer

ancing With the Cars (DWTC) takes over the Orinda Library Plaza on Friday, Sept. 11 at 6:30 p.m. as the kick-off event for the 11th Classic Car Show Weekend on Saturday, Sept. 12 from 10 a.m. to 3 p.m. Volunteers organizing DWTC including David Pierce, Orinda Rotary president, and Rotary members Sue Breedlove of Breedlove Insurance and Marc Maier of Mechanics Bank met recently to discuss plans for this year's all-inclusive event. Your ticket gets you hosted cocktails, dinner, music, silent and live auction and – of course - a preview of some classic cars. Tickets go on sale May 15 (\$100 open seating, \$125 reserved seating) but you can register your classic car anytime by going to www.orindacarshow.com.

But really, your ticket funds: Classes the Educational Foundation of Orinda arranges at local schools; over 100 needbased programs Rotary supports locally and worldwide such as Hospice of the East



Attendees of last year's party inspect one of the classic vehicles on display.



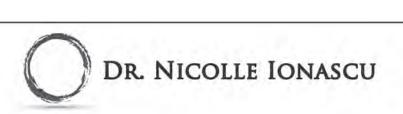
SALLY HOGARTY

(L-R) Orinda Rotary members **David Pierce, Sue Breedlove** and **Marc Maier** are among those planning this year's Dancing with the Cars fundraiser.

Bay; Orinda Arts Council projects (Lamorinda Idol, Orinda Library Gallery exhibits and more); Orinda Park and Recreation Foundation; the Orinda Starlight Village Players; the Orinda Historical Society and Museum; the Orinda Garden Club; the Orinda Chamber of Commerce and other nonprofit community partners.

DWTC is produced by The Rotary Club of Orinda on behalf of the Orinda Classic Car Show Weekend, which is presented by Orinda Motors. A partial list of DWTC supporters includes: Premier Sponsors Don and Lorraine Sharman; Featured Sponsor Clark Thompson; and Supporting Sponsors Mechanics Bank and Gary C. Wong. The entire weekend of events was created by Chip Herman of Orinda in 2005 to raise funds to support the many nonprofit organizations which serve the community. To date over \$300,000 has been raised for local charities.







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CROHN'S DISEASE

♦ CAR TIME from page 9

control and handling not to mention money to be saved on brakes and tires.

Neglecting tires: The tires on your car are the most important thing between you and the road. Failing to check tires pressure is such an epidemic problem that the government stepped in and forced automotive manufactures to install tire pressure monitoring systems (TPMS) in new cars beginning in 2007 to alert you of low tire pressure. This light should not be ignored. Tire maintenance is a big deal as low tire pressure leads to prematurely worn tires. Looking at your tires with the car parked in your driveway doesn't give the best indication of tire pressure. When a garage gets your car up in the air, however, the mechanics can take a good look at the entire tire. Any tire is only as good as the worn out section. A tire with 50 percent of wear will have significant traction loss in wet weather compared to a new tire and a tire worn down to the secondary rubber can blow out. Everybody has seen chunks of tire on the freeway – this can happen to you. Consistent inspections, tire pressure checks and rotations are required to insure long tire life.

Neglecting your paint job: Intense sun will heat and bake a car's finish and crack interior vinyl and plastic surfaces. Less time between waxing can reduce exterior damage. Window tinting or putting a sunshade across the windshield can minimize interior damage. Leather and vinyl seats also need attention. The experts at Orinda Auto Detail can give you tips on taking care of your paint job and interior.



Neglecting your vehicle is indeed a silent killer. Protect your investment. Have your car, truck or SUV serviced regularly by a trusted facility and let your vehicle live a long, happy life.

John Vanek can be reached at Orinda Motors, 254-2012, or by email at john@orindamotors.com.

♦ LETTERS from page 6

if they have to force someone else to pay for it. They are also being blackmailed by the state, which is threatening to withhold funds if these zoning changes are not made. I think the City Council should decline these funds, not renovate the downtown, and limit the scope of city government to: police, fire, roads, drainage and schools. The people of Orinda are wise enough to recognize that our interests and those of the present City Council (except Phillips) are in conflict.

- Henry R. Pinney

Parking Perspective

While I appreciate *The Orinda News* reporting on downtown parking issues, I am disappointed the perspectives of people who live in the neighborhoods near Theatre Square aren't included in these articles (April 2015: "City Council Looks at Downtown Parking Study...Again" and March 2014: "Parking in Orinda Goes Downhill").

As a resident of the Bates Blvd./Muth Drive/Warford Terrace neighborhood, I applaud City Council for not implementing a parking program that would turn my residential neighborhood into a parking lot. A plan is needed for how to study parking issues that would include how to preserve our neighborhoods and semi-rural character.

The April 2015 article mentions a "ready-to-go employee sticker plan" that the Chamber of Commerce gave to the city three years ago as a parking solution that would utilize residential streets in neighborhoods nearby Theatre Square. The Chamber suggested a cost of \$100 per permit annually. However, this plan was hardly "ready to go" because it didn't address how it would be enforced, where the resources would come from to administer and enforce it, and the impact on the neighborhood. When city staff reviewed it, they recommended charging merchants and residents \$480 per permit annually to cover costs. Imagine having to pay to park in front of your own house!

This plan also violates Orinda's Municipal Code, which is written to preserve neighborhood parking for residents and their guests.

I am concerned about the lack of data [See LETTERS 2 page 24]

Crohnies Seeking Cronies!

By ANNABELLE HALL Contributing Writer

Crohn's is a nasty disease. Maybe because no one really wants to hear the gory details of the condition that brings terrible suffering to an estimated 1.2 million people in the US, it tends to fly under the radar. The good news is that a number of doctors in England, Australia, Canada and the U.S. have been actively seeking a cure. Professor Hermon-Taylor from Kings College London, collaborating with Dr. Tim Bull of St. George's University of London developed a vaccine to both cure and prevent Crohn's. The challenging (i.e., bad) news is that the doctors need more funding to bring the vaccine to human trials.

My son, a graduate of Miramonte high school and UCLA, was diagnosed with Crohn's in July 2014. Crohn's disease is a highly complex, vexing condition that can affect any portion of the sufferer's digestive tract. While some young children and middle-aged individuals develop Crohn's, most people get sick between the ages of 15 to 30 – just at the cusp of adulthood. Treatment is very expensive and the drugs used to try to manage the disease have extremely serious side effects. It was very exciting, therefore, to learn that a vaccine that may cure and prevent the disease is ready for testing.

Dr. Crohn, who first described the disease in 1932, suggested that it was related to Johnes disease found in cattle, which is known to be caused by a bacteria called Mycobacterium Avium Paratuberculosis, or MAP. Genetically susceptible people cannot successfully fight the bacteria. Since the year 2000, over 500 research studies supported this finding. Professor Hermon-Taylor and Dr. Tim Bull were able to eradicate MAP infections in cattle with their vaccine and firmly believe that it will have the same result in humans.

Funding for the vaccine trial with humans has been elusive, so far coming primarily

I SUPPORT CROHNS MIPVICINES

CONTRIBUTED PHOTO

Anthony, who was diagnosed with Crohn's disease in July 2014, and his mother **Annabelle Hall** have been working to raise funds for a new vaccine.

from family and friends of Crohn's sufferers. How long it takes to make the vaccine widely available depends on how quickly the trials are funded and the results analyzed. As a mother watching her son take fistfuls of medicine daily, that day cannot come soon enough.

You can find me at the Orinda Farmer's Market during the summer. I am available to answer any of your questions, and, of course, if you want to help my son, and the millions of others who suffer from this terrible disease, seize the opportunity and donate. Just go to www.crowdrise. com/CrohnsMAPVaccine/fundraiser/annabellehall.

You will be able to proudly say that you were part of the cure! How very cool is that?

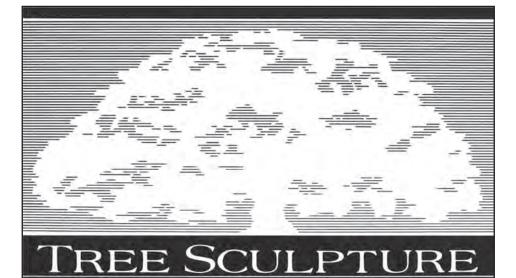
♦ FORUM from page 4

nants, with the long term goal of developing cost-effective, safe and sustainable systems to manage our water resources. His research also addresses water reuse – the practice of using municipal wastewater effluent to sustain aquatic ecosystems and augment drinking water supplies.

A recipient of many awards including the Fulbright Alumni Initiative Award, The Paul L. Busch Award to Innovation in applied Water Quality Research, and the National Science Foundation CAREER Development Award, Sedlak has also served as a visiting professor in Australia and Switzerland and as a staff scientist for ENVION Corporation in Princeton, New Jersey. He recently appeared on KQED's program, "All Things Considered," discussing water issues. Professor Sedlak received his Ph.D. in Water Chemistry at the University of Wisconsin.

"For everyone who cares about reliable, clean, abundant water and how we are to continue to obtain it with the drought conditions we are experiencing, this is a must-hear lecture," says Darlene James, chair of the FFF team. "The event is free, and we hope many from our local communities will be in attendance."

For more information, call 925-283-8722 or email janet@lopc.org.



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PERFORMING ARTS

Cal Shakes Opens Season with Twelfth Night

By KATHRYN G. MCCARTY Staff Writer

↑al Shakespeare Theatre opens its 41st season with one of William Shakespeare's most popular comedies, Twelfth Night, directed by Christopher Liam Moore, who also directed Cal Shakes' Lady Windermere's Fan.

This is the seventh time in the company's history that Cal Shakes has produced the timeless play, second only in popularity to Midsummer Night's Dream, produced by the company nine times. Twelfth Night, a perennial favorite studied by generations of high schools across America, has enjoyed production at Cal Shakes in 1975, 1976, 1981, 1990, 1996, 2001 and 2008.

Actress Lisa Anne Porter, who will perform the roles of Viola/Sebastian, compares the show to Midsummer, saying "it is a perfect comedy, but it has more elements of love and loss. The comedy is verbal but also situational, which makes it fun to play and accessible. And it's sexy."

Porter received her MFA from San Francisco's American Conservatory Theatre, where she is now Co-head of Voice and Dialects. Besides her work at ACT, she is also a lecturer at University of California, Berkeley. She said she has worked with "most companies here in the Bay, as well as Shakespeare Santa Cruz, Shakespeare/ LA and Los Angeles Women's Shakespeare Company." On the East Coast, Porter has performed with Shakespeare and Company,



Catherine Castellanos (R) is Sir Toby Belch in Twelfth Night. Shown here during a community tour performance.

Orinda Starlight Village Players Launch 32nd Season

By DAVID DIERKS **Assistant Editor**

his summer marks the Orinda Starlight Village Players' (OrSVP) 32nd year in the Orinda Community Center Park. They are opening the season with Agatha Christie's Black Coffee on June 5. The second show of the season is Louis Flynn's Madness on Madrona Drive in July, and they will finish the summer off with Malcolm Cowler's adaptation of Carlo Collodi's Pinocchio in September.

Black Coffee is directed by Suzanne Loraine, a familiar face to OrSVP patrons. The mystery, set in 1934, revolves around a physicist, Sir Claude Amory, who has come up with a formula for the atom bomb. Amory is poisoned and Hercule Poirot is called in to solve the case.

Madness on Madrona Drive is directed by Jill Gelster, director of last year's hilarious show Wrong Window! Set in the '70s, eccentric Louise McHugh is delighted to have a notorious gangster, Johnny Trovado, living next door. One day, McHugh's house is invaded by three strangers: a telephone repairman, a wedding planner (McHugh's daughter is to be married shortly) and the groom's father. McHugh gradually realizes that the three are up to no good as they



(L-R) standing: Margaret Gorrell, Bill Chessman and Ryan Terry. Seated: Ken Sollazzo and Susie Chappel in last season's Wrong Window.

hold her hostage while plotting to plant a bomb in Trovado's house. Hilarity ensues as McHugh, her maid and her brother attempt to foil the plot.

Pinocchio is a classic story: carved by a woodcarver named Geppetto in a small Italian village, Pinocchio is created as a wooden puppet, but dreams of becoming a real boy. This adaptation follows the original Adventures of Pinocchio written by Carlo Collodi in 1881-1883.

For more information, visit www.orsvp. org or call 925-528-9225.

This is Porter's fifth appearance at Cal read with me, and we played with a bunch Shakes but her first time working with of things. He knew how to give direction Moore. "I have seen him act, think he is that spoke to my imagination and then let brilliant and am very excited to work with me run with it." Twelfth Night, which Shakespeare him and the rest of the amazing cast -- all people at the top of their game." penned in 1601, is staged in the fantasti-The audition, said Porter, "was one of

cal island of Illyria. A series of mistaken [SEE CAL SHAKES page 22]

The director was focused, warm, clear. He

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SCHOOLS

Wagner Ranch Readies Willy Wonka, JR



CIMON ST

Rehearsals are underway at Wagner Ranch Elementary School, where Ron Pickett's production of *Willy Wonka JR* is set to capture "a world of pure imagination." (L-R) Students **Amanda Turtle, Eloise Anagnost** and **Paige Mays** are hard at work bringing Roald Dahl's masterpiece to vivid life on stage. Shows are scheduled for June 5 at 4 p.m. and 7 p.m., June 6 at 3 p.m. and 7 pm. Tickets are available through showtix4u.com.



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SCHOOL CALENDAR

MAY

Please note: schools closed May 25 for Memorial Day.

- 6 Acalanes Union High School District board meeting, 1212 Pleasant Hill Road, Lafayette, 7:30 p.m. Also May 20. Visit www.acalanes.k12.ca.us.
- 1 **Orinda Union School District** board meeting, 8 Altarinda Road, 6 p.m. Visit www.orindaschools.org.
- **Information Night** for prospective families, Holden High School, 10 Irwin Way, 6 to 8 p.m. Call 925-254-0199 or visit www.holdenhigh.org
- sales is donated back to Del Rey. Visit http://dr-orinda-ca.schoolloop.com. **Glorietta Elementary** presents Disney's The *Little Mermaid JR*, 15 Martha Rd., Orinda, 4 and 7 p.m. Also May 16 at 3 and 7 p.m. Tickets at showtix4u.com.

15 **Del Rev Day at the A's** vs. Chicago White Sox, 7:05 p.m. Tickets \$20 each; a portion of

- 20 *Too Much Light Makes the Baby Go Blind*, 30 plays in 60 minutes, Miramonte High School, Theatre, 750 Moraga Way, 7 p.m. Also May 21 and 22. Call 925-280-3930 or visit www.acalanes.k12.ca.us/miramonte/.
- 26 **Senior Awards**, Miramonte High School, Theatre, 6:30 p.m.
- 28 Spring Instrumental Concert, Miramonte High School, Theatre, 7 p.m.
- 30 Drama Awards, Miramonte High School, Theatre, 7 p.m.

JUNE

Wagner Ranch musical *Willie Wonka JR*, 350 Camino Pablo, Orinda, 4 and 7 p.m. Also June 6 at 3 and 7 p.m. Tickets at showtix4u.com.

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

Glorietta Elementary Presents Disney's *The Little Mermaid JR.*

By HILLARY WEINER Contributing Writer

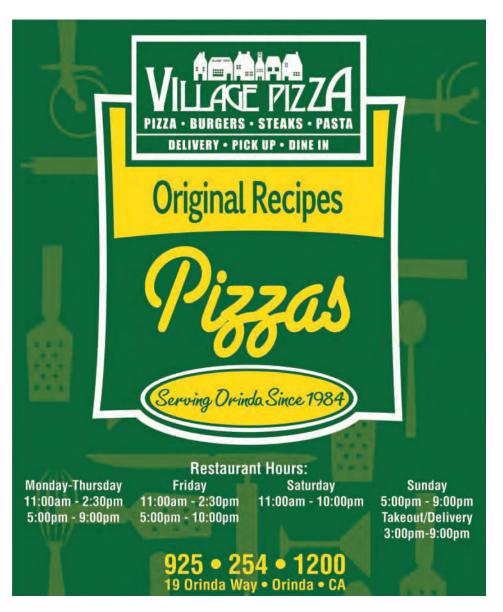
I lorietta Elementary School presents Jits spring musical, Disney's *The Little* Mermaid JR. on May 15 and 16. Based on the Disney film and the Hans Christian Anderson story, The Little Mermaid JR. is a journey "under the sea" with Ariel and her aquatic friends. This tale of a magical underwater kingdom follows a beautiful young mermaid, Ariel, as she tries to leave her ocean home and her fins and live in the world above. Ariel's adventures include defying her father King Triton, making a deal with the evil sea witch Ursula, and her romantic encounters with Prince Eric to convince him that her enchanting voice is the one he has been seeking. The score includes hit Disney songs such as Part of Your World, She's in Love," and the Oscarwinning Under the Sea.

The production is directed by music

teacher Ron Pickett, with the assistance of parent producers Betsy Shandalov, Susan Jordan and Kathryn Ishizu. There are two student casts, comprised of approximately 90 students along with a student tech crew. The production is primarily funded by parent contributions and the Glorietta Parents Club, with additional support from Orinda Arts Council and the Educational Foundation of Orinda. The Little Mermaid JR. will be presented at the school, 15 Martha Road, on Friday, May 15, at 4 and 7 p.m., and Saturday, May 16, at 3 and 7 p.m. Tickets (all reserved seating) are available in advance at www.showtix4u.com. Tickets may also be available at the door prior to the show.

The Little Mermaid JR.

May 15 at 4 and 7 p.m. May 16 at 3 and 7 p.m. www.showtix4u.com



PERFORMING ARTS / SCOUTS



(L-R) Front row: Indian Maidens - Charlotte Biancardi, Abigail Crinks, Anna Hillen, Cara Holden; second row: Tinker Bell- Connie Warthen, Peter- Andrea Shammas, Hook- Aisling Holton

Peter Pan – a Swashbuckling Adventure

By Patricia Tomlinson Contributing Writer

Orinda Ballet presents the favorite tale of *Peter Pan* and the lost boys May 15-17 at the Orinda Library Theater with guest artist Eric Kendall Spraks performing the role of the "Ticking Crocodile."

Danced by the Academy Youth Company, the beloved story begins with Peter Pan, Tinker Bell, Wendy, Michael and John flying through dancing "dream clouds" and the "star to the right" before landing in Never Land. Their adventures continue when they meet the lost boys and encounter such island creatures as harp playing mermaids and Treasure Fairies (who

guard a treasure chest from pesky pirates), Tiger Lily and her Indian Maidens, Pixie Dust Fairies and, of course, colorful Pirate Parrots.

Tinker Bell's helpful fairy friends and moonbeam fairies light the evening with waltzing island bouquets while Captain Hook plots to capture Peter and his friends. The Ticking Crocodile adds to the fun as he follows close behind Hook, always ready to foil his plans.

Shows are May 15 (6 p.m.), May 16 (11:30 a.m., 4 p.m.) and May 17 (11:30 a.m., 3:30 p.m.). Tickets are \$20 and may be purchased online at www.brownpapertickets.com. Call 925-254-2445 for more information.

Orinda Troop Honors New Eagle Scouts

By MAGGIE SHARPE Staff Writer

Orinda Boy Scout Troop 237 held an Eagle Court of Honor on March 22 at the Orinda Community Church to honor two Eagle Scouts - Jack Kovalik and Mark Laughton. Both are graduating seniors at Miramonte High School. Their scoutmaster is Eric Jorgensen.

For his Eagle service project, Kovalik sourced, funded and installed a trophy sports information case for the Miramonte High School men's baseball and women's softball teams. He is the son of Lisa and Scott Kovalik of Orinda.

Laughton's Eagle service project involved painting and beautifying the black-top play area at Markham Elementary School in Oakland in support of Playworks (www.playworks.org) to facilitate productive recess and after-school programs at the



CONTRIBUTED PHOTO

Mark Laughton (L) and Jack Kovalik were recently honored as Eagle Scouts.

school. He is the son of Kim Laughton and Steve Maupin of Orinda.

Now in its 61st year, Troop 237 is an adventurous boy scout troop with over 60 active scouts. For more information, go to www.troop237orinda.org.



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SCHOOLS / STUDENTS

OIS Odyssey of the Mind Team Advances to World Finals



Orinda Intermediate School sent two teams to this year's competition, (L-R); Chloe Lai, Emma MacKenzie, Keira Taylor, Alyssa Angsupanich, Finn Jordan, Samantha Scott, James Donn, Degen Naldoza, Kent Schechter, Tom Inouye, Jason Ritchey and Owen Younger.

By MAI ANGSUPANICH Contributing Writer

Four Orinda teams competed among 210 teams in the State Finals of Odyssey of the Mind on March 28 at UC-Riverside.

The Orinda teams included a 3rd-grade team from Del Rey, a 5th-grade team from Glorietta, a 6th-grade team and an 8th-grade team from Orinda Intermediate School (OIS).

The OIS 6th-grade team of Alyssa

Angsupanich, James Donn, Chloe Lai, Emma MacKenzie, Keira Taylor and Kent Schechter placed first in solving a technical problem requiring the construction of rubber-band powered devices and will represent California in the World Finals May 20-23 at Michigan State University. The team was also awarded first place in style for their creative and artistic use of rubber bands in their props, costumes and

ized with a 6-foot origami tree. The Del Rey team of dinosaurs featuring Diego Aguilar, Cameron Berg, Sam Laudy, Issac Reader-Taatjes and Paul Stephan placed eighth among 14 teams in Division I of the rubber-band power problem, a solid performance for a 3rd-grade team competing as the youngest age group in their division. The 8th-grade team of Luca Argast, Margaux Clarke, Ariel Everette, Jane Fong



The Del Rey Team included (L-R): Diego Aguilar, Cameron Berg, Sam Laudy, Isaac Reader-Taatjes and Paul Stephan.

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musical presentation.

The Glorietta team of Tom Inouye, Finn Jordan, Degen Naldoza, Jason Ritchey, Samantha Scott and Owen Younger placed third in a classics problem with a videogame spin on the Greek myth Pandora's Box, which the team creatively symboland Sonika Renjen placed ninth among 20 teams in a performance problem involving the old art of silent movies; imagine producing and presenting a humorous movie with no sound effects or spoken lines.

Odyssey of the Mind has its roots in [SEE OIS page 24]

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

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OIS' 8th Grade Team (L-R): Jane Fong, Margaux Clarke, Ariel Everette, Luca Argast and Sonika Renjen.

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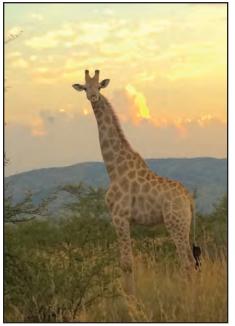
ORINDA RESIDENT

Orinda Student Visits South Africa to Learn About Apartheid

By MAGGIE SHARPE Staff Writer

Isabelle Johannessen recently wrapped up a month-long trip to South Africa where she and 15 fellow students learned about apartheid and its aftermath today – 20 years after it was outlawed. The 18-year-old Orinda resident, a 2014 graduate of Oakland School for the Arts, is on a "gap" year, studying at the YMCA/YWCA-sponsored Ronningen Folkehogskole in Oslo, Norway, where she is majoring in "Tur/Retur Verden," meaning Round Trip World.

"We spent one week in Johannesburg and Soweto Township and three weeks in Cape Town and Cape Flats Township, as well as many other townships," said Johannessen.



ISABELLE JOHNANNESSEN Johannessen visited South Africa's Pilanesberg National Park and Game Reserve where she took this picture of a regal giraffe.

"Apartheid as a law was abolished about 20 years ago. However, racism is still a huge problem. Many of the Africans are still forced to learn Afrikaans in school (very similar to Dutch), the language that the Dutch forced them to speak when they colonized South Africa."

Johannessen explained that the townships are where the blacks and "colored" (mixed black and white, Asian and Indian) people were forced to live during apartheid.

"Most of them have not made enough money to move out yet," said Johannessen. "Many of them live in shacks built with random metal and wood scraps. However, right next door you will find nicer homes with running water and electricity. They are very close communities with just one or two markets in the whole township, so you get to know your neighbors well. Townships can also be dangerous - most of the crime in South Africa happens in the townships."

On their travels, the students stayed in hostels and with host families.

"We stayed at various Backpacker Hostels, the Cape Town YMCA and two different host families," said Johannessen. "The first host family I stayed with was in Soweto Township. There were three generations of women living in the house. They ran a daycare in their home and every morning at 6 a.m., 40 children would come running and screaming through the house. The second family I stayed with was in the Cape Flats Township. They were Muslims with many children and grandchildren living in the house. I stayed there with two of my classmates, sharing only one bed. Fortunately, both families had electricity and running water. Many of my classmates lived in homes that had neither."

Johannessen said a highlight of her trip



Orinda resident Isabelle Johannessen took a bike ride through Soweto Township in South Africa, which she and 15 other students from Ronningen Folkehogskole in Oslo, Norway, visited this spring. She said the local children were intrigued by the bike, so she helped them try to ride.

was a visit to Robben Island where Nelson Mandela spent much of his 27-year prison

"I also loved swimming with the penguins at Boulders Beach near Cape Town, climbing up Table Mountain, bike riding though Soweto and going on two different safaris," said Johannessen, who was also amazed by the friendliness of the people. "I have never met so many loving, welcoming, friendly and happy people than I met in the South African townships. A group of 25 of us went to visit a woman from Cape Flats Township who greeted each of us personally and gave everyone a big hug."

Johannessen thinks students in the U.S. do not learn enough about Africa and its history.

"I knew very little about apartheid until I began studying in Norway," said Johannessen, who also visited Palestine, Israel and Jordan last year with her school. "Some

of my classmates in high school were surprised to learn that there are buildings in Africa with more than five stories and that many white people live in South Africa. Cape Town is one of the most beautiful cities in the world and a large tourist attraction."

Johannessen, the daughter of Dr. Helge and Lisa Johannessen of Orinda and halfsister of Marit, who lives in Norway, will attend Chapman University in Southern California in the fall to study business and marketing. Before she returns home, she plans one more adventure.

"When school ends here in Norway, I'm taking a month-long Eurorail trip around Europe with some friends," said the young traveler, who is also looking forward to coming home and seeing her family again. "I miss my family and friends a lot. However, this year has been so exciting it has distracted me from being homesick."



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BACKYARD GETAWAYS

Backyard Getaways and Beyond Half Moon Bay: More Than Just a Pumpkin Patch

Fran Endicott Miller



hen my kids were young, Half Moon Bay was an annual destination for its famed pumpkin patches. Now and then we'd make a second December trip for the cut-your-own Christmas tree lots. Now that the kids are in college, and time once again belongs to just my husband and me, we returned to Half Moon Bay to see what we had been missing during our previous excursions.

Less than an hour's drive from the East Bay, Half Moon Bay seems a world away from the hustle and bustle of San Francisco and Silicon Valley, each of which is a mere 30 miles north and south. Half Moon Bay's easily accessible location and year-round mild climate make it ideal for a weekend or day trip, or even just dinner.

Half Moon Bay is the oldest town in San Mateo County, dating to 1840. Though growth has been slow and steady, visitors will find original farms, plenty of open space, and miles of unspoiled coastline, which can be easily explored by walking the flat, paved, California Coastal Trail.

Lodging options run the gamut, from quaint bed and breakfast inns, such as the Mill Rose Inn and the Zaballa House, to the centrally located and highly regarded Oceano Hotel and Spa, to the luxurious Ritz Carlton, Half Moon Bay - a shinglestyle resort evoking the ambience of grand seaside retreats of the past. Its cliff side placement, surrounding links golf course,



One of the many beautiful vistas of Half Moon Bay.

nattily clad bellmen in plaid knickers and flat caps, and nightly sundown bagpipe serenade cast a Scottish vibe.

Ritz Carlton guests often cite gracious service as the reason for their brand loyalty. One knows what to expect at a Ritz, and even though the Half Moon Bay location sports a more relaxed California beach vibe, the Ritz courtesies are abundant: a taste of wine at check-in, Belgian chocolates at turn-down, Asprey toiletries in every room, and the offer of assistance in planning activities and meal reservations.

Our friendly Ritz concierge Corinne sent us to several established and excellent eateries in town, such as 3-Zero Café, housed, oddly, at the Half Moon Bay airport. Voted "Best Breakfast on the Coast" by Half Moon Bay Review readers for 11 consecutive years, the quirky, airplane motif spot, named for an optimal take-off compass setting of 300, is run by Walter White look-alike Mark Smith. He and his staff cook and serve hearty dishes (the tamales were amazing) until early afternoon, when they move en mass to sister restaurant The Flying Fish.

For dinner, Corinne recommended Pasta Moon. Situated for 29 years on Main Street, Pasta Moon makes its own pastas daily and features ingredients from local coast side farmers, ranchers, fishermen and gourmet artisans. Our lasagna was the best we'd ever had – 32 layers of tissue paper-thin pasta sheets, blanketing house-made Sicilian sausage and tomato sauce, ricotta, Parmesan and chili flake.

A stay at the Ritz is not complete without a meal at Navio, the Ritz's nautical-themed restaurant that faces the Pacific. Featuring primarily seafood cuisine (with a few beef options), Navio's interior, designed to resemble a wooden ship, is warm and inviting with elegant, understated service. The lobster bisque made me swoon, as did the house-made coffee ice-cream. Though we didn't partake, I'm told that Navio also has one of the best Sunday brunches in the Bay Area, featuring a caviar bar and fresh sushi.

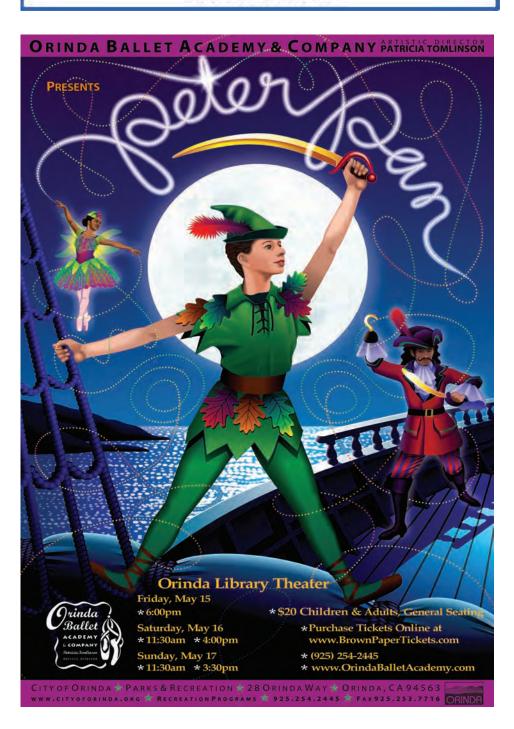
Area activities are endless. Half Moon Bay Links offers two championship golf courses, the historic cypress tree-lined Old Course, and the more challenging Ocean Course with links-style play on rugged terrain and an ocean view from every hole. Nearly 70 wineries exist within an hour's drive of Half Moon Bay. Horseback riding, whale watching cruises, swimming, surfing and biking are all popular, while the downtown area offers a variety of specialty boutiques for those who like to shop.

Perhaps the most favored Half Moon Bay activity is ocean gazing from the Ritz Carlton's Ocean Lawn. With three large fire pits, Adirondack chairs and cozy blankets, [SEE BACKYARD page 20]



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SWIMMING



Lamorinda "Housewife" Moonlights As Elite Endurance Swimmer



CONTRIBUTED PHOTO

Local resident Rainey Pearce.

By JYNANE WHEELER Contributing Writer

There are a lot of swimmers in Lamorinda. As locals, we have grown accustomed to the chlorine bleached hair of our children, and we can basically drive on autopilot to all the local pools. However, this story is about a different kind of swim-

mer. Rainey Pearce, an Orinda Aquatics Masters swimmer, might humbly describe herself as an over-50 suburban housewife. In fact, she is an elite endurance athlete.

In 1988, looking for a way to get some exercise, Pearce took up swimming. She wasn't very consistent with her training, didn't have the best technique in the pool, and certainly wasn't the fastest – but she liked it. Some swimmers she met invited her to join them for the annual Lake Berryessa swim. This was where she first discovered her love of open water swimming. Today, Pearce is the most established open water adventure swimmer in Lamorinda.

In 2008, she joined the Orinda Aquatics Masters program to train more consistently and build endurance for open water swimming. With support and encouragement from her Orinda Aquatics coaches and teammates, she began to push her limits. Over the next six years, she conquered a series of open water swims across the globe including the Strait of Gibraltar (10 miles),

Catalina (20 miles), the English Channel (21 miles) and the Manhattan Island Marathon (28.5 miles). In August 2014, Pearce was one of the USA representatives at the International Winter Swimming Festival

in Argentina, a series of swims in increasingly cold water, culminating with a swim in a 37-degree glacier lake in Patagonia. To top the year off, in December Pearce

[See SWIMMING page 20]





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ANIMALS

Something to Howl About... Animal Tales

Pet Poisoning Awareness

Jennifer Conroy



Both the American Society for the Prevention of Cruelty to Animals (ASPCA) and the National Poison Prevention Center promote Pet Poisoning Prevention during March, and it is worth taking a moment to consider ways to protect your pet from obvious and obscure poisoning threats. Obvious dangerous substances are those clearly labeled as poisonous to animals, which include many household cleaning products, automotive items and human medicines. If there are products you keep away from your kids, keep them away from your companion animals as well.

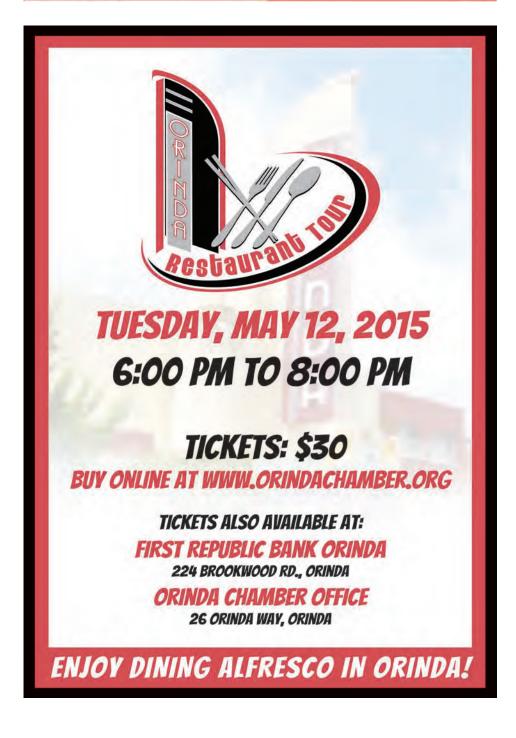
If you think a toddler can be creative about opening a cupboard, just watch a cunning cat or crafty dog get their paws or mouth around a cupboard handle! Since some poisonous products smell pretty good and your dog or cat probably cannot read (or, at least, will not admit to it), it is best to put such items far out of their reach.

It isn't just household substances that can

be dangerous; poisons abound in your yard and neighborhood. Take the oleander plant, for example. A few swallows can be deadly. Wild mushrooms are another trick of nature - many are beautiful to look at but deadly to consume. They are especially tempting to dogs and so easy to snap up that your dog might eat one without your knowing it until symptoms appear. Symptoms can be vomiting, shaking, panting and foaming at the mouth. If your cat or dog shows any of them run, don't walk, to the emergency veterinary hospital. If you happen to catch your animal in the process of eating a wild mushroom, contact your veterinarian to determine if there is an emetic you can administer or if you need to bring the animal to the veterinarian's office for treatment. The internet contains many listings of plants and substances that are poisonous to animals and humans. Print out a list and keep it handy for quick reference.

[SEE HOWL page 24]





Orinda Moraga Girl Scouts Save Kittens

By MARY FRIESE Contributing Writer

Who doesn't love a cuddly kitten? This month, the Orinda Moraga Girl Scouts are helping Pet Food Express raise awareness about the upcoming "Kitten Season" and what you can do to help.

In addition to flowers and allergies, there's something else that happens every spring: kittens! That sounds like a great thing, but there are more kittens than pet rescues and shelters can manage. Kittens cannot be adopted until they are big enough and old enough (two pounds and eight weeks) to be spayed or neutered. There are two ways people can help.

Foster kittens through your local shelter

Phase One (up to one pound and four weeks old) – bottle feeding every three hours

Phase Two (from one to two pounds and eight weeks old) – canned food three times a day, socializing.

<u>Donate to "Save a Kitten" fundraiser at</u> <u>Pet Food Express in May:</u>

Donate much needed supplies for foster families (pre-wean kits, litter, food, etc.).

Donate dollars for shelters/rescues to care for the kittens

The majority of these kittens are born to stray or feral cats. People who find these kittens bring them to animal shelters thinking they were abandoned. Too young to



felines looking for foster care.

CONTRIBUTED PHOTO These cute kittens are among the many young

Girl Scout **Chantal Hummel**.

Survive without their mother, they require 24-hour care during "phase one" until they can eat on their own (about a month). Most shelters and rescues don't have the staffing levels to provide 24 hour care the only

levels to provide 24-hour care; the only way to save those kittens is to get them into foster care as soon as they arrive.

"Phase Two" of foster care is often a great option for families with children looking to learn about volunteering and giving back because the kittens no longer require 24-hour care. Phase Two is mostly about

socialization and getting the kittens big

enough to be spayed and neutered.

Bay Area-based retailer Pet Food Express is helping as well by collecting donations at all of its stores during May (those supplies will be given to foster families, through the shelter/rescue programs). "We believe it's our responsibility to help the shelters and rescues during this critical time," said Michael Levy, owner of Pet Food Express.

If you are interesting in fostering a kitten, contact Contra Costa County Animal Services Medical Program at 925-335-8327 or Mike Murray of Pet Food Express at 925-705-5762 or mmurray@petfoodexpress.com.



LOCAL RESIDENTS

Orindan Experiences Music Industry Redux

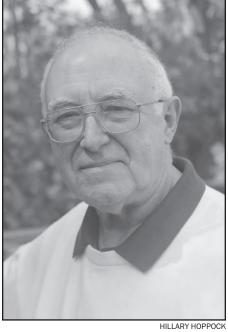
By HILLARY HOPPOCK Contributing Writer

Prinda resident Tom Oberheim says random and seemingly unrelated events in his life led him on his journey from Kansas to Los Angeles in 1956 and launched his career as an innovator in the music industry. Along the circuitous route ,he managed to develop one of the first polyphonic analog synthesizers, used by the likes of hard rock group Van Halen in the 1980s in their best-known recording "Jump." Oberheim's pioneering synthesizer could play up to eight notes at a time, compared to the monophonic version offered by companies in the late '70s that handled just one note at a time. The synthesizer was the basis for his company, which recorded \$12 million in worldwide sales at its height in 1985. However, then came the foreclosure, seizing of assets and the sale of his company to a third party.

Fast forward 23 years, when digital technology had already made the analog synthesizer obsolete. In 2008, Oberheim accepted an invitation from an organization that promotes Electronic Dance Music (EDM) to go to a convention in Barcelona. Financed by Red Bull, the Barcelona event is an annual competition among the best EDM artists - industry DJs riding the really big wave of million-dollar concerts. Oberheim and other music industry pioneers were featured as part of the event. He assumed participants browsing the booths would have a passing interest in his small analog synthesizer based on its 30-yearold technology. The synthesizer is "about the size of a loaf of bread," he explained adding that he didn't want to lug around the original 40-pound version. The event became a "déjà vu" moment for Oberheim, bringing him full circle and back to his music industry roots.

He was surprised by the electronic dance music artists' interest in "the old stuff" and the handful of participants who wanted to purchase one. When he returned home in fall 2008, he decided to assemble a few on his dining room table. However, it wasn't long before Oberheim and his wife Jill realized they needed to rent space in Rheem to fill the orders that came in for more than 1,000 modules in the first three years of their burgeoning business. What led to this resurgence of interest in 70s' synthesizer technology? Well, it seems that despite the perfection digital sound synthesizers offer, music artists like having some ability to tweak, control and create unusual, unique

This piece of music history is also the story of a Manhattan, Kansas kid who never studied music but liked to tinker



Music industry pioneer **Tom Oberheim.**

with electronics and built hi-fi systems in high school. Oberheim was just following his passion and trying to pay for college at Kansas State in 1956 when he fell in with some guys in the music department who asked, "Hey, a couple of us are going to California. Wanna come?" Naïve and not yet 20, he drove his broken-down '49 Chevy to Van Nuys and found an aerospace job on his first day in California.

It was a boring job in the photo lab, which he landed because of his experience in a Manhattan, Kansas, camera store. He subsequently answered an ad in the Los Angeles Times for a draftsman trainee job in a new division of NCR making computers. Oberheim worked at NCR part-time while studying physics at UCLA, which also required taking a course in the arts for the bachelor's degree. After taking a music appreciation course, he signed up for harmony and musicianship classes.

From his UCLA graduation in 1965 through the mid-'70s, Oberheim worked in a variety of companies as an engineer, making electronic gadgets for his musician friends on the side. In 1975, he decided to make his own synthesizer, creating the first polyphonic model sold in music stores – and the rest is history.

Oberheim's trip to Barcelona was the best kind of trip down memory lane, as his self-described "museum piece" turned out to hold its value over the years. "Nowadays, your cellphone and TV need to be the latest technology, but in the field of Electronic Dance Music the hundreds of thousands of DJs (including Deadmau5 who racks up \$30 million a year at big venue concerts) love the old gear," says Oberheim. Along with the rough approximation of the strings and keyboard sounds from the old analog [See MUSIC page 26]

Moraga Community Faire May 9

The Moraga Community Faire and Car Show will be held from 11 a.m. to 4 p.m. on Saturday, May 9, at the Rheem Valley Shopping Center - offering a wonderful opportunity for a "family fun day" on the day before Mother's Day. Children will enjoy some hands-on crafts like potting a small plant for their mom and will be delighted to discover the climbing wall, bounce house and fun carnival games. Grab a quick lunch at the food trucks, which will be offering sliders, BBQ, smoothies and ice cream, and then watch local celebrities get

soaked in the Dunk Tank. Relax with a glass of local wine and check out the amazing classic cars, or stroll down the artist alley to find the perfect gift from a wide range of artists. Anyone who rides the county connection bus to the Faire will be eligible for a \$50 local gift certificate. Attendees may also win prizes by completing an explorer passport. Free to attend, the Moraga Community Faire & Car Show is organized and sponsored by the Moraga Chamber of Commerce. For more information, visit www.moragachamber.org/faire.

Orinda Residents Help Super Stars Raise \$120,000

By DANIEL LAWLOR Contributing Writer

Nearly 200 attendees gathered at Scott's Seafood in Jack London Square for the third annual Super Stars Literacy gala fundraiser. Keeping with the tradition of honoring a children's book, Super Stars Literacy's third annual gala was themed, "Follow the Yellow Brick Road to the Emerald City by the Bay."

Super Stars Literacy is an early childhood literacy intervention program that coordinates education programming for over 500 K-2 students in nine public schools in Oakland, Hayward and Newark.

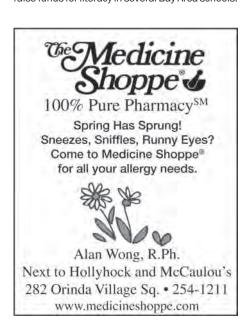
Orinda was well represented. Kim McAtee, a local realtor and board member with Super Stars Literacy, reflected, "My parents moved our family to the Lamorinda area when I was young because of the excellent public schools. It's unfortunate that all children don't have the same opportunities to learn. Super Stars Literacy helps to close that gap."

Kim's daughter, Megan McAtee Wilson, a fellow realtor and community advocate, remarked, "Statistics report children who cannot successfully read by third grade have an exponentially increased tendency to drop out of high school. Between the program's carefully constructed curriculum and genuine, dedicated volunteers, Super Stars Literacy is consistently successful in preparing young children to thrive throughout their education."

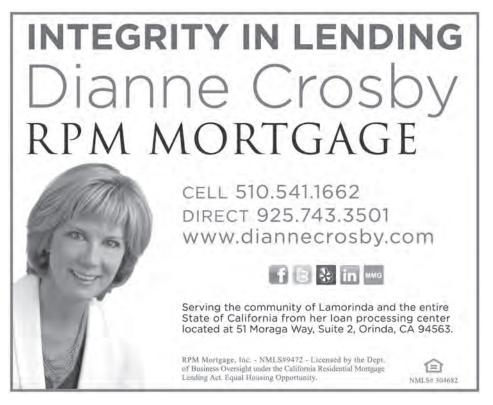
For opportunities to connect, visit: www. superstarsliteracy.org, or call 510-777-0870



CONTRIBUTED PHOTO Megan McAtee Wilson (L) and her mother, Orinda resident and local realtor Kim McAtee, helped raise funds for literacy in several Bay Area schools.







CLASSIFIED

♦ GALLERY from page 2

the challenge of creating an atmosphere on a flat surface. Her paintings tend to be representational, often including birds or animals. She sees something in the animal or bird that reminds her of human qualities and emotions and then she portrays that.

She will be showing 50 works including about a dozen paintings; the rest are ceramic pieces displayed in the large glass case near the auditorium. Look for *The Chase*, a 12" x 12" stoneware vessel and *Stare*, a 15" x 19" acrylic on canvas of a Bassett hound. She hopes her work will bring enjoyment and a happy spirit to everyone who views it. To see more of her work, visit www.meirung.com or www. valleygartgallery.org.

Mei-Yu Lo Black of El Cerrito is exhibiting 35 works of acrylic on canvas including 20 small paintings of fruit sized four, five and six inches square in the small glass cabinet near the Garden Room. Since she has been painting with acrylics all her life, she has learned many techniques and explored numerous materials which allow her great freedom of expression. Imaginary landscapes are her métier because for her they are a metaphor of serenity. She has devoted decades to this metaphor and her focus changes all the time. Thus her work is ever fresh.

Mei-Yu wants people to be transported to another realm when they view her work, a realm of tranquility and relaxation. "I hope they are taken away from our world,

♦ SWIMMING from page 17

travelled to Tyumen, Siberia, to swim in an ice pool, where they literally cut a hole in the ice the size of a pool, inserted lane lines and held races!

Pearce says the water is where she is happiest. She loves swimming because everyone can do it, and everyone needs to work hard to be good at it. She likes to tell people that she did not swim in high school or college, but in the last five years she has achieved every goal she set for herself. She feels empowered knowing that even at a later stage in life you really can do anything you set your mind to.

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which at times is cluttered with noise, business, anxieties and conflicts. Instead my landscapes show vast spaces – there are no people or close-ups on purpose to make it easier to contemplate visual serenity," she says. Look for *Offering*, an 18" x 36" acrylic on canvas and *Marsh*, a 40" x 40" acrylic on canvas. To see more of her work, visit www.mei-yu.com.

Mei-Rung says that, "Art makes people pause and think. In this fast paced world, it's a good thing to have artworks around us, and to take the time to enjoy them." Mei-Yu believes that art can provide a visual retreat, a place to meditate, escape, and get away from the conflicts in life. "The sanctuary that art provides can return us to our center where beauty can calm and feed us," says Mei Yu.

Visit the gallery at 26 Orinda Way 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. Close dates this month are May 10, May 24 and May 25. Call 925-254-2184 for more information or visit ceclib.org.

♦ NELSON from page 7

foundation (OldYellowHouse.org) is set up to allow this historical property to demonstrate to future generations the importance of sustainability. Private tours may be arraigned by contacting Architect Wright at jpwarchit@gmail.com or by leaving a message at 925-945-1111.

♦ BACKYARD from page 16

the expanse is a gathering spot for both hotel guests and day visitors. Purchase a bottle of wine from Eno, the resort's lobby wine bar, and watch the sunset, or pick up a Recchiuti Confections s'mores kit and put the fire pit to good use.

Even a brief visit to Half Moon Bay will stir the soul, and you'll wonder why you don't head over the hill more often. Whether for just the day, a night, or a weekend, a visit reveals that there is so much more to the small coastal town than the area's famed pumpkin festival. For further details, phone numbers and pricing, visit www.hmbchamber.com.

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 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 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, 3800 Mt. Diablo Blvd., 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, 925-254-2222.

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 Museum. Third Tuesday, 2 p.m., 26 Orinda 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 visit 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. The program will be a guided tour of Heather Farm gardens.

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.cityoforinda.org.

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

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Enclose your check payable to *The Orinda Association* and mail to *Orinda News*, P.O. Box 97, Orinda,
CA 94563. We reserve the right to reject any ad. Classified ads must be prepaid. *Your cancelled check is your receipt*.

CALENDAR

ON THE CALENDAR

MAY

- 1 **Exhibition and Sale of Ceramics** by Gerry Wallace, Orinda Books, 276 Village Square, 10 a.m. to 5 p.m. Call 925-254-7606.
 - **Orinda Library Gallery** presents works by Mei-Rung Huang and Mei-Yu Lo Black. Meet the artists on May 3 from 2:30 4:30 p.m. Call 925-254-2184. See story page 2.
 - **Joyce Maynard, Joe Loya in conversation with Kevin Sessums,** author of *I Left It on the Mountain*, Lafayette Library, 3491 Mt. Diablo Blvd., 7 p.m.
 - **Lafayette Art Gallery** presents *Trending* through May 2, featuring paintings, ceramics, glass pieces and jewelry, reflecting the most up-to-date themes and trends. The gallery is at 3420 Mt. Diablo Blvd. Visit www.lafayetteartgallery.com or call 925-284-2788.
- 2 **California Independent Bookstore Day** at Orinda Books, 276 Village Square, featuring special guests, limited edition gifts and literary tea towels and bookish giveaways.
 - **Class for Young Writers**, ages 10 to 12, presented by Karen Benke, Orinda Books, 276 Village Square, 10 a.m. to noon. Call 925-254-7606.
- Women Helping Women, sale of denim tote bags to benefit children rescued from human trafficking, 11 a.m., Orinda Community Church, 10 Irwin Way, Orinda. (See story page 23).
- 4 **Dementia Expert Teepa Snow** speaks on assisting someone with dementia during an emergency, 10 a.m., at Orinda Library Auditorium, 26 Orinda Way. Sponsored by Senior Helpers, 925-376-8000. See story page 8.
- 5 **Marine Mammal Center Visit** for seniors, sponsored by Orinda Parks and Recreation Department, 9:30 a.m. to 1:30 p.m. Residents \$15; non-residents \$17. Call 925-254-2445 or visit www.cityoforinda.org.
- 6 **Lamorinda Nature Walk and Birdwatching** for seniors. Every Wednesday, 9 to 11 a.m., free. Call 925-254-2445 for weekly meeting place.
- 7 **Orinda in Bloom** fundraiser (three events): Orinda Garden Club tour, 10 a.m. to 4 p.m. rain or shine; Orinda Country Club lunch; and/or evening garden party at Casa Serena, 5 to 7 p.m. For tickets contact Cathleen Sodos, 925-285-5707, gardentour@orindagc.org or www.orindagc.org. See story page 23.
 - **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.
- 8 Contra Costa Children's Chorus Concert presents *Journey Home Spring Concert* with upper level choirs, honors and graduates, Lafayette Orinda Presbyterian Church, 49 Knox Drive, 7 p.m. Also on May 9 at 10:30 a.m. with choristers in all levels. Tickets \$15 general, \$10 seniors, \$5 children. Purchase at www.childrenschorus.org or www.brownpapertickets.
- 9 Valley Art Gallery presents Slopes of Diablo 2015, a juried art exhibit, through June 13, with an opening reception on May 9. The gallery is at 1661 Boetlho Drive, Suite 110, Walnut Creek. Visit www.valleyartgallery.org or call 925-935-4311.
 - **Divorce Options Workshop**, a seminar about the legal, financial, psychological and social issues of divorce, Lafayette-Orinda Presbyterian Church (LOPC), 49 Knox Drive, Room 201, Lafayette, 9:15 a.m. to 12:30 p.m. www.cpeastbay.com.
- 11 **Orinda Books** hosts Beth Noymer Levine discussing her book, *Jock Talk: Five Communication Principles for Leaders as Exemplified by Legends of the Sports World*, 276 Village Square, 7 p.m.
- 13 **The Second Wednesday Book Group** will discuss *Lady in Gold: The Extraordinary Tale of Gustav Klimt's Masterpiece, Portrait of Adele Bloch-Bauer*, Orinda Books, 276 Village Square, 3 p.m. The group meets monthly and welcomes new members.
 - **Orinda Books** hosts William Goodson discussing *The Blue Eyed Girl*, a novel that deals with the aftermath of sexual violence, 276 Village Square, 7 p.m.
- 14 **Contra Costa Children's Chorus** Open House, Our Savior Lutheran Church, 1035 Carol Lane, Lafayette, 6 p.m. Children can learn about the choir, play games, sing and enjoy snacks. Free. To sign up, visit www.childrenschorus.org.
 - **Orinda Books Luncheon** honors Laura McBride and celebrates the paperback publication of *We Are Called to Rise*, which was the Indie Next #1 pick last June when it debuted in hardcover, 276 Village Square, noon.
 - **Free Movie Night**, Orinda Theatre, every second Thursday, 7 p.m. Visit www.lamorinda-theatres.com/index_orinda.asp.
- 15 **International Film Showcase** presents *The One Hundred Year Old Man Who Climbed Out a Window and Disappeared* for a one-week engagement at Orinda Theatre. Visit http://internationalshowcase.org/ for information and show times.
 - **Orinda Ballet** presents *Peter Pan*, 6 p.m. Orinda Library Theater, 925-254-2445. (See story page 13).
- 16 **AAUW** Tech Trek Shred-Fest, 5a Rent-A-Space, 455 Moraga Rd., Moraga, 9 a.m. 1 p.m., proceeds fund scholarships for science/math camp.
 - **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.
- 19 **World Affairs Book Group** will discuss *China's Second Continent: How a Million Migrants are Building a New Empire in Africa* by Howard W. French, Orinda Books, 276 Village Square, 3 p.m. Call 925-254-7606. New members welcome.
 - **Arabella Bowen, Editor-in-Chief of Fodor's Travel**, will share her travel expertise, Lafayette Library, 3491 Mt. Diablo Blvd., 7 p.m.
- 21 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.
- 27 **California Shakespeare Theater** opens its summer season with Shakespeare's *Twelfth Night*, various days/times through June 21. Go to www.calshakes.org. See story on Page 11.
- 28 **Maria's Book Club** meets the fourth Thursday at Orinda Books, 276 Village Square, 11 a.m. RSVP to 925-254-7606. The new club welcomes members.
- 29 David Downie, author of three books about the City of Light will discuss his love affair with Paris and his latest book, A Passion for Paris, Lafayette Library, 3491 Mt. Diablo Blvd., 7 p.m.

AT THE LIBRARY

All events are free unless otherwise specified. Please note: the library will be closed May 10 for Mother's Day and May 24 and 25 for Memorial Day. For more information, call 925-254-2184 or

Peter Pan Foundation Presents Wish Upon a Star



(L-R) back row: director **Leslie Noel** and Orinda residents **Natalie Schroeder, Lucy Berkman, Elle Rodriguez, Jocelyn Purcell, Janie Hollerbach, Brian Purcell** and **Nejla Ackdoe-Pagey** (in front) rehearse for the May fundraiser.

Looking for something fun to do Memorial Day weekend that supports a good cause? Come and visit Never Land as Peter Pan, Tinkerbell and your favorite characters work together to make kids' wishes come true in the musical production of *Wish Upon a Star*. This funny musical, performed by the Peter Pan Foundation, runs all weekend at Diablo Valley College Performing Arts Center (321 Golf Club Rd., Pleasant Hill) and features talented actors of all ages from our community. You might even recognize some Orinda faces! Proceeds from the performances support UCSF Benioff Children's Hospital Oakland. For show times and tickets, visit www. peterpanfoundation.org.

visit www.ccclib.org/locations/Orinda.html.

- 2 **Saturday Morning Live!** Story time for children aged 3 to 5, Picture Book area, 11 a.m. Also May 9 and 16.
 - **Weekend Paws to Read.** 1st- through 5th-graders practice reading with a friendly dog, Gallery Room, 2:30 to 3:30 p.m. Call or visit the library to register.
- Finally 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 May 14, 21 and 28.
 - **Monthly Book Sale**. Hosted by Friends of the Orinda Library, Book Shop and sorting room, 10 a.m. to 1 p.m.
- 5 **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 May 6, 12 and 13.
 - **Peek-A-Boo Time**. Storytime for children ages 0 to 5, 11:30 to 11:55 a.m. Also May 12.
- Teen Advisory Group (grades 9 to 12). First Wednesday of month, Tutoring Room, 4 p.m. Teens meet with librarian to collaborate on teen programs, book collections and displays and earn community service hours.
 - **Paws to Read**. 1st-through 5th-graders practice reading with a friendly dog, Gallery Room, 3:30 to 4:30 p.m.
- 9 **Free SAT Practice Test**. Garden Room, 10 a.m. to 2 p.m. Registration required. Visit library website for details.
- 12 **How to Prepare for Empty Nest**, a presentation by Licensed Family Therapist Christine Roslund that addresses problems faced by both youth and parents when a child leaves home, 7 to 8 p.m.
- 15 **Mystery Book Club.** Members discuss the book of the month, Tutoring Room, 3 to 4 p.m. Adult program.
- 28 **Contra Costa Tale Spinners.** A monthly story swap keeping the oral tradition alive, Gallery Room, 7 to 9 p.m.

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THE REEL LESS TRAVELED

TOO MUCH OF A GOOD THING (POSSIBLY)





Tt would appear the months between Janu-Lary and April were but practice runs for May, when there are so many choices and variety that I hardly know where to begin. However, as chronology has always been my friend, it would hardly be seemly to break with the pattern now, but - fair warning - you might want to sit down for this one. We've got a lot to talk about.

First off, it is my extreme pleasure to inform you that the "B" movie series is still at the Rheem Theatre, but now with 100 percent more Vanessa. Yes, Vanessa, who some years back, originated the very adventurous notion of injecting some cheese into our rarified filmic community, is back and ready to resume her title as Queen of the Rheem! To mark this august event, she is proud to offer to all her subjects the 1954 "classic" Killers from Space. Starring Peter Graves, it falls to him the impossible mission of making sense out of this tale of alien abduction, bizarre medical experiments, unusual breakthroughs in animal husbandry and extra-terrestrials with really big eyes (and not in a cute oil painting way, either). Come celebrate Vanessa's return and witness another cinematic assault on May 9 at the Rheem Theatre at 7 p.m.

Coming back down to earth, California International Film Festival (CAIFF) and Diablo Magazine will present the Clint Eastwood classic Dirty Harry at the Orinda Theatre on May 14 at 7 p.m. free of charge. Shot in San Francisco, this landmark feature set the bar for its unflinching violence as well as introducing the concept of the rogue cop into the American cinematic firmament. Directed by Don Siegel (the original Invasion of the Body Snatchers) and redefining Eastwood to a more presentday milieu, Dirty Harry quickly established itself as a cult success, with much owed to its famous quote regarding numbers and

Starting May 15 at 7 p.m., for a weeklong engagement at the Orinda Theatre, International Film Showcase presents The 100-Year-Old Man Who Climbed Out the Window and Disappeared. The 2013 Swedish film, based on the best-selling book by Jonas Jonasson, tells the tale of Allen Karlsson who, like Forest Gump, led an adventurous – and explosive – life. It also

involves lost mob money and the mob that wants it back. To say that hijinks ensue would be an understatement but don't take my word for it. Visit http://internationalshowcase.org and watch the trailer. Also check out http://lamorindatheatres.com for what else is new from CAIFF.

The following day, May 16, something happens that is unprecedented in the history of this column and, I dare say, in the history of the Orinda or Rheem theatres. May 16 has been named '50's Sci Fi Day and, to commemorate this auspicious occasion, the Rheem will show four classic movies from that time period, starting at 1 p.m. THEM is a movie about a particularly nasty ant problem; This Island Earth features an alien race that wants our help with their war (boy, did they come to the wrong place); The Day the Earth Stood Still, in which an alien warns us about our war-mongering ways (I sense a certain contradiction of themes here); and finally Creature From the Black Lagoon featuring a prehistoric gill-man looking for love. Doug Jones, an actor who made a career of playing other-worldly creatures (Pan's Labyrinth, the Hellboy films) will preside over Sci Fi Day, so make sure to reserve May 16 and get to the Rheem early for this once-in-a-lifetime experience.

Lastly, the Moraga Movers will show a film about one of the most famous moments in history. My Darling Clementine is probably one of the most notorious of John Ford's films. There have been many versions of what went on that day at the O.K. Corral, but if you were to take a poll about which packed the most potency, it would be this one. It's almost beside the point to be too particular about accuracy. When we're talking John Ford paired with Henry Fonda, there really isn't much one could (or should) take exception to. It will show May 20 at 2 p.m. at the Rheem.

So, that's all she wrote for another month. As ever, be sure to keep informed of lastminute changes and additions by checking out both http://lamorindatheatres.com and http://internationalshowcase.org. Also, be sure to visit the "Classic Film Hall of Fame and Museum" page on Facebook for interesting filmic tidbits. And, remember to stay in the dark for that's where the reel magic lies.

♦ HOUSING from page 1

charge of environmental services with the city's environmental consultant, Pacific Municipal Consultants, stated that there is no habitat for species in the three locations.

Justification for the 3.2 acre Santa Maria site included the rationale that the location is already zoned for multi-family housing, and has been for years, with no movement by the site's owner (the Diocese of Oakland) to develop the area. Councilmember Dean Orr led off the site location discussion with his opinion that this previously zoned site is preferred, and that there is no compelling argument to consider the other two downtown alternatives prior to a more thorough analysis of a downtown plan – something that all council members agree is greatly needed. "A downtown site selection would be putting the cart before the horse," said Orr.

Councilmember Eve Phillips prefaced her preference for Site One with a personal desire to have had more time on the subject, with an option to pick none of the sites, echoing the opinion expressed earlier in the meeting by citizen Bruce London who suggested that the entire community should be asked what they prefer. "Citizens aren't always available to attend meetings," said London. "But they still feel strongly about development. Orinda's community character is Village character, something not preserved by high density housing."

Additional citizen comment at the meet-

"Orinda's community character is Village character, something not preserved by high density housing," said London.

ing indicated that while most continue to take issue with Orinda's proposed addition of high density housing, many have come to terms with the necessity of the Housing Element. A few continued to express criticism of the council's Housing Element actions, such as Winifred Wilson who stated that Orinda's General Plan might as well be written in sand and that high-density zoning is contrary to the spirit of the plan. But others attended in order to express site preference. Scott Zeller respectfully requested that the Rite Aid location be removed from consideration, and asked that council members consider those who need easy access to drug store medications. Daniel Debusschere noted that locations could always be swapped in the future, and that there was no compelling reason to make a hard decision at this point.

Nick Waranoff urged the council to rely on the existing zoning at Site One, and to

save the Rite Aid parking lot, which serves more than Rite Aid customers. "For 30 years, the Santa Maria site has been zoned for multi-family housing," said Waranoff. "I am confident that the church will do right by the City of Orinda, but I don't have the same confidence in the owners of Rite Aid and 1 Orinda Way, who likely will be motivated by profit."

Orinda Senior Village resident Eartha Newsong reiterated that the Housing Element is merely about zoning and not building. She clarified that potential development is up to the landowner, and would be subject to planning commission regulations. "We are not going to suddenly wake up and find stack and pack housing on the Santa Maria lot," she said.

◆ CAL SHAKES from page 11

identities, gender-bending disguises and mismatched romance, coupled with Shakespeare's classic comic characters make the play one of the Bard's finest comedies. Director Moore leads a company of seven women and one man in his own unique variation on the Bard's tale as shipwrecked twins navigate across a strange island to find love – and each other.

The play's title refers to the twelfth night after Christmas Day, the Feast of Epiphany. A festival of jolly debauchery in which master and servant, men and women's roles were often reversed, it served as the perfect inspiration for Shakespeare.

According to Cal Shakes dramaturgical information, "Twelfth Night was to prove Shakespeare's farewell to comedy. Indeed, the play itself has many dark notes, not least of which is all the references to the plague." It is noted that during the Elizabethan era in which Shakespeare lived, the bubonic plague (Black Death), took the lives over one third of Europe's population, including the scribe's son and sister, and certainly influenced Shakespeare's

Twelfth Night runs May 27 – June 21, at Bruns Memorial Amphitheater, Tuesdays through Thursdays at 7:30 p.m., Fridays and Saturdays at 8 p.m., and Sundays at 4 p.m. There will be a Saturday matinee on June 20 at 2 p.m. The Bruns Amphitheater is located at 100 California Shakespeare Theater Way, Orinda. 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 on-site parking. For more information or to charge tickets (which are \$36 to \$74) by phone, call the Cal Shakes box office at 510-548-9666. Additional information and online ticketing are available at www.calshakes.org.



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LOCAL RESIDENT / ORGANIZATIONS

Orinda Residents Celebrate 25 Years of Family Business

By DAVID DIERKS **Assistant Editor**

his year marks the 25th anniversary for the family-owned Lafayette Car Wash and Detail Center, 3319 Mt. Diablo Blvd. Lafayette. Orinda resident Blake Wellen remembers when his family started the business. "My dad bought this back in 1990," recalls Wellen. "I was a high-schooler working summers here. Then I went off to college and worked several jobs. I decided almost 10 years ago to come work here because it was a great opportunity to work alongside my dad, to create and maintain the family business."

Working with his father, Jesse Wellen, means a great deal to Blake. "In 10 years we've been able to grow the business together. A lot of people don't get that opportunity to spend that kind of time with their family or their dad and partner with them. It's better than working for yourself."

The Wellen men are not the only family members involved. "My step-mom Theresa has always been involved in the behindthe-scenes success of our gift shop and business, and my wife Julie has some great creative touches she's added." The business has also become multi-generational. "Elijah, our son, as a high-schooler, put in some time working a summer job, keeping the generational thing going," said

The Wellen's employees are very loyal as well. "We're close to 50 employees including four employees that have been with us for over 20 years," he said. "They've been with us since the beginning. In the next five years, we'll have several more employees that will be with us over 20 years. We keep it tight-knit, we treat our employees like family." With the Wellen's focus on family, it's logical that the employees bring their families into the business. "There are generational aspects there also: fathers, sons, daughters, husbands and wives work here," said Blake.

During these drought years, taking your vehicle to a car wash is much more environmentally friendly than washing the car yourself. "We're a green business and we just received the 2014 Lafayette Award of Environmental Excellence," said Blake. "We recycle more than 60 percent of the water used in our wash system. We understand the importance of being a green business and we are constantly striving to diminish our carbon footprint." The business services approximately 80,000 vehicles per year and is the most comprehensive car wash and detail center in Contra Costa County. In addition to car washes, they offer paint and body repair, paintless dent removal, windshield repair, and clear coat protection.

For more information, visit www.lafayettecarwash.com.



(L-R) Blake Wellen, Jesse Wellen and Teresa Wellen keep the family business going.

May 3rd Sale of Denim Tote Bags to Benefit Children Rescued from Human Trafficking

By Hillary Hoppock **Contributing Writer**

wo years ago when the Women Help-**▲** ing Women (WHW) group of Orinda Community Church started studying the problem of trafficked children in the East Bay, it wasn't clear how they could be of any help.

After holding a Forum in May 2014 with speakers from Contra Costa County's Community Violence Solutions and the Deputy District Attorney's Office, the group learned about the agencies who work with the victims of trafficking. Previously considered criminals by the court system, the often abused and impoverished children have become the focus of new efforts by government and non-profit

Women Helping Women teamed up with their church's Sewing Circle to recycle gently used jeans and create tote bags to benefit a local area non-profit, ARM of Care, which uses Art, Recreation, and Movement as therapy to help rescued victims of trafficking. Denim bags will be available for sale at 11 a.m. Sunday, May 3 at Orinda Community Church, 10 Irwin Way, Orinda. All proceeds support ARM of Care's mission of "Using the creative arts to restore and empower those who have been exploited." See their website ARMofcare.net.

Committed to taking action on issues affecting women both globally and domestically, Women Helping Women studied oppression against women in the Congo, sponsored BeadforLife sales to benefit Ugandan women and presented a public forum on domestic violence in cooperation with Contra Costa's family violence reduction agency STAND! Contact Reverend Lee Cruise at lgcruise@gmail.com for more information.

Garden Club Celebrates Orinda in Bloom

By ELANA O'LOSKEY Staff Writer

66 Tust living is not enough ... one must I have sunshine, freedom, and a little flower."

- Hans Christian Anderson

Agree with the above? Then you won't want to miss this sprightly day planned for garden lovers by the Orinda Garden Club (OGC). From 10 a.m. to 4 p.m. on Thursday, May 7, enjoy a tour of five exceptional Orinda gardens (luxe boutique shopping at some locations), with an optional buffet luncheon at Orinda Country Club. Carpooling is a must at Orinda Country Club and the gardens. At any time during the day access the silent auction for online temptations. Want more garden time? Attend the Orinda in Bloom garden party at Casa Serena from 5 to 7 p.m. which includes wine, hors d'oeuvres, music and a tour of another exquisite garden (only 65 tickets available).

Cathleen Sodos, OGC garden tour lead for the event, wishes to thank the many

community sponsors and supporters who have made this event possible including: Mechanics Bank, Village Associates Realty, Coldwell Banker Realty, Chris Swim and Tracy Keaton, Pacific Union and Christie International Real Estate, Enchanting Planting, Barbara Llewellyn Catering and Event Planning, Dumol Winery, Gagnon's Party Rentals, Morrison's Jewelry, Catherine Watters, Chris Stoneberg, Blooms by You and Robin Nicole Beauty Bar.

All proceeds benefit OGC's many community beautification projects and scholarships. Plans are underway for the Camino Pablo Median Restoration Project, which will improve the visual impact for all who pass by. Visit www.orindagc.org for ticket pricing and reservations for all events (convenient PayPal option). Tickets will be held under your name for pick-up between 10 a.m. and 2 p.m. at Orinda Country Club main lobby for the garden tour and Casa Serena for the 5 p.m. garden party. Contact Cathleen Sodos for information at 925-285-5707 or gardentour@orindagc.org.



(L-R) Beverley Finlayson, Melody Ferreira and Kathleen Wiegand display the denim tote bags on sale

CELEBRATE CALIFORNIA BOOKSTORE DAY AT ORINDA BOOKS



CONTINUATIONS

♦ ROADS from page 1

L, a temporary one-half cent sales tax. In 2014, voters again approved a road measure with the passage of Measure J, a \$20 million general obligation bond to be used for road and storm drain repair.

Following much outcry from residents about the poor condition of Orinda roads and study by the City of Orinda, the Citizens Infrastructure Oversight Commission (CIOC) was created to liaison with the Public Works Department and analyze road repair progress. In July 2012, a 10-year plan to repair Orinda's roads and drainage issues was adopted by the Orinda City Council.

The CIOC will present its latest report, which covers roads that were repaired in 2014 and details roads slated for repair in 2015, to the City Council in late May or June

Orinda's 92.5 miles of paved publicly maintained roads are divided into classes: Arterials (major through roads expected to carry large volumes of traffic), Collectors (collect traffic from local roads and deliver it to arterials), Urban Local (7) (previously referred to as School Routes) and Residential. Prior to the adoption of the plan, 21 miles had a Pavement Condition Index (PCI) less than 25 and were rated in very poor or failed condition. Thirty-three miles had a PCI of between 25 and 49, which is a poor condition. Ten miles had a PCI of 50-69 and were rated good. Fifteen miles of road had a PCI of 70-89 and were rated very good. The remaining 13 miles had a greater than 90 PCI and were rated excellent. Currently, the projected estimate to bring the system-wide PCI up to 70 is \$52 million spread over 10 years, with cost increases estimated at 2.2 percent per year.

Additionally, there are 21 miles of drainage pipes under the roads that are in a damaged state and also require repair. About half of the drainage is in a deteriorated condition, roughly 10 percent of the drainage is undersized, and the remaining 40 percent is in poor condition. The cost of repairing all the drainage issues is roughly \$12.5 million dollars, which is projected to

escalate to \$14 million, spread over the 10-year period. Taken together with the roads estimate, this brings the total to repair the roads and drainage to \$66 million, spread over 10 years.

Orinda spends an average of \$2.3 million per year on street maintenance and repairs under the Pavement Rehabilitation Program (this program is not related to the 10-year plan). Most of these funds (about \$1.5 million) are generated by gas taxes, county-wide transportation sales tax and grant revenues from county and federal sources. The rest of the funds come from Orinda's General Fund and Garbage Franchise Fees (about \$0.8 million). Prior to the 10-year plan, Orinda's policy was to focus on repairing arterials, collectors and school routes, as these streets affect the greatest number of users. This meant that no monies were used to repair residential roads except for emergency repairs.

Working in four projected phases, the 10-year plan seeks to get all of Orinda's roads up to the good or excellent range (PCI of 50+). Phase One began in 2012, when voters passed Measure L. The onehalf cent sales tax generated \$964,000 in 2013 and \$1.05 million in 2014. Measure L expires in 2022. The Measure L funds have been focused on repairs to residential roads with the most users and in the worst condition. Phase 2 began in 2014 with the passage of Measure J, a \$20 million Bond Fund. These monies will be used to improve Orinda's residential roads with a PCI less than 25, prioritized by traffic volume. These two measures will raise approximately \$30 million over the life of the 10-year plan.

In 2012, Orinda's residential roads had a PCI of 39. By 2014, they had downgraded to PCI 35. In 2014, there were 120 segments of residential roads with a PCI under 25 that needed to be repaired. Measure L funds were used to repair two segments in 2014 and another four are projected to be repaired in 2015. Twenty-seven segments are slated for repair in 2015 using Measure J funds.

"The success of the past several years of paving projects has brought the arterial

PCI to 78 and the collector PCI to 66," said Chuck Swanson, Director of Public Works and Engineering Services. As a result, Orinda staff recommends that the Pavement Rehabilitation Program monies for Fiscal Year 2016 be used to repair collectors and Urban Local (7) roads that have a PCI of less than 25. There are currently 13 segments that meet these criteria covering a total of 2.4 miles. The preliminary estimate to repair all 13 segments is \$3.6 million, so not all the segments could be repaired through this program.

Phase Three is projected to begin in 2018 and requires a minimum of \$25.5 million to be generated to complete the 10-year plan. Phase Four, scheduled for 2022, will address the need for additional funds to maintain Orinda's roads after they have been repaired to ensure all roads maintain their PCI. The current estimate to maintain the roads is \$3 million per year, but this is expected to increase due to inflation. A key element of Phase Four is to extend Measure

L (the 0.5-percent sales tax) to generate an additional \$1 million per year. This, added to the \$1 million generated by gas taxes and county-wide transportation taxes, will still fall short of the \$3 million requirement, although county and federal grants could add to this amount.

While applauding the current roadwork, some Orinda citizens express concern about future repairs. "Measure J supporters point to the fact that Measure J passed with an impressive 75 percent majority," says Steve Cohn. "But what is not pointed out is that this was a low-turnout vote (40 percent). What happens when 15-20 percent of those voters are living on new, perfectly fine streets? Will the votes be there for a \$55 million Phase Three or a \$5 million per year Phase Four?" Cohn also expressed concern as to where the money for maintaining the repaired roads would come from.

For more information, visit www. cityoforinda.org and click on Roads & Infrastructure.

♦ OIS from page 14

the Industrial Design classes of program founder Dr. Sam Micklus. As a professor at Rowan University in New Jersey, Micklus challenged his students to create vehicles without wheels, mechanical pie throwers and flotation devices that would take them across a lake. He evaluated them not only on the success of their solutions, but on ingenuity and risk involved in trying something new. Word spread and led to the development 35 years ago of a creative problem-solving competition for students worldwide, from kindergarten through college. Thousands of teams from the U.S. and about 25 other countries participate in the program in local, regional and world

Each year five new competitive problems are presented. These long-term problems are solved over weeks and months. Some of the problems are technical in nature, while others are artistic or performance-based. On competition day, the teams are given eight minutes to present their long-term solutions in the form of a skit. They are also given an on-the-spot "spontaneous" problem to solve within five to 10 minutes as a team. The combined long-term score, style score and spontaneous problem score determines the teams' standings.

All of the Orinda teams are coached by parent volunteers, but the solutions are entirely created by the team members. This year, Amy Inouye and Michael Kim took over the role of Orinda Odyssey of the Mind coordinators. In addition to spreading the word about the program, they coordinate membership registration for all five OUSD schools and Orinda Rotary Club (for non-OUSD students), organize team practices for the spontaneous component and provide invaluable support to new coaches. This year, 13 Orinda teams competed at the regional competition in February, including two Glorietta primary teams with K-2nd grade students. Students and parents interested in forming teams next year can contact Amy Inouye at aei2pld@gmail.com.

♦ HOWL from page 18

Other dangers in nature include spiders and scorpions. There are scorpions in the Bay Area as well as varieties of poisonous spiders. Check your animal's bedding frequently and carefully to ensure that neither you nor your pet get bitten.

Exercise caution when purchasing food and treats for your pet. Recent media reports tell of treats imported from China that have caused severe illness in pets. It is wise to not only check the country of origin of pet treats but also the list of ingredients.

If all this sounds like cautions you would take with your child or other family member, you are right! Your companion animal is an important part of the family. You can protect your animal and other family members from potentially poisonous dangers by using common sense and solid knowledge along with veterinary and medical oversight.

♦ LETTERS 2 from page 10

used to formulate the Chamber's plan including how many people work in Theatre Square, how many people require parking despite the close proximity to public transportation, how far will employees walk for parking, and how many employers would subsidize parking for their employees when there are spaces available for purchase that aren't utilized. These are just a few examples of the flaws in this plan and why I am glad it hasn't been implemented.

During the March 3 City Council meeting, the availability of parking in the Orinda Village was mentioned. I encourage the city to look at how this parking and other existing parking lots could be utilized to help alleviate some of the downtown parking issues. I also encourage the city to study the impact of commuters on downtown parking and find ways to work with BART, buses, park-n-ride and shuttle services. Turning our neighborhoods into parking lots isn't the solution to the downtown parking issues.

-Rachelle Latimer







FARMERS' MARKET





Many of you were on hand for the exciting 19th season opening of the Orinda Farmers' Market on April 4. The market is filled with many of your favorite growers and vendors in addition to several new members to add more diversity to your weekly shopping.

Steve's Bees with local honey, Great Valley Poultry with fresh eggs and backyard farmer Jim McKeown from McKeown Farms are back for another season. J & J Ramos offers bags of flavored almonds, strawberries and cherries from their farm in Denair and Rattos Farms returns with its stand full of greens, carrots, celery, potatoes, leeks and chards.

Dale Simmons from Lone Oak, a fifthgeneration family farm out of Reedley, is ready with certified organic apricots, peaches and cherries. The Crazy Gringo Taco Wagon Salsa Co. is busy selling its



A youngster helps pick strawberries.

Tomatillo, Habanero and original mild salsas along with some very tasty chips and tamales. To round out your shopping trip,

be sure to check out Heidi's Pies, Beckman's Bread and Achadinha Cheese.

Don't miss your chance to enjoy fresh cherries - the season is sweet and fast! Several growers at the market are offering a very nice assortment of cherries. Check out everything from early season Burlats and Brooks to late season Bings.

Royal Anns (Napoleon) and Rainier cherries are available on a more limited basis, but their delicate flavor and fine texture make them the "cherry of choice" for many. These light-skinned cherries are fragile and bruise easily so select and store carefully.

Cherries do not ripen or improve in flavor after harvest. Those with fresh stems still attached are the best quality and store the longest. Place single layers of unwashed cherries between paper towels in a container. Cover and refrigerate for three or four days if necessary. Serve at room temperature for full flavor.

Keep this recipe for Fruit Crisp handy – it can be made with whatever fruits are in season. For this recipe, I'll use cherries and apricots to serve with yogurt or custard.

MIXED STONE FRUIT CRISP

1 cup flour

One half-cup brown sugar

One half-teaspoon EACH of ground cinnamon, ground ginger and ground nutmeg



Savra Ramos of J & J Ramos Farms...

6 tablespoons chilled butter

3 pounds cherries and apricots, pitted and sliced (about 6 cups)

One-third cup granulated sugar

Preheat oven to 375 degrees. Mix flour, brown sugar, cinnamon, ginger and nutmeg in a medium-sized mixing bowl. Cut in butter with a pastry blender or knife until the mixture forms large crumbs. Toss the fruits with the granulated sugar in a twoand-one-half or three-quart baking dish and spoon the flour mixture over the top. Bake for about 40 minutes or until golden. Serves six to eight.

Chamber of Commerce Welcomes Farmers' Market



(L-R) Steve Gentry, Orinda Market Manager Norah Duffy, Contra Costa County Farmers' Market (CCCFM) Assistant Executive Director Staci Deshasier, CCCFM Executive Director Jessie Neu, Barbara Kobsar, Orinda Chamber Vice President Roy Hodgkinson, Ana Garcia, Orinda Chamber President Sylvia Jorgensen, Mayor Steve Glazer, Jim McKeown, Billy Espinosa, Bruce Burrows, and Dale Simmons helped cut the ribbon on April 4 to open the 2015 Orinda Farmers' Market season.



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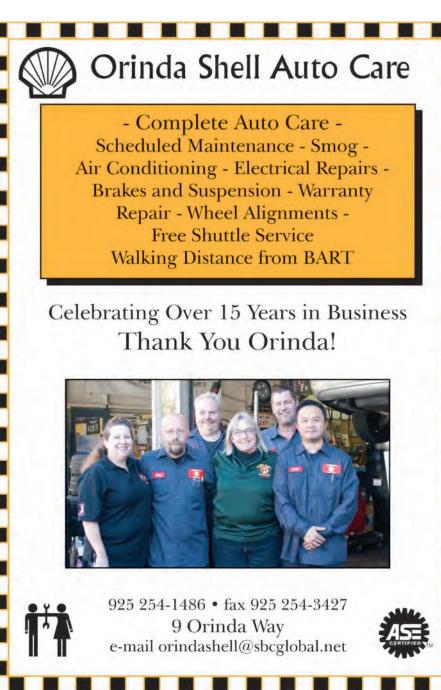
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Bend the elbows and bring the weights towards the shoulder without swinging the arms.

Lower weights back down, keeping a slight bend in the elbow at the bottom of the movement (don't lock the joints).

Repeat for 1-3 sets of 10-16 rep.

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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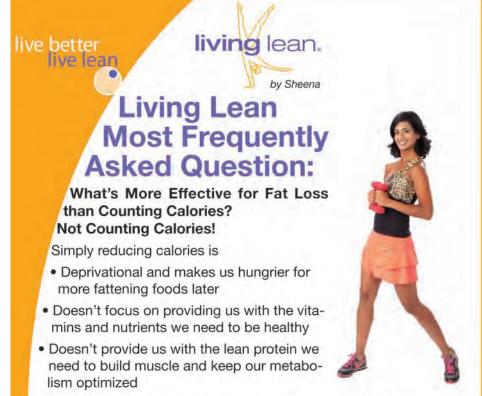
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- Neil Cohn

Everyday Changes

Desperately Seeking Summer!

"Summer is not a season, it is a state of mind!" Author Unknown

Bonnie Waters



Ok, there's no doubt about it...we need rain! That being said, it is only natural this time of year to long for the feeling of the warmth of summer sun on our cheeks. Who isn't ready to pack away the winter wear and put on shorts and sundresses? We all are desperately seeking summer and the bronze, Left Coast glow. Thanks goodness for makeup!

Summer is the season where less is often more.

Even at the beach and pool-side, few of us feel comfortable sans makeup. For the true minimalist, the key items needed are a good face cleanser and a light moisturizer. Minimize imperfections with a concealer that primes, protects, conceals, hydrates and illuminates like Smashbox's BB Eye Cream SPF 15. Apply gently under the eyes to fade the look of dark circles instantly and over time reduce puffiness, visibly smooth fine lines and wrinkles and improve firmness. Try using BB Eye Cream as a highlighter and apply on brow bones to create the illusion of a lifted brow. To even out dark spots and conceal blemishes use Smashbox's BB Cream in lieu of a foundation to perfect, hydrate, control oil and protect with a SPF of 35.

Not a minimalist? Popular again this summer is the natural but better makeup trend. Have less than perfect skin? Go for flawless by starting your routine with a foundation primer. There's a Smashbox Photo Finish Primer for every skin type and every skin concern including dark spots, blemish control, pore minimizing, correcting, luminizing and so many others. Next, apply the BB Cream (see above). For a dewy, gorgeous glow use a creamy, high-

♦ MUSIC from page 19

tech synthesizer comes the ability to be flexible and creative in producing some very different, unique sounds. What's surprising about a musician or DJ who likes that?

Oberheim and his wife launched another product like the '70s synthesizer in 2013 and pay a San Francisco company to build it and ship it to customers. "I love what I do," Oberheim says. "People want what we make and will pay for it." It doesn't get much better than that.

light stick such as Smashbox's new L.A. Lights Blendable Lip & Cheek Color for a beautifully illuminated veil of natural color for cheeks, lips and face. It will change the way light reflects off of your face. For the sun-kissed look, add a bronzer. Smashbox's Bronze Lights is California in a compact. It works with your skin tone for a natural look and stays put for up to eight hours. Brighten up your eyes with a thin line close to the lash line using a gel liner to provide definition. Smashbox's new Photo Angle Pure Pigment Gel Liner is waterproof, flake-proof and long-wearing up to 36 hours.

Keep lips simple with a nude lipstick that truly matches your skin tone and results in a seamless and continuous outcome. Lashes need love too so caress them with a light coat of waterproof mascara. This completes the natural look. Even though the natural look takes a little time, the end result feels fresh and fuss-free.

When it comes to summer hair care, again less is more. Although I wrote about it last month I will remind you that Bumble and Bumble has revamped natural summer hair care with the introduction of Surf Infusion – which gives hair a soft, shiny, touchable feel. This signature blend of sea salt and minerals creates waves and builds volume for that "just-went-for-a-dip" look, the perfect companion to your natural summer face.

Call 925-947-1814 and book your appointment at Changes Salon and Day Spa today and checkout our newest fashion addition – Smashbox Studios, Photo Ready Makeup for Everyday Summer Beauty!

Hospice Honors Orinda's Pauline Kaune

Hospice of the East Bay will award Pauline Kaune the 2015 Sue Bruns Award for Philanthropy at its gala Celebration of Care on May 16 at the Diablo Country Club. The event themed "Night in Paris" begins at 5:30 p.m. Kaune became involved with Hospice over 30 years ago.

For information on the event, go to https://hospicee.ejoinme.org/MyEvents/CelebrationofCare/tabid/542595/Default.aspx.

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FOUR SMILE IS EVERYTHING

BUSINESS BUZZ

♦ BUZZ from page 28

cost than other sources. Our big advantage is that our manufacturing is done here in the Bay Area, so clients never incur the added expense of freight charges."

Over the years, Marley and Company has undertaken a lot of residential work in Orinda, making it the natural choice to locate the firm's showroom. In addition to kitchen and bath cabinets, entertainment centers, butler pantries and customized built-in dressers are among the firm's specialties. Maple, cherry and walnut woods are available.

"A lot of our business develops when homeowners walk into our showroom and have a remodeling vision," says Drew. "The showroom is excellent for those who do not want to travel to an industrial park to see the variety of offerings. We carry everything from the low-cost and budget-friendly option to competitively priced luxury



Jay Smutny is part of a family carpentry business

cabinets. We offer custom-made cabinets below "big box store" pricing. The range of cabinets and prices is demonstrated in our Orinda showroom."

Current projects underway include homes in Wilder and an office in Blackhawk. Using photographs of antique French cabinets as a guide, Marley and Company have designed and built replicas for satisfied clients. "We specialize in providing the fastest production, distinctive quality and the best value on custom cabinetry installation."

A Danville native, Drew and his wife Heidi have three young children, Addison, Mason and Cooper. Heidi works in the Orinda showroom, which is open Tuesday through Saturday from 10 a.m. to 5 p.m. Drew enjoys the outdoors, especially hiking the East Bay hills. Family vacations are often spent at Heidi's parents' home in Lake Tahoe.

For more information, visit www.marleycompany.com or email Drew Smutny at Drew@marleycompany.com.

Maureen Wilbur

Previews Property Specialist

International President's Premier

Mechanics Bank Orinda Reinvests in Community

By ELANA O'LOSKEY Staff Writer

Ever notice the rust-colored artwork on Moraga Way known to most of us as two gigantic wrenches? According to Art in Public Places, it is entitled Open-Ended and was created by artist Richard Starks. While the sculpture many bring a smile to many, its location couldn't be more apropos, or so say the personnel inside Mechanics Bank Orinda (MBO). Branch manager Marc Maier, Berit Volga, assistant customer service officer and Amy Bang-Knudsen, customer service manager, say they very much enjoy the public art displayed all over town.

"We realize we work for the community and believe in being involved not only monetarily but with volunteer hours," says Mechanics Bank branch manager Marc Maier.

"Live Local, Bank Local" goes both ways at MBO. "We realize we work for the community and believe in being involved not only monetarily but with volunteer hours," says Maier. "Since 2004, we have reinvested more than \$40K into the Lamorinda community, including close to \$10K in Orinda alone." That's not including the time bank personnel has spent volunteering at events. For example, MBO is sponsoring the Del Rey Elementary School Walkathon on May 1. Volunteer and monetary contributions are focused on the youth in Lamorinda by supporting Holden High School and their educational concept, Miramonte and Wagner Ranch. Ken Roesling, formerly of MBO and now at Mechanics Bank San Francisco, was instrumental in working with the Orinda Chamber of Commerce, where introductions were made to the Orinda Rotary. MBO contributes to Orinda Rotary as they support multiple need-based organizations throughout the year. "It's important to know how the money you are reinvesting in the community is used," says Maier. "For example, we teamed up with Orinda Rotary to raise \$15K for Hospice of the East Bay; over 70 percent of those funds go to patient care and services."

When you walk in the bank you'll find treats at the ready for your canine companion and people who know the community. The list of organizations MBO has contributed to is too long for this article. Safe to say, they're involved. On the business side

Coldwell Banker Orinda

From Clients

AGAIN!

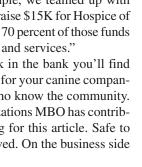


(L-R): Berit Volga, assistant customer service officer; Marc Maier, branch manager; and Amy Bang-Knudsen, customer service manager, are ready to serve your banking needs at Mechanics Bank, 77 Moraga Way, Orinda. Look for them at community events in Lamorinda, where they often volunteer.

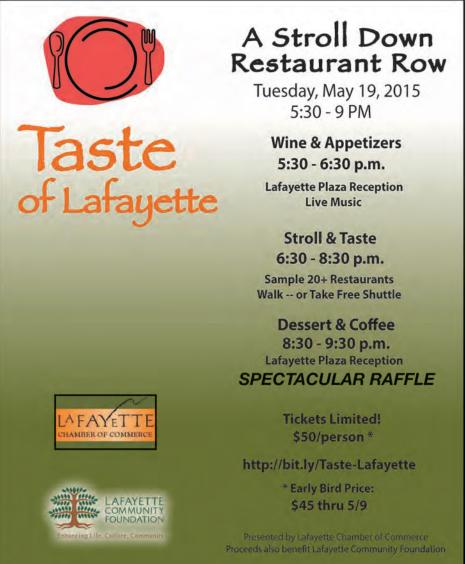
of banking, MBO has five business specialties – Accounting Practices, Attorneys/ Legal Practices, Dental Practices, Nonprofit Organizations and Medial Practices. These specialties reflect the bank's commitment to engaging customers individually. They are well-prepared to meet the needs of each of these specialties because they have worked

hard to be ready. Visit them at 77 Moraga Way in downtown Orinda where you will find lots of free parking. Call 925-253-2800 or go online to www.mechanicsbank.com. Hours are Monday-Thursday, 9 a.m. to 5 p.m., Friday, 9 a.m. to 6 p.m. and Saturday, 9 a.m. to 1 p.m.









BUSINESS BUZZ

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Make Your Statement at Parker Thatch

Personalizing a special gift is the great value offered at Parker Thatch, a charming gift shop located at 19-D Orinda Way, adjacent to Hilton House Consign and Design. Originally established as an online e-stationary brand called Iomoi, husband and wife team Irene and Matthew Grenby have changed the name to Parker Thatch - in honor of their children - and opened their first storefront in Orinda.

A native of Lafayette, Irene enjoyed a fashion career at Calvin Klein and Donna Karan in New York before launching the online business with her husband. "All of our designs are hand-drawn and handcolored by Matthew," says Irene. "He studied art at The Art Center College of Design and went on to learn how to combine art design with computers at M.I.T. We produce three collections every year for holiday, fall and spring, focusing on tote bags, Lucite trays, luggage tags, valet trays and various clutch bags. We started as a company that designed beautiful paper stationary for clients and evolved into printing personal messages and art on tote bags and other useful items. It is like sending a greeting card and having the message be very functional at the same time." The elegant leather clutch bags come from Napa and the Grenbys make it a priority to carry



Irene and Matthew Grenby of Parker Thatch

goods that are made in the United States. "I think it is important to have creativity here in the U.S. and support craftsmanship here at home," says Irene.

"We love being in Orinda and seeing people come into our store. It is a pleasure working with people one-on-one to help them communicate their statement. We are all about being your own logo and making your own statement," she adds.

Parker Thatch tote bags take on a life of their own after clients follow their preferences for selecting the style of bag, choosing a design and writing the personal message. These are not your ordinary tote bags by any means. They are transformed into vessels to communicate with others. Made to last, the tote bags come in three sizes with leather handles that darken beautifully with age. To ensure longevity, it is suggested the bag be spot cleaned.

The goods available at Parker Thatch

make delightful wedding and graduation gifts, as well as hostess gifts. "It takes two to three days to complete the printing. We always work around our client's schedule to provide prompt service," says Irene. The Hollywood crowd is even on board. "We have really cool celebrity clients that include Gwyneth Paltrow, Kate Spade, Julia Roberts, Reese Witherspoon and Sofia Coppola. It is fun because they are creative, and I really enjoy working with them on their bags and gifts. It is cool to see how creative and thoughtful all our clients are."

Married for 11 years, Irene and Matthew moved to Lafayette to be close to Irene's parents as they began their family. The couple has two children, Parker and Thatcher. They appreciate spending time with grandparents on the weekend. Matthew is an avid gardener and enjoys growing tomatoes, basil, hollyhocks and wildflowers with the children. Their Yorkshire terrier mix, Bear, usually stands guard at the shop. "In our free time, we value catching up on sleep and walking the reservoir," smiles Irene.

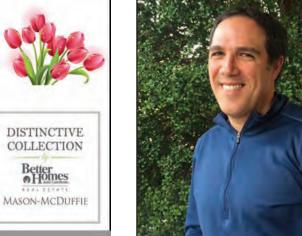
For more information, visit www.parkerthatch.com. You may reach Irene and Matthew at customerservice@parkerthatch. com or call 925-282-1098. Parker Thatch is open Monday through Wednesday, 10 a.m. to 5 p.m., and on weekends by appointment.

Andrea Colombu, MA, LMFT

Many Orindans know Andrea Colombu as the proprietor of local health club In Forma, where you can participate in a variety of fitness classes from endurance training, cardio vascular workouts, Pilates, TRX and yoga, among others. After establishing In Forma, where Colombu serves as personal trainer, he went on to earn his Master of Arts degree in psychology and launched his psychotherapy practice in 2014 after being granted a state license in marriage and family therapy (LMFT).

"I incorporate a body-mind connection approach to fitness because one helps the other," said Columbu. "The evolution into







psychology is a natural step for me because of my life-long interest in consciousness. I discovered that the benefits one receives on a physical level from a workout can also help one's emotional life. In addition to psychotherapy, I offer nondual therapy and coaching to individuals and couples. I also facilitate nondual exploration groups, workshops, and retreats in and outside of California."

Currently Colombu divides his time between his individual and couples therapy practice - located in Oakland and Walnut Creek - and his work as a personal fitness coach. Every Monday night 12 to 15 individuals integrate meditation into the spectrum of health and fitness at "Living Radiance," the In Forma Meditation class. This has become so popular a meditation retreat has been added.

Colombu advocates utilizing meditation techniques to reduce stress and an integrated approach to well-being. "The interconnection of mind and body has psychological aspects," he says. "When we find ourselves in a crisis, and we need ourselves the most - in relation to self-care and preventative medicine, that is often the time when we tend to neglect our needs and not care for ourselves as we should. We have cycles of ups and downs and it is important to recognize these cycles exist and prepare ourselves to endure these times."

Passionate about everything he does professionally, Colombu feels very fortunate to be able to extend his personal interests into his professional life and help individuals grow in their psycho-spiritual awareness. "I am grateful that I have been able to do what I love to do. I followed my bliss, as Joseph Campbell would say, and I am grateful for the support of this wonderful community." An avid hiker, he enjoys being in nature and reading nonfiction books. "Most especially I appreciate and enjoy silence," smiles Colombu.

For more information about Andrea Colombu's individual and couples counseling practice, visit www.AndreaColombu. com or call 925-212-2669. Details about In Forma can be found at www.InFormaOrinda.com.

Marley and Company Moves into the

Established in 1995, this family-owned custom cabinetry business relocated the Danville showroom to 81 Moraga Way, adjacent to Mechanics Bank. Principals include mother and father Jan and Chuck Smutny and their sons, Jay and Drew.

This talented team designs and builds custom cabinetry right here in the East Bay. "We are not the normal kitchen and bath showroom," says Drew, "We are fully custom, which means we can get needed parts very fast, typically within a day or two. A large percentage of our business is local general contractors because we offer fast service with excellent quality at less [SEE BUZZ page 27]

