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Way to Grow in Orinda
Painting Your Garden with a Palette of Perennials

Steve & Cathy Lambert



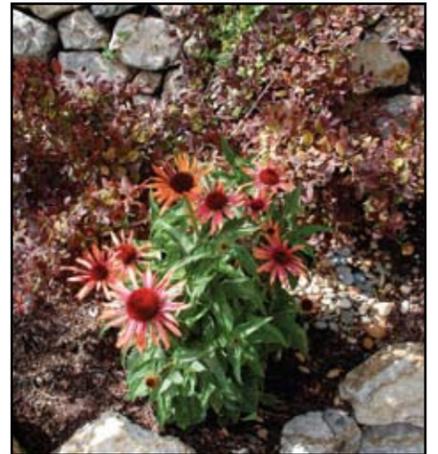
The gardening season is in full swing and just as birds flock to our yards, gardeners head to nurseries or home improvement stores for deals on colorful blooms and plants. Try to resist the urge to fill your cart with whatever brightly-colored, bargain annuals catch your eye, racing home to plant them in those boring, colorless spots of your yard. This approach leads to a haphazard looking landscape that, within a few short weeks is once again lacking color.

Instead of going through the process of buying flats of annuals each season, which die off and must be re-planted the next year, consider buying some longer lasting perennials for your yard. These plants will come back year after year saving you both time and money. If you can't resist a few annuals such as zinnias, impatiens and petunias, use these in your containers instead. A bright and welcoming front porch pot or hanging basket or some splashes of seasonal color scattered around your back deck or patio ought to satisfy the urge for instant color.

Perennials may cost a little more but, unlike annuals, they will grow larger and increase in value over the years. Most perennials can eventually be split and planted elsewhere, further reducing your cost for adding color to your yard.

If you aren't sure where to begin when working with perennials, here are some tips to help. Most perennials will bloom for two-to four-months, and then take a break until the next year. While it's tempting, very tempting, to buy perennials that are already in bloom, you'll get more bloom for your buck in their first year if you buy plants that haven't flowered yet. When planting perennials, be sure to space them according to their mature size potential. This will give your plants plenty of room to grow and flourish.

Perennials offer an endlessly fascinating variety in flower color and scent as well as foliage texture, hue, shape and form. In spring, the excitement begins as plants emerge, often rapidly attaining their full size. This is a not only a good time to plant but also to fertilize. In summer, sit back and enjoy the bounty, remembering to "dead-head" (remove the dead flower heads). Deadheading will produce more blooms because your plant will spend its energy to produce flowers instead of seeds.



STEVE LAMBERT
Echinacea "Tiki Torch" is a perennial known for its display of bold color.

Below, we've tried to present a variety of perennials with varied blooming periods to extend your garden's appeal year-round.

Agastache – Sunset Hyssop. These tough and drought resistant, mint family relatives guarantee terminal spikes adorned with brightly colored, tubular flowers just about all summer long.

Echinacea - Cone flower. Native to eastern and central U.S., Echinacea are notable for a large display of bold, daisy-like cut flowers with a large cone-shaped center.

Eucomis - Pineapple Lily. A phenomenal display from a wondrous bulb, *Eucomis* belongs to the Lily family and calls tropical southern Africa its home. Its bold architectural lines beg a prominent spot in your garden or in a well placed container. This Pineapple Lily prefers warm, sunny nooks with mulched, well drained soil.

Euphorbia is a huge genus of drought tolerant plants with varieties native to all temperate zones. The 'Poinsettia' is the most common Euphorbia but is not hardy enough to grow in our Orinda climate. Luckily, they don't all succumb to the cold. Our top choices include 'Fens Ruby' (a tight ground cover with tiny chartreuse flowers). This is a great plant to position at the top of rock walls as it grows nicely between the rocks.

Hemerocalis – Daylilies. Named for their individual blooms which rarely last more than one day, they make up for this short coming by offering many flowers

[SEE GROW page 8]

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ORINDA ASSOCIATION

A Message From the OA President
Feathers and the Fourth

Mark Roberts



Turkeys in Orinda? (I'm speaking of the original, avian, feathered variety.) They're alive and well – a large flock of them – in our neighborhood on Muth Drive.

They become more or less visible throughout the year but they've been putting on quite a show during the past month or so. That's especially true for the tom of the flock that seems focused on increasing the size of his harem. He will happily fan his tail plumage for ladies of any species.

A more recent feathered visitor to our neighborhood is decidedly more exotic. Several weeks ago I first heard a loud, piercing cry that I soon realized was the cry of a peacock. I peaked over the fence into our neighbor's yard – and there he was.

From the unusual plumage atop his head to his sleek body to his glorious blue and green tail feathers, he was an amazing sight. A couple days later, there he was again, strolling regally on our deck, past my view outside the glass door. I grabbed my camera and went outside quietly. He sensed my presence so I kept my distance as I took a few photos since I knew peacocks can be downright dangerous when they feel threatened.

In some respects, I hope this visitor sticks around, but I also realize he's alone and probably not too happy about it. He seems healthy and able to find food but, unlike the tom turkey, if he's looking for love, he's looking in the wrong place. Whatever happens, his presence has created another

fond memory of the variety of wildlife that Orinda residents can call their neighbors.

Speaking of Orinda and neighbors, please plan to join yours for this year's very special Fourth of July celebration. With the help of the city and a large group of volunteers, we're adding new events in observance of the 25th anniversary of Orinda's incorporation. This year's parade will be bigger and better than ever and so will the activities in the park afterward.

What could be better than watching the parade? Participating in it – or, better yet, helping make it happen. The planning committee will be working out the final details this month. We'd still welcome folks who want to help as well as event sponsors and, of course, parade entries. Please visit the OA website, www.orindaassociation.org, and click on the links for the Fourth of July for more info and to access forms. By working in advance on preparing for the Fourth, you'll enjoy the day even more and you'll create a new fond memory about living in Orinda.



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The Orinda Association is a nonprofit corporation dedicated to:

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

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Phone: 254-0800 Fax: 254-8312
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Letters to the Editor

Orinda in Action

Thank you to Orinda in Action for the great Creek Cleanup on April 17. Water pollution is a global crisis. The world's population has nearly tripled in the last 50 year while poor city planning, industrial pollution and unsustainable agriculture have decreased overall water supply. It is estimated that about 1.5 billion people lack access to safe drinking water.

Naturally, water pollution occurs when there are oil spills, discharges from factories, or people throwing trash into creeks, rivers and oceans. However, as an Orinda citizen, I am concerned about how pollution gets into our water source indirectly through environmental change, such as when rain washes fertilizer into Orinda creeks or off Orinda streets and into city storm drains. These pollutants ultimately make their way into the ocean.

As a green-conscious Orindan, if you wish to stop water pollution, you can help by minimizing your use of fertilizer in your gardens, not littering, and volunteering for one of the many beach cleanups that you can sign up for around the bay.

Please help keep Orinda Green.

—Brian Hauffer
Orinda Intermediate Student

Thank You for Voting Yes

We want to thank everyone in the community for supporting our children and teachers in the Acalanes Union High School District. As Yes voters, you proved once again that you value the high quality education that our children receive at Acalanes, Campolindo, Las Lomas and Miramonte High Schools. Thanks to you, teacher and support positions were saved, and our high school students can continue to take the classes and courses that enrich their lives, allow them to be competitive college applicants, and keep AUHSD the #1 high school district in the state.

We especially want to acknowledge the AUHSD governing board and superintendent, our principals and teachers at the four high schools, our community and civic leaders, our wonderful campaign team, and the many enthusiastic volunteers who worked their hearts out. Last but not least, a huge thanks to our amazing students who were with us every step of the way.

—Joni Avery & Susie Epstein
YES on Measure A co-chairs

Get Educated on Downtown Plan

Is Soviet-style planning about to come to Orinda? Probably not. But some sort of government-sponsored changes for downtown Orinda are well on their way to occurring unless an aroused citizenry stops what is being considered (*Orinda News*, May 2010).

So-called visionaries want, in the downtown area, to erect buildings 55 feet high and construct housing for senior citizens. Plans may even include a hotel.

Demolishing some or all of downtown's businesses will mean a loss of sales-tax revenue. No one in the city government can say how much revenue will be lost. With its streets in need of repair, Orinda cannot afford to lose a cent of income.

The main problem with planning is that no one can foresee the future. Who, in the typical office of 1940, could have predicted the appearance of computers, photocopy machines, e-mail and voice mail?

The people who want to "revitalize" downtown Orinda do not know if their ideas will work.

Residents who want to learn more about downtown development are encouraged to contact the Concerned Orindans Oversight League (COOL) at ConcernedOrindans@gmail.com.

The price of inaction now may mean that future plans include a sports stadium, a Walmart and a Disneyland.

—Richard S. Colman

Discuss Disagreements Face to Face

I have read with interest all the discussion regarding leaf blowers, and I am finally compelled to put my two cents in. I agree the noise is very constant and irritating; not a day goes by without hearing them. Regarding the issue of air pollution; with all the various types of air pollution we come in contact with, I think the leaf blower pollution issue is a Trojan horse.

In my neighborhood, we have a neighbor who runs a wood planer in his garage every once in awhile. If you think the leaf blowers are loud, you haven't heard anything yet. On the next block there is a dog we call the "woofing dog." His woof is so loud it travels at least a quarter mile, and he woofs three -four hours daily. Half a block away, there is a house with two yapping dogs. The point I am making is that as irritating as all these noises are, I hesitate to tell any of them they must stop it for my peace of mind; where does it end?

I lived 25 years in The City before moving here with my family three years ago. Can you imagine if the leaf blower noise criteria were used in The City? Have you heard the MUNI buses outside at all hours? The recycle thieves at 3 a.m. outside your window? The partiers from the bar down the block sitting on your steps for a few last calls? I know this isn't The City, but it helps to put the noise issue into context, I think.

Finally, it feels to me in our Internet society we too easily take our issues to the web rather than directly facing the people whom we may be in conflict with. It's so much easier to lob our objections from the other side of a wall than try to reason in person



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with those we may be in conflict with. Are there particular hours that our neighbors might refrain from using leaf blowers for the overall peace? Cooperation is a two-way street. Our forefathers were more courageous than we are, I think. Their only option was to try to work it out in person. I'm not suggesting you will always get what you want by discussing your issues with

the neighbors you may disagree with, but I absolutely prefer the personal approach to the neighbor who calls in a complaint without discussing it with you first.

Ultimately, I hope this issue ends up with a public vote, and not by governmental fiat. I, for one, will vote for less governmental intrusion in our rural community.

—David Kirk

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

Editor..... Sally Hogarty
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Staff Writers..... Andrea Colombu, Bobbie Dodson, Valerie Hotz, Jeannette Irving, Jeff Joyce, Steve and Cathy Lambert, Fran Miller, Marian Nielsen, Bill O'Brian, Elana O'Loskey, Mark Roberts
Contributing Writer..... Jane Greenthal, Katharine Kates, Suzan Lorraine, Pat Rudebusch, Evelyn Westlye
Graphics..... Aspen Consulting: Jill Gelster & David Dierks
Printing..... Folger Graphics

The Orinda News

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



Opinions of *The Orinda News* are expressed on the editorial page. Views of writers and letters to the editor are their own and do not necessarily reflect the views of The Orinda Association or of *The Orinda News*. Advertisements appearing in *The Orinda News* are not to be construed as endorsements by The Orinda Association or *The Orinda News*.

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

Send letters to: Editor, *The Orinda News*, P.O. Box 97, Orinda, CA 94563, fax them to 254-8312, or email to news@orindaassociation.org. Letters to the Editor for the July issue are due June 5, 2009.

For display advertising rates, call Jill Gelster at 925-528-9225 or email to jill@aspenconsult.net. The deadline for the August issue is June 14, 2010.

CAR TIME / CAR SHOW

CAR TIME

Staying Ahead of Trouble

by JEFF JOYCE



With these tough economic times, many motorists are choosing to postpone services. But regular vehicle services are very important. While today's cars do offer longer service intervals, pushing the limits may prove to be more costly than the routine maintenance. Be sure to follow manufacture's service intervals, check fluids regularly, check your tire pressures monthly, and at the first sign of trouble, contact your trusted local service facility for help before the concern becomes a serious breakdown.

There's always confusion about the difference between a "Service Engine Soon" light and a "Maintenance Required" light on the on-board dash display. Often drivers assume the car just needs an oil change, which is sometimes the case. The service engine soon lamp indicates a component tied to your vehicles computer control has a malfunction. A "scan" tool is necessary to read the malfunction code set and diagnosis the problem. The maintenance required lamp is linked to a mileage or time interval reminding you a service milestone has been reached. It could just be an oil change but it could also be an important service reminder or related to a serious malfunction. Addressing it immediately can be a lot less expensive.

An often-neglected component is the timing belt. This rubber belt is located in the front of the engine behind an enclosed cover. It is different than a fan belt, which is used to turn pulleys to your steering pump, alternator and air conditioner units. Found on many four and six cylinder cars,

the timing belt is usually scheduled for replacement starting at 60,000 miles. The timing belt connects the crankshaft to your camshaft(s) to insure timing is maintained between the pistons and valve-train components. If the timing belt were to fail while driving, damage to your engine will probably occur. You will have no noise or performance problems before a belt failure. The engine will simply stall out and not restart. You will have to be towed to a shop where a diagnostic can be performed to ascertain the extent of damage. Again, consult your owner's manual or call a trusted facility to find out if your vehicle has a timing belt and when it should be replaced.

Vehicles are built today better than ever and are capable of lasting for a quarter of a million miles. But like a human body, it must be taken care of, not taken advantage of, or it may let you down. If any questions or worries, don't hesitate to call or email me. I'm here to help. Email Jeff at jeff@orindamotors.com.

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The Friends of the Orinda Library welcome your book donations year-round. You may drop off your boxes or bags of books in the "closet" inside the garage (door is on left side). Books are sorted then sold to the public in the Friends' Bookshop near the entrance to the library. The profits are used to purchase new library materials. No textbooks, encyclopedias or magazines, please.

Rotary Club of Lamorinda Sunrise Presents



Lamorinda Sunrise Rotary Club has planned a special Father's Day treat for Dad and the whole family – a car show. Relive your memories and make some new ones on Sunday, June 20, from 9 a.m. – 4 p.m.

The show features cars, trucks, motorcycles, bicycles and wheeled vehicles of all types at the parking lot between Postino Restaurant and the Bank of the West, 3500 block of Mount Diablo Blvd. in Lafayette.

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POLICE BLOTTER / ORINDA IN ACTION



POLICE BLOTTER

April 2010

False Residential Alarms: Officers responded to 85 false alarm calls throughout the city.

Auto Burglary (theft from a locked vehicle): 6 incidents reported on Valley View Dr., Altarinda Rd., 2 on Los Amigos, Fleetwood Ct. and Casa Vieja.

Domestic Violence: Injury of Spouse – 1 incident was reported on Lind Ct. Court Order – 1 incident reported on Eastwood Dr.

Residential Burglary: 2 incidents were reported on Muth Dr. and Via Floreado.

Grand Theft (theft of more than \$400 value): From Building – 1 incident reported on Orinda Way. All Other – 1 incident reported Evergreen Dr.

Petty Theft (theft of less than \$400 value) From a building – 1 incident was reported on Altarinda Way. From a vehicle – 3 incidents reported on La Espiral, Blackthorn Rd. and Loma Linda Ct. All Other – 1 incident reported on

Orinda Way.

Vandalism: 1 incident reported on Bryant Way. Misdemeanor – 4 incidents reported on Ramona Dr., East Altarinda Dr., Don Gabriel Way and El Toyonal.

Arrests

Alcohol – Drunk in public: 3 arrests were made on Orinda Way, Moraga Way and Camino Sobrante.

Blocking Street or Sidewalk: 1 arrest was made on Moraga Way.

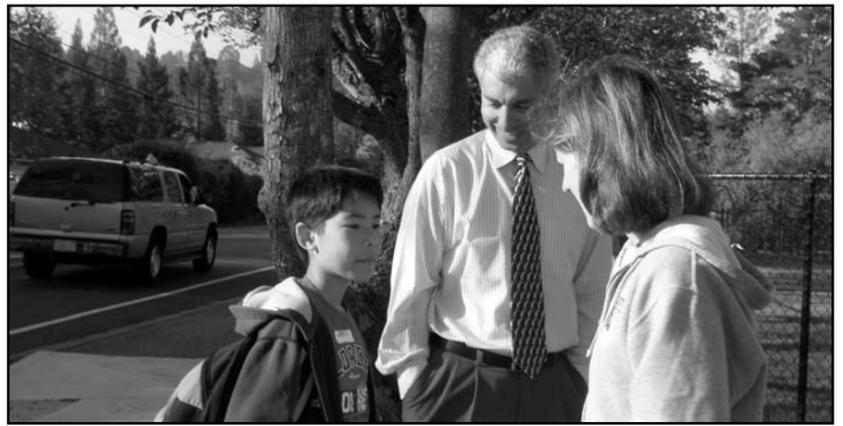
Domestic Violence – Injury of Spouse: 1 arrest was made on Lind Ct.

Driving Under the Influence: 2 arrests were made on Glorietta Blvd. at Moraga Way.

Warrant Arrests: 3 arrests were made on Camino Pablo/Camino Sobrante, Camino Pablo/Los Amigos and Orinda Way.

– Compiled by Jeanette Irving, Orinda Police Department

International Walk to School Day



SALLY HOGARTY

Local schools participated in the international Walk to School day on May 13. Shown above Glorietta student **Eric Banisadr** with his dad **Hossein** walked. Parent volunteer **Wendy Bond** (R) gave out stickers good for a free bagel to participants.

---- Advertisement----

Staying Connected Via Skype

By Evan Corstorphine
Portable CIO

As I write this, I'm sitting in the airy terrazza of Dante Ristorante, gazing at the bobbing boats moored in the Puerto Vallarta marina. I'm working, really! I've just read my email and have already had a Skype telephone call with an associate in Alamo. I've used Google Translator to help me with a few Spanish words I couldn't figure out, and I've checked on my office via remote Internet camera. Welcome to the world of connected traveling.

Lately we've been more serious about Internet telephony, both with and without video. I have two sons attending college in other cities, and we enjoy staying in touch. Their computers all have built in cameras and microphones as most current laptops and netbooks do. By downloading the free Skype program, we have the ability to have a video call with each other. My high school daughter and her college friend figured out they could use it for tutoring help for her math homework. Or, she'll be typing a school paper and notice her brother connected online. In just a moment, she'll have initiated a video conversation and caught up with him. Welcome to 2010.

Last Thanksgiving, my son's girlfriend, Gabby, was stranded at school in Santa Barbara. My daughter and Gabby converse through Skype, and she happened to call while our family was playing Scattergories. Instead of having a separate conversation or stopping the game, we "dealt" her in, put the laptop at the head of the table, and she played Scattergories with us via Skype video. It was completely without compromise, and it allowed an important extended

member of our family to be a part of a gathering she couldn't otherwise attend.

While on my current trip, I've even enjoyed watching a Sharks' hockey game with my son via our Slingbox device and a shared Skype connection. I was in Mexico, he was in Santa Barbara, and our Slingbox was receiving a signal from Alamo. It was great to be virtually together.

As far as my phone is concerned, I can get email and make Skype-mobile calls from it, but I can't use text messaging. So, if someone is sending me text messages, I won't receive them until I turn the 3G network back on. Other than that, my email works fine, and as long as I'm near a steady WiFi connection, the Skype telephone application works very well. To avoid missing telephone calls, I've forwarded my cell phone number to a temporary Skype telephone number I purchased. It was \$18 for three months and gives ordinary telephone users a direct telephone number where they can call me instead of them having to use a computer. If my computer or WiFi connected phone are on, I'll get the call. If not, it will go to my Skype voicemail, and I'll get an email notification.

I think it's important to note that there are different sorts of trips, and there are places and times where you really don't want or care to be connected. For the times you do want some connectivity, Skype may be a great solution for you.

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FIRST FRIDAYS/LOCAL RECORDING ARTIST

Rethinking Racially Biased Policing

By BOBBIE DODSON
Staff Writer

A nationally respected expert on racially biased policing, Lorie Fridell, associate professor in the Department of Criminology at the University of South Florida, will be the First Friday Forum speaker on June 4, at 1:30 p.m. in the Sanctuary at Lafayette-Orinda Presbyterian Church, 49 Knox Drive, Lafayette.

Choosing the topic "Rethinking Racially



Dr. Lorie Fridell will speak about racial bias in police work.

Biased Policing" Dr. Fridell says, "Many people, and also the police, have narrow views about whether/how racial bias manifests itself in policing and the interventions that are needed to address this critical social issue. I believe this presentation will be of interest to those who consider minority rights important and who care about equal protection of the law," Fridell says. "Concerned community members need to understand the issues so they can engage in the important discussions that are occurring around the country and hold their own police departments accountable."

With 20 years experience conducting research on law enforcement with an emphasis on police use of force and violence against police, Fridell states "The science-based 'rethinking' of police racial bias can change the nature of what I believe has been a destructive police-community debate and also guide interventions to promote fair and impartial policing."

A consultant to police departments, agencies and communities around the country and abroad, including Palo Alto, Seattle and Toronto, Fridell trains law enforcement command staff in what she calls a "comprehensive program to produce fair and impartial policing." She has been working for two years with the San Francisco Police

[SEE FRIDELL page 14]



FAITH TO FALL

Orinda resident Kate Burkart will have a release party for her new CD on June 5.

CONTRIBUTED PHOTO

Talented Orinda Mom Leads Double Life

By SALLY HOGARTY
Editor

Like many Orinda parents, Kate Burkart spends her share of time helping her son Will, a junior at Miramonte High School, with his homework and attending school functions. Also like her neighbors, she spends her days working in a professional capacity – in her case, as a marketing consultant and photographer for a variety of

businesses. But, it is her second career that might surprise a few of her acquaintances. She's a singer/songwriter with a loyal following and a third CD on the way.

The long-time bass player has been with a variety of bands over the years and enjoys playing all types of music. "Country rhythms are especially fun to play on the bass," she says. But, she's equally at home

[SEE BURKART page 8]

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◆ BURKART from page 7

playing folk, pop, world music, and jazzy renditions.

"My son has grown up with music all around him," says Kate. "He's watched my career take off in different directions and, hopefully, it has shown him that life isn't limited. It's full of possibilities."

Kate will launch her third CD at a release party on June 5 at The Starry Plough in Berkeley. This is her first album with all her own original songs. Entitled "Faith to Fall," the tracks span wide stylistic territory from bittersweet and countrified to British-inflected folk baroque to an eclectic mix of sounds from different cultures. "This album honors both the joy and heartache of life," explains Kate. "I'm usually known as the 'nice one' and, sometimes, I get tired of taking the high road so I expressed those darker edges in this album." Kate says she's been surprised at how many people relate to the songs.

Retaining the intimacy of the songs was crucial to Kate in her latest recording. The introspective songwriting and her vocal chops that combine strength with sweetness

certainly draw the listener in to her tales of love, faith and loss.

Produced by Jerry Becker, "Faith to Fall" features some of the Bay Area's best musicians such as Jerry Becker from Train, Jim Bogios from Counting Crows, and James Deprato from Chuck Prophet. The rich orchestration on the album mixes acoustic and electric guitars with pedal steel, cello and even a Wurlitzer organ.

Her son, Will, has also developed an interest in music and plays the guitar. "He's very natural and plays primarily by ear," says his proud mom.

Now with her latest album complete, Kate is back playing at local clubs and promoting her latest endeavor. "I really love connecting with people and seeing them relate to what I've written," she says. Will doesn't seem to mind his mom's very busy second career. "As long as I can be her date for the Grammys, I'm fine with it," he says.

The release party for "Faith to Fall" takes place June 5 at 9 p.m. at The Starry Plough, 3101 Shattuck Avenue in Berkeley. The album is also available on CDbaby.com, iTunes and Amazon.com.

◆ GROW from page 2

which bloom separately and over a long period of time.

Kniphofia - Torch Lily or Red Hot Poker. Another South African native, the Red Hot Poker lives up to its name with large spikes of flowers in many warm colors. The old-fashioned orange and yellow form has survived years of neglect in abandoned gardens all over California. There are newer hybrids and species which come in versatile creamy yellows, chartreuses, soft melons and some bolder colors which while more suitable to modern planting schemes are just as hardy and reliable as their more common orange cousin.

Origanum - Ornamental Oregano. The Greeks called this ancient herb *oros ganos*, meaning "joy of the mountain." Legend has it, that Aphrodite created the sweet, spicy scent of its leaves as a symbol of happiness. Origanos are native to the Mediterranean,

and display small but showy flowers on deciduous plants.

Rudbeckia - Black-eyed Susan. A close relative to the cone flower, the Black-eyed Susan has a similar flowering habit, but usually comes in just shades of yellow. These perennials grow from mere inches to seven feet tall with a sunflower-like bloom.

With hundreds of perennials to choose from, but limited space in our column and in most gardens, we've narrowed this list to some of our personal favorites. Some of these perennials may be harder to find, but we think they're worth the effort. We hope our recommendations will help you paint your own garden with some perennial color.

For question on this article or suggestions for a future "Way to Grow" topic please email us at office@gardenlightslandscape.com.

◆ CONCERT from page 1

at the Sarge Littlehale room following the placement of the time capsule. "After the reception, we'll all go over the The Orinda Theater for a showing of *Back To The Future*, the film that was playing at the time of the city's incorporation."

A variety of anniversary celebrations are planned throughout the summer including float entries in the Orinda Association's 4th of July parade, a celebrity golf tournament and social on July 25-26, and an elegant Silver Ball on October 2.

"It's an exciting time," says McCormick. "The city has survived its adolescence and is now becoming a young adult. We need to look at what we want to become. We've

accomplished a lot in the first 25 years - a new library and community center and police and fire departments that respond well to local needs. Now, we need to look at how we can best serve our aging population as well as the young families that are moving in."

The Concerts-In-The-Park series begins on Sunday, June 6, with the Orinda Rotary sponsoring the big band sounds of the Max Vax Jazz Orchestra from 3 - 5:30 p.m. Consisting of consummate musicians from such famous big bands as Stan Kenton, Woody Herman, Duke Ellington, and Cab Calloway to name a few, the group will play a wide variety of swinging tunes with vocalist Cami Thompson adding her amazing 4-octave voice to the mix.

On Tuesday, June 22, the Pacific Coast band will rock the park with classic tunes and pop selections. The popular Crises Blues and Rock band will get Tuesday, June 29, off to a great start with the birthday bash highlighting the event. The Cal Alumni Big Band headlines Tuesday, July 6, with Stone Soup performing classic rock on July 13 and Orinda Idol finalists will entertain on July 20. All the Tuesday concerts are from 6:30 - 8:30 p.m. The final concert, also sponsored by the Orinda Rotary, takes place on Sunday, July 25, from 4 - 6 p.m. and features the dynamic voices of Open Opera.

For more information on the Concerts-In-The-Park or the city's 25th anniversary celebration, go to www.cityoforinda.org.



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ORINDA ARTS COUNCIL / STUDENTS

The Orinda Arts Council Celebrates 60 Years

By Jane C. Greenthal
Contributing Writer

A quiet teenager peeks out from under long bangs and wire spectacles, looking a bit uncomfortable as flashes pop, people applaud, and he learns that the painting he spent most of the semester working on has just won an award and his heart leaps. A gap-toothed 5-year-old beams at her pastel creation of colorful butterflies, publicly displayed for the first time, as her proud grandparents shake hands with her art teacher. Hundreds of students nervously warm up their vocal chords as they await their turn to audition for the coveted title of Orinda Idol. Ordinary citizens, hurrying to classes at the community center, note an extraordinary 10-ft. steel peacock presiding over the plaza, a dichotomy of industrialism and naturalism whose kinetic nature challenges the very notion of sculpture.

Art, creation, expression, passion – the volunteers at the Orinda Arts Council



CONTRIBUTED PHOTO

As part of the OAC 60th Anniversary raffle, Orinda Idol Finalists will provide the winner with a private musical performance (pictured, L to R): 2009 Finalists, **Amrita Newton, Maritza Grillo, Jacqueline Garell** and **Neris Newton**.

(OAC) are driven by a common interest in the arts that has manifested in a dizzying array of programs, events and activities that have greatly enriched the lives of local residents for over 60 years. The most recent high school visual arts competition and OUSD Arts Ambassador exhibit at the Orinda Library Gallery (noted above) are just a couple highlights of this unique organization.

It all started in 1950, when Orinda Union School District Superintendent Joseph Sheaff suggested a supplementary children's art program to Orinda artist Doris Fraser. Fraser soon found a cadre of local artists and educators to form the Orinda Children's Art Center (later called Orinda Art Center) with the express purpose of fostering the artistic talents and creativity of Orinda's youth. Over the years, the group expanded to bring a variety of art projects to all local schoolchildren and then morphed into a multi-faceted organization under whose auspices many art advocacy efforts emerged, including raising funds for an arts facility at the Orinda Library, maintaining monthly art exhibits at the Library Art Gallery, procuring art for public display, and supporting various school theater programs as well as hosting Lamorinda-wide art and vocal competitions.

Reflecting back on its rich history, former OAC president, Nancy Daniels, recalls her own thoughts when she first joined the OAC in 1999, "I remember meeting this incredible multi-generational group of talented people, all devoted to the arts and the opportunities they presented in our everyday lives. It was a wonderful connection to my community outside my professional life." Daniels remains an active member and übervolunteer of the OAC to this day, and the OAC is still the only local organization dedicated to keeping art alive in the schools and community.

Harvard University recently completed a Task Force Study on the Arts and found that the arts were critical in developing the creative "out of the box" thinkers and problem solvers of tomorrow. The report proclaimed, "To allow innovation and imagination to thrive on our campus, to educate and empower creative minds across all disciplines ... Harvard must make the arts an integral part of the cognitive life of the university: for along with the sciences and the humanities, the arts – as they are both experienced and practiced – are irreplaceable instruments of knowledge."

The Harvard study confirms what the OAC and other art advocates have known all along: art is not extracurricular, but an integral part of intellectual inquiry and human development. Since the '60s, the OAC has been involved in integrating the arts into the school curriculum and in 2005, the Orinda Intermediate School (OIS) Parents Club formalized the traditional docent programs led by OAC volunteers into its Arts Integration Program.

The OAC has flourished over the past six decades because the local community has realized the value of the arts from the very beginning. Working with the city, school boards, parents clubs, local artists and art patrons, the tireless OAC volunteers constantly seek ways to support and encourage the arts. Orinda Idol was the brainchild of an Orinda parent and OAC Past President, Petra Michel, who felt compelled to augment the scarcity of art and music opportunities for school-age children.

The project took off when another Orinda parent, Susan Garell (current OAC president), joined her efforts in December 2005. Their musically-gifted daughters were fans of the popular *American Idol* show, and they sought to bring the same type of talent search and added exposure to the local community. Since its inception in 2006, Orinda Idol has drawn hundreds of students, thousands of viewers and scores of sponsors to its wildly popular contest.

Gwen McNeilus began her involvement with the OAC as a volunteer for a class art project at her son's school. Now the VP of fundraising and chair of the 60th Anniversary Celebration, McNeilus adds, "I'm not trained in art but I appreciate art; I love going to museums, listening to music, and being around creative, interesting people who enjoy these things. Our upcoming celebration is a true celebration of not only artistic endeavors, but the many dedicated volunteers who sustain such endeavors to take place."

The OAC 60th Celebration Event will be held on June 13, from 4 to 7 p.m. at the Orinda Country Club. All current and past volunteers and supporters of the OAC are cordially invited. For more information, visit www.OrindaArtsCouncil.org or call Lisa Johannessen at 925-254-6695.

Russian Students Share Views at Orinda Academy



SALLY HOGARTY

Mariya Motorina, Asya Zinina, and Nelli Porseva were among the Russian delegation from Zelenogorsk, one of Siberia's nuclear "closed cities." The Russian and Orinda Academy students had their own nuclear summit before attending the Critical Issues Forum in Monterey.

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Two Miramonte Seniors Going to Naval Academy

By Fran Miller
 Staff Writer

Two Miramonte seniors will soon trade the comforts of Orinda for a frantic and exhausting summer filled with rigorous exercise that begins at dawn and ends long after sunset. They will not see a television, watch a movie, or have any leisure time. They will be told what to do, when and how to do it. And, believe-it-or-not, they are both looking forward to it.

Erin Walsh, 17 and James King, 18, have both been accepted to the United States Naval Academy in Annapolis, Maryland, where they will begin their transformation from civilian to midshipmen during "Plebe Summer," a grueling indoctrination period that will challenge them morally, mentally and physically.

Each had several college options, but the allure of the Academy won them over. "I narrowed it down to UC Davis, West Point or Annapolis," says King, who will play football at the Academy. "And after I visited Annapolis and met the players and coaches, I just knew it was for me."

King's paternal grandfather served in the Navy in WWII and had always hoped one of his children or grandchildren would attend the Naval Academy. "My grandpa used to always try and get my cousins and sister to choose a military school, and I always just thought he was crazy," laughs King, who wanted to be able to pay his own way through college and not rely on



CONTRIBUTED PHOTO

Erin Walsh and James King will attend the United States Naval Academy in Annapolis, Maryland next this fall.

his parents.

While the government will pay for King and Walsh to attend Annapolis, upon graduation they are required to participate in two years of military training, and three years as an officer in military duty. "It's a major commitment," says Maura Dolan, King's mom, who is excited that he will get an excellent education and have small classes. "I am sad that he will be so far away, and his time home will be limited, but I am proud that his hard work and discipline as

an athlete resulted in strong college offers," she says.

King most looks forward to meeting his football teammates and coaches, and he's considering participating in track and field as well. "My goal is leave the Naval Academy a better person," he says.

Walsh also has military service in her family. Her maternal grandfather is a retired US Army veteran and a WWII Bataan Death March survivor. Her great,

[SEE NAVY page 18]

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Miramonte Student Among Those Honored by AAUW



K. DEGROOT

Dr. Susan Marston (L) was the keynote speaker at the recent AAUW awards ceremony. Also shown are scholarship winners (L-R) Angela LaScala-Gruenewald (Acalanes High School) Naya Olmer (Miramonte High School), and Katherine Pohlman (St. Mary's College). Not pictured is Helen Wong (Acalanes High School).

Graduating senior, Naya Olmer, was one of four local students awarded an \$800 scholarship from AAUW. The Miramonte senior, who completed six advanced placement courses, was cited for her outstanding leadership role in the AAUW Sister-to-Sister program as well as her involvement in two international charity organizations - one to empower adults to be economically able to care for orphaned children in their villages and the other in assisting women artisans in Uganda and Rwanda to build fair-trade bridges. Olmer will pursue her education in the fall at U.C. Berkeley.

The other three scholarship winners were Angela LaScala-Gruenewald and Helen

Wong of Acalanes High School, and Katherine Pohlman, a graduating senior from Saint Mary's College who will continue at the college to work on her master's degree.

Three junior high school students were recommended by their teachers who cited them for both scholarship and dedication to community service to participate in the week long summer science camp to be held at a nearby university. The winners are Miranda Martinez (Orinda Intermediate), Jacquerline Van Ardenne (Joaquin Moraga Intermediate), and Miriam Wojtas (Stanley Intermediate).

- Evelyn Westlye

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SCHOOLS / STUDENTS

Orinda Celebrates Annual EFO Arts and Music Showcase

By KATHARINE KATES
Contributing Writer

Once they stopped laughing, many in the audience may have begun soul-searching after watching “Beware of Over-Parenting,” a spoof of Type A-style parenting, written and performed by Will Rhodes, a member of Miramonte’s Public Speaking team in the category Original Prose and Poetry. Certainly, no one in the audience at this, or any of the other incredible performances at EFO’s Celebration of the Arts, left without being awed by the depth and breadth of talent displayed by students in the Orinda schools. This annual event was held on March 28, 2010, at the Orinda Intermediate School. Hosted by the Educational Foundation of Orinda (“EFO”) and sponsored by Mechanics Bank, it is designed to showcase the visual and performing arts programs at all six Orinda schools. EFO has funded visual and performing arts as well as academic programs through generous donations from the community for the past 30 years.

Kicking off the evening, singers and instrumentalists gave a concert in the gym. Among the memorable tunes were a rousing “Lean on Me” performed by a combined chorus of Fourth and Fifth graders from all four elementary schools, folk



CHRISTINA SHOOK

Students from all four elementary schools, OIS, and Miramonte High School performed during EFO’s annual celebration of the arts in Orinda schools.

songs from Cuba and Ireland performed by the OIS Symphonic Orchestra, and “Viva la Vida” by Coldplay performed by the Miramonte Choral Artists. The visual arts occupied the multi-purpose room. Again, a wide range of images were on view, from window-like drawings demonstrating a mastery of one-point perspective, to wood-working, sculpture, digital photography and even video production. As they perused the art, viewers listened to the up-tempo Miramonte Jazz Combo, featuring standards such as “Summertime” and “25 or 6

to 4.” Not to be missed, Miramonte’s drama and public speaking departments also gave performances, including a preview of the upcoming production of the *Odd Couple*, which left the audience in stitches. To learn more about the various programs funded by EFO please visit www.orindaefo.org.

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Tai Chi Classes at In Forma and Orinda Community Center

Middle School Writers Tackle Serious Subjects



SALLY HOGARTY

Winners of the Orinda Junior Women’s Club’s Youth Ink contest included: Back (L-R) Anna Finnell, Olivia Saber, Saane Halaholo, Colleen McCullough; Front (L-R) Jack Niehaus, Dan Eberhard, Caie Kelley, Carolyn Brager, Andrea Tuemmler, Rachel Lang.

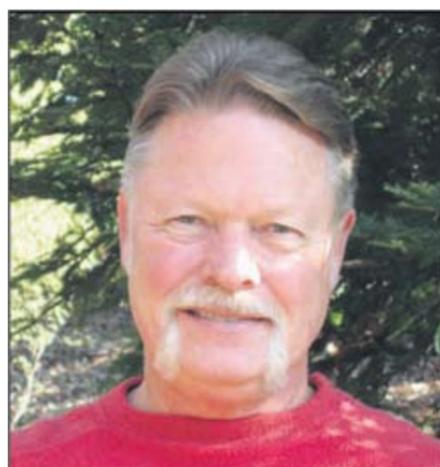
By SALLY HOGARTY
Editor

They wrote about the thrill of clearing jumps on a horse, the challenges of a young girl adjusting to life in a concentration camp, a young boy’s chilling journey to freedom across a Mexican desert, the difficulty of making the right decision,

the juxtaposition of a young girl’s life in Orinda with one in Iran, and much more. They wrote about freedom.

“They” were the winners of the Orinda Junior Women’s Club’s (OJWC) Youth Ink contest who were honored at a reception on April 29. The annual middle school writing

[SEE WRITERS page 18]



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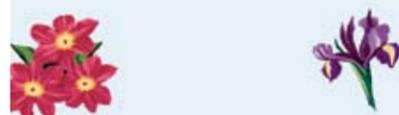
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Matt Davis Named Orinda Rotary Teacher of the Year

By PAT RUDEBUSCH
Contributing Writer

The Orinda Rotary Club has named Matt Davis of Miramonte High School as its 2010 Teacher of the Year. Davis has taught Latin at Miramonte since 2001 (and previously at College Prep and Head Royce, both private schools in Oakland). In honoring Davis, Orinda Rotary has selected

a teacher who, everyday, works to instill in his students the importance of community, integrity and a love of learning.

In this age of education angst and reform, Davis turns to the time-honored principals of Ancient Rome to provide the foundation of one of Miramonte High School's most popular elective subjects – Latin. "Everything goes back to Latin and the Romans and Greeks," Davis says. "History,

philosophy, architecture – the way we approach the world – is rooted in Greek and Roman culture."

There's perhaps no better place to see this approach at work than at the annual California Junior Classics League Conven-

Rowing to a Bright Future

By BOBBIE DODSON
Staff Writer

Ten seniors on the Oakland Strokes Crew Team are on the move – and not just on the water. These talented athletes have achieved athletic as well as academic excellence resulting in acceptance at top universities around the nation.

"I believe the dedication needed to be successful in crew helped me in my approach to studying," says Anne Hofinga, "I like the fact that rowing teaches cooperation. If we won't work together, you can't row successfully – a lesson, which carries over in many other situations. Also, it really helps me keep in shape."

Hofinga, and many others, have been with the Oakland Strokes since their freshman year of high school. This means practice from 3:45 to 6:30 p.m. five days a week and from 6:45 to 11 a.m. on Saturday. Often, there is an early morning practice on Sunday. Then, there are many weekends away as the team participates in regattas, and regional and national events.

Oakland Strokes coach, Derek Byrnes, says, "These girls do it all. I'm so impressed with their accomplishments, both on our team and at school. They will be leaders wherever they go. Certainly, they are role models for younger members of the Oakland Strokes who see what colleges these seniors will attend and aspire to do the same."

Nikki Dahlberg-Seeth feels the biggest benefit of being a crew member is the close knit group of friends she's made. "Rowing is the ultimate team sport. You work together as a single unit with a single goal; you're not competing against each other. Each person needs to be perfectly

[SEE ROWING page 18]



CONTRIBUTED PHOTO
Matt Davis, Miramonte Latin teacher, is the Orinda Rotary Teacher of the Year.

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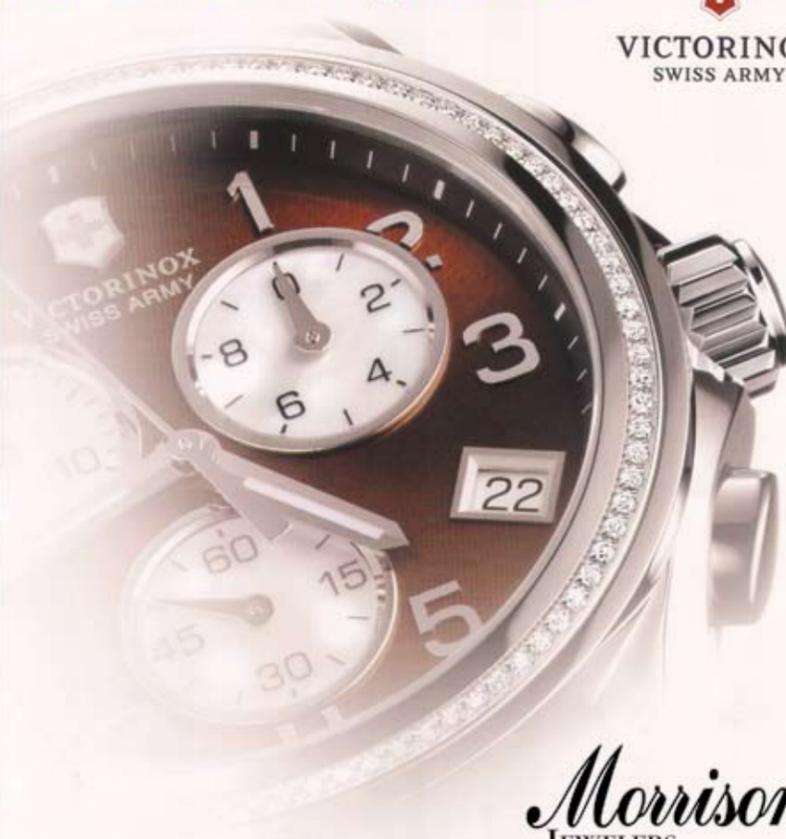
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tion, where middle school and high school Latin students from across California and parts of Nevada come together to compete in athletics, arts and music, and academics. Miramonte's Latin Club placed second at this year's convention in Irvine. Still, winning is secondary to the camaraderie students build as they support one another and compete for their school.

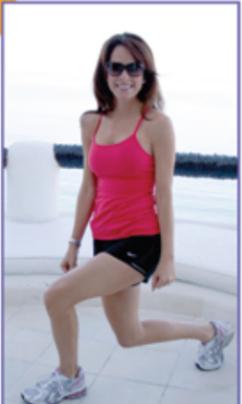
Davis's goals for his Latin students are to develop a love a learning, to build an understanding of the intellectual underpinnings of Western civilization, and to know the stories and history of the Greeks and Romans.

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by Sheena

"No More Mommy Muffin Top"

Balancing work and family commitments has always made it extra challenging to get and stay in shape. The bikini was banished and clothes were often chosen based on camouflage value. My overall goal was to rid the mommy muffin top and achieve a level of fitness that helped me excel in other activities. I have finally found the positive atmosphere and program that works – LIVING LEAN. In the process I have learned about healthier eating habits that I will carry with me for life. I was shocked at how quickly I was able to realize results when combining an effective workout routine with better eating habits. With living lean my lean body mass decreased to 10 percent while on my own my fat mass was increasing to X. I wish I discovered this program years ago. The bikini is back!



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What is your age?

Part One

Andrea Colombu

When we are young, we can't wait to grow older. When we are older, we wish we were younger. And when we are in between we do everything we can to stay "there" and not change. But, when we talk about aging, what are we really talking about?

We really do not have an accurate language to speak of the mystery of aging because, in spite of all our efforts, we really do not know what is really happening to us. At best, we're only able to describe our experiences and sensations by interpreting the noticeable physical changes occurring in our body. But this is an incomplete picture.

Aging cannot be just about measurable physical changes, because most of us at some point in our lives have noticed that our mind and consciousness are telling us something different. For example, you wake up one morning and as you look in the mirror, you become instantly afflicted by temporary double-vision. With one set of eyes, we recognize our very familiar unchanging "self." With another set of eyes, we stare stupefied at the vision of our "changing self." Which one is the real me? And, what is my real age?

To take the dictionary definition that

aging is "the accumulation of changes in an organism or object over time" is to take only a narrow and partial view of the whole experience: the physical experience. But how do we account for the non-physical experience of our mind and consciousness like the one of looking at the image in the mirror and having two very different views? Is it possible that indeed we may have different ages? Long-term studies on longevity seem to reveal just that.

Studies done in parts of the world known as blue zones, where large numbers of people live well into their 90s and 100s, clearly indicate that aging is indeed a very subjective experience. Secondly, and most surprisingly, they indicate that only about 20 percent of aging is genetics and about 80 percent is lifestyle induced. Of all the lifestyle contributors, the relationship to time seems to be the most relevant.

Research shows that their life style includes regular daily physical activity, balanced nutrition (based mostly on high consumption of vegetables, grains and fruit and low consumption of animal protein), social interaction, strong multigenerational family ties (most of these centenarians live at home with their families), and a very distinctly unbounded relationship to time,

both personal and collective, not at all tied to strict schedules and deadlines.

Aside from physical changes due to nutrition and environmental causes, the relationship to time plays a very big factor in our experience of aging – which brings us back to the possibility of having different ages. Although my calendar says that today is my 45th birthday, my body is telling me something different, and my mind tells me something even more different. Indeed what seems to be at play here is that I have a chronological age, a biological age, and an age of mind that does not belong in time, an ageless age.

Indeed, while my body belongs to an

experience tied to time and space, my mind doesn't. By virtue of the fact that mind and consciousness are not "an organism or an object" they cannot possibly belong in time. So, what is your age?

For more information, questions and comments, reach Andrea Colombu at info@informaorinda.com or colombutherapy.com.

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BETWEEN THE LINES

Between the Lines
Family Matters

Marian Nielsen, Orinda Books



Tolstoy wisely said that “happy families are all alike; every unhappy family is unhappy in its own way.” In June, when weddings and commitment ceremonies are often scheduled, it is interesting to consider that it is the uniquely *unhappy* families that are of great interest to current novelists as well as, of course, to novelists writing a century ago. Whether our familial relationships are fresh and new, old and tired, traditional or contemporary – and there are certainly many unusual contemporary relationships – how we human beings manage to live together at all continues to be a matter of interest to writers pondering the human condition, and a source of entertain-

ment and enlightenment to readers. This spring and early summer, some of our favorite authors explore family matters. Anna Quindlen who spent years as a perceptive and inquisitive columnist, as well as a fiction writer, has honed her beautiful and thoughtful prose. In her new novel, *Every Last One* (Random House \$26) she introduces us to the Lathams. Mary Beth and Glen have three teen-agers – a lovely daughter and twin sons. Devastating tragedy strikes their seemingly serene family yet Quindlen’s story is ultimately one of survival and hope...and not to be missed. The white picket fence we all wish we could build to protect our children is seri-

ously imperiled in Anne Lamott’s new novel *Imperfect Birds*, (Riverhead \$25.95). Lamott takes us further into Rosie’s story – *Rosie and Crooked Little Heart* were the previous books in her Marin County trilogy. Rosie is now a beautiful high school junior – smart, talented and an expert liar. Lamott has crafted a gripping cautionary tale – her readings apparently have made parents want to chain their daughters to a radiator – about high school drug addiction and the difficulties families in affluent suburbs have in acknowledging and confronting these problems.

In an often comic take on “family matters,” Lisa Grunwald’s *The Irresistible Henry House* (Random House \$25) explores what happens to a baby who has too many mothers. Based on college home economics courses that existed through the 1950s, a “practice baby,” an orphan, was used to train young women in the motherly arts. Grunwald imagines what the future life of such a baby might be as he grows to adulthood, having learned to be irresistible but never to trust.

Katie Crouch in *Men and Dogs* (Little Brown \$23.99) introduces us to Hannah Legare, once a very successful Internet millionaire (luxury sex toys) now confronting a failed marriage due to her compulsive infidelity. After she returns home to Charleston, SC to recover from a serious fall that happened when she drunkenly tried to break into her husband’s San Francisco flat, her own family’s past engulfs her. She and her brother are haunted by their father’s disappearance when they were children. Lively dialogue and authentic relationships make this an engaging novel.

Many of my favorites in hardcover in 2009 are appearing in paperback this season. Joanna Trollope artfully weaves two families’ stories together in *The Other*

Family (Simon & Schuster \$15). Richie Rossiter, a faded but once popular song stylist, has died, leaving not one but two separate families. A first wife, long deserted but never divorced, and a second family, the mother of which he neglected to marry, are brought together by his untimely death. Ancient grievances are revisited and old wounds reopened, enhanced by Trollope’s keen insights into the way grown parents and their adult children interact. The untraditional family takes center stage in *The Family Man* (Mariner \$14.95). Elinor Lipman introduces us to Henry Archer, gay and successful, but retired and lonely, as he tries to make a home for a step-daughter he cherished only briefly when she was a toddler. New York flair and wit decorate Lipman’s pages.

Two other favorite novels, due in paperback, deal with family deaths and manage, at the same time, to be laugh-out-loud funny. In *That Old Cape Magic* (Vintage \$15), Richard Russo’s protagonist, Jack Griffin, is driving around Cape Cod with his father’s ashes in his car — and his mother’s voice on his cell phone in his ear, and his own marriage about to founder. This is Russo on a riff! Jonathan Tropper, in *This is Where I Leave You* (Plume \$15) introduces us to the fictional Foxman family as they sit shiva after the death of the patriarch. This very dysfunctional bunch make SNL seem ordinary . . . and yet their issues are universal.

Roxana Robinson, in a *New York Times* review writes: “The family is where the best – and the worst – things happen to us. Whether we embrace it or try to escape it, the family is at the center of our lives.” We readers can only be thankful for the writers, from Tolstoy to Tropper, who have pondered the ways families function and have shared their wisdom with us.

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◆ FRIDELL from page 7

Department to implement a program promoting fair and impartial policing.

With funding from the U.S. Department of Justice, Fridell is developing model training programs for academy recruits and first-time supervisors. These curriculums are based on the social psychology of human biases. She has testified before a subcommittee of the Senate Judiciary Committee on the topic of racial profiling and is the author of numerous books and articles.

Growing up in Lamorinda, Fridell is a 1976 graduate of Campolindo High School. After obtaining her degree from Linfield

College in Oregon, she returned to California to complete her M.A. and Ph.D. at the University of California, Irvine.

Come and learn about this important social issue to which, perhaps, many have not given much attention. The lecture is free and open to all. Refreshments will be served at 1:30 p.m. in Fellowship Hall. For further information phone 925-283-8722 or click on www.LOPC.org.

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Legacy of the “Society of Six” and “The Outsiders” Evident in June Gallery Exhibit

By ELANA O’LOSKEY
Staff Writer

When the Glover Group of *Plein Air* artists exhibit their colorful creations at the Orinda Library Gallery in June, the group’s rich history will also be on exhibition. Thanks to legendary painters Pam Glover and Jerrold Turner, the group has deep roots in American art and the local art scene.

It all began in 1915 when six painters, Louis Siegriest, August Gay, Bernard von Eichman, Maurice Logan, William Clapp and Seldon Gile, viewed the 1915 Panama Pacific Exhibition at the Palace of Fine Arts



CONTRIBUTED PHOTO

Artist Iris Sabre’s oil painting “Old Lakeville Road” is part of the June exhibit at the Orinda Library Gallery.

and were forever changed. The East Bay painters formed the Society of Six in 1917 and began develop a now unmistakable style featuring gutsy use of color, simple landscapes as subject matter, copious application of paint, and, of course, always worked *plein air* (outdoors).

Their work broke new ground in American *plein air* landscape painting as an art form. The vermilion underpainting they favored is a signature technique, which illuminates landscape colors layered on top, making the top layers appear more vibrant. Following the Great Depression, they went their separate ways.

In 1972, local artist and teacher Terry St. John curated a “Society of Six” show at the Oakland Museum, which revived interest in the genre. Siegriest and Logan were the only two surviving members of the group, which now included Siegriest’s son, Lundy, and Peter Brown. At this time, the late Pam Glover of Orinda joined the group, breaking the gender barrier.

By 1983, other artists enamored with the Society’s technique began painting together and soon formed “The Outsiders,” which included Glover. Bringing their own sensibilities to *plein air* painting, these artists promote preservation and reclamation

of open spaces in the Bay Area through group shows which benefit environmental causes.

Pam Glover soon became a revered artist and inspiring teacher and, before long, The Glover Group was born. These dedicated artists can often be found scrambling over the East Bay hills today, just as The Society of Six did in 1917. In 2008, Pam’s daughter, Anne-Marie, continued her mother’s legacy by teaching painting at the Orinda Community Center.

When Pam became ill in 2009, she asked colleague Teresa Onoda to take over her classes. She subsequently passed away on April 11, 2010. “Pam was the godmother of *plein air* painting in Northern California,” says Onoda. “She taught countless painters how to capture the peculiar mix of light and sky and color that makes our part of the world so beautiful. She was the link between the current community of *plein air* painters and the California founders such as Lundy Siegriest. You’ll continue to see Lundy and Pam’s influence for decades to come.”

The Glover Group show at the Library Gallery runs from June 1 to July 1. It features works from Maureen Angelo, Dana Beebe, Julie Bradner, Sylvia Fones, Victoria Gay, Irene Herrera-McDonough, Pamela Howett, Pat Jelly, Susan Kendall, Alecia Larson, Edward Phillips, Iris Sabre, Maria Santos-Stefano, Mary Spain, Mary Claire Stotler, Polly Ziolkowski, Pam Wright, Margaret Mason, and Joann Hanna.

“These students have to paint,” says Onoda, who notes that the group ranges in age from 40 – 80. “Being in nature provides a wonderful and challenging experience for painters to put who they are on canvas.”

To meet the artists, come to a special artist’s reception on June 5 from 4 to 6 p.m. at the Orinda Library Gallery. For more information, call 254-2814.



MONALINDA

Winners from last year’s Act It tennis fundraiser.

Fundraising Event at Orindawoods Tennis Club

The eighth annual Ace It – a fundraising event for the Carol Ann Read Breast Health Center at Alta Bates Summit Medical Center in Oakland – takes place June 26 at Orindawoods. A full day of tennis-related activities is planned that will raise funds to help uninsured women receive diagnosis and treatment at the Carol Ann Read Breast Center, named after an Orinda resident who passed away from the disease. Shown above are winners from last year’s event. For more information, go to www.orindawoodstennis.com.

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A Murder is Announced at Orinda Starlight

By SUZAN LORRAINE
 Contributing Writer

Imagine reading an announcement in the local paper that there will be a murder at 6:30 tonight - at your house! That's the basic premise of Agatha Christie's *A Murder is Announced* which has been adapted for the stage by Leslie Dabron. As Orinda Starlight Village Players' (OrSVP) first offering of the season, this production is full of classic Christie characters, hidden identities, and suspense.

OrSVP regulars Susan England, Marian Simpson, Ken Sollazzo, Al Guaraglia, Laura Martin-Chapin, Jim Fritz and Claire Stevenson are joined by newcomers Loralee Windsor and Rose Gigliuto in a solid ensemble cast.

Performances are Fridays and Saturdays from June 4 through June 26 at 8:30 p.m. with additional performances on Thursday June 24 at 8 p.m. and Sunday June 20 at 4 p.m. The OrSVP theater is nestled in the hill in the Community Center Park next to the Orinda Library/Community Center, 26 Orinda Way, Orinda.



JILL GELSTER
The Starlight Players, Geotty Chapple, Jim Fritz, Ken Sollazzo and Dave Dierks start the set building process with the raising of the poles.

Tickets are \$16 regular and \$8 for seniors/minors. For more information, call 925-528-9225.

Bring layers of clothing, a picnic dinner, and pillows and enjoy one of Christie's best mysteries under the Orinda sky.




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Wagner Ranch Presents *Annie Get Your Gun*

CONTRIBUTED PHOTO

On June 4 at 4 and 7 p.m. and June 5 at 3 and 7 p.m., Wagner Ranch Elementary School will present their annual spring musical - Irving Berlin's 1946 version of *Annie Get Your Gun*. The cast, led by director **Ron Pickett** and producers **Jennifer Vigo** and **Susie Parr**, have been working hard for months so that audiences can enjoy the legendary pioneers, cowboys and Indians as they sing catchy tunes and perform a slew of stunts and tricks. Tickets available online at www.orindaschools.org/wagnerranch or at the door.

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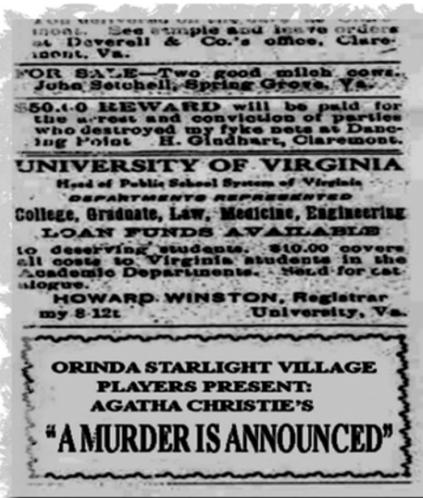
Agatha Christie's

A Murder is Announced
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Fridays and Saturdays, at 8:30 p.m. June 4 through June 26
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ORINDA STARLIGHT VILLAGE PLAYERS PRESENT:
AGATHA CHRISTIE'S
"A MURDER IS ANNOUNCED"

◆ MEASURE from page 1

To help bridge the funding gap, Acalanes district teachers agreed to five furlough days (three in-service and two instructional), which amounts to a two percent pay cut. Furthermore, they voted to accept a zero pay increase for not only the next school year, but the following two years.

Superintendent John Stockton expressed gratitude at the outcome of the election and the continuous support of residents and teachers. "The citizens of the AUHSD have demonstrated their continued commitment to providing high quality comprehensive high school programs," said Stockton. "They choose to make a long-term difference in the lives of our students. Measure A," as well as last November's parcel tax extension, will "allow students to have substantial curricular options for the coming years."

Measure A's immediate benefit is that most of the almost 57 full-time teaching positions that had received lay-off notices in March will be saved. Additionally, now the seven-period school day can be maintained, giving students the fullest possible choices of required classes and electives.

Adam Clark, principal of Miramonte High School, said, "The voters of the AUHSD continue to place a high emphasis on education. The Acalanes district has a great reputation throughout the communities it serves and has produced positive young people." Additionally, he adds that the passage will allow the schools to "continue to provide the high quality of service which the community expects."

The amount of state K-12 funding every year is always a question mark until the legislature and governor work out the budget, often past the June 30 deadline set by law. This situation dates back to the 1978 Proposition 13 initiative that voters of California passed that froze local property taxes on homes. Only homes that were sold would see a property tax increase to reflect the new sale price and home value. This vote shifted the burden of school funding to the state from the local districts.

Stockton says that the legislature is incapable of creating a long-term funding structure. He believes that the "local taxation system used by many east coast states is the best solution." Assistant superintendent John Nickerson says the general "decision-making and budget development mechanisms in California have substantial structural problems" which result in "a severely flawed educational funding system." Nickerson adds that the school district's high standards are being maintained by the monetary support of the local community.

The practical benefits of the vote come right down to the classroom. Doreen Wagner, a Spanish teacher at Miramonte, says "the greatest benefit to our department is that we do not lose a Spanish teacher." Had the vote gone the other way, Wagner says some students would be unable to take a foreign language the next term.

Vince Dell'Aquila, Miramonte athletic director, also feels grateful for the local support. "First and foremost, I would like to thank all the voters in Orinda who took the time from their busy schedules to vote."

CALENDAR

ON THE CALENDAR

JUNE

- 1 **Orinda Books** presents Phyllis Theroux, author of *The Journal Keeper*, who will discuss journal keeping. The \$5 admission can be applied to purchase of the book. Tickets at Orinda Books, 276 Village Square, 4 p.m. Call 254-7606.
- 2 **California Shakespeare Theatre** presents John Steinbeck's *The Pastures of Heaven* through June 27 at Bruns Amphitheater, 100 California Shakespeare Way, Orinda. For show times and tickets, visit www.calshakes.org or call 510-548-9666.
- 3 **Friends of the Orinda Library Book Sale**. 10 a.m. - 1 p.m. Book Shop and Sorting Room.
Orinda Books presents Sophia Raday who will discuss and sign copies of *Love in Condition Yellow: A Memoir of an Unlikely Marriage*, 4 p.m. Call 254-7606.
Eden Housing Public Workshop on proposed senior housing in old library site, 7 p.m., Orinda Community Church. Also June 17 at 7 p.m. Call 510-582-1460.
- 4 **Wagner Ranch Elementary School** present *Annie Get Your Gun*, June 4 at 4 and 7 p.m. and June 5 at 3 and 7 p.m., www.orindaschools.org/wagnerranch.
Orinda Starlight Village Players present Agatha Christie's *A Murder is Announced*, through June 26, Orinda Community Center Park Amphitheater. Call 925-528-9225 or go to www.orsvp.org.
- 6 **Concerts-in-the-Park**, 3 - 5:30 p.m. Orinda Rotary and City of Orinda present Max Vax Jazz Orchestra, Orinda Community Center Park, 254-2445.
- 12 **Central Contra Costa Solid Waste Authority** Composting Workshop, hosted by, McDonnell Nursery, 196 Moraga Way, 9 to 10:30 a.m. Register at www.wastediversion.org/class_sessions/view/29.
- 13 **Orinda Arts Council's** 60th Anniversary Celebration, 4 - 7 p.m., Orinda Country Club, 254-6695 or go to www.orindaartscouncil.org.
- 16 **Three-Quarter Century Club** Luncheon, 11:30 a.m., Orinda Community Church. Celebrates those 75 years and older. Call 925-324-2017.
- 17 **Orinda Books** presents Laura Fraser who will discuss and sign copies of *All Over the Map*, a mid-life memoir, 276 Village Square, 4 p.m. Call 254-7606.
- 20 **Lamorinda Sunrise Rotary** Motorama from 9 a.m. - 4 p.m., at the parking lot between Postino Restaurant and the Bank of the West, 3500 block of Mount Diablo Blvd. in Lafayette.
- 22 **Concerts-in-the-Park**, Pacific Coast band playing classic rock and pop, 6:30 - 8:30 p.m., Orinda Community Center Park, 254-2445.
- 26 **Orinda Books** presents Graeme Daniels who will discuss and sign copies of *Living Without Blood*, 276 Village Square, 3 p.m. Call 254-7606.
- 29 **Concerts-in-the-Park**, The Crises Blues and Rock Band, 6:30 - 8:30 p.m., Orinda Community Center Park, 254-2445.
- 30 **Orinda Books** presents mystery writers Simon Wood, Rita Lakin, Susan Shea, Juliet Blackwell and Michael Stevens who will discuss and sign copies of their latest books, 276 Village Square, 4 p.m. Call 254-7606.

AT THE LIBRARY

All events are free unless otherwise specified.

- 5 **Summer Reading Program** for the whole family, keep track of reading and earn prizes. Visit <http://ccclib.org>.
- 9 **Drawing Class** led by Geanie Choy for K through 2nd-graders, Tutoring Room, 4 to 5 p.m. Sign up at 3:30 p.m.
- 15 **Peek-a-Boo Time** features stories, rhymes and rhythms for newborns to 1-year-olds and their caregivers, Gallery Room, 11:30 a.m. Also June 22 and 29.
Tell It, classical fairytales for preschoolers through 1st-graders, Tutoring Room, 1 to 1:30 p.m.
- 16 **Paws to Read** for 1st-through 5th-graders. Spend 25 minutes reading with a sociable dog, 3:30 to 4:30 p.m. Register at the library. Also June 23 and 30.
- 19 **Paws Open House** for 1st- through 5th-graders. Drop in for a 10-minute reading session with a friendly dog, 2:30 to 3:30 p.m. No pre-registration required.
- 22 **Toddler Lapsit**, stories, songs and finger-plays for 1- to 3-year-olds and their caregivers, Gallery Room, 10 and 10:30 a.m. No registration required, attendance limited to once per week. Also June 23, 29 and 30.
- 24 **Storytelling for Adults**, presented by Contra Costa Tale Spinners. Share your stories or enjoy listening, Gallery Room, 7 to 9 p.m.
- 26 **Saturday Morning Live!** Family story time for 3- to 5-year-olds, 11 a.m.
- 30 **Summer Music Series** features Celtic Sands, Fireside Area, 7 to 8 p.m.

For more information on library programs, call 254-2184.

CLUB MEETINGS

- Diablo Star Chapter #214**, Order of the Eastern Star. Second Monday, 7:30 p.m., Orinda Masonic Center. Contact Karen Seaborn, 925-689-0995.
- Friends of the Joaquin Moraga Adobe**. Third Monday, 7:30 p.m., Moraga-Orinda Fire District Conference Room, 1280 Moraga Way, Moraga, www.moragaadobe.org.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library. Call 253-1997.
- Lamorinda Sunrise Rotary**. Every Friday, 7 a.m., Postino in Lafayette 254-0440, ext.463.
- Lamorinda Toastmasters**. Every Tuesday, 7:30 p.m., Temple Isaiah, 3800 Mt. Diablo Blvd., Lafayette, www.lamorinda.freetoasthost.net.
- Montelindo Garden Club**. Third Friday, Orinda Community Church, 10 Irwin Way, 9 a.m., www.montelindogarden.com.
- Orinda Rotary**. Every Wednesday at noon, Community Center, 254-2222.
- Orinda Association**. Second Monday, 7:15 p.m., Orinda Library, May Room, 254-0800.
- Orinda Hiking Club**. Please visit our website at www.orindahiking.org or call 925-253-1465 for schedule of upcoming hikes.
- Orinda Historical Society**. Third Wednesday of the month, 3 to 5 p.m., OHS Museum, 254-1353.
- Orinda Job's Daughters**. First and third Monday, 7 p.m., 9 Altarinda Road, 925-283-7176.
- Orinda Juniors** community service group. First Tuesday of the month, September to June, 7 p.m. Contact Diane Petek and Ann Sullivan at orinda.juniors@yahoo.com for location.
- Orinda/Tabor (Czech Republic) Sister City Foundation**. Fourth Thursday of the month, 7 p.m. social, 7:30 p.m. meeting, call 254-8260 for location.
- Orinda Teen Advisory Council**. Second Wednesday of the month, 4 p.m., Orinda Community Center, 28 Orinda Way. For information, email orindateenadvisorycouncil@gmail.com.
- Orinda Woman's Club**. Second Tuesday, 9:30 a.m. to noon; call Jean Barnhart, 254-3881.
- Second Wednesday Book Group** 3 p.m. Orinda Books, 276 Village Square. Call 254-7606.
- World Affairs Book Group**. Bimonthly, 3 p.m. Will discuss *Power Rules: How Commonsense Can Rescue American Foreign Policy* by Leslie Gelb, Orinda Books, 276 Village Square. Call 254-7606.

California Shakespeare Theater Opens With New Play and New Building

By SALLY HOGARTY
Editor

California Shakespeare Theater certainly has lots to celebrate this summer as the well-respected company begins its 36th anniversary season with John Steinbeck's *The Pastures of Heaven*, running June 2-27. Normally, a world premiere of this richly theatrical play would be more than enough to celebrate, but that's only the beginning for Cal Shakes.

This summer also marks the completion of phase one of the company's capital campaign with the opening of the new 7,000 square foot plus patron and artist center. Named after Building for the Future campaign co-chair Sharon Simpson, the new facility replaces the temporary bathroom, café and dressing room structures used since Cal Shakes moved to the Bruns Amphitheater in 1991. Designed to LEED certification standards, the new center includes 31 restrooms with low-flow plumbing features, energy-efficient dressing rooms, wardrobe area, and green room for artists, a modern café and theater store, offices for house management and volunteers, and much-needed storage space. The structure will also feature a "living roof" that provides insulation, habitat for plants and animals, and a visual link to the hillside beyond. "I'm sure we'll have some of the wild turkeys jumping up there," says marketing manager Marilyn Langbeth.

The world premiere and new building could not come at a more appropriate time - the 10th anniversary of Jonathan Moscone's tenure as artistic director. Adding to his many laurels, Moscone was recently awarded the Zelda Fichandler Award by the Stage Directors and Choreographers Foundation for "transforming the American theater through his unique and creative work."

Cal Shakes' world premiere of *The Pastures of Heaven* perfectly exhibits Moscone's out-of-the-box creativity. Developed in collaboration with San Francisco's Word for Word Performing Arts Company, the play was adapted by acclaimed San



DREW ALTIZER
Sharon and Barclay Simpson at Cal Shakes' record-breaking fundraising gala.

Francisco playwright Octavio Solis and Moscone directs.

"This piece is the culmination of years of collaboration between Octavio, Word for Word, our company, and communities in Salinas to bring this little known literary gem to theatrical life," says Moscone. "Steinbeck has written a work that is funny, heartbreaking, witty and, ultimately, deeply compassionate. Octavio has captured all that in his own, distinctly poetic voice." Moscone feels it is fitting to open this new work at the same time they are opening the Sharon Simpson Patron and Artist Center. "Years of work have gone into making this play, as well as this home, a reality," Moscone says. "I cannot wait to share both with our communities. This is the best way I can imagine celebrating my 10th anniversary at Cal Shakes."

One of Steinbeck's early novels, *Pastures of Heaven* tells the story of a close-knit farming community in a lush California valley through a series of interrelated short stories. Through beautifully crafted, funny, poignant vignettes, Steinbeck writes of an unconventional family whose worldview shatters due to the misguided charity of a neighbor, of the community's struggle to get a disabled boy to conform, and of two sisters trying to build a business on tortillas, faith and a secret. It's a world caught between dreams and reality.

To bring this world to the stage, Solis, [SEE CAL SHAKES page 18]

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, public is welcome. Call 925-788-7323.
- Friends of the Orinda Creeks**. Fourth Wednesday, 8:30 a.m., May Room, Orinda Library. Call 253-1997.
- Moraga-Orinda Fire District**. Third Wednesday, 7 p.m., Administration Building, 1280 Moraga Way, Moraga.
- Orinda Union School District Board of Trustees**. Third Wednesday, 4 p.m., OUSD Conference Room, 8 Altarinda Road.
- Planning Commission**. Second and fourth Tuesdays, 7 p.m., Library Auditorium, 253-4210.

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



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BUSINESS BUZZ

◆ BUZZ from page 20

(NASM)," says Abernathy.

An East Bay native, Abernathy enjoys playing golf and gardening in her spare time and manages to include a long walk each and every day. "The diversity of my work is fun. I enjoy working with seniors, as well as young people and new mothers who are eager to get back into shape after delivery."

Private, one hour sessions at Full Life Fitness are \$60. Abernathy schedules clients as early as 6 a.m. and finishes her day by 7 p.m. Depending on a client's goals, once, twice or three times a week sessions may be scheduled. However, Abernathy recommends twice a week training sessions and, as always, encourages clients to "watch what you eat!"

For more information about Full Life Fitness, please contact Carol Abernathy at 253-7753.

31 Years in Orinda for Kirby Carpet Cleaning



VALERIE HOTZ

John Kirby of Kirby Carpet Cleaning celebrates 31 years in business.

If you have been around Orinda long, chances are you have had Kirby Carpet Cleaning clean your carpets, area rugs, and upholstery. A native Orindan and member of the Miramonte High School Class of 1968, John Kirby is celebrating 31 years in business.

"People are environmentally aware about cleaning solutions these days. While we have always been very careful with our choice of solutions, today we use cleaning solutions that are Carpet and Rug Institute approved and carry the Green Seal of approval. We are proud to provide customers excellent care and are very respectful of their home. We suite our customer's needs on an individual basis," says Kirby.

Over the past several years, there has been a growing trend toward replacing carpets with hardwood floors, and Kirby

Carpet Cleaning is extremely adept at cleaning oriental rugs and handmade rugs. "We deliver the white glove treatment," adds Kirby. To receive a discount on the cleaning of area rugs, customers can bring the rugs to the shop, a controlled cleaning environment, where the cleaning will be undertaken.

"John Kirby saved me. He literally saved me," says Connie Doty. "One day my washing machine overflowed and the hall carpet was saturated with water. I called John who came out immediately, and he knew just what to do to begin the process of drying out my carpet before mold could set in," she explains.

Kirby's employees, Rick and Juan, have been with him 16 years and 11 years respectively. "There is a great deal of trust involved in our work, and we honor our customer's home, which we believe is his castle," he adds. Kirby and his wife Shellie have been married 26 years. They met as freshmen at Miramonte High School and enjoyed a wonderful friendship. "I married my best friend," says Kirby. The couple married in 1984. They have a son, Chris, who is a student at Merritt College. Their daughter Lindsay is studying at Diablo Valley College and working part-time at Lamorinda Pediatrics.

After his own high school graduation, John Kirby spent six years playing drums in a band in Hawaii. "I attended my 10-year class reunion and then decided to come home and start this business from scratch," he smiles. Employing state of the art truck mounted hydro master equipment, Kirby Carpet Cleaning is now cleaning carpets for second generation Orindans.

Certified as a water damage specialist by the Institute of Inspection, Cleaning and Restoration, Kirby has taken classes and is involved in continuing education in order to stay updated on carpet restoration. "The association sets standards for the industry and established a strict code of ethics," he adds. The certified green products used by Kirby Carpet Cleaning include the pre-conditioning agents that are sprayed on carpets. While he caters to private home owners, he also cleans carpets for local businesses as well.

Look for the Kirby Carpet Cleaning coupon in *The Orinda News*. For more information, please visit the web site at www.kirbycarpetcleaning.com or give John a call at 254-2866.

Bottomley Equestrian Center

Originally established in the 1970s, Corinne Burt assumed this equestrian farm, which is located just 10 minutes away at 1131 Bear Creek Road, in 2003. With over 20 years of experience teaching horseman-

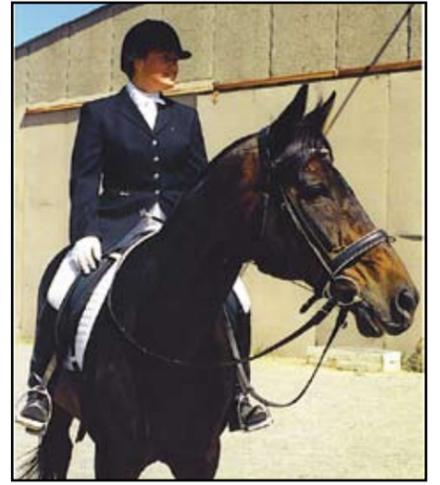
ship, Burt has a wealth of expertise to impart to the novice or experienced rider. She began riding at age four on Staten Island, when there were still horse barns there and continued riding through college, first at Skidmore College, then U.C. Riverside and Golden Gate University Law School. "After practicing law for several years, I turned to teaching horsemanship full time," explains Burt.

Boarding, training and lessons are available for children and adults at Bottomley Equestrian Center. However, boarding is only available to owners who take lessons from Burt. No worries if you don't own a horse. Burt has seven school horses that are available for lessons. Her students often move on to compete in dressage or quadrille, which is a synchronized riding program with four riders who ride a choreographed ride together.

Classes begin at age seven and Burt has students who are well into their 50s and 60s. Half of her students are children and half are adults. "Sometimes I see mothers jump in and enroll in their own lessons when they see how much fun their daughter is having," observes Burt. "I invite prospective students to come out and visit the farm before signing up for lessons so they can see if it is a good fit for them," says Burt.

"The type of horsemanship I teach is untraditional. I work with the student and the horse on the ground before riding in order for the student to become acquainted with the horse's instinct. The class is two hours in length so that we can accommodate a lot of ground school work," she explains. "One way of explaining the method I use is to say I blend horsemanship and classical dressage."

The scheduling at Bottomley Equestrian Center is very flexible. A private lesson is required in order for Burt to evaluate a student and this runs \$80. The group semester rate is \$1,100. This includes 10 group lessons, which is 20 hours of instruc-



CONTRIBUTED PHOTO

Corinne Burt of Bottomley Equestrian Center has over 20 years of experience.

tion time.

Burt is married to Eric Bowman, who works for the East Bay Regional Parks. The couple enjoys cycling – both road and mountain bikes and one of their favorite rides is the Lamorinda Loop.

There is no oversight of horse barns in the state of California, so Burt recommends those seeking riding lessons to visit the barn and evaluate how well the premises are maintained and how healthy the horses appear. Are their coats healthy? Are the horses happy to see humans? Are the stalls clean? Does the barn smell? Do you notice manure in the aisles? These details point to the level of professionalism and safety you can expect at the facility. "You can tell the quality of an establishment by the number of sound, old horses they have in their school. Good quality and consistent care results in horses living longer," explains Burt.

For more information about Bottomley Equestrian Center, please visit the website at www.bottomleyequestrian.com. To arrange a visit, email Corinne Burt at BottomleyFarm@att.net or call 925-228-3766.



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Orinda Mechanics Bank Launches Community Partners Forum for Local Nonprofits

By ELANA O'LOSKEY
Staff Writer

Rauly Butler, Senior Vice President of Retail Banking, kicks off Mechanics Bank's (MB) Community Partners Forum on June 22, from 5:30 to 8 p.m. at the Orinda branch, 77 Moraga Way (across from BevMo) on the rooftop deck. Members of nonprofits are invited to enjoy refreshments while discussing with the bank how it can best serve the needs of the local nonprofit community.

The Community Partners program came into being about six months ago when the bank realized that 10 percent of its business came from nonprofits. To better serve this market, MB decided to provide custom-designed services including a special free checking account with no minimum balance and, at the end of the year, the bank deposits a donation of 1 percent (up to \$250) of the account's average balance. Last year, MB paid about \$180,000 in donations to nonprofit account holders. The program also provides access to MB Community Partners volunteers, a streamlined contribution request process, a product menu tailored for nonprofits, volunteer trainers, access to the Mechanics Bank Cares website designed specifically to provide resources to non-



CONTRIBUTED PHOTO
Rauly Butler, Senior Vice President of Retail Banking at Mechanics Bank

profit clients (www.mechanicsbankcares.com), and much more.

Mechanics Bank, a 100-year-old company founded by E.M. Downer, has a rich history of giving back to local communities. In Orinda, MB sponsored the recent EFO's art and music showcase, Miramonte's "Every 15 Minutes" drunk driving prevention program, contributed to Cal Shakes, and planted flowers along the highway, to name just a few. Butler has developed a new funding source for the Educational Foundation of Orinda to benefit local schools which will be unveiled at the roof top event on June 22.

For more information on MB's Community Partners program or to attend the June 22 forum, call Jessica Smith at 925-253-2802 or jessica_smith@mecbank.com.

Business Buzz

Putting a Personal Face on Local Business

Valerie Hotz



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

Full Life Fitness

If you are in the market for a personal trainer, look no further than Carol Abernathy of Full Life Fitness. Conveniently located at 12 Bates Blvd., just up the hill from the Crossroads, Abernathy is extremely knowledgeable with 12 years of experience and five machines plus free weights to help you reach your fitness goal. Before establishing her business, Abernathy completed a two year program in fitness instruction at Cal State University Hayward and taught at Linda Evans in Moraga.

Working out in the Full Life Fitness gym is like working out in an idyllic English garden. The room features a high ceiling with ample windows that overlook beautiful flora and fauna. A couple of vintage Marilyn Monroe photographs depicting the icon posing with a bar bell and lifting weights grace the bright white walls. "The fitness industry has changed dramatically over the past 15 years. When I started 12 years ago, it was bare bones. The gym has evolved into a mind body training experience, including core training such as pilates. As people age, core training and balance is very, very important," points out Abernathy, whose clients range in age from 20 to 80.

In addition to the treadmill, Smith machine, cable machine, leg press and all around machine, Abernathy's regime can include stability balls and Bosu – a form of balance equipment that has been used in

the fitness industry for the past eight years. "I work with a lot of people who need to be rehabilitated after an injury or surgery. Typically, after they have seen their physical therapist, we create a regular exercise



VALERIE HOTZ
Carol Abernathy of Full Life Fitness keeps her clients fit.

regime for rehabilitation. I have personally had a hip replacement, and I know what it is like to recover from a major surgery," adds Abernathy.

Previously a public relations director for real estate developers in Northern California, Abernathy also served as the executive director of the Alameda Chamber of Commerce and owned her own travel agency. "I have always loved exercise and when a friend encouraged me to make a career transition, I enrolled in an anatomy class and immediately loved it. I am a member of the American Council on Exercise (ACE) and the National Academy of Sports Medicine

[SEE BUZZ page 19]



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Jessica Smith
Office Manager

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