

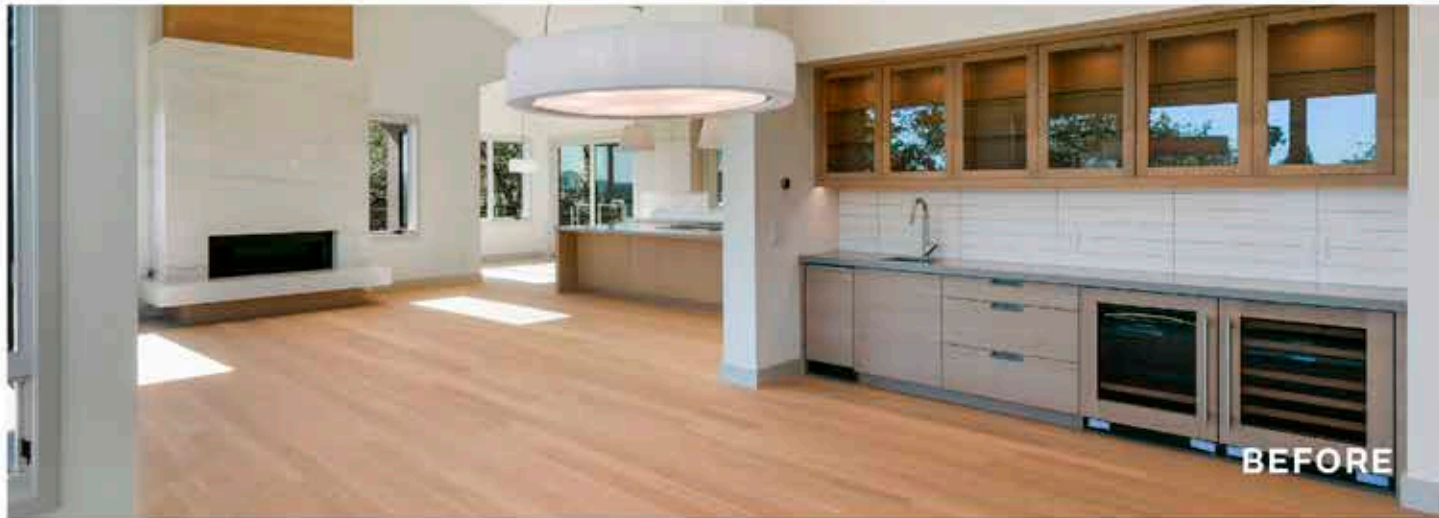
# greet

LAFAYETTE

How the Parrott Family  
Found Their Passion for  
Rugby in Lamorinda

COVER PHOTO BY THOMAS PARROTT





We know how to make your home the talk of the town.

We believe in the power of strategic home staging so much that we provide **complimentary high-quality staging** for all of our listings. Our team understands design trends that create feelings and connection for today's buyers.

**The result is a win for all, and a higher sales price!**

Lafayette's #1 Real Estate Team  
15 Straight Years

DanaGreenTeam.com  
925.339.1918

@DanaGreenTeam  
DRE 01482454

Scan this code to view our latest coming soon and active listings.



Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. License Number 01527225. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to the accuracy of any description. If your property is currently listed for sale this is not a solicitation. All information should be independently reviewed and verified for accuracy. Properties represent a compilation of listings from various brokerage firms and may or may not have been listed or sold by the office agent presenting the information. Source for Lafayette Stat. Top Producer - Market Share Report (4.26.23) Based on data supplied by the MAX. JBRD.

# How will you trust someone with your financial future?

...Before you hire a financial advisor, we think you should get to know them.

We're talking about more than what they can do for you... You should know how they think. What makes them tick. What matters to them.

These are things you may not think to ask them about during your first meeting but maybe you should...

We have bio videos on our web site. Watch them. Get to know us.

[WALLACEADVISORY.COM](http://WALLACEADVISORY.COM)

925-284-6880 | LOCAL TO LAFAYETTE FOR 40 YEARS.



Get to know Bill & Joe Wallace by watching our bio videos on our web site.

# LAWYERS IN LAFAYETTE

DAN HOROWITZ AND HIS TEAM OF ATTORNEYS:

**Daniel Horowitz** - Trial Attorney, Television Legal Commentator, Real Estate Broker, RIA, Physician Defense

**Doug MacMaster** - Former Interim District Attorney of Contra Costa County

**Thomas Kensok** - Former Chief Assistant District Attorney

**Oksana Tsykova** - Immigration lawyer fluent in Russian

**Molly Northrup, MBA** - Business Consultation, Expert Witness, Legal Services for Lawyers in Lafayette  
NorthrupConsulting.net | (510) 736-0973



[LawyersInLafayette.com](http://LawyersInLafayette.com)  
(925) 283-1863



# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses who make this magazine possible. Please support them in return and thank them if you get the chance!

## AGING CARE SPECIALIST

**The Aevus Group**  
(510) 747-2938  
aevusgroup.com

## ATTORNEYS

**Pedder, Hesseltine, Walker & Toth, LLP**  
(925) 283-6816  
pedderlaw.com

## BIKE SHOP & REPAIR

**Sharp Bicycle**  
(925) 284-9616  
sharpbicycle.com

## DECKS & FENCES

**Fresh Coat Restoration LLC**  
(925) 655-7528  
freshcoatrestoration.com

## DENTISTRY

**Tranquility Health**  
(925) 644-2700  
tranquilityhealth.com

## DERMATOLOGY

**California Dermatology Care**  
(925) 328-0255  
drwilliamting.com

## FINANCIAL ADVISORS

**Fred Steingraf, AAMS - Edward Jones**  
(925) 297-4200  
edwardjones.com/fred-steingraf

## Wallace Advisory Group

(925) 284-6880  
wallaceadvisory.com

## FLOORING

**Blodgett's Abbey Carpet & Flooring**  
(925) 284-4807  
blodgetts.com

## GYNECOLOGY & WELLNESS

**Lamorinda Gynecology & Surgery**  
(925) 744-7473  
lamorindagyn.com

## HAIR SALON

**Primp Salon**  
(925) 299-1222  
primpsalonlafayette.com

## HOME REMODELING/SHOWROOM

**Luxe Home by DouglaH Designs**  
(925) 284-1772  
luxehomebydouglaH.com

## INSURANCE

**Jake Stewart - State Farm**  
(925) 283-5040  
myagentjake.com

## INTERIOR DESIGN & REMODELING

**Robineve & Co Interiors**  
(925) 876-7336  
robineveinteriors.com

## JEWELERS-CUSTOM DESIGN, RETAIL & REPAIR

**Solano Jewelers**  
(925) 444-0606  
solanojewelers.com

## LAWYERS - FULL SERVICE FIRM

**Daniel Horowitz - Lawyers in Lafayette**  
(925) 283-1863  
lawyersinlafayette.com

## MORTGAGE LOAN CONSULTANT

**Matt Sharp - US Bank**  
(510) 381-4271  
mortgage.usbank.com/ca-Campbell-matthew-sharp

## PHOTOGRAPHY

**BlueGoo Photography**  
(925) 360-8055  
bluegoo.com

## REAL ESTATE

**Ashley Battersby**  
(925) 323-9955  
ashleybattersby.com

## Brian Rochford, Rochford Real Estate

(925) 285-0439  
luxuryhomesoflamorinda.com

## Dana Green Team

(925) 339-1918  
danagreenteam.com

## Dayna Wilson

(925) 788-6582  
day-realestate.com

## Dudum Real Estate Group, Julie Del Santo

(925) 818-5500  
dudum.com

## Enkasa

(925) 238-3358  
enkasahomes.com

## Stella Tsakonas & Stephanie Mull

(925) 878-1896  
stellaandstephanie.com

## REAL ESTATE & DEVELOPMENT

**Woehrle Real Estate & Development**  
(925) 888-9964  
woehrle realestate.com

## REAL ESTATE & PROPERTY MGMT. SERVICES

**Sexton Group Real Estate**  
(925) 298-5910  
sextongroupe.com

## RESTAURANT REVIEW SPONSOR

**Tina Frechman, Dudum Real Estate**  
(925) 915-0851  
tinafrechman.com

## SENIOR LIVING

**Aegis Living Moraga**  
(925) 483-7347  
aegisliving.com/aegis-living-of-moraga

## SENIOR PLACEMENT SERVICES

**Best Life Ever Placement Agency, LLC**  
(510) 459-8109  
bestlifeeverplacement.com

## SKINCARE & DAY SPA

**Skin Soup**  
(925) 385-0851  
skinsoup.com/

## TREE CARE/ARBORIST

**Traverso Tree Service**  
(925) 930-7901  
traversotree.com

## WATERLESS AUTO DETAILING

**No-H2O Walnut Creek**  
(925) 238-8182  
noh2o.com

## RESIDENTIAL HOME SALES

### LEASING AND PROPERTY MANAGEMENT SERVICES

We are the East Bay Area's top boutique real estate company, specializing in residential sales and property management services.

### FREE INSTANT HOME VALUATION

*Interested in Selling?*  
See what the market has to say about your current home's value and receive a complimentary personalized analysis of your home's value in the current market...contact us today!

### LAFAYETTE

3369 Mt. Diablo Blvd.

### BERKELEY

1647 Hopkins St.

### OAKLAND

4379 Piedmont Ave.

www.sextongroupe.com



**SEXTON GROUP**  
REAL ESTATE  
PROPERTY MANAGEMENT

**ERNIE SEXTON**  
BROKER | OWNER  
925-298-5910  
ernie@sextongroupe.com



*Make your house your  
forever home*

Universal Design blends beauty and function to meet our changing lives.

Scan the QR code to get our **free Universal Design checklist** and make the most of your remodeling dollar.



robineveinteriors.com/freebie

*Designing Homes for Life*

FURNISHINGS • REMODELS • UNIVERSAL DESIGN | 925.876.7336



Partners & Universal Design Certified Designers  
Robineve Cole & Katie Cole

# SUMMERTIME IS HERE!

We all have a story or two. To share yours, email us at [Andree.Hurst@n2co.com](mailto:Andree.Hurst@n2co.com).

Hopefully, many of you kicked off your summer by attending the second annual Lafayette Community Day on June 3 - a day filled with service, good food, music, and celebrations for our town, its 175+ years, and the many different and diverse people that call Lafayette home. Be sure to mark your calendar for next year's Community Day, on June 1 (the first Saturday in June).

Please join me in welcoming our newest business partner, Jake (Stewart) from State Farm! And a sincere thank you to all of the business owners who partner with us to make this special integrated social platform possible. When you call on them, please be sure to let them know that you saw them in *Greet Lafayette*.

Summertime can be especially slow for small businesses. Please make it a habit to visit our outstanding local businesses throughout the summer!






















Enjoy the sunshine!  
Your *Greet Lafayette* Team



p.s. If you are interested in learning more about becoming a *Greet Lafayette* business partner, connect with Christine. She can also fill you in on a great way to target new homeowners with *BeLocal Lamorinda & Diablo* - A Newcomer's Guide to Local Favorites. You can reach her at [Christine.Raymond@n2co.com](mailto:Christine.Raymond@n2co.com) and 831-295-7676.

## YOUR GREET LAFAYETTE CONTRIBUTORS AND TEAM

Thank you to everyone who made this special issue possible!

 Abraham Amirzad Lafayette Resident	 Robineve Cole and Mary Brooks Sponsor Circle Proponents	 Claudia Long Former Lafayette Resident	 Andrew Parrott Saranap Neighborhood	 Dr. William Ting, MD CA Dermatology	 Leila Douglass Douglass Designs Springhill Neighborhood	 Helen Gough Springhill Neighborhood
 Christine Raymond Publisher and Lamorinda Area Director	 Andrée Hurst Editor-in-chief	 Josiline Roddy Content Coordinator	 Tracie Watanabe Publishing Assistant	 Jim Scala Senior Living Writer	 Janet Fazio Writer, Business Spotlight	 Amy Landgraf Writer, Author's Corner
 Abbey Dykhous Dear Abbey	 Craig Isaacs BlueGoo Photography	 Nancy Scala Ambassador of Kindness	 Mary McCosker Lafayette Historical Society	 Sara Regan Lafayette Chamber	 Mayor Carl Anduri	 Bethany Crowell Ad Manager

If you know someone who lives in Lafayette who is not receiving *Greet Lafayette* at their home but wants to, please email us with their address at [Lafayette@n2co.com](mailto:Lafayette@n2co.com). This magazine is intended for everyone who lives in Lafayette!



FOLLOW US AT @  
GreetLAFAYETTE  
on Instagram and @  
GreetLAFAYETTEMAGAZINE  
on Facebook.

## Lafayette SOCIAL

DISCLAIMER: This publication is also known as *Lafayette Social*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.



**greetmag.com**  
Your Stories. Your Photos. Your Community.  
© 2023 The N2 Company, Inc.

## May Greetings from Mayor Anduri



June is the month for graduations. And while it is a time for celebrating accomplishment, it is also a time to recognize, and celebrate, that learning is a lifelong journey. Indeed, lifelong learning is a key to happiness and is essential to navigating life at all stages.

Most of us have jobs, professions or other roles that require us to learn constantly. We are fortunate if we enjoy that learning. I greatly enjoyed the opportunities that being a lawyer gave me to learn about new (to me) companies, industries and countries.

I'm happier when I'm learning, whether it is by reading or by absorbing and processing experiences while traveling. I admit that I enjoy all the learning that comes with being on our city council, whether it relates to Vision Zero, housing law or public art programs.

We are fortunate to live in a city that states in its Mission Statement that its vision is to be a city with a commitment to lifelong learning. This vision is manifested in the City's construction of, and support for, the Lafayette Library and Learning Center. It's wonderful to be part of a community that has a library at its heart and that has the highest per capita use rate of any library in Contra Costa County. And it is more than a library! Go to [llcf.org](http://llcf.org) to learn about the many live programs each month.

The City's Recreation Department organizes and presents a wide variety of learning opportunities at the Community Center throughout the year ([LafayetteRec.org](http://LafayetteRec.org)). And check out the Lafayette Community Garden and Outdoor Learning Center and its programs ([lafayettcommunitygarden.org](http://lafayettcommunitygarden.org)), including those on organic gardening.

Acalanes Union High School District's Acalanes Adult Education is another valuable lifelong learning resource ([Acalanes.k12.ca.us/adulted](http://Acalanes.k12.ca.us/adulted)). Whether you want to explore your artistic talents, learn a new language, learn new skills, or enhance your use of technology, AAE will enable you to explore, experience and learn.

There are many more in-person learning opportunities in our community. And of course, there are online learning opportunities offered by universities and non-profit and for-profit organizations. I can't resist mentioning one particular online course: The National Geographic Guide to Birding in North America ([thegreatcourses.com](http://thegreatcourses.com)) because birding is an enjoyable lifelong learning pursuit for anyone. There is always more to learn, and birding gets you out in nature.

Until next month and beyond, keep on learning!

Carl

Please let me know if you have suggestions for future topics for Mayor Anduri's column at [canduri@lovelafayette.org](mailto:canduri@lovelafayette.org).

## You Are Invited!



*Greet Lafayette* provides more opportunities to foster community by connecting you with your neighbors, our participating business partners, and local restaurants. Cheers!

### TUESDAY, JUNE 6 - GREET HAPPY HOUR

**The Park Bistro & Bar, Lafayette (5-6:30 p.m.)**

This more intentional networking opportunity is primarily for *Greet Lafayette* and *BeLocal Lamorinda & Diablo* business partners to come together. Christine will be inviting a few community partners and friends to join us as well. Every month, we bring together business owners and professionals from different industries to network, share and discuss pertinent topics. Registration is required. To learn more, email [Christine.Raymond@n2co.com](mailto:Christine.Raymond@n2co.com).

### TUESDAY, JUNE 13 — GOLDEN HAPPY HOUR

**The Fourth Bore Tap Room & Grill, Orinda (4:30-6 p.m.)**

In collaboration with Lamorinda Village, we're bringing senior citizens together on the second Tuesday of each month. Lamorinda seniors are invited. Appetizers will be served, and everyone is responsible for their own beverages. As usual, Jim and Nancy Scala will be warmly greeting everyone. This fills up quickly so register early at [www.GreetLafayette.com/events](http://www.GreetLafayette.com/events).

### WEDNESDAY, JUNE 28 — GREET NETWORKING LUNCH

**Social Bird, Lafayette (11:30 a.m. - 1 p.m.)**

Local businesses and nonprofit professionals come together on the fourth Wednesday of every month. All are welcome. Please register at [www.GreetLafayette.com/events](http://www.GreetLafayette.com/events).

### RESTAURANT TASTINGS

**June Tasting is at All The Smoke BBQ (formerly Bonehead's)**

These are intimate gatherings where local restaurants host a small group of Lafayette residents and participating business partners. Guests come to meet new people, make new friends, and enjoy delicious food. If you are interested in being on the invite list and attending a future Tasting, email [Lafayette@n2co.com](mailto:Lafayette@n2co.com).

### MARK YOUR CALENDARS:

- No Greet Happy Hour on July 4
- Tuesday, July 11 — Golden Happy Hour (4:30-6 p.m.)
- Wednesday, July 26 — GL Networking Lunch (11:30 a.m.-1 p.m.)
- Friday, July 7 - Front Porch Presents at Town Hall Theatre (7-9 p.m.)  
Town Hall Theatre celebrates local musicians on stage in collaboration with Front Porch Presents. Go to [www.townhalltheatre.com](http://www.townhalltheatre.com) to learn more and purchase tickets.

Follow us on Facebook and Instagram for up-to-date information. To register, go to [www.GreetLafayette.com/events](http://www.GreetLafayette.com/events).





1

# Lamorinda Rugby

## Football Club:

IN 2022, OUR LAFAYETTE LISTINGS SOLD FOR AN AVERAGE OF **27% HIGHER** PRICE PER SQUARE FOOT THAN THE LAFAYETTE MARKET AVERAGE

**WE LOOK FORWARD TO WORKING WITH YOU IN 2023!**



STELLA TSAKONAS • DRE #01363574  
925.878.6603

STEPHANIE MULL • DRE #01955633  
925.878.1896

TEAM @ STELLAANDSTEPHANIE.COM



STELLAANDSTEPHANIE.COM  
COMPASS

Compass is a real estate broker licensed by the State of California and abides by Equal Housing Opportunity laws. License Number 01527255. All material presented herein is intended for informational purposes only and is compiled from sources deemed reliable but has not been verified. Changes in price, condition, sale or withdrawal may be made without notice. No statement is made as to the accuracy of any description. All measurements and square footages are approximate. \*Based on information from the Contra Costa Association of REALTORS (alternatively, from the Paragon MLS) as of 12/7/22 (date the ACR/MLS data was obtained). All data has not been, and will not be, verified by broker or MLS. All information should be independently reviewed and verified for accuracy.

## A FAMILY AFFAIR

BY ANDRÉE HURST  
PHOTOS PROVIDED BY THOMAS PARROTT

Lamorinda Rugby Football Club has been providing young rugby players with a place to play, learn, and grow for more than 40 years. The club offers programs for players of all skill levels.

Lafayette’s Andrew Parrott and his family have been involved with Lamorinda Rugby for almost eight years. Andrew’s son, Thomas, is a member of the club’s U16 team, and his daughter, Alexandra, is a member of the club’s girl’s U10 team.

Andrew, originally from South Africa, has played rugby since his childhood. He moved to the States in 2015 and discovered Lamorinda Rugby Football Club — he was looking for a group that would provide his kids with a positive and nurturing experience and there was something about the logo that he liked. He says, “Rodents, they’re scrappy and resourceful. That says a lot about the sport and what it teaches you.” He says, “I was also really impressed with the club’s focus on community,” Andrew said.

“The coaches are all volunteers and they are all passionate about the sport. They are committed to helping players improve their skills and have fun.” Lamorinda Rugby hosts several fundraising events throughout the year with proceeds going towards scholarships for disadvantaged players.

“I think Lamorinda Rugby is a great place for families to get involved in rugby,” Andrew said. “The club is very welcoming and supportive and it’s a great way for kids to learn the sport. Rugby culture is unique.”

Thomas and Alexandra Parrott both love playing rugby for the Club. They both play scrum half for their respective teams and enjoy the camaraderie and the challenge of the sport.

Learn more by visiting [www.lamorugby.com](http://www.lamorugby.com).

*Special thanks to the real estate team, Stella & Stephanie for sponsoring Meet Our Neighbors.*



2

1. Andrew Parrott coaching young Lamorinda Rugby players. 2. Andrew and Alexandra Parrott at home before heading to the field. Photo by Thomas Parrott.

Would you like to suggest someone for our Meet Our Neighbor section? Please email [Lafayette@n2co.com](mailto:Lafayette@n2co.com). Thank you.

## Fast Closings, Competitive Rates & Outstanding Customer Service

Contact me today to explore your options or get preapproved for your next home purchase!



**Matt Sharp**  
SR MORTGAGE LOAN OFFICER  
NMLS# 1282102  
510-381-4271 cell  
510-731-2886 office  
[matthew.sharp@usbank.com](mailto:matthew.sharp@usbank.com)  
U.S. Bank Mortgage  
Campbell CA



[mortgage.usbank.com/ca-Campbell-matthew-sharp](http://mortgage.usbank.com/ca-Campbell-matthew-sharp)

## TREE CARE DONE RIGHT!



**Professional, Quality, & Experienced Tree Care**

CALL TODAY for a  
**FREE CONSULTATION**  
by a Certified Arborist

925.930.7901 | [WWW.TRAVERSOTREE.COM](http://WWW.TRAVERSOTREE.COM)



WHEN IT HAS TO BE DONE RIGHT



Serving the East Bay Since 1980

CA LIC #1082260 | FULLY LICENSED, BONDED AND INSURED

# How Two Friends Helped an Afghan Family Start Fresh in Lafayette

BY ANDRÉE HURST

When the Taliban took Afghanistan in August 2021, many Afghans were forced to flee their homes. Among them was a family of five who arrived in Lafayette with nothing but the clothes on their backs. Luckily, the struggling family had a support circle ready to receive and help them.

Mary Brooks, a wealth advisor with real estate connections, and Robineve Cole of Robineve & Co. Interiors, were two of the many local people who joined forces to help the family. Working with a Biden Administration pilot program for newly arriving refugees called the Sponsor Circle Program for Afghans, the two joined other community members to quickly mobilize and provide the family with food, clothing, shelter, and so much more. The expanding circle of sponsors also helped find the family a place to live and enroll their children in school.

“We left everything we knew,” said Abraham Amirzad, the father of the family. “We were so grateful for the help we received from our sponsor circle. Everyone made us feel so welcome in Lafayette.” Before being forced to flee, Abraham was a nurse who assisted the military forces. The well-educated



Abraham Amirzad and his family out for a walk in Lafayette.

family enjoyed an upper-middle-class lifestyle before their world was thrown into chaos.

The Amirzad’s story in connection with Mary’s sponsor circle made national news when it was picked up by the New York Times and CNN. “We were just so moved by their plight,” said Mary. “We wanted to do whatever we could to help them.”

Mary called on her connections to find housing and other supportive services. Robineve used her interior design expertise and considerable network of clients and colleagues to collect beautiful furniture, rugs, and artwork that made the family feel right at home.

The Sponsor Circle pilot program has since been expanded into an umbrella program called Welcome Corps, which now includes other immigrant groups. Robineve says, “I’m so glad that this program exists. It’s a great way for communities to come together and help those in need.” This story of Mary, Robineve, and the family they helped is a reminder of the importance of compassion and community. “When we come together, we can make a real difference in the lives of others.”

It is helpful to recall that most of us were born of ancestors that were immigrants to America at one time or another. If you would like to help those new to America, you can go to [welcomecorps.org](http://welcomecorps.org) to start your own Sponsor Circle or learn how to help families transition to a new life.

The Amirzad family is now in search of their next one-year rental. If anyone is interested in renting a space to the family within Lafayette, it would be immensely appreciated. Contact Mary at [yadibrooks@gmail.com](mailto:yadibrooks@gmail.com).

*Special thanks to Ashley Battersby for sponsoring our Learning and Education story.*

Do you know someone who has a learning and education story to share? Let us know! Email [Lafayette@n2co.com](mailto:Lafayette@n2co.com).

# Lafayette’s New Rain Garden in Area of Historic Swimming Hole

BY ANDRÉE HURST  
PHOTOS PROVIDED BY THE CITY OF LAFAYETTE AND LAFAYETTE HISTORICAL SOCIETY.

Lafayette is known for its natural beauty, a strong sense of community, and its commitment to sustainability. Lafayette unveiled a new rain garden this spring at the southwest corner of First Street and Golden Gate Way. The rain garden is adjacent to Lafayette Creek and very close to where a historic swimming hole used to be. The swimming hole was a popular spot for locals and a great place to cool off on a hot day. Lafayette Creek eventually meets Las Trampas Creek near the Gazebo.

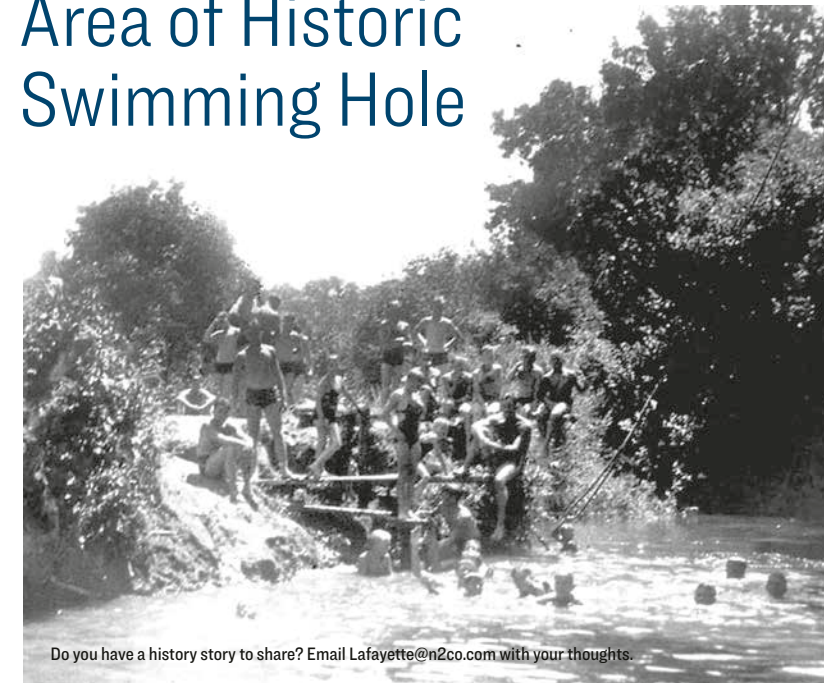
The rain garden brings visitors closer to this iconic creek and is designed to capture and filter stormwater runoff from the surrounding area. Rain gardens help prevent stormwater runoff from polluting local waterways and tame heavy rains from causing flooding. They also help improve water quality by removing pollutants as it percolates through the soil.

The rain garden construction was a collaborative effort between the city of Lafayette, the Lafayette Creeks Committee, and local volunteers. A grant from the California Department of Water Resources funded the project. The space contains pathways, fencing, benches, and native plantings.

The rain garden is a great example of how sustainable practices can be integrated into our community. It is a beautiful and peaceful space and provides a place for people to relax and enjoy the outdoors while being reminded of days gone by.

*If you love history, please consider becoming a member of the Lafayette Historical Society. Visit [www.lafayettehistory.org](http://www.lafayettehistory.org) for more information or to make a donation. Thank you.*

*Special thanks to Aegis Living Moraga for sponsoring our Lafayette History story.*



Do you have a history story to share? Email [Lafayette@n2co.com](mailto:Lafayette@n2co.com) with your thoughts.



Lafayette's new rain garden.

## BATTERSBY.



Helping Sellers & Buyers



**Ashley Battersby**

Broker/Partner  
(925) 323-9955

[ashley@ashleybattersby.com](mailto:ashley@ashleybattersby.com)  
[@ashleybattersbyhome](https://www.instagram.com/ashleybattersbyhome)

DRE#01407784



It's Village. Of Course.

**HAPPINESS HAPPENS HERE.**

**Aegis Living**  
Assisted Living | Memory Care

MORAGA

925-483-7347

[aegismoraga.com](http://aegismoraga.com)



# HELEN GOUGH

## “To Volunteer Completes My Day”

BY JIM SCALA

Helen Gough was designated “Volunteer of The Year” by Lamorinda Village in 2019, the first year the award was given. Her comment about the award reveals much about her. She said, “I was shocked and astonished as board members had done so much for the village. But board members were ineligible since it is designated a ‘community service’ award. It included all the things I was doing as a volunteer for the Bedford Gallery, library, cat rescue and Caring Hands.”

When asked why she volunteers so readily, Helen gave a lesson that we can all learn from. She restated her mother’s advice: “For many people, getting old creates a feeling of uselessness because when one arises in the morning, all one can look forward to is a long, empty day. Volunteering can prevent this empty feeling and your day can become as full as when you were



Would you like to suggest a senior for the Senior Living section? Please email [Lafayette@n2co.com](mailto:Lafayette@n2co.com). Thank you.

working. Moreover, you can feel good after having had a meaningful day.” Helen’s volunteer activities are the icing on the cake of an outstanding and rewarding career.

Helen grew up in Berkeley and, following high school, attended Wellesley College near Boston. She majored in chemistry and minored in art history. When I asked why, she replied, “I needed a degree that would earn me a good living, and I also loved art, so I went for the best of both worlds.” Since college chemistry requires a good science and math background, Helen showed that she was academically prepared. After college, while vacationing at Lake Tahoe, she met Nobel Laureate Dr. Wendell M. Stanley. He offered her a job in his lab at UC Berkeley where she worked in the field of virology. That same virology lab is now the Stanley Laboratory in his honor.

Her volunteer activities range widely and include working with feral cats and working in the Lafayette Library’s bookstore. During the COVID Pandemic, she was instrumental in informing residents of the free food delivery offered to housebound people by Lamorinda Village. Helen said that these phone calls were among the most rewarding of her volunteer career.

In her spare time, Helen enjoys her book club, obeys her cats and struggles to read all of her New Yorker magazines.

*Special thanks to The Aevus Group for sponsoring our Senior Living section.*

**Are You or a Loved One Facing Challenges Related to Aging?**

**THE AEVUS GROUP**  
SENIOR CARE MANAGEMENT

- Assistance in helping you decide your goals
- Education on innovative options to problems
- Resources tailored to your needs
- Assistance with hiring caregivers and other aides

Abbey Dykhouse  
Care Manager  
LCSW, MSW

Contact me today for a free half-hour consultation!  
510-747-2938 • [aevusgroup.com](http://aevusgroup.com)  
[abbey@aevusgroup.com](mailto:abbey@aevusgroup.com)  
3515 Mt. Diablo Blvd, Unit #47 | Lafayette

## SENIOR RESOURCES



### MIND AND SPIRIT

- The City of Lafayette offers a wide variety of services, programs, and resources to enrich the lives of adults 55+, including hearing loss screenings, bird and nature walks, tea dances, a happiness club, classes in such things as painting, playing bridge or learning how to write your life story. Call 925-284-5050 for more information.
- The Lafayette Library and Learning Center host hundreds of programs every year for the mind and spirit, including notable, award-winning authors, filmmakers, scientists, artists, athletes, and activists, including programs by UC Berkeley’s Osher Lifelong Learning Institute (OLLI). Visit [lllcf.org](http://lllcf.org) to learn more.

### STAYING ACTIVE

- Lafayette Recreation Department offers programs for seniors, including classes in pickleball, tennis, dance, senior fitness, yoga, a reservoir walk for seniors three times a week, and pilates. Visit [lafayetterec.org](http://lafayetterec.org) or call 925-284-2232 with any questions.

### AGING IN PLACE

- Lamorinda Village is a nonprofit organization made up of residents from Lafayette, Moraga and Orinda with a mission to provide a one-stop resource for seniors wishing to remain independent in their homes and communities as they grow older. Visit [www.lamorindavillage.org](http://www.lamorindavillage.org).
- Meals On Wheels delivers meals and provides safety checks for seniors (60 years or older) who are homebound, no longer drive, or are unable to prepare food themselves. Meals and visits are provided based on need, not on income. Visit [www.mowdiablregion.org](http://www.mowdiablregion.org) or call 925-937-8311.
- Rides for seniors! Don’t miss out just because you don’t drive anymore. Call the Lamorinda Spirit Van at 925-283-3534 or Mobility Matters at 925-284-2207 for rides to errands and appointments. These two organizations are always on the lookout for drivers. If you or someone you know is interested in volunteering, please reach out to them.

## DEAR ABBEY,

### DO YOU HAVE ANY ADVICE FOR SENIORS ABOUT FALL DETECTION DEVICES?

I covered the topic of preventing fall risks in the April issue of *Greet Lafayette*, but it’s important to explore how seniors can benefit from technology that alerts family and emergency respondents in the event of an actual fall. Wearing a fall detection device is so important as we age, especially if you are living alone. I don’t have to tell you that falls can lead to serious injuries, such as broken bones, head injuries and even death.

Various fall detection devices are available on the market:

- Wearable devices can be worn on the wrist, around the neck, or even the waist. They typically use accelerometers to detect falls.
- In-home systems use sensors in the home to detect falls. They can also include features such as two-way voice communication and medication reminders.

If you are a senior, talk to your doctor about which fall detection approach is best for you. Some devices have more features than others. Consider which features would be important to you, such as two-way voice communication, medication reminders, and fall history tracking. Also, look for a device that is easy to put on and take off, and is waterproof (since many falls happen in the bathroom).

*Abbey Dykhouse is a licensed clinical social worker and owner of The Aevus Group, a care management and aging consulting firm that helps families and individuals age well. She invites questions for this column on anything related to getting older. Send questions to [abbey@aevusgroup.com](mailto:abbey@aevusgroup.com).*



# SOLANO JEWELERS

Your Trusted Jeweler for Every Occasion

*Celebrating 45 Years!*



CUSTOM DESIGN | FAMILY TREASURES  
JEWELRY REPAIR | INSURANCE APPRAISAL

La Fiesta Square | 61 Lafayette Circle | 925-444-0606

[solanojewelers.com](http://solanojewelers.com)

# SHARP BICYCLE

Lafayette, CA



969 Moraga Road  
Lafayette



*Catch her if you can, crush hilly terrain,  
or push yourself harder on the all new  
Aluminum Domane + E-Bike*

# REAL ESTATE RESOURCE

INFORMATION PROVIDED BY



## SOLD

ADDRESS	LIST PRICE	SOLD PRICE	DOM	BEDS	BATHS	SQ.FT.	LOT SIZE
3540 Springhill Road	\$4,495,000	\$4,750,000	10	5	4.5	4590	0.88
1547 Rancho View Drive	\$4,250,000	\$4,250,000	8	5	4.5	4442	1.00
3745 St Francis Drive	\$3,798,800	\$3,700,000	9	5	4	4815	0.51
1281 Summit Road	\$3,495,000	\$3,550,000	4	5	3.5	3531	0.64
1342 Reliez Valley Road	\$3,490,000	\$3,490,000	0	4	3.5	3405	0.50
1332 Reliez Valley Road	\$3,150,000	\$3,100,000	14	5	4	3450	0.48
3191 Quandt Road	\$2,750,000	\$2,750,000	4	5	4.5	4295	0.40
3217 Acalanes Avenue	\$2,550,000	\$2,475,000	13	4	2.5	2848	0.28
862 Las Trampas Road	\$2,495,000	\$2,400,000	9	3	2	2707	0.48
848 Sibert Court	\$2,395,000	\$2,500,000	1	4	3	2258	0.39
1025 Silverhill Drive	\$2,200,000	\$1,950,000	5	4	4.5	4196	0.85
3840 Quail Ridge Road	\$2,148,000	\$2,200,000	7	4	3.5	2857	0.62
3440 Hamlin Road	\$2,095,000	\$2,075,000	8	6	3.5	3163	0.71
12 Park Gate	\$1,999,000	\$2,030,000	5	5	2.5	3258	0.86
3556 Silver Springs Road	\$1,995,000	\$2,450,000	10	5	3	2423	0.46
1880 Reliez Valley Road	\$1,850,000	\$1,850,000	6	4	3	2444	0.35
3474 Moraga Boulevard	\$1,795,000	\$2,500,000	6	3	3.5	2400	0.28
948 Reliez Station Road	\$1,795,000	\$1,725,000	0	3	3.5	2330	0.50
623 N. Silverado	\$1,295,000	\$1,400,000	2	3	2	1553	0.27
3238 Driftwood Drive	\$1,199,900	\$1,400,000	15	3	2	1540	0.48
3349 Mildred Lane	\$1,050,000	\$1,333,000	4	3	1	1097	0.23

Information compiled from MLS on 5/1/2023

# Home & auto. Bundle & save.

Call me for a quote



**Jake Stewart, Agent**  
**Jake Stewart Ins Agency Inc**

Insurance License #0153589

3581 Mt Diablo Blvd Suite 225

Lafayette, CA 94549-8306

Bus: 925-283-5040

[jake@myagentjake.com](mailto:jake@myagentjake.com)

[www.myagentjake.com](http://www.myagentjake.com)

Availability and amount of discounts and savings vary by state. State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL, State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX, State Farm Florida Insurance Company, Winter Haven, FL



**Julie Del Santo**  
Broker/Owner  
925.818.5500  
[julie@dudum.com](mailto:julie@dudum.com)  
DRE# 01290985

*Hello, Summer!*

Are you ready to make your move?  
Dudum Real Estate Group agents have  
the expertise buyers and sellers need  
to find success in our current market.

**HAVE A WONDERFUL SUMMER!**



**Lori Legler**  
Regional Vice President  
925.286.1244  
[lori@dudum.com](mailto:lori@dudum.com)  
DRE# 00805132



# How to Prevent and Treat Age Spots

BY DR. WILLIAM TING, CALIFORNIA DERMATOLOGY

Age spots are small, flat, brown or black patches that can appear on the skin as we age. They are also known as solar lentigines, liver spots or sunspots. Age spots are caused by a buildup of melanin, the pigment that gives skin its color. They are more common in people with fair skin who have spent a lot of time in the sun. While age spots are not harmful, they can be unsightly. There are several things you can do to prevent and treat them.



treatments, such as hydroquinone creams, retinoids, and alpha hydroxy acids, can be effective in lightening age spots. Prescription treatments, such as laser therapy and chemical peels, can also be effective in removing age spots.

In addition to the tips above, there are a few common sense things one can do to help prevent or reduce the development of age spots.

- Eat a healthy diet that is rich in fruits, vegetables, and whole grains
- Get regular exercise
- Manage stress
- Quit smoking

By following these tips, you can help to keep your skin looking young and healthy.

*Dr. Ting is a board-certified dermatologist and a Fellow of the American Academy of Dermatology, the American Society for Dermatologic Surgery and the American Cutaneous Oncology Society and the medical director of the California Dermatology Care in San Ramon.*



*Special thanks to Tranquility Health for sponsoring our Health and Wellness section.*


## PREVENTING AGE SPOTS


Protecting your skin from the sun is one of the best ways to prevent age spots. Try to wear sunscreen every day, even on cloudy days. Also, choose a sunscreen with an SPF of 30 or higher and reapply it every two hours or more often if you are sweating or swimming. Additionally, take oral supplements that have polypodium leucotomos and vitamin B3 to augment sun protection efforts beyond just applying sunscreen. Polypodium leucotomos, a fern extract, contains antioxidants that may help protect skin from inflammation, sun damage, and rashes caused by sun exposure. Wearing protective clothing when you are in the sun also is very helpful, such as a hat, sunglasses, and long-sleeved shirts. Do avoid tanning beds. Tanning beds emit ultraviolet (UV) radiation which can damage your skin and lead to age spots.

## TREATING AGE SPOTS


If you already have age spots, there are some things that can help to lighten or remove them. Over-the-counter

**Onsite Dental Care For Residents of Senior Living Communities**





# TRANQUILITY HEALTH



*Amanda Amaro, DDS, Founder*

**Certified Dementia Provider Doctors**

**Bedside Care Available**

925-644-2700

tranquilityhealth.com • info@tranquilityhealth.com

# BERNADETTE,

the Bearded Dragon, Brings Joy to the Castille Family

BY ANDRÉE HURST  
PHOTOS PROVIDED BY THE CASTILLE FAMILY

Bernadette, the bearded dragon, is a beloved member of the Castille family. This lizard loves to cuddle, play and change colors. She should live upwards of ten years.

Sadie and Olivia Castille, Bernadette's owners, say she is a sweet and friendly pet. "At just 9 months old, she's like a puppy in lizard years," Sadie says. "She loves to follow us around and play."

Bernadette was originally thought to be a female, but her gender is still a bit of a mystery. The Castilles named her Bernadette after a robust brainstorming session. They wanted a gender-neutral name, just in case.

Bernie, as she is affectionately known, has a few unusual quirks. For example, she always tells her owners when she is hungry by sticking out her tongue and prefers to be fed with tweezers rather than hunting bugs on her own. She will sometimes latch onto the tweezers even if there is no food on the end! She also changes color throughout the day based on her mood and temperature. Sometimes she is dark red and blue (colder, sleepy), other times bright yellow-orange (warm, hot, happy), and once in a while, a shade of grey (about to shed).

The Castilles love their pet very much. "She's enriched our home and family life," Sadie says. "We're excited to watch her grow. She should get up to two feet long!"

*Special thanks to Enkasa Homes for sponsoring this Pets with Personality story.*



Do you have a pet in your life that you'd like to celebrate? Email Lafayette@n2co.com with your thoughts.



## WORLD-CLASS LIVING AWAITS

1544 RANCHO VIEW, LAFAYETTE



KIM SANNER | 925.998.1999 | DRE #01222816  
HEATHER HOPKINS | 925.326.0773 | DRE #01963382

# Author Interview with Claudia Long: OUR LYING KIN

BY AMY LANDGRAF



After spending 32 years in Lafayette, Claudia Long recently relocated to Calistoga, adding new inspiration to her already impressive body of work. During our interview, Long shared valuable insights into her unique and creative writing process, and one of her latest novels, "Our Lying Kin."

### What inspired you to write "Our Lying Kin?"

"Our Lying Kin" is the second in a series of sister books with a mystery flowing through them. At the end of "Nine Tenths of the Law," Zara and Lilly have their mother's menorah back and they're feeling secure. They have no idea COVID, the loneliness and isolation are coming. I was inspired by how devastating that time was and how much time we spent online. My own father died at the very beginning of the pandemic and my "in real life" sister spent the greater part of 2020 sorting through 92 years of his photos, documents, papers, and personal effects. She sent me snapshots of the strangest things: our parents' applications for a marriage license, my mother's citizenship papers, photos of my father as a baby... And I got to thinking: what if? What if she found something that would devastate our image of the family?



### What is your writing process like?

I have a very established writing process. Once I have an idea, for about six months I make notes, do research, and I outline fiercely. I walk—many books have been mentally written at the Lafayette Reservoir—but I don't write the story until November. I write the entire first draft, fifty thousand words, all at once in November. Then, at the end of November, I let the whole thing rest. Starting in the following year, I revise, rewrite, and, oddly enough, revise the outline. I do that to make sure that the plot hangs together, without plot holes, and that the characters are staying true to their natures. Once the manuscript is polished, I give it to a couple of trusted readers and get their feedback. I revise again, polish again, and then send it to my agent.

### What advice do you have for other writers?

It's going to sound trite, but if you want to write, please do it. Just sit down and write. Nothing will ever get done talking about it. Once you have a draft, no matter how bad it is—and it's bad, trust me—let it mellow a bit. Then revise, revise, revise. Ask yourself, "Is this interesting to anyone other than me?"

To learn more visit, [www.claudiahlong.com](http://www.claudiahlong.com)

*If you would like to be the sponsor of the Author's Corner, please reach out to Christine at [Christine.Raymond@n2co.com](mailto:Christine.Raymond@n2co.com).*

**Do you have an author in your life that you'd like to celebrate? Email [Lafayette@n2co.com](mailto:Lafayette@n2co.com) with your thoughts.**

BlueGoo Photography by Craig Isaacs

Parties :: Family Portraits :: Events

Scan me!

[craig@bluegoo.com](mailto:craig@bluegoo.com) :: [www.bluegoo.com](http://www.bluegoo.com) :: 925-360-8055

## Full Service Seniors Real Estate and Housing Expertise

Visit [day-realestate.com](http://day-realestate.com) to see my Upcoming Seminars & Events!

Complimentary Staging for 2023 Sellers.

**Dayna Wilson**  
925.788.6582  
[Dayna@Day-RealEstate.com](mailto:Dayna@Day-RealEstate.com)  
DRE #01781285

## Storm Damage? Let's get that fence fixed for you.

For all of your fencing, decking and staining needs PLUS custom iron and repairs



*"We highly recommend FCR to anyone looking for a local, honest and expert contractor. We couldn't be more pleased with their work."*  
-Dan Feinstein, Lafayette resident

Fresh Coat Restoration, LLC

Call/Text for your FREE ESTIMATE: (925) 655-7528 • [www.FreshCoatRestoration.com](http://www.FreshCoatRestoration.com)

**N2 GIVES**

SINCE 2016, N2 HAS DONATED

# \$20 MILLION

TO HELP END MODERN-DAY SLAVERY.

The N2 Company — the organization behind this publication and hundreds like it — is financially committed to end human trafficking.

Thanks to the businesses within these pages, our Area Directors, and readers like you, we're able to break the chains of this horrible reality.

Visit [n2gives.com](http://n2gives.com) to learn more about our fight.

A GIVING PROGRAM BY THE N2 COMPANY

# Love Canyon Club Brewery!

PHOTOS BY CRAIG ISAACS, BLUEGOO PHOTOGRAPHY

Our April Tasting was at Canyon Club Brewery in Moraga. The warm sun, delicious Bavarian food, cold beverages, and lots of lively conversations with old and new friends made for a delightful and fun evening. Thank you, Kevin Hamilton, owner of Canyon Club, and your staff!



Cheers from Karen!



Hailey



Thank you to Kevin Hamilton and Tina Frechman, our co-hosts for the evening.



The delicious Canyon Club Brewery Platter



Mark and Elizabeth



Sonia and Tim



Phil, Tina, and Marina

Guests were asked to comment on their favorite part of the evening and favorite food...

"I especially enjoyed the latkes, pickles, and sunset." ~ Sonia  
"The pretzels and mustard were my favorites at this great venue!" ~ Tim

"Hot potato pancakes and cold beer...it doesn't get much better! Such a perfect venue." ~ Mark

"Loved the quesadillas and pickles and making amazing new friends." ~ Jenn

"Perfect combo bites of sausage + pretzel + pickled onions. Such a fun and easy way to connect." ~ Elizabeth

"I love bratwurst at Canyon Club! This is such an inviting place with amazing staff." ~ Madison

"Pretzels, pickles, and sausage...YUM! Absolutely lovely location and outdoor space." ~ Marsha

"I really enjoyed the chicken wings, pretzels, and the sauces. Love all of the plants too!" ~ Kim

"The place to go for German food. Perfect place for families and groups of friends!" ~ Christine

"The sauces complemented the appetizers perfectly." ~ Jes

"The beers and wines and the food were amazing." ~ Nate

"The potato pancakes were my favorite. Great vibe and an awesome setting." ~ Marina

"Loved the people, place, sausages, and sauces. I'm bringing the family next time." ~ Karen

"Kielbasa and potato pancakes. There's such a great vibe here." ~ Philippa

"The sausage and pretzels with the beer cheese were my favorites. I'm coming back!" ~ Hailey

Canyon Club has a family-friendly atmosphere with spacious indoor and outdoor spaces. Good beer, good food, good people, and live music sums it up well. It's now open for lunch Wednesday - Friday.



Here's how Restaurant Tastings work...the restaurant owner selects the day, time, number of guests, and the menu, and covers the cost of the food. Each guest pays \$10 to reserve their spot. These funds are pooled for a tip for our servers. Everyone pays for their beverages. We make introductions, encourage people to mix and mingle, taste delicious dishes, take photos, and collect comments. **If you want to be added to the invite list, email us at [Lafayette@n2co.com](mailto:Lafayette@n2co.com).**



Madison, Christine, and Tina



Brian and Marina



Jenn and Marsha

Home is where one starts from.

It's where first steps are taken, dreams take flight, and memories are made. If home is your destination, let me help you get there.



**TINA FRECHMAN**  
REALTOR®  
925.915.0851  
[tina@dudum.com](mailto:tina@dudum.com)  
DRE# 01970768  
TOP 1% ★  
**DUDUM**  
REAL ESTATE GROUP

Proud Supporter of all things Lafayette: our schools, businesses, charities, and community.



Photo provided by AAUW - OML STEM Conference.

## Lafayette Students Reflect on Recent Tech Conference

BY ANDRÉE HURST  
PHOTO PROVIDED BY AAUW - STEM

The seventh annual AAUW - STEM Conference for 6th-8th grade girls was held at Saint Mary's College in Moraga this spring. (AAUW - STEM stands for American Association of University Women - Science, Technology, Engineering, Math.) The following Lafayette students share their exciting and enriching experiences.

**Avery Deily** is a first-time attendee of this conference. She enjoyed a variety of hands-on workshops, met professional women in STEM careers, and heard from inspiring speakers. She was able to choose from workshops on a wide range of topics, including coding, robotics, engineering, and science." Avery looks forward to future AAUW - STEM opportunities."

**Bella Stratford** is a junior at Campolindo High School and a member of Orinda Aquatics, and a rising Leo Club president. Bella has been involved with AAUW since attending the Tech Trek STEM camp at Stanford in 2019. She has greatly enjoyed working on the annual STEM Conference for 2 years serving as a high school ambassador. "After graduating in 2024, I plan to attend a four year university focusing in the science field."

**Jada Hembrador** is a second-year AAUW - STEM Conference Ambassador who just graduated from Miramonte. Jada was proud to introduce the keynote speaker, Danielle Feinberg, Visual Effects Supervisor at Pixar Animation Studios.

Do you have a student in your life that you'd like to celebrate? Email Lafayette@n2co.com with your thoughts.

### Ready to make a move?



Let's connect. Coffee is on me.

Brian Rochford  
DRE 01470068  
925.285.0439  
brian@tom-rochford.com  
@rochford\_realestate



# Meet Leila Douglah of Douglah Designs

BY JANET FAZIO

With a formal degree in Architecture and a passion for Interior Design, Leila Douglah founded Douglah Designs in 1997. Before founding Douglah Designs, Leila worked as a Kitchen & Bath Designer for seven years at a local Home Center where she learned the basics of cabinetry, plumbing, lighting, and flooring. She earned her Kitchen & Bath Design Certification in 1995, and shortly thereafter, she decided to take the plunge and open her design firm. Over the last 26 years, and several additional certifications, including obtaining her general contractor's license, the company has grown into a successful Design-Build firm offering Bay Area residents a one-stop-shop approach to home remodeling.

While Design-Build is their signature service, Douglah Designs also works with clients that already have contractors. Meet Luxe Home by Douglah Designs, a 3,500-square-foot showroom in the heart of Lafayette where you can find just about anything you'll need for your remodeling project in a variety of styles and on a spectrum of price points. Anything from crystal chandeliers to vintage-style faucets, to outdoor cabinets that can withstand the weather and outdoor elements, can be sourced from Luxe.

Their design staff is happy to work with you to design and source the products you will need and pass that information on to your contractor.

While many homeowners feel that working with an independent contractor may be less expensive than working with a Design-Build firm, Leila says the opposite is often true. When soliciting bids from an independent contractor, it initially appears to be more affordable than the Design-Build firm's quote.

However, homeowners may be dismayed to find that as the project progresses, it becomes more expensive, sometimes even exceeding the Design-Build firm's quote, due to the finalization



of project details throughout construction. This is why Douglah Designs works out all the design details and product selections before providing a final quote, giving the client a realistic cost prior to starting construction.

During the early part of her life, Leila moved around the world with her family, living on three continents before the age of 8 (North America, Africa, and Asia). Finally settled in Baghdad, Iraq where she finished her schooling, culminating with a degree in Architectural Engineering from the University of Technology. Shortly after graduating from College, Leila decided to move back to America and settled in Lafayette, California in 1990 and has called Lafayette her home ever since.

"I value our Lafayette community immensely," Leila says. "Giving back to the community has always been one of my core business values. As my business grows, I plan to weave community-centered giving into my business model and continue to invest in non-profit work uplifting people and neighborhoods."

Leila recently got married! Her husband, Stuart Morris, is a history teacher who has taught AP US History for the last 30 years to high school juniors throughout the Bay area. He also runs a non-profit organization, Crossroads Student Travel, where he takes students on community service trips to Taos, New Mexico, and Costa Rica. She also has one grown son, Haithem Ibrahim, who also recently got married! He and his lovely wife, Lauren Ibrahim, also decided to make Lafayette their home. In addition to being a mom to her grown son, Leila is also a dog mom to her new Bernedoodle, Bodhi, who is the spoiled baby of the family.

Visit the beautiful Luxe Home by Douglah Designs showroom at 3535 Diablo Blvd., Lafayette, and go to [www.douglahdesigns.com](http://www.douglahdesigns.com) for additional information.

Every month, you have the opportunity to read about one of the businesses that make this magazine possible. Be sure to consider these outstanding businesses when in need of products/services. Email [Christine.Raymond@n2co.com](mailto:Christine.Raymond@n2co.com) to learn more about becoming a Greet Lafayette business sponsor.



Leila and her family, in front of their newly built home in the Silver Springs neighborhood.



# LAFAYETTE CHAMBER FANS!



Thank you to all of the Lafayette businesses for supporting our local chamber!

# Time to Dust Off Your Running Shoes!

BY SARA REGAN, LAFAYETTE CHAMBER

The Lafayette Chamber's *Res Run for Education* is a 30-year-old tradition that welcomes runners of all levels. The 2023 race will be held on October 22nd and registration is open now through race morning, with early bird pricing available through June 30th.

The Res Run has tiered start times for each heat: 5k crosses the starting line at 8 am, 10k at 8:15 am, and the 2-mile at 8:45 am. The race starts and ends in downtown Lafayette, but only the 10k course takes runners around the Lafayette Reservoir on race day. There is also a 2.7-mile "Reservoir Challenge," a self-guided component of the Res Run that can be completed at any pace and anytime between October 12th and the 21st.

The Res Run is a great way to support local schools and get some exercise. The race benefits our local public schools and the Chamber's programs and services. In 2022, beneficiary checks totaling more than \$28,600 were designated to the five Lafayette School District K-8 schools and Acalanes, Campolindo, and Miramonte high schools.

The Res Run for Education race is family-friendly, and there are discounts for groups of 10 or more. Zoonie's will continue to donate a ¼ pound voucher for bulk candy to the first 100 students from each school who register for any of the four events.

Complimenting the run is our Healthy Lifestyles Fair. Stop by for treats, games, and information from our fair vendors.

Special thanks to our "early" sponsors: Oakwood Athletic Club, Republic Services, Pacific Veterinary Emergency and Specialty Hospital, Mechanics Bank, Diablo Foods, Cobain Orthodontics, PG&E, Dudum Real Estate, and Town Hall Theatre.

If you are interested in sponsoring or becoming a vendor. Please reach out to the Lafayette Chamber of Commerce at [info@lafayettechamber.org](mailto:info@lafayettechamber.org).

Ready to register or want to learn more? Scan the QR or visit [www.lafayettechamber.org/resrun](http://www.lafayettechamber.org/resrun).

Special thanks to No-H2O Auto Detailing Walnut Creek for bringing us the Chamber News.



**PRIMP SALON**  
lafayette, ca  
EST. 2008  
925 299 1222  
3399 Mt. Diablo Blvd.

Edward Jones | www.edwardjones.com/fred-steingraf | Member SIPC

**Dreaming up the ideal retirement is your job. Helping you get there is ours.**

We're excited to hear from you.

Fred Steingraf, AAMS®  
Financial Advisor  
3695 Mt. Diablo Blvd, Suite 161  
Lafayette, CA 94549  
925-297-4200  
fred.steingraf@edwardjones.com

**BLE Best Life Ever Placement Agency, LLC**  
Senior Placement, Consulting & Advocacy

"Helping You Find Your BEST Senior Living Options"

Call Us Today for a FREE Consultation

(415) 627-8553  
bestlifeeverplacement.com  
Wandah Mitchell Parenti - Owner

- Serving The Bay Area -  
Contra Costa - Marin - Solano  
San Mateo - Sonoma - Napa  
Alameda - Santa Clara

**CONTRA COSTA COUNTY'S LONGEST-SERVING LAW PARTNERSHIP**  
Serving Lafayette Since 1955

Wills, Trusts, Estate Disputes, Family Law, Litigation & Criminal Defense

925-283-6816  
pedderlaw.com  
3445 Golden Gate Way

Pedder, Hesseltine, Walker & Toth, LLP  
ESTABLISHED 1955

**Ready. Set. Get GLOWing!**

**SKIN SOUP**  
a skin & body studio

skinsoup.com  
925.385.0851

**SAVE \$25 ON ANY FACIAL TREATMENT IN JUNE**  
LOCATED NEXT TO FIVE LITTLE MONKEYS IN LA FIESTA SQUARE

**HIGHLY PERSONALIZED AND ACCESSIBLE**

**"Gynecological Care For Every Phase Of Life"**

Cheruba Prabakar, MD FACOG | www.LamorindaGyn.com

**LAMORINDA**  
OBSTETRICS & GYNECOLOGY

**CONTACT US**  
Email: info@lamorindagyn.com  
Phone: (925) 744-7473  
FAX: (925) 307-6749

**LOCATION**  
978 2nd St. #100  
Lafayette,  
CA 94549



Hold your camera over this code to quickly learn more on the Chamber's website.

**Waterless Auto Detailing**  
Mobile, Waterless, and Five-Star Quality

**No-H2O on demand**

Switch to Waterless Today, and We'll Come to You!

**Schedule Now!** Receive **10% OFF** with Code **GREET**

(925) 238-8182  
Brian.Stranko@NoH2O.com  
noh2o.com/mobile-detailing-walnut-creek



**LUXE HOME**  
by Douglah Designs

**Kitchen | Bath  
Tile | Lighting**



*The Finest Luxury Home Products*

Luxe Home by Douglah Designs is a 3,000 square foot luxury home remodeling showroom in the heart of Lafayette. We provide luxury products from plumbing, tile, lighting, cabinetry, home furnishings and much more! Come and visit our showroom and experience why our clients love shopping at Luxe Home.

[www.luxehomebydouglah.com](http://www.luxehomebydouglah.com) | 925-284-1772 | 3535 Mount Diablo Blvd. | Lafayette, CA 94549



CA Lic. #177588

**proud to be Part  
Over 75 Years  
of Our Community**

**B**lodgett's  
FLOOR COVERING

*"Quality & Service since 1946"*

**(925)284-4807**

**[www.blodgetts.com](http://www.blodgetts.com)**



**CARPET**

Custom  
Area Rugs

*Vinyl*

**HARDWOOD**

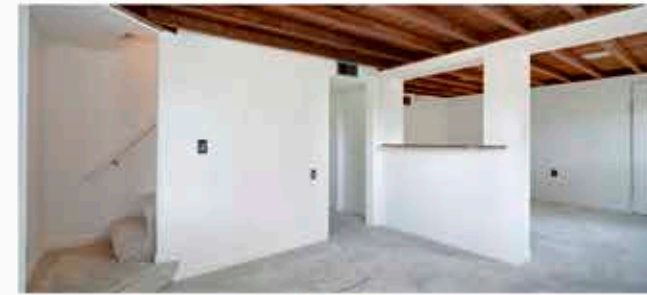
Green  
Flooring

*Laminate*

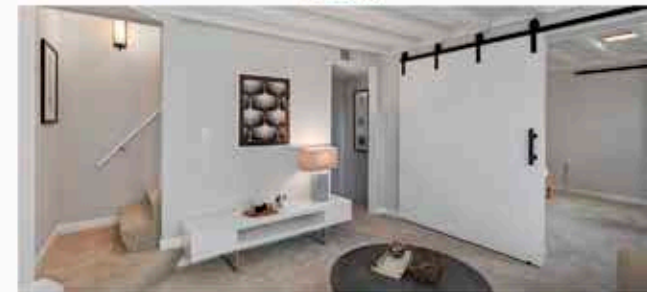
Waterproof  
Flooring

**3291 Mt. Diablo Court ~ Lafayette**

**WOEHRLE**  
REAL ESTATE & DEVELOPMENT

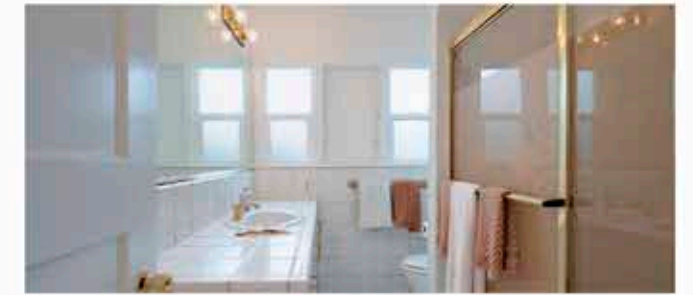


Before

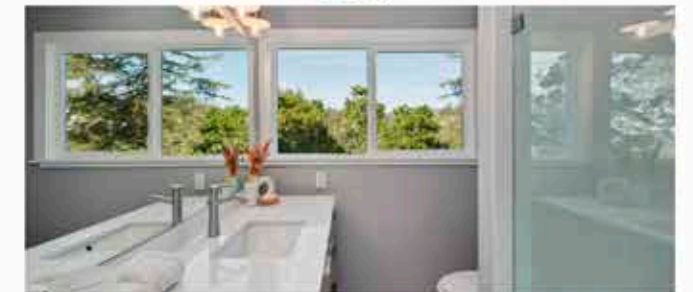


After

**READY TO SELL  
RENOVATIONS**



Before



After

Woehrle Real Estate & Development is multi-licensed and ready to serve our clients from beginning to end! Partnering with local professionals to prepare homes for sale in the current market and increase our clients return on their primary investments. We are excited to announce one of our new properties coming soon to market!

~ 104 ALTA AVENUE, PIEDMONT ~

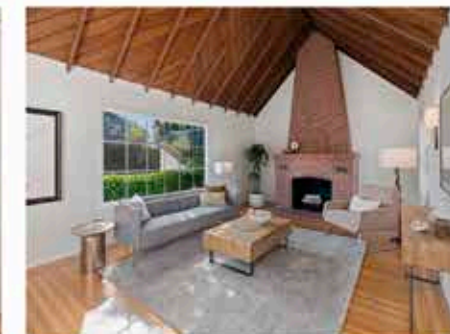
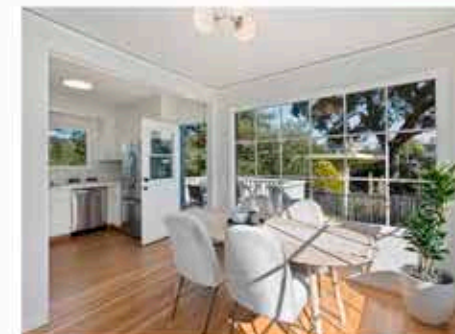


**3 BED | 2 BATH | 1,438 SQ. FT.  
OFFERED AT \$1,700,000**

[www.104AltaAvenue.com](http://www.104AltaAvenue.com)

Welcome to Piedmont's finest living experience at 104 Alta Avenue, a stunningly renovated and cozy traditional home that exudes luxury and warmth.

Nestled in the heart of the highly desirable upper Piedmont neighborhood, this beautiful three-bedroom, two-bathroom home boasts stunning views and is just steps away from Piedmont's top-rated schools and incredible community amenities such as pools, tennis courts, parks and the delicious Mulberry's Market!



**Greg Woehrle**  
925. 212. 8771

DRE# 0115684 / CSLB #790465 B

**Samantha Woehrle**  
925.360.7799

DRE# 02162009

Woehrle Real Estate and Development is a real estate brokerage licensed by the State of California and abides by Equal Housing Opportunity Laws. DRE License Number 01154861. All material presented herein is intended for informational purposes only and was obtained from reliable sources but has not been verified. All square footages statements are approximate. Changes in price, condition, sale, or withdrawal may be made without notice.

## STRUGGLING WITH ACNE? WE CAN HELP!

Now offering AviClear, the first and only FDA approved laser for mild, moderate and severe acne with clinically proven sustained reduction of inflammatory cystic acne. Safe for all skin types!



Mention this ad for  
**10% OFF**  
AviClear

The *first and only* FDA approved laser for mild, moderate & severe acne.



Dr. William Ting, MD  
Board Certified Dermatologist  
and Mohs Surgeon

2262 Camino Ramon  
San Ramon, CA 94583  
Text/Tel: (925) 328-0255

500 Alfred Noble Drive, #185  
Hercules, CA 94547  
Text/Tel: (510) 669-5700

Email: [staff@CalDermCare.com](mailto:staff@CalDermCare.com)  
[www.DrWilliamTing.com](http://www.DrWilliamTing.com)



**CALIFORNIA DERMATOLOGY CARE**

*Advanced Care with a Personal Touch*

Visit [www.DrWilliamTing.com](http://www.DrWilliamTing.com)

for an extensive list of medical, surgical, and cosmetic treatments, product lines, lasers, and therapies offered. Schedule your free consultation appointment today!

WHERE BEAUTY & HEALTHY SKIN MEET

