



**Orinda**

**Public Meetings**

**City Council**

Tuesday, Sept. 19, 6 p.m.  
Library Auditorium, Orinda Library  
26 Orinda Way, Orinda, CA 94563

**Planning Commission**

Tuesday, Sept. 12, 7 p.m.  
Library Auditorium, Orinda Library  
26 Orinda Way, Orinda, CA 94563

**Citizens' Infrastructure Oversight Commission**

Wednesday, Sept. 13, 6:30 p.m.  
Sarge Littlehale Community Room,  
22 Orinda Way, Orinda, CA 94563

**School Board Meetings**

**Orinda Union School District**  
Monday, Sept. 11, 6 p.m.  
Regular Board Meeting  
8 Altarinda Rd., Orinda  
www.orindaschools.org  
See also AUHSD meeting page A2

Check online for agendas, meeting notes and announcements

**City of Orinda:**

www.cityoforinda.org  
Phone (925) 253-4200

**Chamber of Commerce:**

www.orindachamber.org

**The Orinda Association:**

www.orindaassociation.org



**Orinda Police Department Incident Summary Report Aug. 13 to 26**

<b>Alarms</b>	70
<b>Noise complaints</b>	10
<b>911 Calls (includes hang-ups)</b>	1
<b>Traffic Stops</b>	36
<b>Suspicious Circumstances</b>	14
<b>Suspicious Subjects</b>	9
<b>Suspicious Vehicles</b>	13
<b>Abandoned Vehicle</b>	
Snow Ct/Lost Valley Dr	
<b>Burglary, Auto</b>	
10 block Orchard Rd	
<b>Death, Non-criminal</b>	
100 block Amber Valley Dr	
<b>Disturbance, Juvenile</b>	
Donald Dr/Hall Dr (2)	
50 block Brookside Rd	
Donald Dr/Alice Ln	
<b>Disturbing the Peace</b>	
10 block Crestview Ct	
<b>Dispute</b>	
400 block Tahos Rd	
10 block Keith Dr	
Location n/a	
<b>Drunk in Public</b>	
500 block Moraga Way	
Orinda Community Center	
<b>Exhibition of Speed</b>	
Dalewood Dr/Amber Valley	
<b>Fireworks</b>	
Bates Blvd/Warford Terr	
<b>Fraud</b>	
20 block Bryant Way	
<b>ID Theft</b>	
20 block Jack Tree Knoll	
Reported to police	
100 block Rabble Rd	
40 block Calvin Ct	
<b>Health &amp; Safety Violation</b>	
Donald Dr/Hall Dr	
<b>Injury Accident</b>	
BART	
<b>Loitering</b>	
Donald Dr/Hall Dr	
<b>Missing Adult</b>	
100 block El Toyonal	
<b>Police/Fire/EMS</b>	
200 block Overhill Rd	
10 block Vida Descansada	
100 block Ardith Dr	
500 block Moraga Way	
100 block La Espiral	
Alice Ln/Zander Dr	
<b>Public Nuisance</b>	
La Encinal/El Toyonal	
<b>Reckless Driving</b>	
Moraga Way/Overhill Rd	
Moraga Way/Glorietta Blvd	
80 block Moraga Way	
Moraga Way/Ivy Dr	
San Pablo Dam Rd/Wildcat	
Moraga Way/Estabueno Dr	
Moraga Way/Eastwood Dr	
<b>Runaway Juvenile</b>	
10 block Overhill Rd	
<b>Theft, Petty</b>	
40 block Moraga Way	
<b>Theft, Grand (from vehicle)</b>	
60 block Orchard Rd	
<b>Theft, Vehicle</b>	
10 block Yosemite Rd	
<b>Terrorists Threats</b>	
BEVMO	
<b>Trespass</b>	
300 block Camino Sobrante	
<b>Vandalism</b>	
10 block Bingleaf Rd	
20 block Bryant Way	
<b>Warrant Service/Arrest/Advise</b>	
Moraga Way/Northwood	

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**Inaugural Senior Health and Wellness Fair launched**

By Sora O'Doherty



Dr. Patrick Arbore, who specializes in elderly suicide prevention and grief services, will speak at the Sept. 23 Senior Health and Wellness Fair.

The first Senior Health and Wellness Fair will take place at the Orinda Community Center located at 28 Orinda Way from 1 to 4:30 p.m. Saturday, Sept. 23. The event is being organized by the Orinda Chamber of Commerce with the support of the city of Orinda, the Orinda Association, Lamorinda Village and the Orinda Care Center. Admission to the fair is free.

The keynote speaker, Dr. Patrick Arbore, a winner of the Jefferson Silver Award and a nationally recognized speaker and expert in the field of elderly suicide prevention and grief services, will talk about senior empowerment. Arbore formed the Center for Elderly Suicide and Grief Related Service as well as the Friendship Line through the Institute on Aging in an effort

to address the issue of elderly suicide and depression. The Institute on Aging website states older adults represented only a small percentage of calls to suicide hotlines at the program's inception in 1973, but weren't calling because they didn't see themselves as "in crisis." Instead, it states, "they were suffering from chronic loneliness and undiagnosed depression." Arbore wanted to change that.

According to Arbore, self-empowered aging means taking control of one's life by learning, updating and improving skills, taking risks, building confidence, assuming power over personal circumstances, and developing the resilience to overcome inevitable challenges to come.

A panel of experts will offer effective ways to improve health and wellness through exercise, nutrition, continuing education, spirituality, connectedness, and alternative medicine. The Quality of Life Panel will focus on taking care of both body and soul. The panel will include Vera Singleton, a Lafayette holistic

medical practitioner; Arcadia Wellness, a medicinal cannabis specialist on the legal and medical aspects of medicinal cannabis; and Stuart Moore, a Moraga senior fitness specialist. Jennifer Monahan of Osher Lifelong Learning Institute will talk about plasticity of the brain, continuing education, lifelong learning and cognitive fitness. There will be two chair yoga sessions led by Atma Yoga, chair massages will be provided by Massage Envy, and food will be supplied by Aegis and Vitality Bowls.

The focus of the event will be on lifelong wellness and excitement. The event will also feature local business vendors and associations, ready to answer questions on aging. Vendors will include representatives of senior living, hearing specialists and financial planners. Attendees will be given passports that will be stamped at each vendor's table. Once completed the attendees may enter their name in a raffle to win unique giveaways.

**'Five-Door Farce' final play of the season for Starlight Players**

By Sora O'Doherty



Susan Chapple and Dan Phillips in Starlight Players' production of "Five-Door Farce." Photo Charlie Jarrett

A funny play rounds out the 34th season of the Starlight Players, a completely volunteer theatrical group in Orinda. Robert Merrill's "Five-Door Farce" has only been performed at one other venue, in Riverside.

According to Merrill, "To tell you part of the plot of 'Five-Door Farce' would mislead you. To tell you more than that would reveal too much. When pressed about the play, I've said the following: It's a tragedy inside a parody of a farce. It's the collision of 'Noises Off' and 'Six Characters in Search of Author.' It's a farce, seriously. Exploring the themes of creation, gender roles, identity, religion, theater, determinism, and existentialism, it plays with the conventions of farce in a way that fans of farce will love and enemies of farce will appreciate. Oh, and it's funny." The play is being directed

by Jill Gelster, administrative director of the company.

Starlight Players are a good example of the saying, "it takes a village." Gelster and her husband, David Dierks, run the box office and concessions. Dierks is the set foreman and builds all the sets, with the help of the cast. The cast also has to do all the set decorations as well as acting. Gelster and Joe Donovan do the tech work for each show.

Auditions are held each spring for the three shows to be produced that season. The cast size varies. For "Five-Door

Farce" there are 11 in the cast.

Performances will run through Sept. 29, Fridays and Saturdays at 8:30 p.m., Sunday, Sept. 24 at 4 p.m. and Thursday, Sept. 28 at 8 p.m. (The performance scheduled for Sept. 30 has been canceled.)

The outdoor theater is located at 28 Orinda Way in Orinda Community Park. Reservations

can be made online; tickets are available at the door. Regular admission is \$20. There are light refreshments for sale, or you may want to bring a picnic and eat in the park before the performance.

Starlight Players will be back next year in June for their 35th season. Auditions will be held next April.



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