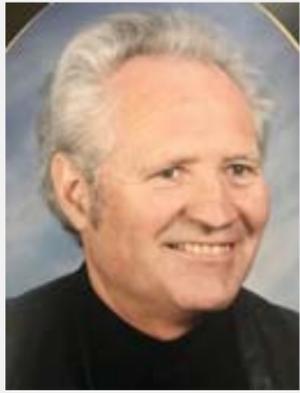


## In Memory

### Ronald Joseph "Moses" Forslund

December 18, 1943 – September 18, 2020



Ronald Joseph "Moses" Forslund went to be with Jesus suddenly on Sept. 18 after suffering a massive heart attack. Mo was born in San Francisco, California to Margaret Virginia Carr and John Gustav Forslund. He attended high school in Washington, while living with foster parents. Mo lived most of his life in San Francisco and Oakland, later settling in Moraga, California in 2010.

Mo was a loving and devoted husband of 36 years to his wife, Ann, and a loving father to their children. He is preceded in death by his son Eugene Rodney Cabral. He is survived by his wife, Ann, children Jill, Elizabeth (Randy), Jack (Margit), Janet (Ron), grandchildren Marlina, Mark (Misty), Jerod (Stephanie), Lance, Jessica, Kevin, Jennifer, Jacquelyn, Katie, and Marvin. He is also

survived by great-grandchildren, brothers and sisters.

Mo was an auto upholsterer for many years. He worked at A&A Top & Trim Inc. in San Francisco, and American Auto Upholstery & Glass in Oakland. His no-agenda trusting love was what drew people to him, and his warm smile and happy enthusiasm enveloped and included everyone. Mo was a powerful evangelist for his faith, who captivated his audiences with stories of the miracles God had done in his own life.

He was a board member at the San Francisco Teen Challenge for over 30 years, where he touched countless lives by lovingly mentoring students. Mo had found hope and help to change his own life through the power of Jesus Christ at Teen Challenge.

Mo and Ann served the ministry of Morris Cerullo for many years. He was a commissioned minister of the gospel. He was a devoted member of Glad Tidings Church in San Francisco for over 20 years, where he was actively involved in multiple ministries, such as evangelism, carpentry, teaching mens' ministry, childrens' teacher, and usher, to name a few, all under the guidance of Pastor Mel Johnson.

Mo was a beloved member of Willow Spring Community Church in Moraga for over 10 years. While there, he was a head usher, he worked with men's ministries and all aspects of the ministry under the leadership of Pastor Eric True.

## In Memory

### Anna Lee Forslund

September 22, 1933 – October 22, 2020



Anna L. Forslund went to be with Jesus Oct. 22 following a long battle with many health problems. Ann was born in Oklahoma to Leroy Hershel Graves and Eva Marie Yocom. She graduated from Fremont High School in Oakland, Calif. Ann attended Havenscourt Community Church. Ann lived most of her life in Oakland, later settling in Moraga in 2010. She was a loving and devoted wife of 36 years to her husband Moe, and a loving mother to their children and grandchildren. Ann is preceded in death by her husband Ronald Joseph Forslund and son Eugene Rodney Cabral. She is survived by her children Jill, Jack (Margit), Janet (Ron), stepchildren Michael and Elizabeth (Randy). Grandchildren Wendy, Marlina, Mark (Misty), Jerod (Stephanie), Lance, Jessica, Kevin, Jennifer (Adam), Jacquelyn, Katie and Marvin. She is also survived by many great grandchildren.

Ann was a payroll auditor for the city of Berkeley for 40 years. Where she enjoyed friendships with many co-workers.

Ann had strong faith in her Lord and savior Jesus Christ and sought to share her love for Him with everyone she met. Ann served the ministries of San Francisco Teen Challenge and Morris Cerullo ministry for many years. Ann supported Latin America Child Care in El Salvador for 40 years. Ann was hard working and devoted to her family.

She was a devoted member of Glad Tidings Church in S.F. over 20 years, where she was actively involved in multiple ministries; all under the guidance of Pastor Melvin Johnson. For the last 10 years of Ann's life she was a faithful member of Willow Spring Church while there she served in women's ministry, VBS, and prayer team. One of Ann's favorite ministries was sending encouraging cards or memos to individuals around the world. Ann's focus was on eternity and she glorified God with her warmth and concern for others.

The family invites you to a memorial to celebrate Ann's life and homegoing at 3 p.m. Nov. 14 outside at Willow Spring Community Church, 1689 School St. in Moraga. Reception to follow.

## In Memory

### Theodore Ellis Terstegge



Orinda resident Theodore Ellis Terstegge (Ted), San Francisco native, died quietly in his sleep from kidney failure, Oct. 10, at age 84.

Ted joined the Navy after high school, graduating from City College of San Francisco on his return. In college, he met and married Marilyn Santos, from Martinez. They have two children, a son, Teddy, and daughter Martha.

Ted worked for 36 years as a refrigeration serviceman. The love of his life, however, was inventing. He spent spare time working on drill press, milling machine and lathe in his workshop. He has two patents, one for a speed wrench vice handle.

Ted had a stroke in 2001, but never gave up on life though partially paralyzed and had to relearn

to speak and walk again. He spent the last couple of years in a wheelchair.

Ted lived a life of outdoor adventures; he loved archery, backpacking, camping and hiking, target shooting, photography and music. Ted was an inventor and machinist. He loved trains, old cars, boats, planes, machinery, and historical places.

Ted was known for his wacky sense of humor, adventurous spirit and unfailingly positive attitude. He lived each day with a sense of joy and appreciation.

Ted will be sorely missed by his family: 59-year partner, Marilyn; son and daughter; daughter-in-law, Nancy and grandson Christopher; brother Bill, cousins, nieces and nephews, friends, and associates in the refrigeration industry.

Due to COVID no memorial will be held now, but hopefully a Celebration of Life at a future date.

**Lamorinda**  
Funeral & Cremation Services  
1620 School St., Suite 104-A, Moraga, CA 94556 FD 2386 PER 1141

**Direct Cremations From \$799.00**  
**Traditional Services From \$3999.00**

FD2386 Notary Services Available (925) 490-1400

## Campolindo Leo Club sends letters to Veterans



Photo provided

From left: Ryan Lee, Justine Meyer, Marina Rago, Ms. Sarah Morgan (Leo Advisor), Amelia Asuncion, and Lani Balinag.

The Campolindo Leo Club joined other community groups Oct. 28 in writing thank you letters to Lamorinda veterans. Organized by VFW Post 8063 in Lafayette, the letters were mailed to arrive by Nov. 11 to honor those who have served. For more information about the Campolindo Leo Club, contact Lion Bob Murtagh, Lamorinda Lions.

## Sister Code retreat for teens in Orinda



Photo provided

Masked Sister Code participants at its September retreat.

### Submitted by Leslie Darwin O'Brien

What happens when you want to hold a conference for teenagers to help build their sense of community and self-esteem, but it's during a pandemic? You find a big backyard, surrounded by nature, and use the county guidelines for day camp.

That's exactly what happened when Sister Code launched Sept. 26 and 27 in Orinda. Sister Code is a unique daylong retreat/workshop for teenagers, aiming to cultivate a sense of empowerment and community among young women, expanding minds through the power of creativity and personal growth. It was a time of rest, reset and reconnect in these challenging COVID-19 months of stress and uncertainty.

The mentors, Leslie Darwin O'Brien, performer/storyteller and founder of GirlPower Message and Music, Courtney Fortune, acclaimed singer/songwriter, performance coach and founder of Songmaker Sessions and Beate Walden, internationally-renowned musician, photographer and empowerment coach led the young women through the five Sister Code principles: community building, the practice of courage, creativity, collaboration, and the power of confidence.

The morning began with a guided meditation, mindfulness, a question box which provoked deep and meaningful discussion around how COVID has changed our lives, social media, body image, friendship, and school, while considering the Sister Code (which the participants wrote): 'Speak your own truth. Be respectful. Create a space where we can talk that's full of care and kindness. Value the people in our lives

and never take them for granted. Let go of the idea of perfection. Practice courage through 'doing it anyway'. No self-deprecating remarks. No put-downs. Only say sorry, when you are truly sorry, not as a filler word. We have each other's backs. Listen and ask.'

Surrounded by inspirational quotes which contained messages of openness, problem solving, inclusion, self awareness, and strength, the girls used photography and songwriting to examine their inner selves. Beate Walden guided them to see the light in each other and to use the camera as an instrument to appreciate each other. Courtney Fortune led a songwriting workshop and by the end of the day, the young women had collaborated on a song. Leslie Darwin O'Brien shared stories of deep revelation and powerful encounters.

One participant said, "We came here and did not know each other, and now I feel so close to everyone in this group. I have never experienced anything like this."

Sister Code is a project of Terry's Kids, a 501c3 that brings music education programs to underserved communities and makes the world better through music. Founder Terry Miller said, "With our current environment, teen mental health is an urgent issue, so Terry's Kids is proud to sponsor Sister Code. It is an honor to bring these three mentors to young people in Orinda. We look forward to nationwide Sister Code retreats, once the world opens up."

The founders look forward to sharing Sister Code with self-defining sisters of all ages. Women's conferences are in the works.

For more information, visit [www.joinssistercode.org](http://www.joinssistercode.org) or [www.tmkids.org](http://www.tmkids.org).

**Community Service:** We are pleased to make space available whenever possible for some of Lamorinda's dedicated community service organizations to submit news and information about their activities. Submissions may be sent to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com) with the subject header In Service to the Community.

## Share Your Celebrations and Remembrances

If you would like to share an announcement about a special event or achievement, such as a wedding, engagement, scholarship or graduation of a local resident, or about a special person from Lamorinda who has passed, send a photo along with your text (up to 250 words) to [storydesk@lamorindaweekly.com](mailto:storydesk@lamorindaweekly.com), and include "Celebrations and Remembrances" in the subject line.