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From left: Chamber Vice-President Bob Fritzky, 24 Hour Fitness Manager Patrick Russell, Anthony Ma, Rotary President Roger Gregory Photo provided Anthony Ma Named Moraga Employee of the Month for May

Anthony Ma, Master Personal Trainer at 24-Hour Fitness, has been named the Moraga Employee of the Month for May.

Ma is one of the longest tenured employees at the gym and personally trains over 40 clients each week, helping them with their fitness and health. His training skills make him one of the most popular trainers and is noted for his attention to detail and work effort

"Anthony is a fixture at 24 Hour Fitness," said Patrick Russell, the club's manager. "He's been here over six years and his clients really love him as he has almost no attrition. He has mostly long-term clients and he has helped change their lives dramatically, making them more fit and healthy."

In winning the award, the Moraga Rotary and Chamber of Commerce will award Ma a gift card to Safeway as well as a gift card to a local restaurant. Ma was presented with his award and gifts at the May 31 Moraga Rotary lunch at Saint Mary's College

Coldwell Banker Snags Two New Associates in Orinda

Coldwell Banker Residential Brokerage, the leading provider of real estate services in the Bay Area, recently announced two new sales associates at its Orinda office.

Carrie Avila will specialize in residential sales in the Lamorinda area and surrounding cities and Carol Russell will specialize in residential sales in Contra Costa County and surrounding areas.

Prior to affiliating with Coldwell Banker Residential Brokerage, Avila worked as an author for four years and is a licensed attorney specializing in Criminal Law.

Russell previously worked at Maui Luxury Real Estate in Maui, Hawaii. Her responsibilities included real estate sales focusing on the Island of Oahu. Russell brings 13 years' experience specializing in residential and investment sales.

Coldwell Banker Residential Brokerage in Orinda is located at 5 Moraga Way and can be reached at 925-253-4600.

GRAZE Honored by Baker

Assemblywoman Catharine Baker (R-San Ramon) has recognized GRAZE Food Bar in Moraga as the 16th Assembly District's Small Business of the Month for the month of May.

"Since opening last year, GRAZE Food Bar has quickly become a local favorite for its fresh, delicious food and casual dining experience, and as a small, family-owned business, GRAZE Food Bar is an important contributor to our local community and economy," said Assemblywoman Baker.

GRAZE Food Bar describes itself as a casual, counter order cafĀserving quick, simple, and delicious food, with a commitment to proving its customers a quality product at an affordable price.

Sindeo Names Orinda Resident Deepak Kumar as COO/CFO

Sindeo, the modern mortgage marketplace, recently announced its newest executive hire, Deepak Kumar, who will assume the role of COO/CFO. Kumar is an accomplished business executive with over 20 years' experience leading teams to high-growth business success, most recently as Fannie Mae's Senior Executive and VP, Client Management. He lives in Orinda.

From the Chambers:

Mix and mingle at the Orinda Chamber Mixer from 4:30 to 6:30 p.m. on Thursday, June 23 at Sutter Urgent Care, 12 Encino Caminas, in Orinda. For more info, visit the Chamber website at www. orindachamber.org.

Learn a bit about business teamwork at the Moraga Chamber of Commerce's monthly mixer from 3 to 5 p.m. Friday, June 24, at Saint Mary's College. Hear about the school's five-year plan and tour the Sports Center Fillipi Hall.

The Lafayette Chamber of Commerce is offering a Social Media Workshop: 3 Easy Steps to Get Your Business and Website Found on Google, from 8 to 9 a.m. June 15. The free event will be held at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd., Lafayette. Presented by the president of the Bay Area Search Engine Academy.



Carol Russell Photo provided



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<u>back</u>

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