

**AUGUST 2019**

# GOAT YOGA TAKING ROOT IN THE BAY AREA

photo by Diane Walsh

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## Our Non-Employee of the Month Award

After last year's success of her first novel, the award winning "Rhino in the Room", our columnist Jill Hedgecock has gone and released her second novel, "Between Shadow's Eyes." On the book's cover is Concord's Instagram celebrity Doberman, Ruby Dooby Do. The story is about an orphaned teenager, Sarah, who can see ghosts when petting her Doberman, Shadow.

Turn to page 12 to "Book Ends" to read its review. We also printed an excerpt that sets up this mystery novel on Page 8.

For fun, Jill plans to hand out doggie bone bars of soap at her book signing events. She and Ruby will be signing autographs at the Diablo Gazette booth at this year's Oktoberfest at Todos Santos on October 11 and 12. Yes, Ruby too. "Between Shadow's Eyes" is available on Books at Amazon, and will be available for sale at the booth as well.

### ARF UPDATE

Virtually all the rescue dogs that have been featured in "Ruby Dooby Do to the Rescue" (by Jill Hedgecock) have been placed into new homes. As such, we are adding a new column from Tony LaRussa's ARF Foundation, called "ARF Update", featuring more pets in need of a home, including cats. This column is on page 15.

### Diablo Gazette in India?

Rhinoceroses are endangered everywhere. Alex Mathews, publisher of TheDailyBrunch.com, an online magazine in India, read Jill Hedgecock's novel "Rhino in the Room" and admired its

message "save the rhinos". He became interested in helping her promote her book there. In getting to know Jill, he discovered some of her Diablo Gazette articles. One such article, "Lamb Yoga Is Not too Baa-ad!", (May, 2018) he found interesting enough to republish this past month. Ironically, as our cover photo indicates, Jill wrote a similar article this month on local Goat Yoga.

Jill, you are so appreciated at Diablo Gazette, the least I can do is surprise you with our Non-Employee of the Month Award. Congratulations and thank you.

### Goodbye, Mrs Butterbanks.

On a much sadder note, this month will be the final recipe published for Mrs. Butterbanks. Sadly, Sam Bowerbanks passed away on June 29 at the young age of 44. She has enjoyed sharing her baking knowledge in her Diablo Gazette column for the past two years. Family and friends baked and served a variety of her recipes at her services. Her husband Jeff had suggested that to honor her I run her favorite recipe as a farewell. Her obituary and that recipe is on page 11. I will miss Sam. Love to her family.



concord mayor

by Carlyn Obringer, Email: Put MAYOR  
in subject line [CityCouncil@cityofconcord.org](mailto:CityCouncil@cityofconcord.org)

## Port Chicago Explosion 75th Anniversary

I recently had the privilege of representing the City of Concord at two memorable and interconnected ceremonies – one honoring the past and one looking to the future.

On July 17th, I joined children of survivors, former residents of the town of Port Chicago, the Friends of Port Chicago, and other community members to commemorate the 75th anniversary of the Port Chicago Explosion. We paused to remember the 320 African American sailors and civilians who lost their lives in the terrible explosion that occurred as sailors loaded munitions from rail cars onto military ships. We honored their memory and the legacy of their brave colleagues whose advocacy for safer working conditions illuminated the harmful consequences of segregation to the entire nation.

For those unfamiliar with the story, a week after the tragedy, the African-American survivors of the blast were ordered to report to Mare Island Naval Shipyard to resume loading munitions onto ships, without any additional training or changes in protocol, despite the recent horrific explosion. When the sailors refused out of fear, 50 were charged with mutiny and faced a court-martial. The 50 men were convicted of mutiny and sentenced to approximately 15 years in prison. They were released early when World War II ended. In the meantime, the military had begun embracing desegregation, beginning with the Navy. The explosion and brave

actions of the "Port Chicago 50" led to the desegregation of all branches of the military, then the U.S. public school system, and ultimately American society at large.

This important history will be honored by the East Bay Regional Park District (EBRPD) as a permanent exhibit at the future visitor center to be established at what is currently being called "Concord Hills Regional Park," located at the former Concord Naval Weapons Station. After two decades of visioning and planning, we recently celebrated the official transfer of more than 2,000 acres of land from the Navy to the EBRPD. This first transfer of land is a giant step forward. While development of this property is a work in progress, I was delighted to celebrate this new addition to our community, eagerly anticipating the development of new park lands, trails, picnic areas, the visitor center, and open space in Concord.

Participating in these two ceremonies, in the same week, reminds me that the story of our Concord community continues. We eagerly anticipate what the future has in store for our city and our region – a place we are lucky to call home. And, while we have broken through many of the chains of segregation that faced the Port Chicago 50 and those who lost their lives the Port Chicago Explosion, we still have work to do to ensure that every American is treated with dignity and respect.



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Realtor, Better Homes Realty

## Getting the Best Deal on a Home

If you're the kind of person who loves a good deal, then there is no reason you can't get a good deal on a home. Here are some of the best tips we've found to score the best deal on a new home.

Shop around for a mortgage. As with any big purchase, you should shop around for a home loan to make sure you're getting the best deal. You should ideally start shopping for a mortgage between three and six months before you begin house hunting. Compare the rates of different lenders. You could potentially save thousands of dollars over the life of the loan.

Buy a fixer-upper. When you're house hunting, you may find listings that describe a home as a "fixer-upper" or one that is being sold "as-is." If you're hoping for a bargain, these homes are often the places to find them. Although you will need to put money and time into the repairs to make the home livable, you will undoubtedly get a big break on the purchase price.

Look for homes with price reductions. In addition to finding fixer-uppers, you may also come across "price reduced" listings. These are homes that have been on the market for a long period of time. The longer a home languishes on the market, the harder it can be to sell. The seller may be willing to cut you an even better deal than the reduced listing price.

Ask the seller to pay closing costs. Some sellers may not be open to

negotiating on the price of the house. But that doesn't mean you can't find ways to save money on the deal. In some cases, sellers don't want their home sale to be less successful than a neighbor's sale. They don't want the public numbers to be less than their asking price. For these sellers, negotiate with them to pay the closing costs instead. These numbers aren't as public and can save you a few thousand dollars.

Offer to pay all cash. If you have the means to pay for the home with cash, then you have a great bargaining chip. All-cash offers are very appealing to sellers because they don't have to worry about the sale falling through because of a mortgage denial or an appraisal issue. Cash offers can close faster as well, which could entice the seller to give you a break on the purchase price.

Work with the best agent. Finally, the best way to get a great deal on a new home is to find a good real estate agent. Working with an experienced agent who is an expert in your market will help to ensure that you get the best price on your home. They will have experience negotiating the best deal, which could save you money on the purchase price or on closing costs. Get recommendations from family and friends and interview several agents before making your decision.

Courtesy of [www.Virtualresults.net](http://www.Virtualresults.net).

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# Clayton's Wendy Blakeley is Saving Africa

## One Woman's Incredible Impact to Protect A Continent

by Jill Hedgecock | Photos by Wendy Blakeley

Not too many people can claim a community of African women have written a song about them, but Wendy Blakeley wears that well-deserved badge. Wendy moved back to the U.S. in 2011 having spent nine years in the "bush". She was attracted to Contra Costa County with its open grasslands and made Clayton her home. Despite her new address, Wendy continues to contribute to the lives of people over 10,000 miles away creating jobs in rural communities, supporting the preservation of natural resources while promoting healthy air quality, and promoting education designed to empower Africans to recognize the importance of wildlife to their economic health and become wildlife conservationists. Many Californians dream of going on an African safari. Wendy's work to protect African wildlife by improving the lives of the people living alongside these amazing animals will help keep this dream alive for future generations of Bay Area residents.

Wendy's fascination with Africa began at an early age after viewing painted

It's no surprise that Wendy's favorite African animal is the painted dog, but says that elephants run a close second, and confesses that lions are also awesome. It is her love of wildlife that lead her to accept the challenge to establish a craft workshop for PDC in 2003. Snares that have been confiscated in the bush by PDC's anti-poaching unit, park rangers, and local police, are transformed at Iganyana Art Center in



Wild dog. Photo credit Peter Blinstone.

Dete, Zimbabwe into marketable crafts that bring income to economically depressed areas improving the lives of women in remote communities. The wires are burned in large bonfires to soften them allowing artists to create animal sculptures forever preventing the wire to be used again to harm animals.

Wendy has also created a U.S. market for basket makers in zoos and online. One of her most inspiring moments

through PDC was seeing a 6-year-old girl weaving a traditional Tonga basket – having been inspired by her mother and aunts in the basket project that Painted Dog sponsors.

"One of our goals in working with this community of weavers, in addition to offering income, was to preserve the tradition," says Blakeley. "After one woman who sold us her first basket, she turned around and bought her first pair of shoes. She hugged

them to her chest and started singing in pure joy."

As Wendy travelled through Africa, she noticed that she never saw one African child visiting the wildlife conservancies or National Parks. This was a big red flag for her because if these children did not experience and learn about their wildlife heritage, they wouldn't see the importance of protecting wildlife. So she founded Africa Matters (AM), an organization that promotes conservation awareness and education in African communities. By teaching children, the interconnection of preserving wildlife and their quality

of life, she hopes to protect wildlife from illegal poaching and unsustainable hunting practices.

As a result, one of AM's primary goals is an education program that provides full scholarships for underprivileged children. The elementary school students in the program attend a four-day Conservation Bush Camp at PDC where they learn about conservation issues – habitat, wildlife, sustainable use of natural resources, health hazards that accompany litter, etc. AM assists by providing educational materials for these camps and school Conservation Clubs. By the time the kids graduate 7th grade, they can educate other family and community members.

### Air Pollution

Another of Wendy's recent contributions as a founder of AM was to help find a solution to the community of Dete's air pollution problem caused from cooking fires. The project that AM sponsors was in part achieved by years-long search for an oven design that used natural, renewable materials for fuel rather than deforesting whole stands of trees and brush and didn't require manmade parts impossible for rural users to acquire. Laurie Simpson,



The lion. Photo by Wendy.

a founder of Soft Foot Alliance, came up with a clay formula that uses use minimal wood for fuel, yet still creates intense and smokeless heat. Simpson now organizes workshops that are funded by AM teaching people how to make these small clay ovens. Once taught, users can then teach nearby communities how to make the ovens using local materials, creating a networking process that is growing fast in NW Zimbabwe.

Wendy's accomplishments have not been achieved without personal cost. While many of Wendy's visits have been filled with wonderful adventures, she has



A little girl named Happiness.

also had close encounters with dangerous wildlife. Her brush with death came in 1991, during her first day on a walking safari in Kahuzi Biega National park in the Congo, a large forest elephant blocked their path. The guides yelled "run, hatari, hatari" – Swahili for "danger." As they

reversed direction, she was knocked down and people ran over her back. Somehow, she righted herself and escaped.

Wendy has shown how a single person can make the world a better place. Her method to help people help protect African wildlife and the environment appears to be working.

Locally, there are ways we can assist. Wendy suggests the best way to help is to contribute to legitimate non-profits whose donations go directly to where they are needed – especially

education, schools, scholarships and wildlife preservation. To learn more how you can help, visit Painted Dog Conservation (<https://www.painteddog.org/donate>) and Africa Matters (<http://www.africamattersusa.org/>).

Wendy will be selling snare wire art at Flashlight Books in downtown Walnut Creek on World Rhino Day, Sunday September 22nd. Come at 3:00 pm to learn more about the plight of rhinos and Painted Dog Conservation.



Wendy and Melodious

dogs (also called African wild dogs) in a late '60s TV broadcast about Dr. Jane Goodall's work on the Serengeti Plains. Since then, Blakeley has visited Africa over the course of several decades. Her life was profoundly changed when she sat with a 300+ pound gorilla and became aware of how insignificant humans are by comparison. But it was a chance encounter while on safari in Zimbabwe in 1993 with Dr. Greg Rasmussen, founder of Painted Dog Conservation (PDC), was when she became serious about conservation.



Wendy at a fruit market.

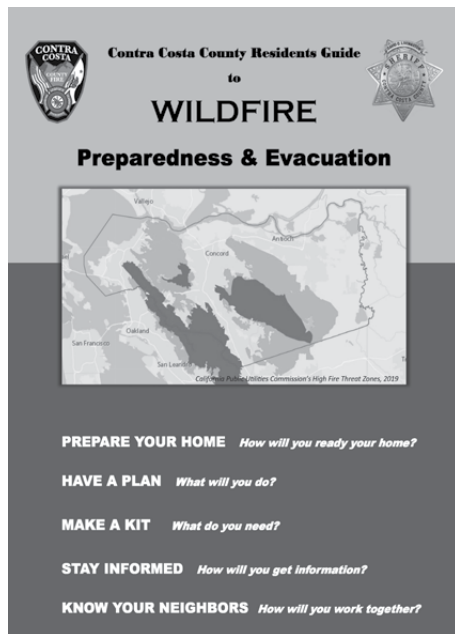


# CLAYCORD

## NEWS & TALK

### In case you missed it...

#### Fire District Briefs on 2019 Wildfire Season



Contra Costa County Fire Protection District Fire Chief Lewis Broschard offered up details of the district's preparations for wildfire season and how members of the public can help.

The 2018 fire season lasted for 192 days, and district firefighters responded to 390 fires, about two per day. Nearly all of them were started by people in one way or another, by smoking, vehicle malfunction, arson or other human activity.

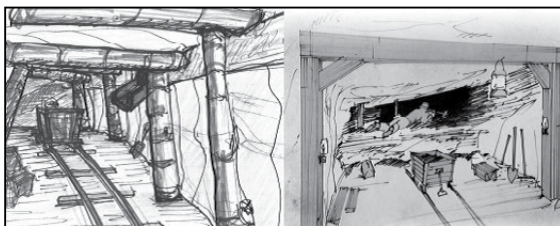
"For us in the Bay Area, really the risk is going to present itself in September and October when we get the north winds, sometimes very high north winds," Broschard said.

Two-thirds of Contra Costa County has been designated as a fire hazard severity zone and firefighters expect this year's fire season to be just as dangerous as last year, but there are things the public can do to prepare and county fire officials have published a 16-page guide on getting ready, available online at <https://bit.ly/2JZOZvz>.

PG&E's plans to shut down the power grid during high winds or other high-risk fire weather conditions this summer, and Broschard recommended planning ahead for multi-day power outages.

"The grocery store will not be open, the gas station will not be open," Broschard said. "Your refrigerator will not be working. All of that needs to be taken into account."

#### Black Diamond Mines Closed for Installation of New Coal Mining Exhibit



The Hazel-Atlas Mine and Greathouse Visitor Center at Black Diamond Mines Regional Preserve in Antioch will be closed until September 10 while a new exhibit is installed.

No mine tours will be available during the construction period.

Sidney Flat Visitor Center, located at park headquarters, will be open on weekends during the summer from 10

a.m. to 4:30 p.m.

The new Black Diamond Coal Mine exhibit, built into the existing Hazel-Atlas silica sand mine, will be an immersive experience taking visitors into a recreated 1870s coal mine, part of California's largest coal mining operation. All of the original coal mines at the preserve have been closed to the public and permanently sealed for public safety. Visitors to the new exhibit will experience the sights and sounds of a working coal mine from nearly 150 years ago when immigrant miners worked deep in the earth to supply California with the energy needed to power and transform the state's economy from rural to industrial. The new exhibit is scheduled to open to the public in the spring.

#### Longtime Concord Crossing Guard Passes Away

A familiar face to many, 98-year-old June Stark recently passed away two days after her birthday.

June loved working as a crossing guard, a position she held for several decades on the corner of Pennsylvania Blvd. and Pine Hollow Rd. in Concord, near Highlands Elementary and Pine Hollow Middle School.

June was also a yard duty when Highlands Elementary opened in the 1950s and loved all the children she saw daily.

A memorial service for June was held on Monday, July 8 at 10:00 a.m. at the Church of Jesus Christ of Latter Day Saints (across from Clayton Valley High School) 1360 Alberta Way, Concord.



#### East Bay Regional Park District Bans Glyphosate

Glyphosate, which is an herbicide used to kill weeds, is being banned immediately in picnic areas in the East Bay Regional Park District, district officials said.

The East Bay Regional Park District board of directors voted unanimously in favor of Resolution 2019-07-187 which calls for the complete elimination of glyphosate from all developed park areas by the end of 2020. East Bay Regional Park District president Ayn Wieskamp said, "The Park District has taken large steps over the past two years to reduce glyphosate use and find alternatives."

In 2016 the district started focusing using organic methods when possible, reducing its use of glyphosate for park maintenance by 66 percent.

District general manager Robert Doyle said, "The Park District does not use glyphosate near play areas or water fountains."

The phasing out of glyphosate in the park district comes as litigation mounts against Monsanto, which makes Roundup, a weed killer

containing glyphosate. One jury has decided it causes cancer, another jury decided Roundup was a substantial factor in causing the cancer in two married Livermore residents. Courts have awarded at least two Bay Area residents millions of dollars in their cancer cases against Monsanto.



## computercorner

by William Claney, Tech Writer, Computers USA

**Tech in English**

## Back to School Tools: New, Refurbish or Used?

Back, back to the future. Or, is that back to school for the future? Well, either way it's that time again when friendships are renewed, books are bought, iPhone are lost and back packs are full. It's time to get an education. Sometimes people go overboard by spending too much on the wrong tools.

Part of getting a good education is the ability to communicate with friends, PTA's, teachers, professors and the like. I think it would be fair to say that teachers like communications clear and concise. Now choose the device that fits the situation.

You may pay big bucks to purchase a laptop or a tablet, but would you want to use tiny keyboards, scrunched screens and mouse-like features for writing 500-word essays? Even if you prefer a mobile device for the convenience, it may not be the right gizmo. Thing Until you can attach a printer, keyboard, mouse and larger monitor to a smartphone, they are worthless for class work. A smartphone or tablet lack the features needed for homework.

With high school juniors and seniors, even entry level college students, you could be spending too much for the wrong tool. Homework needs to be neat and clean, spelling needs to be correct and reports need to be on time but one doesn't need to spend a small fortune on a device that does all that. Get the right device for less.



Kids simply don't need massive amounts of computer power, unless they are attending engineering classes, they don't need to play games or go fast. They have their whole life ahead of them, speed is not an issue. Simply stated, older computer tech is great at this job. A hand-me-down would be great and save tons of money in the process.

If you don't have a computer you're ready to part with, then look into refurbished computers. Notice I said "refurbished" and not used. Don't go to the local Craig's list (no offense – great service, but, not one for computers) to buy a "used" computer. It would

be risky to have a computer that may have had a hardware failure or a virus infection or some other oddity.

Refurbished means computers are priced like used ones except expert techs have gone through them replacing failing parts and, best of all, have reloaded the operating system (Windows) on a fresh install. That means the hardware works the way it was designed, and the software is fresh and new.

Now go do the right thing with your students, get a communications device that has been refurbished back to original (or better) factory specifications. You'll save money, get the job done and prevent dorm theft. With a refurbished computer from a factory authorized dealer your young adult can get good performance and you save a ton of cash, plus you are confident the darn thing works.

## Sister City Tour to Kitakami, Japan Planned

This fall, a delegation from Concord will be visiting Sister City Kitakami, Japan located in the upper northeast area of Japan in the Iwate Prefecture. Every five years a delegation visits the Sister City led by the Mayor and city officials, Ambassador members and interested residents. Concord and Kitakami alternate the five-year official visits. This year, the Concord Ambassadors will host a 12-day trip to Japan that includes tours of temples, pagodas and castles, UNESCO World Heritage sites,

gardens, old world villages and Samurai homes in the cities of Kitakami, Kyoto, Takayama, Shirakawago and Kanazawa. The tour will also include a 3-day home stay, where participants can experience Japanese culture and life up close. The Concord Ambassadors still have 10 spots available for the tour which departs on Oct. 18, 2019. The total land package costs \$4,600 per person. For more information, visit [www.concordambassadors.org](http://www.concordambassadors.org).



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# THE LEGAL PAGE



**legalbriefs**

by Douglas A. Prutton, Attorney  
[Doug@PruttonLaw.com](mailto:Doug@PruttonLaw.com)

## The Caregiver and the Million Dollar Case

Kind-hearted Charlie the Caregiver sheepishly entered the lawyer's office and relayed the following story:

"For many years I have been a live-in caregiver at a home that has six mentally ill residents. Although my 'shift' was during the day, I often had to assist residents round-the-clock, Monday – Friday. I was paid a lump sum salary of \$2,050.00 each month and provided with room and board. I'm thinking that I have been underpaid – do you think I have a case?"

The lawyer nods his head in agreement, knowing full well that Charlie is about to be astounded at the size of his case, and fires up his calculator (on his Smart phone of course).

The lawyer explains that under the law Charlie's lump sum salary only pays him for his regular non-overtime hours. Thus, Charlie has not been paid at all for his work outside of his regular 8-hour dayshift. Also, the lawyer explains, Charlie is entitled to time and half for hours when he worked more than 8 hours in a day (and double time for when he worked over 12 hours in a day).

Charlie then asks: "But I'm not paid by the hour, so how do you figure out what amount to multiply by time and a half or double?"

The lawyer thinks, hmmm, Charlie seems like a simple bumpkin, but perhaps he is a smart cookie after all.

The lawyer explains that to calcu-

late a salaried person's hourly rate the law provides that you take the weekly salary and divide that by 40 hours. Since Charlie's weekly rate of pay was \$473.08 (\$2,050.00 X 12 months divided by 52 weeks), his hourly rate was \$11.83 (\$473.08 divided by 40 hours).

"But what about my room and board?" Charlie wonders aloud.

The lawyer responds that yes indeed the law requires that the reasonable value of room, board and lodging must be included in calculating a person's "regular rate of pay." He explains to Charlie that if the reasonable value of his room and board is only \$1,000.00 per month that equates to another \$5.77 per hour. Tackling that on to the \$11.83/hour calculated before, Charlie's "regular rate of pay" was \$17.60/hour. His time and a half rate thus was \$26.40/hour and his double time rate \$35.20/hour.

Charlie interrupts with another insightful question: "Okay, I understand what you're telling me about how to calculate my hourly rate, but since I'm basically on-call around the clock how do you figure out how many hours I have worked?"

The lawyer explains that the law basically provides that Charlie is "working" all hours of the day since he is on duty, is required to respond to residents needs and rarely gets a full night's sleep. The lawyer mentions a federal case in Michigan where the court concluded: "work which requires an employee to 'sleep with one eye and one ear open' to ensure the safety and well-being of residents of a health care facility is clearly compensable labor." That court also concluded: "Whether or not the employees had active duties, the mere fact that they were required to be present at the employer's establishment

in case of an emergency is enough to justify compensation." In another case, the court reasoned that employees working in a facility for the mentally ill were entitled to be paid for their sleep time because "the clients at each facility displayed behaviors which required the attention of staff during the night"

The lawyer continues: if an employee is entitled to 24 hours of compensation each day, like Charlie, the overtime compensation is calculated each day as 4 hours at the 1½ X rate and 12 hours at the 2X rate. Since Charlie's 1½ X rate is \$26.40/hour and his 2X rate is \$35.20/hour, then his daily overtime owed is \$528.00 which equates to \$2,640.00 per week, or \$11,440.00 per month. The lawyer explains that there is essentially a four-year statute of limitations on wage claims and so he can sue for 48 months of lost overtime, or \$549,120.00.

The astute reader will now wonder, wait a minute, I thought the caregiver had a million-dollar case and here is the kicker. Under federal law, Charlie is entitled to "liquidated damages" equal to the amount of the overtime owed (another \$549,120.00!) unless the employer can prove that it was acting in good faith and had reasonable grounds for believing that it was not violating the law. Courts have ruled though that an employer cannot claim that he was ignorant of the law, that employers must investigate the requirements of the law regarding overtime, and that double damages are the norm, not the exception. In addition, Charlie is entitled to interest (10% per year) that runs from the date of each pay period and he can collect attorney's fees from the employer. Thus, ta da, the million-dollar case!

## The Small Voice That Tells You to Talk to an Attorney

by John Kortum

It's simple when your leg gets broken and it's someone else's fault. If you want compensation for your hurt and injury, you contact an attorney.

It's not so simple when you are not so sure you have suffered an injury. For example, you are elderly and you think that someone who comes to your house to help you is actually taking advantage of you, but you don't know if what they are doing is wrong. Or, perhaps, someone wants you to sign a document that has to do with the ownership of your house and you are not sure it's the right thing to do, even though it makes sense in the way it is explained to you.

Maybe you are the kind of person who takes too much responsibility and assume that if something goes wrong in your life it must be your fault and not somebody else's. And because you do that, you know you let people take advantage of you. At the same time, though, you live with a small voice that tells you that something is wrong. You wonder if you should do something.

Sometimes, you know full well that somebody injured you, but you are intimidated by the legal process with all its questions, investigations into your privacy, adversarial attorneys, judges, courthouses and costs. You think you just don't want to be involved in that because the cure is worse than the injury.

These are all reasons a lot of people don't contact an attorney when at least from an attorney's view, they should. These reasons might be natural, but they deprive you of taking an important

step. That step is a consultation with an attorney either by telephone or in person. It may be five minutes or 30. It may be free or just about the same amount as a co-pay at the doctor's office. Importantly, the consultation identifies critical issues that could be wrong with something in your life. The consultation won't resolve the problems, but it might tell you if you have a problem that needs to be addressed by legal processes.

Initiating a consultation does not require a commitment to doing anything further. It does not mean the attorney you consult with will file a lawsuit on your behalf. Simply put, it is a counseling session by a counselor at law.

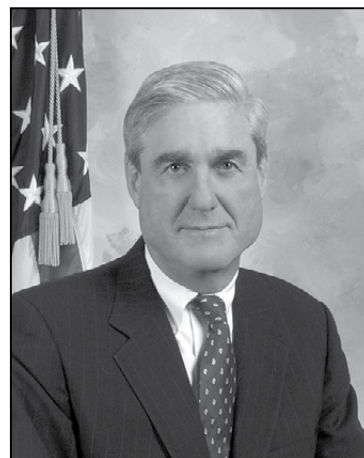
Most attorneys in private practice will spend a few minutes with you in consultation. If you don't know any attorneys, you can contact the Contra Costa County Bar Association's Lawyers Referral and Information Service, which has a network of attorneys that are signed up to provide initial consultations. You can learn a lot from them about whatever problems you think you have. Then you can decide what to do next.

*John Kortum has been practicing law for nearly three decades, much of it in Contra Costa County, now in San Francisco at Severson & Werson. He handles civil cases in state and federal court from the straightforward to the complex and has found that no case is the same as another and all are in some way interesting. He has been a member of the Lawyer Referral & Information Service committee since the early 2000s.*

## The Mueller Report: Russian/Trump Campaign Contacts

by Douglas A. Prutton, Concord Attorney

Last month I summarized the first part of the Mueller Report dealing with Russian interference in the 2016 Presidential election. In this column I summarize the second part of the report (the "collusion" part) which addresses contacts between Russians and the Trump campaign leading up to that election.



In his Introduction to Volume I of the report, Mr. Mueller explains that his team did not decide whether or not there had been "collusion" between the Russians and the campaign because "collusion is not a specific offense or theory of liability found in the United States Code, nor is it a term of art in federal criminal law." Instead of "collusion," Mueller focused on the issue of whether there was "coordination" between the Russians and the Trump Campaign, a concept from the law of conspiracy.

After reviewing the evidence concerning the contacts between Russians and the Trump campaign, Mr. Mueller concluded: "Although the investigation established that the Russian government perceived it would benefit from a Trump presidency and worked to secure that outcome, and that the Campaign expected it would benefit electorally from information stolen and released through Russian efforts, the investigation did not establish that members of the Trump Campaign conspired or coordinated with the Russian government in its election interference activities."

Mueller defined "coordination" as requiring a tacit or express agreement that "requires more than the two parties taking actions that were informed by or responsive to the other action's or interests." Thus, it is incorrect to say that Mueller found "no collusion." What Mueller found was that there was no coordination, i.e., no tacit or express agreement, between the Russians and the Trump campaign to interfere with the election...

You can read Prutton's summary of the Mueller Report at [www.DiabloGazette.com](http://www.DiabloGazette.com)

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## Your 2019 Guide to Bay Area Events

## The Diablo Gazette's

# ENTERTAINMENT GUIDE



by Elaine Schroth,  
Executive Director

VISIT  
**CONCORD**  
*A Northern California Original*

## More Fun Things to Do in Concord Before School Starts

Yes, summer is speeding by, but do not panic. We still have a fun-filled August to enjoy with friends and family before heading back to school.

Enjoy live music at the Concord Pavilion, as well as Music & Market at Todos Santos Plaza. Grab a space for everyone on the lawn and make it dinner and a show.

Be a part of something truly special during Concord's "Take 10", ten days of jazz events from August 1-10 celebrating the 50th Anniversary of the Concord Jazz Festival. On August 3, the Concord Pavilion will host a full afternoon of performances from Dave Koz, Esperanza Spalding, Chick Corea Spanish Heart Band and many others. There will also be arts & crafts for sale, a pre-show wine and beer tasting, and a second stage with favorite local bands.

From August 15-17, celebrate the good vibes and 50th Anniversary of Woodstock at Todos Santos Plaza. Each night will feature a popular tribute band, including Caravanserai (Santana Tribute), SF Airship (Jefferson Airplane Tribute) and Purple Haze (Jimi Hendrix Tribute).

Spend a day (or two) at one of Concord's many parks. The entire family can make a splash at Six Flags Hurricane Harbor with thrill rides and a relaxing lazy river. Or, plan a picnic at your neighborhood park with an afternoon of soccer, swimming, or simply relaxing.



Experience Concord's buzz-worthy Red Door Escape Room in The Veranda and challenge your group to solve cryptic puzzles to escape in under 60 minutes. There are multiple rooms to choose from, including "Warriors Way". Complete tasks to show the legendary dojo you're worthy.

Shopping always makes for a good day out. Look for that back to school or new fall wardrobe at The Veranda, The Willows and Sunvalley. Each offers a terrific variety of shopping choices, along with the perfect restaurant and coffee stops for recharging.

The 2nd Annual Concord Taco Fest

returns to Todos Santos Plaza on August 24 from 11am-8pm, promising tempting tacos from over a dozen favorite spots. Luchador wrestling and Chihuahua races make this a must-attend event.

The 3rd Annual Concord VIBE Beer Release Pop-Up Party comes to Salvio Pacheco Square in Downtown Concord on August 31, 12-2pm. Epidemic Ales, E.J. Phair Brewing Company and Perching Bird Brewing Company will pour special fruit-based beers. Also, on tap, attendees can enjoy live music and delicious local cuisine.

### Wine Country Adventures Start in Contra Costa County

The Contra Costa Wine Country is rich with history and flavor. Located in California's Central Coast American Viticultural Area (AVA), our 800-square-mile county has been

producing award-winning wine and grapes for more than 120 years and is home to some century-old plantings of Zinfandel, Mourvèdre and Carignane that produce rustic, earthy and leathery styles of red wine.

The quality soils of Contra Costa County are the defining feature of its terroir. Its luscious grapes are used not only by the 18-plus regional wineries, but by at least 50 wineries outside the county. Walnut Creek's new Shadowbrook Winery recently received 1 Bronze and 8 Silver awards from the 2019 San Francisco Chronicle Wine Competition. There are 12 wineries with tasting rooms in the county, each one is unique offering a different wine tasting experience.



**RUTH BANCROFT  
GARDEN & NURSERY**

## FALL PLANT SALE

Members Only Sale: \* Friday, Sept. 6<sup>th</sup> from 5:30pm - 7:30pm  
Public Sale: Sat/Sun Sept. 7<sup>th</sup> & 8<sup>th</sup> from 10am - 5pm

Members 20% Off\* ~ Non-members 10% Off\*

\*All attendees must be members. Sorry no guest or guest passes allowed. Membership may be purchased at the door. Sale discounts exclude consignment, art, membership and admissions.

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# DIABLO GAZETTE FUN ZONE

## No Kidding: Goat Yoga is a “Thing”

by Jill Hedgecock

Photos by Diane Walsh

Anticipation sizzled in the air as a group of men, women, and children followed a dirt path toward a fenced pasture at Hidden Villa Farm. Located a little over an hour drive south of Concord in Los Altos Hill, this may be the closest and most convenient location offering the opportunity to practice yoga outdoors in the company of goats during late summer months. As we “yogis” walked into the grassy yard, we were greeted by five goat kids with a volley of “maa-aas.”

Unlike lamb yoga (Diablo Gazette, April 2018) where the woolly classmates were more interested in grazing than the humans contorting their bodies into unusual positions, the kid goats (some only several weeks old), were enamored with the people sharing their space. After soaking up an initial round of petting by the participants, the animals tucked into some serious eating, but they never strayed far from the yogis.

The discipline of yoga is an ancient



“Be aware,” said Muzzy during her introductory remarks, “goats like to chew on hair. They are also not housebroken.”

After my fellow classmates finished making a fuss over the four-legged furry animals and settled onto their mats, Jesse guided us through a series of breathing exercises designed to ground us in the present moment.

Our vocalizing goats seemed to sense the change in energy and relaxed into grazing mode. Muzzy invited us to focus on the sounds. In addition, to Stellar’s jays chattering and crows cawing, the goats could be heard munching on grasses. The combination created a peaceful environment.

The temperate sunny Sunday morning couldn’t have been more pleasant with puffs of cooling air brushing our cheeks as we moved into lunge position. As class progressed, it was clear some participants were more interested in the goats than the yoga practice. In fact, a number of the attendees had come because they had enjoyed the lamb yoga class offered at Hidden Villa a few months ago and wanted to see if goat yoga would be just as fun.

Fourteen-year-old Anastasia Roeder and her mother, Adelaide Roberts, of Menlo Park preferred the goats over lambs.

“I liked goat yoga better,” said Anastasia, “because unlike during lamb yoga, there were no moms here today and the goats stayed close by.”

As class progressed, yogis were guided into poses that require balance. One required standing with one foot planted on the mat while lifting and placing the other foot on the inside thigh to form the number four.

Jesse advised the attendees to be aware of small animals behind us that we could harm if we were to fall backward.

Although goats have a reputation as climbers, none of the young uns’ were inclined to jump up onto people’s backs during the hour-long class. Still, about mid-way through the class, the five “kids” began to get frisky. Some engaged in classic goat play by head-butting each other, while others engaged in a bit of chase. Their antics had attendees chuckling through their yoga poses, including one woman who had a goat scamper across her belly as its rambunctious play went a little overboard.

Naturally curious and willing to eat about anything, several goats pulled clothing out of bags or knocked over water bottles. But no damage was done. One unfortunate yogi did witness firsthand that goats are indeed not housebroken.

Leddee Hui of San Jose said of her goat yoga experience, “I found the goats distracting, but in a good way.”

During the warrior three position,



a difficult pose that requires yogis to balance on one foot with the second leg lifted parallel to the ground at hip height and arms stretched out in airplane mode, instructor Jesse jokingly noted that a few yogis were using the goats as balancing props.

The yoga practice lasted 60 minutes followed by 20 minutes of playtime with the five goats. All kidding (ha-ha) aside, the vibe during goat yoga was certainly different than a studio-run yoga class, but this unique experience is certainly a great experience for animal lovers regardless of yoga experience level.

Original Goat Yoga in San Martin is offering a 2-hour mini-retreat in the Santa Cruz Mountains (<https://sfbay.goatyoga.net/>) on August 4th. Hidden

Villa website lists other goat-inspired experiences classes such as goat-milking and cheese-making (<https://hiddenvilla.org/programs/calendar-of-events#>). Goatlandia in Santa Rosa also often offers yoga classes. (<https://www.goatlandia.org/events/>).

### A Snippet from... “Between Shadow’s Eyes” by Jill Hedgecock

After orphaned sixteen-year-old Sarah Whitman rescues a Doberman, her secret living situation is jeopardized. Shadow’s incessant barking has drawn unwanted attention from the authorities. Desperate to keep her pet, Sarah turns to an animal behaviorist, Dr. Claudia Griffin, only to be informed that Shadow barks because her house is haunted. Sarah is skeptical until a chance discovery reveals that she can see ghosts through Shadow by placing her fingers between her dog’s eyes—an act that inadvertently draws her into a deadly feud instigated by Dr. Griffin. Can Sarah find a way to save herself and Shadow?

We pulled this excerpt from Chapter 1 to get you started. Enjoy.

I sank into a dining room chair and reached into my purse to pull out the envelope that I turned to whenever I felt at a loss or overcome with despair. The frayed edge of the flap revealed how many times I had handled it. I extracted the letter, smoothed the creased folds, and read: My Dearest Sarah. A familiar ache settled in, so I pushed the paper across the table. I shouldn’t indulge in pity when what I really needed was guidance. I extracted the laminated card with Dad’s Game Plan Rules that he had included with his last letter to me. I closed my eyes to center myself then studied each rule:

- Game Plan Rules
- #1. Don’t make rash decisions.
  - #2. Never ignore Serious Business.
  - #3. Always prepare for the worst.
  - #4. If you have a chance to fix a wrong, do it.
  - #5. Keep a low profile.
  - #6. Don’t spend money you don’t have.
  - #7. Stay away from Odd Ducks and Nosy Neighbors.
  - #8. Always demonstrate good manners and use proper English.
  - #9. Take one step at a time.
  - #10. Listen to the voice within.

As I read them, a knot formed in my throat. If Dad were here, I would be such a disappointment to him. It wasn’t only Rule #6 that I violated. Keeping Shadow had been a rash decision, so I had broken Rule #1 too. I re-read the rules, looking for one that applied to my current problem and paused on the ninth rule that said I should take one step at a time.

Okay. Read the citation. I started at the top, determined to read the full document for any information that might help me find a solution. My eyes traveled across the words next to “Complaint Source” then backtracked to re-read them. The name of my neighbor to the east, Mrs. Cromwell, who initiated the other two citations, wasn’t there. Instead, M. O’Shawnessy filled that space in bold font.

Mr. O’Shawnessy? After the second complaint, when I asked my nearest neighbor if he heard Shadow’s barking, the elderly man assured me that my dog didn’t disturb him. This sweet old man was supposed to be my friend. His fondness for Shadow had visibly grown with each encounter. He had started calling her “Shaddie”—a pet name I sometime used too. He even carried dog biscuits in his pocket in case we happened to walk by. The sting of betrayal and dull ache of disappointment filled my chest.

My dog sidled up beside me. A low rumble erupted from her throat. I cringed. Not again. This was how it always started. “Shadow,” I groaned.

As usual, her growl rolled over into the second phase: a ruff, a hesitation, then her staccato, high-pitched bark. Sometimes she would spin in a circle a few times, whimper, and erupt in a frenzy of growls that seemed to come from deep in her chest—a noise that sometimes made me a little frightened of her. Shadow’s



Continues on page 15 ...

A	B	O	O	K	E	T	I	M	E	S	O	Y	SUMMER	BOOK	LAKE
I	O	C	E	A	N	O	Y	A	X	C	T	E	AIRPLANE	MUSEUM	TAHOE
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P	T	R	O	U	B	R	I	I	Q	T	H	L	RV	SAN FRANCISCO	BOSTON
L	O	O	R	M	A	S	C	B	A	L	I	O	TENT	ZOO	NEW YORK
A	N	Y	T	M	C	N	E	O	H	A	T	W	CABIN	ROME	TAHITI
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# calendar of events

**Treasures Await!**

**NEIGHBORHOOD GARAGE SALE**

**SAT. AUGUST 24**  
**8AM - 2PM**

Enter from Whitman Road, Risdon Road or David Ave for best access

## FUNDRAISERS

### September 7

**Hawaiian Fusion Fundraiser** -Scholarship for Underprivileged Senior citizens. 5:00 P.M. - 8:30 P.M. Featuring Haopinka, Hawaiian Music and dance. \$50, \$450 for table of 10. Ticket info at [www.concordreg.org](http://www.concordreg.org) - Activity # 109361. Concord Senior Center 2727 Parkside Circle.

**Pancake Breakfast - Supporting Veterans of Foreign Wars** - 2nd and 4th Sundays includes eggs, pancakes, sausage, beverage. 8 - 11 a.m. Willow Pass Road, Concord \$5 buys a terrific breakfast. <http://www.vfwpost1525.org>

## OUTDOORS

### Farmers' Markets

**Concord** Tuesdays: Year-round, 10:00 a.m. - 2:00 p.m.  
Thursdays: April 18 - October 24, 4:00 - 8:00 p.m.  
**Martinez** Sundays, 10am to 2pm, year-round, Main St. and Estudillo.  
**Walnut Creek** Diablo Valley Farmers Market Saturday 9a.m. - 1 p.m. Shadelands Business Park, N. Wigett Lane and Mitchell Dr. Also, from  
**Contra Costa Certified Farmers Market** - North Locust St between Giamona and Lacassie St. Sundays 9 am - 1 pm, Year Round, (925) 431-8361 <http://www.cccfm.org>

### August 6

**National Night Out:** Concord Library 2900 Salvio St. 6 P.M. - 8 P.M. This FREE annual community-building campaign promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer. Features activities for all ages, including games, a live music, a K9 demonstration, a free bike rodeo for kids, a cake walk, snow cones, popcorn and more. For more information call the Concord Library at (925) 646-5455.

## RUTH BANCROFT GARDEN

For more information on events go to [www.ruthbancroftgarden.org](http://www.ruthbancroftgarden.org)

### August 3

**Dogs Days of Summer** 10 A.M.-5 P.M. **FREE.** On our Plaza. Bring your dog and receive a 20% off coupon to use in our Nursery.

### Paint a Puppy Pot: 10-1 pm

Make a fun puppy pot for free. If you buy a plant to go inside we'll help you plant for free too.

**Dog Portraits: 10am - noon and 2pm - 4pm** (Free on Plaza, \$10 General Admission if portrait in the Garden)

**Tony LaRussa's Animal Rescue Foundation (ARF)** Adoption truck will be on hand for those looking to add a new 4-legged friend to their family.

**Camp Bow Wow of Diablo Valley** and Expert dog trainers will be on hand.

### August 8

**Travels with Brian & Walker - Ethiopia Edition** -5:30 P.M.-7:00 P.M. Brian Kemble (Garden Curator) and Walker Young (Assistant Curator) relive their botany expedition and share photos from their adventure. At Coit Family Visitor and Education Center at the Garden, includes wine reception. \$20-\$25

### August 10

#### POLLINATOR AND FRIENDS DAY



10 A.M.-1 P.M. This drop-in event will include the Lindsay Wildlife Experience, Mt. Diablo Audubon Society, Contra Costa Public Library, Mt. Diablo Beekeepers, UC Master Gardener Program of Contra Costa and other organizations. **FREE** 10am-10:30am: Presentation by Mt. Diablo Audubon Society.  
10am-1pm: Arts & crafts and face painting station (suitable for age 12 and under).  
10:30am-11am: Story Time with Contra Costa Public Library.  
11am-12pm: Pollinator Garden Tour with docent. Must be a member or pay garden admission. Limited spots.  
11:30am-12pm: Mt. Diablo Beekeepers Association presentation.  
12pm-12:30pm: Butterfly Presentation by Jim Spinelli.  
12:30-1pm: Monarch butterfly release with Jim Spinelli.

### August 15

#### TEQUILA Y TACOS

5 p.m.-8 p.m. "Happy Hour" after work. Unwind with friends at the Garden. Enjoy beer, wine and margaritas plus tequila tastings, food, music, dancing and fun on the new plaza.

### August 24

#### DIY Custom Cactus Rubber Stamp

10:00 A.M. - 12:30 P.M. \$85 - \$90 Make your own set of botanical stamps! Learn different techniques to transfer an image to the cutting block, cutting techniques, and how to use the different blades. Materials provided.

## The Veranda YOGA IN THE PARK

9 a.m.-10 a.m. Recurring event at The Veranda in Concord. Join on the first Friday of every month through September. August 2, September 6. **FREE** all levels.  
**FITNESS FRIDAYS**  
9 a.m.-10 a.m. 2nd Friday of every month through September. **August 9, September 13.**

### August 24

#### 2019 2nd Annual Concord Taco Fest

-11 A.M.=8 P.M. Over a dozen of your favorite Taco destinations together for one day of deliciousness. There will also be luchador wrestling, Chihuahua races, and much more. Admission is \$15 and every ticket includes (2) \$3 tacos. Kids and seniors over 65 enter for free. (but no free tacos) \$20 at the door. Todos Santos Plaza, Concord.

## CLUB/SUPPORT GROUPS' NEWS AND EVENTS

### August 10-11

**Summer Contra Costa Crystal Fair.** Civic Park Community Center 1371 Civic Drive (at Broadway), Walnut Creek. Hours: Saturday 10-6; Sunday 10-4 Admission \$12.00 ( Children 12 and under free) For info: (415) 383-7837

## VISUAL ARTS/ THEATRE/MUSIC

### August 8

#### Summer Music & Movies

**Music: Garageland Rodeo**

**Movie: "Smallfoot"**

Live music 6:30 p.m. - 8:30 p.m. followed by a movie under the stars around 8:45 p.m. with kids activities, arts and crafts and beer and wine. Bring chairs and blankets. Downtown Martinez at the Main Street Plaza.

### SUNSET BY THE LAKE CONCERTS

Enjoy live music by the lake at Pleasant Hill City Hall 100 Gregory Road from 6 p.m.- 8. p.m. Produced by the Civic Action Commission.

**August 4 the Big Jangle** Tom Petty tribute band

**August 18 Sun Kings,** Beatles tribute band

**September 1 Top Shelf** - Motown, funk&soul, 70s-80s favorites.

### August 2-10

**Spontaneous Farce: An Improvised Romp** by Synergy Theater. Completely improvised and based on audience suggestions, this hilarious slapstick comedy will have you howling with laughter and begging for more. Leshar Center, 1601 Civic Dr. Walnut Creek. For tickets and show times go to [www.lesherartscenter.org](http://www.lesherartscenter.org).

### August 15-16

#### ONCE UPON A FAIRYTALE -



**Fri. 7:15 P.M. Sat. 2:15 P.M.** Presented by St. Marks' Puppets of Praise Theater Group. An all puppet musical production based on Pauly Parrot's favorite Fairy tales, Red Riding Hood, Big Bad Wolf, Snow White and Alice in Wonderland. Leshar Center, 1601 Civic Dr. Walnut Creek.

### August 17

**Martinez Vintage Market** 9am-5pm Vintage, antiques, collectibles, arts & craft, music, kids activities and more! Downtown Martinez.

### August 18



The Martinez Arts Association (MAA) presents the 50th annual Art in the Park at Susana Park from 10 AM - 5 PM. Over 60 artists are expected. **FREE.** Enjoy fine arts and crafts created by local artists, live music, food trucks and beverages including wine and beer. Silent auction. The Martinez Girl Scouts will be providing the children's activity this year for family fun. Free downtown parking and golf shuttle from the Farmer's Market area at the Starbucks plaza.

### August 22

The Jazz Room presents @ 8 p.m. An evening of jazz featuring saxophonist Mary Fetting with pianist John R. Burr, Kelly Fasman on drums and Matt Finders on bass! Village Theatre & Art Gallery, 233 Front St. Danville. Tickets: [www.villagetheatreshows.co](http://www.villagetheatreshows.co). Or call 925-314-3400 ,

### CONCORD MUSIC AND MARKET SERIES

6:30 P.M.-8 P.M. Todos Santos Plaza, Concord

**August 1--Steel 'n' Chicago** Steely Dan and Chicago Two for One

**August 8--David Laflamme's** "It's a Beautiful Day" Late 60's Rock Legend

**August 15--Caravanserai** The Legendary Music of Santana

**August 22--Zepparella** , The All-Female Zeppelin Powerhouse

**August 29-Andre Thierry Cajon/ Zydeco**--Accordion Soul Music

**September 5--Rock, Rhythm & Blues 3rd Annual Tribute to Steve Sage**--7

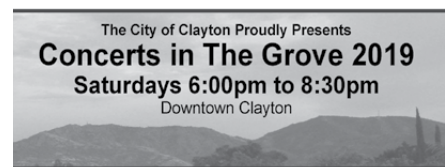
bands in 70 minutes

**September 12--Dan Ashley Classic Rock** with Original Roll

### August 24

#### JAVA & JAZZ SERIES AT THE CONCORD HISTORICAL SOCIETY

10:00 am. - 12:00 p.m. Concord Historical Society hosts coffee, pastries and a morning filled with all things jazz. \$5 Donation admission per session. All proceeds benefit the Concord Historical Society. Receive a complimentary logo coffee tumbler with each ticket purchase. 1928 Clayton Road, Concord.



**August 3 Apple Z** Dance and rock classics [facebook.com/applezbands](https://facebook.com/applezbands)

**August 17 Night Moves/ Creedence Classic Revival** [ccseger.com](http://ccseger.com)

**August 31 Cut Loose** Rockin' blues, R&B, rockin' country [cutlooseband.com](http://cutlooseband.com)

**September 14 VYBE Society** 10 piece band of musicians from major label bands [www.vybesocietyband.com](http://www.vybesocietyband.com).



### CONCORD JAZZ FESTIVAL

#### 10 DAYS OF JAZZ ; AUGUST 1-10

Honor Concord's long-term connection with jazz. 10 Days of Jazz entertainment. For a complete list of bands and venues, go to [www.visitconcordca.com/jazz/](http://www.visitconcordca.com/jazz/).

### CONCORD PAVILION

#### Upcoming Concord Pavilion Event

August 7 - 7:00 P.M. Bush and Live

August 8 7:00 P.M. Elvis Costello and Blondie

August 11 6:00 P.M. Wiz Khalifa

August 24 6:00 P.M. Lynyrd Skynyrd

September 1 4:00 P.M. Hot Summer

Nights (Ginuwine, Blackstreet, 112)

September 6 7:00 P.M. Heart with Joan Jett and Elle King



# Views of the Valley

Photos by Micah



Artist Sterling Johnson, the Bubblesmith, performs at the Pleasant Hill Library



4th of July Grand Finale Fireworks at Mt. Diablo High School. Photo by CSK Photography



A Kung Fu Journey performed at the 11th ITKFA Chinese Martial Arts Championship ~ Tomizaki's Champions Kung Fu finals on stage at Clayton Valley Charter High School.



Contestants at the Clayton BBQ Cookoff. The Master Series Grand Champion team was Big Poppa Smokers. Backyard BBQ winners were NB Construction for chicken and Low 'N' Slow Smokin' Que's for ribs.



David Victor, formerly of the band Boston and the founder of Harmony & Healing, brings live acoustic music to the bedsides of patients at San Ramon Regional Medical Center offering music therapy to patients.



Clayton Theatre Company presented 4th Annual Summer Stage Musical "Schoolhouse Rock Live! Jr." The 3-week camp had children from 6-16 yrs. old and culminated with two performances on 7/25.



CA State Senator Steve Glazer (D) Orinda hands out plaque to Monument Crisis Center's Executive Director, Susan Scherer, commemorating her organization being named California "Non Profit of the Year".



Java & Jazz session featuring Frank Dorritie at the Concord Museum and Event Center.

## Concord Senior Citizens Club and Senior Center HAWAIIAN FUSION FUNDRAISER Scholarships for Underprivileged Senior Citizens



**Concord Senior Center**  
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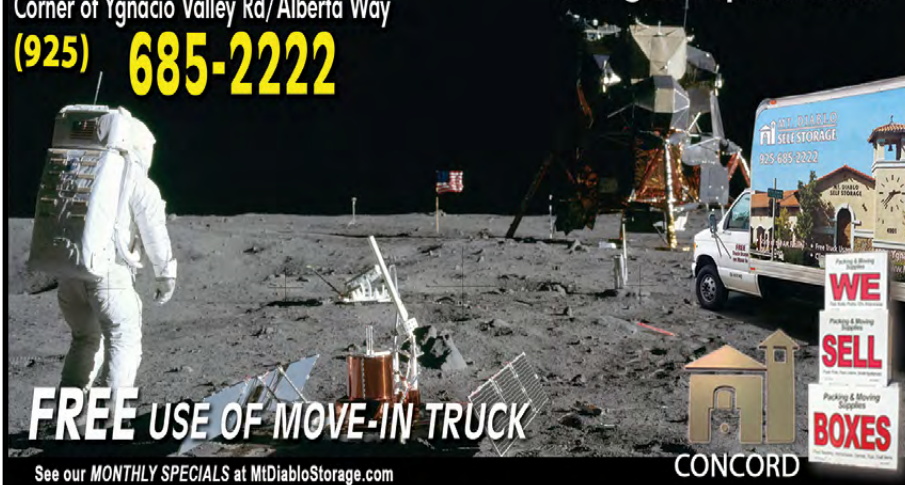
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# IN LOVING MEMORY OF SAM BOWERBANK



Sam Hauck Bowerbank, aka Mrs. Butterbanks, passed away June 29, 2019 at the young age of 44 leaving her husband, Jeff, and daughters, Rylie and Reagan. She experienced the most joy in her life as a mother, making sure everyone is happy and fed,

and seeing the accomplishments of her daughters.

Sam was born in Walnut Creek to Wally & Donna Hauck and graduated from Northgate, class of 1993. Sam and Jeff were married in 1995 in the LDS Oakland Temple and they raised two beautiful daughters, Rylie and Reagan. Sam had a love of cooking for family, friends, and soccer teams. For the past two years her favorite baking recipes were featured in the Diablo Gazette under her nickname Mrs. Butterbanks. She was a beloved and admired RDA at V. Shannon Haynes, DDS and loved by all of her patients. Sam will be remembered for her great smile, laugh and lively spirit.

She experienced the most joy in her life's mission as a mother and in the accomplishments of her daughters.

A memorial was held on July 20 at the Jesus Christ of LDS Church on Alberta Way in Concord. There, friends and family baked several of her recipes and brought to the services for all to enjoy. Friends and families were greeted with many photos of Sam and family throughout Sam's life, as well as a table full of kitchen baking appliances and tools, and several examples of her recipes published in the Diablo Gazette.

Diablo Gazette began running her column in October 2017. Her first published recipe was for Pumpkin Butterscotch Muffins. We will be forever grateful for her contribution to this publication. As a suggestion from husband Jeff, our farewell to her should be a final post of

her favorite recipe, Peanut Butter Bars. Thank you, Sam, you will be missed.

## PEANUT BUTTER BARS

Could there be a better combination than peanut butter and chocolate? Yes, there is. Peanut butter, chocolate and BUTTER! This couldn't be an easier recipe.



- 1 yellow cake mix (you read that right)
- 2 eggs

• 1 cup peanut butter, I prefer creamy. You may love the crunchy, either way works.

• 1 stick of melted butter  
Preheat your oven to 350°.

Put these 4 ingredients in your mixing bowl and beat until mixed well. (It will resemble cookie dough)

Take half of this dough and press into a 9x13 pan. Bake for 10 minutes.

Remove from the oven and pour on top: 2 cups semi-sweet chocolate chips. Pour over the top of those:

- 1 14 oz. can sweetened condensed milk.

Crumble the other half of the dough over the entire top. Don't worry, no spreading is necessary, it will spread in the oven. Throw it back in the oven and bake for 24 minutes.

Remove from the oven and let them cool in the pan. Cut into bars, or do as my daughters do and take a spoon to the pan. Yummy deliciousness!

Sam always found the time in the middle of her busy schedule to destroy her kitchen one concoction at a time. With the freshest ingredients gathered from her backyard garden along with fresh eggs from her chickens, she created beautiful and tasty dishes and desserts that had to be approved by her two teenage daughters and of course her "well-fed" husband. You'll find more of her fabulous recipes on her blog [butterrequired.wordpress.com](http://butterrequired.wordpress.com).



## frugelegance

by Carol and Randi -The FruGirls [www.frugelegance.com](http://www.frugelegance.com)

### Weathered Outdoor Furniture: from Blah to Wow for less than \$30.

Do you have a piece of outdoor furniture that you love but it's looking weathered and worn? We did. We have an outdoor bench that was looking quite weathered, in fact, haul-away worthy.

We really didn't want to spend several hundred dollars to buy a new one. Besides, it has "good bones", meaning it's good on the inside, but not so good looking from the outside. Those who read this column know we FruGirls only like DIY projects that are easy to do and budget friendly -- and this one is both. Here is how we gave new life to this old bench.

We love how spray paints have improved over the years. Our local home improvement stores have a wonderful selection of colors and finishes from which to choose. Many come with the paint and primer together in one can. That saves the time of having to prime first. The most difficult part might be choosing the color.

Take a look at how we made our bench go from "blah to wow!" for under \$30 in less than two hours.

Supplies Needed:

- Spray Paint for Outdoor Use (2-3 cans at \$4.49 each)

- Disposable Face Mask for Painting
- Tarp or Old Blanket or Sheet to protect the ground surface from the spray paint
- Medium grit sandpaper

- New Outdoor Throw Pillow (Optional)

First, we started with a light sanding to smooth out some of the bumps and blemishes. Next, we cleaned away the dust and then sprayed two coats of spray paint (follow manufacturer's guidelines). Sand, clean, and spray paint, it couldn't have been easier. After it's thoroughly dried, add a decorative pillow to make the new look complete.

Keep in mind there are many spray paints for many different purposes. We have used them for so many other quick and easy DIY projects, from

metallic gold spray painted pinecones and wine bottles for wedding decor to updating an old light fixtures.

Carol and Randi, the FruGirls, are local home stagers and decorators. You can also find them blogging about many other ways to live an elegant life for less, online at [www.frugelegance.com](http://www.frugelegance.com). FruElegance is where Frugal and Elegance come together.



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# Hats, Hankies, and Unmentionables

by Concord Historical Society

Concord Historical Society - The Galindo Home, at 1721 Amador Avenue, Concord, has been decked out with vintage hats:

cloches, pork pies, pillboxes, whimsies, fascinators, fedoras, and tea hats.

This new display has been embellished with monogrammed hankies, pearl buttoned gloves, vintage jewelry, and even a few lacy unmentionables. Tucked into the corners and set on dining room chairs are original hat boxes from Macy's, Rhodes, I. Magnin, and Joseph Magnin department stores.

The vintage hats and accessories will be on display at the Galindo Home on Sundays between 1:00 PM and 4:00 PM through the end of



educational opportunities for schools. Feel free to wear your own vintage hat and gloves while touring.

A special thanks goes out to the families who have loaned us their vintage hats and accessories: Buscaglia-Strehlitz, Crenna-Fryer, Duarte-Yount, Longshore, Trolan, and Vasconi.

For additional information, please contact Joanne Fryer: 925-726-8520 or [jgamdma42@gmail.com](mailto:jgamdma42@gmail.com)

September, 2019. The \$5.00 entrance fee helps the Society maintain this historical Concord home and to continue

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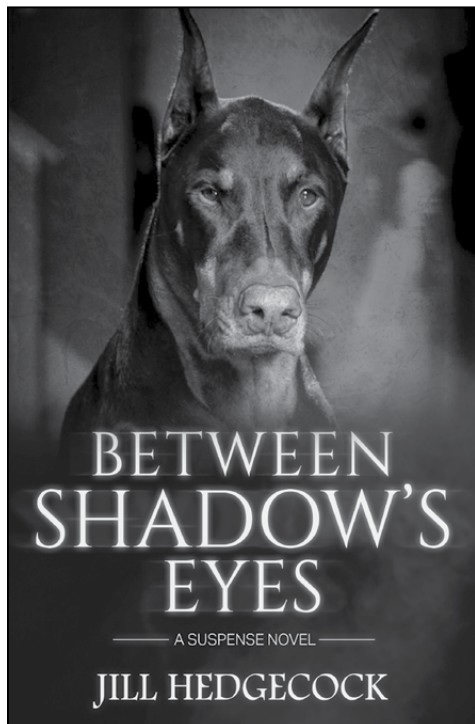
## Fran Cain's bookends

# Between Shadow's Eyes

"Between Shadow's Eyes" by Jill Hedgecock (2019, Goshawk Press, paperback, 285 pages, \$11.99) is a spooky suspense novel for young adults. Recently orphaned sixteen-year-old Sarah Whitman is trying hard to get by on her own by flying under Social Services' radar. Armed only with a set of ten game-plan rules her dying father provided to her in a concocted scheme to keep her in her home and out of foster care, and a newly adopted red Doberman Pinscher with a ridged nose known as a zipper-nose, she quickly discovers keeping her age a secret is not going to be simple. For some reason, her dog Shadow is uneasy in Sarah's home. His incessant barking draws unwelcome attention from the neighbors. Even though she's short on cash and afraid of being found out, Sarah makes an appointment with a dog behaviorist, Dr. Claudia Griffin. When she sees Shadow, a rescue beautiful enough to be a show dog, Dr. Griffin seems strangely obsessed with him. She gives Sarah the absurd diagnosis that Shadow's problem is that he can see ghosts.

Brushing Dr. Griffin off as a weirdo, Sarah goes back home. But when the air in her house turns icy cold, chairs start throwing themselves around, and the image of a teenage boy appears in her dining room, terrified Sarah runs to what she believes is a safe haven with Dr. Griffin. Normally standoffish, Shadow tolerates Dr. Griffin enough to allow her to cuddle him and stroke his forehead. Sarah soon learns that when she touches that same spot between Shadow's eyes, she can see the spirit of another young man and figures out she can communicate with him. Dr. Griffin tells Sarah she has done clinical trials with ghost-seeing dogs that she bred. She owned one of them, Celeste, now dead, another red Doberman suspiciously similar to Shadow. She convinces Sarah that she knows the cure for Shadow's ghost-sensing disorder. At wit's ends, Sarah trusts Dr. Griffin enough to allow the treatment and agrees to stay overnight.

Things start to get even weirder when



Sarah finds an old news article about two high school boys who were killed in a car duel over a girl on prom night in 1985. The location of the crash matches Dr. Griffin's address, and the address of one of the boys killed matches Sarah's. Hence the hauntings, or so Sarah believes. Sarah is given a warning by a local woman related to one of the dead boys. She believes that Dr. Griffin was directly involved in the deaths of the boys, as well as a number of other senseless deaths in the years since then. Fearing she might be next, Sarah flees, and all hell breaks loose. At risk of giving up her own secrets and her freedom, Sarah is caught smack dab in the middle of a ghostly battle, and a fight for her life.

This is the latest release from our own Jill Hedgecock (Chasing Jill Hedgecock, September 2016 p. 14) a regular contributor to The Diablo Gazette. She is passionate about dogs, wildlife, and rhino preservation. Check out her debut novel, Rhino in the Room (2018, Goshawk Press). Jill returns to bookends next month. Contact her at [www.jillhedgecock.com](http://www.jillhedgecock.com).

## movie review

Movie review by Tara McNamara,,  
Common Sense Media

3 of 5 STARS



# ARMSTRONG



"Armstrong" is an authorized biographical documentary of Neil Armstrong that presents the man inside the iconic astronaut. Historic news footage and commentary about fiery crashes and disasters are presented without emotion. In a time when it can feel like big personalities reap fame and fortune for doing very little, this film serves as a nice reminder that a quiet, honest, kind, hardworking introvert was at one time the planet's biggest celebrity because he earned it. Courage, perseverance, humility, and teamwork are clear themes.

Through interviews, newsreels, never-before-seen home movies, and Neil Armstrong's own words, "ARMSTRONG" looks at the life of the first man to walk on the moon. Friends, family, and colleagues share insights about Armstrong's childhood in rural Ohio, aerial combat in the Korean War, and college years at Purdue University, and his efforts with NASA through the historic Apollo mission.

Like Neil Armstrong himself, this documentary unspools with an understated, steady, quiet, unflappable calm. It's a nice complement to other films about the lunar landing, such as Apollo 11 or First Man; the difference being that "Armstrong" covers Armstrong's entire life, not just the months surrounding the walk on the moon. In doing so, the case is made for "why him?" -- i.e., why an ordinary kid from an unremarkable part of the country ended up living one of the most extraordinary lives. The answer is straight from the parental advice playbook: Study hard, stay out of trouble, treat others with respect, be kind, and so on. These qualities weren't just the recipe for becoming an astronaut; they're what

got him selected to be first off the rocket.

This biopic was authorized by Armstrong's children, giving family, friends, and NASA cohorts permission (and confidence) to share previously unheard stories. Through his writings and speeches, Armstrong himself "speaks," albeit with a Hollywood voice: Harrison Ford. A fellow aviator and famous on-screen spaceman, Ford punctuates the film with his world-weary confidence, his slightly gravelly tones finding the deeper meaning in the astronaut's words. The involvement of the Star Wars rebel represents the film's only cinematic sizzle, so while its messages about working hard and being a good person are exactly the kinds of things we want our kids to hear, the documentary is really only likely to captivate Space Campers who are already in awe of one of history's most accomplished citizens.

The timely release is a fitting tribute to the 50th anniversary of the lunar landing. Cast: Neil Armstrong, Harrison Ford, Michael Collins. Director: David Fairhead

*\*Common Sense media ratings are based on child development best practices. The star rating reflects overall quality and learning potential.*

## DIABLO BALLET TO OPEN BALLET SCHOOL ON AUGUST 26 IN PLEASANT HILL

Diablo Ballet is opening its own ballet school on August 26 at the Diablo Performing Academy, 1948 Oak Park Blvd. in Pleasant Hill. Classes will be offered to students ages 3 to adult who enjoy dancing as well as those who wish to pursue a professional career in ballet. This will also be the new home of Diablo Ballet Company rehearsals.

Under the leadership of Lauren Jonas, Co-Founder and Artistic Director of Diablo Ballet, the School's staff will also include Associate Director, Rebecca Berke, School Principal and company dancer, Raymond Tilton and Diablo Ballet's company dancers. The school has a dual mission: to train classical ballet dancers who wish to pursue a professional career in ballet and to offer young children and adults in the Bay Area an introduction to classic ballet and the joy of dance.

Students will receive instruction by professional dancers who are in the height of their careers and will have a number of performance opportunities throughout the year. The Children's Division (Pre-Ballet and Ballet Level 1) will participate in one performance as well as parent observation days throughout the

year. Students in the Training Division (Ballet Levels 2 through 5) will have the opportunity to participate in three performances throughout the year, including performing with Diablo Ballet during the March performances of Coppélia, with the Diablo Symphony Orchestra at the Leshner Center for the Arts. Students will also participate in Master Classes offered throughout the year including: a Master Class in Technique offered by former principal dancer at San Francisco Ballet and Diablo Ballet's Regisseur, Joanna Berman; a Master Class in Choreography offered by master choreographer and former principal dancer at San Francisco Ballet, Julia Adam; and a Master Class in Balanchine Technique offered by Balanchine Repetiteur, Sandra Jennings, among many others.

Diablo Ballet's Sports Medicine Physician, Dr. Selina Shah, Acupuncturist, Shih Hao Ho, and Physical Therapists from the staff of Center for Sports Medicine are all dedicated to assist students at Diablo Ballet School. Students will also be invited to classes on nutrition and preventing injuries.

For its opening, Joanna Berman,

former principal dancer at San Francisco Ballet and Diablo Ballet's Regisseur, will be teaching the Advanced Ballet class on Monday, August 26 from 5 pm - 8 pm with Raymond Tilton, with the other levels invited to participate or watch. "Excellent training is essential for a professional career in ballet. I'm thrilled that Diablo Ballet School will be providing such training to young dancers in the East Bay," states Ms. Berman.

Diablo Ballet School will be hosting two free events to celebrate the opening of the school. Join Diablo Ballet on August 17 at 11 am at Macy's Walnut Creek for a day of fashion, food and fun at Family Day. The school will also be hosting an Open House on August 18 from 11 am - 2 pm. All interested students and families are invited to come tour the new studios, meet Diablo Ballet School faculty and staff, and enjoy food and drinks.







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Clayton Valley Dance Academy 5416 Ygnacio Valley Blvd. Ste 60, Concord



## aRt Cottage

by FROgard [www.aRtCottage.info](http://www.aRtCottage.info)

## "Abstractly Speaking"

Artist 7 presents "Abstractly Speaking" at the aRt Cottage, August 6th to September 27th.



Valerie Corvin

Artist 7 is a group of artists that meets regularly to discuss upcoming shows, museum events and to discuss

new techniques and media. The group also critiques current work by each artist and commiserates on the verities of the



Dee Tivenan

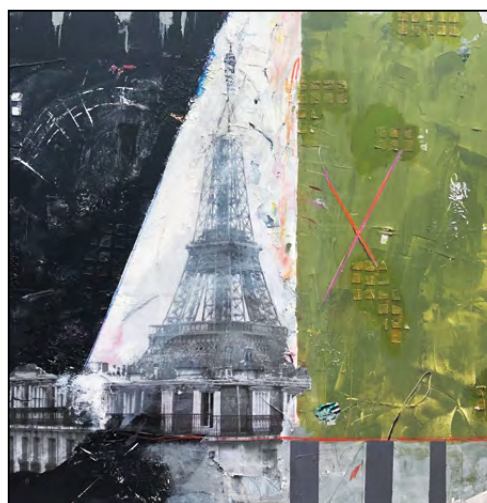
art world. "Abstractly Speaking" presents their current abstract work, each exploring and going in different directions.

30% of all their sales will be given to The Legal Service for Children in San Francisco. They say, "We are very moved by the plight of children coming across our southern border and want to use what we do best to contribute in helping those who help them."

"All seven of us, Valerie Corvin, Lynn Glenn, Katie Korotzer, Jan Lainoff, Pam McCauley, Roberta Milstead, and Dee Tivenan would like to thank FROgard Schmidt, the owner of the aRt Cottage, for this opportunity to share our work with others."

All are invited to meet the artists at the reception on August 10th from 3 p.m. to 5 p.m.

aRt Cottage is open Tuesday to Friday, 11 a.m. to 5 p.m. and Saturday 1 p.m. to 5 p.m. and is located at 2238 Mt. Diablo St. in Concord. <http://artscottage.blogspot.com/>



Roberta Milstead

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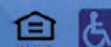
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# Out to Lunch

## Babushka Means Fine Russian Dining

by Richard Eber

Considering the large number of people living in Russia and the former Soviet Union, fear of “collusion” must be the reason why their cuisine is served in so few local eateries. The exception is the Babushka Restaurant and Deli located on 1475 Newell Ave. in Walnut Creek.

For over 20 years, the Malkov family has been a proud outpost for food many Americans have associated with a Betty Crocker’s “Fit for a Czar” Noodles Romanoff package. In contrast Chef Zoriy Malkov is obsessed with making every item on the menu from scratch. Whether it is his egg noodles or their Chicken Kiev, “house-made” is the Babushka way.

Outside of considering a glass of wine from a list that features vintages from the Republic of Georgia, Hungary, France and Germany, the starter menu is intriguing. My favorite is the Khachapuri Cheese Boat. It is shaped like a vessel whose deck is laden with a Georgian cheese blend and an egg yolk which cooks on the hot crust. Although it takes some 22 minutes to prepare this



on the menu are Pelmeni and Vareniki dumplings. These handcrafted delicacies share similarities with Italian raviolis. The Pelmeni are meat filled and covered with a veal broth infused with garlic and sour cream. The Vareniki dumplings, stuffed with mushrooms and/or potatoes, are served with a slightly different garlic cream sauce featuring crispy shallots.

Both dishes are ideal for sharing as one can fill up quickly with their high caloric ingredients. Another item people can enjoy in groups is Babushka’s Golubsky, aka stuffed cabbage. Their version features beef, turkey, onions and rice rolled in cabbage leaves. It’s a real winner.

Babushka’s signature dish is Chicken Kiev. Chef Zoriy uses Mary’s Chicken airline breast (with the leg attached). This piece is pounded until flat and stuffed with their seasoned butter (garlic, dill and parsley) and Israeli cous cous. This creation is rolled into breadcrumbs then baked on each side for 12 minutes until golden brown. If the end result can be defined as “Russian Collusion”, I

want in.

To be expected are traditional Russian soups including Beet Borscht and Soljanka. These flavorful offerings can be ordered with a meal or be substituted in lieu of an entrée.

Even though I was full after the main course, it was hard to resist the hot Belgian Chocolate Cake. It is baked in an individual ramekin and finished with vanilla ice cream. The 20-minute preparation time is well worth the wait.

Also extraordinary was the cherry Napoleon which is a sweet version of



appetizer is a must order item.

In both the restaurant and deli Babushka offers patrons four types of traditional Russian Piroshki. These are stuffed in a puff pastry similar to a turnover. The key to this dish other than freshness is the Dijon emulsion, root salad, and caramelized onions. I especially liked their feta and spinach ones but others at my table preferred the chicken, potato, and the beef varieties.

Of note is the Baklajani eggplant dip served with rye bread. Going in another direction is red and black caviar which are accompanied by crepes and sour cream. Babushka offers traditional Russian salads which feature cucumbers, tomatoes, beets, and sour cream as prime ingredients. Most notable is the Golden Fish which features smoked salmon, capers, potato, and hardboiled egg. It is finished with tasty vinaigrette and a touch of salmon roe. Delicious!

Chef Zoriy serves authentic Russian food. He has a nouveau approach which he attributes to his heritage from Tashkent Uzbekistan and Baku Azerbaijan along with his apprenticeship under Michael Chiarello at Napa’s Michelin rated Bottega Inn. Zoriy is also a proud graduate of the Hotel and Restaurant program of Diablo Valley College.

His level of culinary expertise is apparent with the entrée Beef Stroganoff. Instead of using strips of low-quality round steak, Zoriy utilizes more flavorful boneless Neiman Ranch short ribs. His recipe offers a sauce of wild mushrooms, shallots and sour cream, that is served with house made egg noodles.

Two traditional Russian specialties



their Peroshki. Both desserts are so rich they need to be shared. Unfortunately, the Babushka’s Honey and Opera cakes will have to wait for a future visit.

For a completely different dining experience than what one receives in Italian, Mexican, French, Asian, and American Diner restaurants, Babushka is the place to go. They are open for lunch and dinner Tuesday through Saturday. Reservations are recommended especially on the weekends. <http://www.babushkarestaurant.com>



David George

## THE NAKED GARDENER

**CONTROL YOUR BITING BUGS!**

Ah, these marvelous days of mid-to late-summer in the Bay Area. The warm sun and strong ocean breezes make for an ideal time for some naked-gardening, but watch out for biting bugs.

Aside from mosquitoes, there are other lurking body biters. These pests love to hang out in moist areas, especially near ponds and in overhead-watered vegetation including lawns.

There are eco-friendly ways to control biting bugs. Spray-on repellents do not come in contact with or harm your garden. All-natural ingredient repellents such as citronella, lemon-eucalyptus oil, lemongrass, and picardin are popular but not very effective. I recommend sprays that include from 7-25% DEET repellent as they are proven effective in warding off mosquitos and most other biters. The EPA has stated, “Normal use of DEET does not present a health concern to the general population, including children.” Use repellents every day when outside to avoid transmitted diseases such as Zika, West Nile virus, and Lyme disease – all present in our area now.

Most biting pests target you for a blood meal they need for reproduction. Here are my least favorites:

**Ticks** – Our area has abundant black-legged deer ticks in open, weedy meadows. Fortunately, our increasing wild turkey population loves to eat them! They hide in knee-high grasses and jump onto you as you walk through. If you live close to woodlands,

you also encounter dog ticks, larger and browner than the deer tick. Always check your skin for ticks after an open spaces walk. Pluck them off and toss into a toilet before they bite. Check out the web for removal instructions if you do get bit – or see your doctor. Medium-strength DEET or strong natural repellents on skin or clothing keep ticks off.

**Chiggers** – Alas, these infamous Midwest mites have spread to the Golden State. Moist vegetation, such as a lawn or other overhead-sprayed areas are favorite hangouts. They are microscopic and can crawl on skin without feeling them. Their bites (actually a dissolved skin meal) leave large red welts, usually around your mid-section and last for weeks. Shower



these bugs off with warm water and soap when you come in from working in moist garden areas. They are repelled only by strong-DEET sprays.

**No-see-ums** – These are small, moist-area biting midges and respond to low potency DEET sprays, or medium potency natural applications. Like mos-



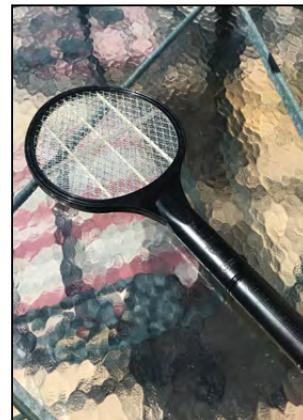
quitoes, their modest welt disappears in 3-5 days. The problem is they are nearly transparent. Wear the repellent always.

**Biting gnats** – These also swarm near ponds or moist, overhead-watered vegetation in warm months. They can leave a small, itchy bump that lasts a day, usually around your ankles (even wearing socks) or around your hat line. They are repelled by potent DEET applications – greater than 15%, but sprayed directly onto your feet, not your socks. Natural repellents are not effective.

**Canyon Flies and other Biting Flies** – Near our oak woodlands, these small pests buzz into your eyes, nose and ears. They don’t bite but actually lick your sweat. Bizarre! Neither canyon flies nor the several biting flies in our area are repelled by DEET. I attack them with my Bug Zapper or suck them into the Mosquito Magnet. Like mosquitoes, they are attracted by our CO2 breath.

Are you itching yet? Almost all decent-sized creatures in your garden can defend themselves with bites or stinging. My advice for bees, wasps, centipedes, scorpions, or snakes (gads!), is to naturally – steer clear. And wearing clothes (bummer) almost always helps.

I welcome all comments and questions. Email me at [NakedGardener@diablogazette.com](mailto:NakedGardener@diablogazette.com). In some cases these may appear in future columns.





## ARF UPDATE

by David King

### ARF Adoption Stars



**Alder:** One-year-old Alder is an outgoing, wiggly boy who loves meeting new people. He has an old injury on his back left leg, but that does not stop him from playing with and loving on everyone he meets. He enjoys playing with toys either with someone or will throw a toy in the air and chase after it. He would be a perfect fit for anyone who can give him all the love and activity he needs. Alder has a positive history with other dogs.

The adoption fee for puppies <6 months is \$300, for adult dogs is \$250, and includes a discount on the first six-week session of a manners class.



**Carroll:** One-year-old Carroll is a beautiful tabby with a soft, silky coat. She enjoys gentle petting and attention, and also likes to play with wand toys when she is ready. Carroll raised a litter of kittens and is now ready to be someone's baby. This pretty lady will bring much joy and companionship to your calm household.

The adoption fee for kittens <6 months \$125 (\$200 for 2) and for adult cats is \$75 (\$100 for 2).

Meet your forever friend at Tony La Russa's Animal Rescue Foundation, 2890 Mitchell Drive, Walnut Creek, during adoption hours: Noon to 6 pm Wednesday & Thursday, Noon to 7 pm Friday, and Noon to 6 pm Saturday & Sunday.

Would you like to be part of the heroic team that saves the lives of rescued dogs and cats? Can you share your talents to connect people and animals? ARF volunteers are making a difference. For more information see our website, [www.arflife.org](http://www.arflife.org), or call (925) 256-1ARF.



## Ruby Dooby Do to the Rescue

Double Dipping

*Each month a hard to place dog in foster care will be featured to give them extra exposure to find their forever home.*

Two-year-old **FREDDIE** is an Italian Greyhound/Chihuahua mix that wasn't properly socialized and is a bit fearful. With the help of his sweet foster parents, a dog trainer, and has six little doggie friends, this young boy is discovering how wonderful humans can be. Freddie has learned that collars and leashes lead to fun walks and outdoor adventures. This pup's ideal home will have a patient owner and a small doggie companion.

Another two-year-old mini-girl of the Chihuahua persuasion being cared for by Friends of Contra Costa Animal Shelters (FOCCAS) is **MIDGE**.

This munchkin is learning to conquer her timid nature in her foster home. Midge loves to play with other dogs, fetch a toy, wiggle her cute bum, give high-fives, kiss your hand, and follow you everywhere. Her trick of standing on her hind legs for at least 48 seconds will melt any heart. She is working on leash skills and not being scared when left alone, but with positive reinforcement training and patience, she will make an awesome companion.

If you would like to adopt Freddie or Midge, fill out an application at [www.friendsofcontracostaanimalshelters.org](http://www.friendsofcontracostaanimalshelters.org). The dogs are both house-trained, neutered/spayed, and up-to-date on vaccinations. Each dog's adoption fee is \$125.

FOCCAS concentrates on marketing dogs who need extra help, raising funds for special medical, dental, behavioral and grooming needs that the shelters can't afford (transporting for those procedures) and assisting the shelter with

enrichment activities for the animals. They also support the Running Dog team at the shelter (volunteers take out stressed dogs for long hikes, runs, socialization, etc. every Sunday). To support FOCCAS visit: <https://www.friendsofcontracostaanimalshelters.org/donate>.



### Dog Bites "Pawsitive"

**News:** The World Championships for Dog Surfing will be held on August 3rd at Linda Mar Beach, Pacifica. Activities include costume contests, dog disk and fetch-in-water competitions and yappy hour between 9:00 a.m. to 5:00 p.m. Attendance is free. (<http://www.surfdogchampionships.com/events/>). On August 6th from 7:00 p.m. to 8:30 p.m., a free lecture on Wilderness First Aid Basics for Your Dog will be given by Sage veterinarians at the Dublin REI, 7099 Amador Plaza Rd. On August 17th, (10 am or 2:30 pm), Tony LaRussa's ARF will offers a class to paint your pet on a canvas with a pre-sketch of your pet. Local artist Ammo will guide the process with step-by-step instructions; \$70. (register at [ARF.ejoinme.org/pawsandrelax](http://ARF.ejoinme.org/pawsandrelax)).

**A Bone to Pick:** The FDA issued a warning to dog owners that feed a grain free diet using certain dog food brands. In a recent study, up to 90% of the dogs tested suffered from dilated cardiomyopathy (DCM). 93% of those diets also included peas and lentils. Acana, Taste of Wild, and Blue Buffalo were included on the brands of dog food. A full list of 16 dog food brands that were shown to be associated with DCM can be found at

<https://www.fda.gov/animal-veterinary/news-events/fda-investigation-potential-link-between-certain-diets-and-canine-dilated-cardiomyopathy>

[Editor's Note: Rubydooby\_do is Concord's Instagram Doberman celebrity with nearly 85,000 Instagram followers. [Instagram.com/rubydooby\\_Do](https://www.instagram.com/rubydooby_Do). Column written by Jill Hedgecock, her novel, *Between Shadow's Eyes* released July 2019 will feature Ruby on the cover. [www.jillhedgecock.com](http://www.jillhedgecock.com).]

## SHADOW'S EYES

continued from page 8

full-blown barking would then continue until she ended her routine with the crescendo, a plaintive howl.

As if the audience yelled "encore," Shadow would repeat this routine, over and over until I managed to calm her into silence. According to this citation, her barking had occurred nonstop throughout the day this entire week. I really couldn't blame Mr. O'Shawnessy. The racket had only been going on less than a minute, and I was ready to jump in the car and escape.

"Shadow," I yelled over the din. "Shadow, chill."

I pulled her tense body close to me. She continued to direct her displeasure at the barren space in the far corner of the room.

"Enough," I yelled.

Shadow's barking only became more frenzied. I stood and rummaged through my purse as she tipped her nose to the ceiling, imitating the profile of a coyote baying at the moon.

"Arrruuuu, arrruuuu."

My fingers located the business card the vet had given me: Dr. C. Griffin, D.V.M., Certified Animal Behaviorist. Calling for help felt like my only option.

"Quiet," I screamed and stamped my foot.

Shadow stopped and gave me a sheepish look.

I hurried to make the call while the silence lasted. As I dialed, I ticked off the two Game Plan Rules I was ignoring. Rule #1: Don't make rash decisions. Rule #5: Keep a low profile. Above all, Dad had cautioned, keep your interactions with others to a minimum. Yet, I was following Rule #10 to listen to the voice within and Dad said this was the most important rule of all.

While I waited for someone to answer the phone, my dog cycled back into her early growling phase. Once again, her gaze fixed on that same empty corner. There wasn't anything there. Not even windows where she might see a bird or a cat. What could possibly be upsetting her?

I took a deep breath. I had read that dogs are sensitive to their owner's emotions. If I calmed myself, maybe I could quiet her. I focused on the air moving in and out of my lungs until my anger slipped away. This seemed to disrupt Shadow's typical behavior pattern long enough to book an appointment with Dr. Griffin that very afternoon without having to shout over Shadow's barking. Yet, when I hung up, Shadow's growl resumed. Poor dog. She must feel miserable.

"What is it, girl?" I whispered.

I rubbed the ridge between Shadow's eyes, her favorite place to be stroked. Normally, this relaxed her, but her body remained stiff and unyielding. I tilted my head, listening. No scurrying sounds suggested squirrels on the roof or rats in

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Jill Hedgecock with the real Ruby Dooby Do.

Continues on page 16 ...





**Clayton Valley Charter High**  
**Scheible Says**  
Executive Director Jim Scheible

## CVCHS Prepared for the 2019-2020 School Year

Clayton Valley Charter High School is excited to welcome our new and returning students, teachers and staff for the 2019-20 school year. The Ugly Eagles are poised for another promising school year as we will have our largest senior class ever at CVCHS. Our first day of school is Tuesday, August 13. As Executive Director, I enjoy the arrival of staff and students to our campus fresh off their summer break.

Each school year is unique and 2019-20 is no exception at CVCHS. We will welcome the Class of 2023 at the Link Crew Freshmen Transition Program. This introduction provides our newest students with a week-long camp designed to prepare them for their high school experience.

The Link Crew Freshmen Transition Program supports Freshmen by assigning them Link Leader mentors prior to the first day of school. These Link Leaders are responsible upper classmen who were hand selected and have met the qualifications of being a good role model and a positive leader on our campus.

Kudos to our outstanding Link Crew coordinator Sarah Lovick and school

counselors for their involvement helping new students feel more comfortable on campus, as well as preparing them for a strong start to 9th grade and academic success during high school.

I'm also looking forward to our charter renewal process which will showcase the tremendous CVCHS programs and achievements to our authorizer, the Contra Costa County Board of Education. These efforts will allow us to further engage our families and the community in the great work of our students, teachers, and staff.

As I shared at June's graduation, we will be reaching out to everyone in the Eagle family for support during the renewal process. This includes alumni, families and even future Eagles. The CVCHS charter is on track to be renewed this fall -- October or November -- and the new charter will run from July 1, 2020 through June 30, 2025.

Additionally, upon arriving at school, families will see a few upgrades to the campus and surrounding area. Most notably, Alberta Way has been outfitted with lights on the four-way stop sign at Park Highlands and with two upgraded

and lighted pedestrian crosswalks into campus. Student safety is always our priority. CVCHS engaged in a partnership with the City of Concord to install these improvements proactively and to ensure every student gets to school safe. CVCHS has also installed additional security cameras and made further upgrades to the campus as we look to improve the environment where our Eagles learn, teach and work every day.

And finally, CVCHS band and athletics have already hit the ground running. Band camp has wrapped up with another outstanding summer camp and football kicks off practice on August 5th. I am eagerly excited about the rest of fall sports which start August 12th. The Ugly Eagles football team has the highest profile of the fall sports, however, we expect strong showings from our Cross-Country, Women's Volleyball, Women's Tennis, Water Polo and Women's Golf teams. Be sure to check the CVCHS Athletics web site ([www.uglyeaglesathletics.com](http://www.uglyeaglesathletics.com)) for schedules and come out to join us.

## SHADOW'S EYES

continued from page 15

the walls. Then for a moment, a diamond pattern flickered against the solid green wall where Shadow nicked the paint. The same place where the surface had been cold to the touch. I turned my head looking for a reflective light source, but when my gaze returned to the wall, for a split second, I could have sworn an unusual pattern of light formed a pair of eyes above the diamond shapes.

My hand froze on my dog's head. The image had been a momentary flash as if I was fast-forwarding through a television commercial on a recorded show. Had exhaustion taken over? Had I momentarily dozed off? I blinked hard. The original geometric shapes returned. There had to be a rational explanation.

*Jill Hedgecock will be book signing at Flashlight Books in Walnut Creek on 9/22/19, at the Concord Oktoberfest at Todos Santos on October 11 & 12, and at Napa Bookmine on October 16. To read "Between Shadow's Eyes" book review; turn to "bookends" column on page 12.*

*Jill Hedgecock is an award-winning and internationally-published author. In addition to her monthly book review and dog rescue columns for The Diablo Gazette, she also regularly contributes to Books N' Pieces Magazine as well as The Daily Brunch, an online magazine based in India. "Rhino in the Room", her debut novel, was a 2019 New Apple Literary Medalist Winner for Excellence in Indie Publishing. She lives in Walnut Creek with her husband and three rescue dogs.*

## Local Athletes Excel: Cyclist Ruth Winder and Swimmer David Giordano



Ruth Winder, 26, and a World Class pro cyclist from Lafayette won the USA Cycling Pro Road Championship Elite Women's

Road Race in Knoxville, TN on June 30, adding to a long list of cycling achievements to her young career. Winder won with in a close finish of just one second. "The whole time I kept telling myself 'It's not over until it's over, just keep going' - trying to push until I saw the finish line. I thought for sure everyone is about to pass me and it was going to be one of those super dramatic finishes like in Rio when Mara [Abbott] was passed just before the line, and then I looked around and was like, 'what?!', Winder said. Winder was on that 2016 USA Olympic team when USA took home the Silver losing to England. Ironically, Winder was born in England but had moved to Lafayette, CA at the age of 6. She began competitive cycling at the age of 15. In 2018, Winder joined the Pro European Team Sunweb from Holland racing across Europe. In 2019, she is competing

on the Trek-Segafredo in the UCI Women's World Tour. We wish her continued success.

Speaking of success, Concord's Gehringer Park Gators Swim team is enjoying their season. "This season by far



has been a standout season in numerous ways. Breaking pool records have been quite common this season for the Gators," according to Swim Coach Kelly McYoung. However, David Giordano's (12, Concord) record breaker was particularly sweet. He just broke a 48-year pool record in the 100 IM 11-12 event set in 1971, shaving over two seconds off the long-standing record time. David has been swimming since the age of 5, and this is his 8th year on the team. His parents, David and Brooke are rightfully very proud. Congratulations to David and the Gators. Let's hope this is just the beginning with many records to come.

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## THE JOURNEY-MAN JOURNAL

by Fran Cain

Humboldt Redwoods State Park is one of California's most understated natural jewels. This 53,000-acre home of giant old-growth redwood trees is easy to find along Highway 101 North, about five hours from the East Bay. I make it an annual trip during summer solstice week to enjoy the longest days of the year in one of earth's most magnificent places to recharge and reconnect with nature. I set up camp with my husband at Albee Creek Campground, five miles down windy, narrow Mattole Road, one of four campgrounds within the park.

The Avenue of the Giants is lined with enormous trees that stand 300 feet tall and are between 500 and 2,000 years old. Standing beneath these ancient giants, it's easy to feel overwhelmed by nature's majesty. Walking the picnic grounds of the Visitor Center at park headquarters, I enjoy hearing a myriad of languages of visitors from around the globe who also came to be awed by these mighty trees.

I like biking the mostly flat roads throughout the shady park, enjoying the park's perfect weather and being dwarfed by the trees on the 10-mile journey to the Visitor Center from the campground. The dirt fire roads also allow bikes, but they tend to quickly climb uphill, so I prefer cruising the flats even if the sporadic traffic is a little nerve wracking at times. There are tons of hiking trails throughout the park with something for everyone.

My husband and I parked our bikes at the Visitor's Center and checked in with the friendly volunteers to ask for advice. They spread out a map and suggested a few trails and gave me my own map of the park to carry. Across the street, along the Gould Grove Nature Trail, I examined the magnificent redwood trees up close, straining my neck to try to see the tops of the 300-foot giants. Further along the loop, I found the tiny sign for the River Trail down a short steep silty path to where a narrow but sturdy footbridge crosses the South Fork of the Eel River. Standing in the middle of the bridge, the air felt cool and clean and the views in either direction were calming and lovely.

Walking to the left for about thirty feet along the water, I finally found a steep stairway made of wood ties. This is the entrance to a truly primeval forest. Staring up into the darkened wood, I wondered what I was getting myself into. I picked my way up the steps and found the trail head sign offering several choices. I followed the River Trail to the right towards Rockefeller Forest and Bull



Eel River Bridge



Biking on Mattole Road

perry rocks at one point. The next day we hiked to the grave of Addie Johnson, the memorial for a young woman who died in childbirth in 1880 after the area was settled by homesteaders. We started on the flat part of the multiuse Homestead Trail at the Albee Creek campground off spectacular giant-lined Mattole Road and walked about a mile until the Addie Johnson Trailhead. Here the trail narrowed



Fran hugging a tree

and started to climb. Although never very steep, it was a good 1.4-mile uphill workout to the small marked grave with the picket fence around it. I noticed some bear scat close by and decided to skedaddle rather than linger.

Yes, there are black bears in the park. Black bears especially enjoy visiting the areas where the homesteaders grew fruit. Old orchards they left behind include apple, pear and plum trees which still produce surprising amounts of fruit. In the evenings from our campsite on the meadow at Albee Creek, we spied deer standing on their hind legs to reach the low hanging fruit and, from a safe distance, we watched amazed as contented bears with their cubs climbed into the trees like monkeys and gorged themselves.

A few years ago, I had a black bear encounter on a trail with my husband while hiking about two miles up one of the fire roads. After a standoff of a few harrowing adrenaline-filled minutes, with the bear standing up at first then

Creek Flats. Along the way, I stepped inside a spacious old hermit's hut made from the hollowed-out stump of a long-fallen tree, imagining how cool it would be to live inside a redwood. Further along, an old tree bridges a rushing stream. This hike was mostly flat and relaxing, but I wished I had taken my walking sticks as we had to cross some slip-

perating back and forth across the trail sniffing us, the curious bear simply ran into the woods. It took the rest of the hike back to the campground before my heart stopped pounding. Ever since, when I'm on the trails, I carry bear spray and I'm on the lookout for bear scat. If I see poop with seeds or berries, that's a giveaway.

The next day, needing a break, I opted to relax by the water instead of hiking or biking. My favorite spot with restrooms is at the California Federation of Women's Clubs Grove about three miles north of the Visitor Center. An impressive four-sided fireplace designed by the famous architect Julia Morgan symbolizes the Federation's protection of the forest. I stopped at each side to contemplate the engraved heart-warming slogans.

Getting down to the Eel River required maneuvering a short but steep sandy path. By the way, I was surprised, and relieved, to learn that no eels live in the river. Early summer, the river was brisk, clear and refreshing. I've heard that in late summer it can get low and algae forms.

I didn't do any horse riding, but I saw quite a few riders who can use the Homestead multiuse trail from Cuneo Creek Campground, an equestrian campground.

There are abundant ferns throughout the park, some as tall as a person. I was most impressed by the huge ferns in Pepperwood close to the north entrance of the park on the Drury-Cheney Trail, a lovely meditative walking loop that made me feel like I had stepped back in time to Jurassic Park instead of Humboldt Redwoods.

On my last full day, we hiked about half way up the Thornton Multiuse Trail starting from Albee Creek. Not sure how long it would take to climb all the way to Peavine Ridge, we decided to turn back and do our homework. Asking around, I heard from other campers that it is an old logging road and there are some old growth groves of trees still up there. It's five miles on a steady uphill hike to reach the ridge through some meadows with stunning views across the valley and a variety of trees. I'll come back and do the rest of that hike next time.

The history of this region is fascinating. In a nutshell, homesteaders started to clear some of the land for farming in the 1850's, driving away the Native Americans. Commercial loggers came around 1860. At first, men hand sawed and chopped to fell each tree which was an exhausting process that took several days. Trees were floated down the Eel River. Roads were built. Mills grew up all around the area. A successful logging industry kept southern Humboldt County prosperous and sustained. After World War II, demand for redwood increased and the number of sawmills more than tripled. Then another housing boom in the 1960's led to clear cutting and the destruction of 90 percent of the original two-million-acre redwood range. At its peak, three hundred logging trucks per day traveled from the forest on dusty dirt roads to mills in Scotia, Fortuna and Bull Creek.



California Federation of Women's Clubs Grove

Devastating floods came in the winter of 1954-55. The second time it happened was on Christmas Eve 1964, less than ten years later. Years of logging had damaged the land and created disastrous conditions after massive rain storms. The swollen Eel River became clogged with lumber, downed trees, tree segments and debris, including human remains from the Bull Creek Cemetery, and houses ripped from their foundations. The force of the floodwaters caused the debris to destroy nearly all of the bridges according to a mesmerizing video available for viewing upon request in the Visitor Center.

Humboldt Redwoods State Park was formed over many years as the state acquired forested lands in the region. But for decades, the damage to the decimated region mounted due to storms, fires and floods. Although the Save the Redwoods League was founded in 1918, it was not until 1960 that the state took control of the Bull Creek watershed, the only way the damage downstream from the logging could be stopped and the remaining forest saved. Today, after many decades of nurturing, the watershed has been restored, and the ancient trees are protected for the people to hug and enjoy. For more information visit [www.humboldtredwoods.org](http://www.humboldtredwoods.org).

Although the park is open all year, the campgrounds are typically full in summer, requiring advance planning for campsite reservations at <http://www.reservecalifornia.com>. For information on bear spray, visit <https://www.nps.gov/yell/learn/nature/bearspray.htm>.



Tree hut along trail





**theRIGHTmove**

by **Terrylynn Fisher**, Broker Associate  
[www.BuyStageSell.com](http://www.BuyStageSell.com)

## Buyer Happy Dance: Contingent Sales, and Grants (you may not have to pay back).

Our real estate team has had Happy Buyers this summer as the market is finally changing in their favor. Buyers who have been waiting to secure a low down payment purchase or who need a little help with closing costs find the market is turning their direction. For example, there are grant monies available for down payment assistance. One of our firemen buyers received FREE grant money for the entire down payment. This is money he does not have to pay back for being a first responder.

Yes, there are some extraordinary loan programs out there for people who've previously been beat out by all cash buyers or higher down payments. The interest rates are phenomenal for refinancing and for purchases in all price ranges. Negotiation and strategy are still vital to achieve your desired results.

With the return of the contingent sale, (where you make an offer on a property and the seller gives you time to sell your home first) buyers are moving up without having to move twice. This is a welcome change. Sellers will find that move-up buyers are very motivated to close the transaction.

While it may not be easy, there are some things you can do to tip the scales in your direction.

You still may have to overbid. You should be looking under your maximum

price range so that when you find "the one", you have the leverage and room to bid higher in order to secure the property.

Move-up buyers often pay a premium as they are buying the time with the seller to let them get their home sold. Negatives can be overcome by money and/or convincing a seller and their Realtor that you are realistic about what you are selling and giving a good price for their home that you are buying. You don't want to try to fool a seller, their Realtor will know whether you are realistic or not. There has been an uptick in contingent sales and the folks doing them are happy to get a home without a double move. You may finance your closing costs by raising the price to cover them and getting a credit from the seller. On an over-priced home that's been on the market for a while you might just negotiate that in without raising the price. All in all, the market is balancing out and it's a great time to buy if buying is in your future.

*Terrylynn Fisher, Real Estate Broker leads Terrylynn-n-Team and is a 30-year + veteran of real estate with Dudum Real Estate Group, Walnut Creek, and author for the staging industry. Cal-BRE#01882902. [www.BuyStageSell.com](http://www.BuyStageSell.com). CalBRE#0615420*

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## PSCU - Top 100 Bay Area Corporate Philanthropist

Pacific Service Credit Union, (PSCU) has been named as the 86th ranked corporate philanthropist for 2018 according to the annual Top 100 Bay Area Corporate Philanthropist list released by the San Francisco Business Times. The publication showcases Bay Area companies that demonstrate exemplary charitable work in their respective communities. In addition, the credit union was recognized as one of only 18 Bay Area companies that donate more than 1% of profits to charity.

Pacific Service Credit Union, a full-service financial institution serving several counties throughout California, provides charitable donations to local, non-profit organizations that support enriching and strengthening the lives of members in the communities they serve. Throughout the year, the credit union donates approximately \$165,000 annually to various 501(c)(3) organizations concentrating on services for children, education, health and human services, and disaster relief.

Companies often get little recognition for their philanthropy efforts. Here is a list of the many organizations PSCU supports that serve our communities.

Valley Children's Hospital, Juvenile Diabetes Research Foundation (JDRF), Children's Miracle Day, Leukemia & Lymphoma Society, UCSF Benioff Children's Hospital, The Salvation Army, Alameda County Food Bank, SOS Meals on Wheels, American Red Cross - California Fire Relief Fund, Bay Area Rescue Mission, Monument Crisis Center, Concord PAL Monumental Toy Drive, Concord Police Officer's Association, Todos Santos Arts Association, Don Brown Homeless Shelter/Anka Behavioral, Shelter, Inc., Food Bank of Contra Costa and Solano County.

While most of these offer self-explanatory services, PCSU also supports organizations whose services are not as

familiar.

Opportunity Junction, Antioch, helps low-income Contra Costa residents gain the skills and confidence to get and keep jobs that support themselves with job training and placement services.

Mercy Brown Bag Program, Oakland, distributes food to elders in Alameda County.

Youth Homes, Inc. which provides a safe place for foster youth to heal and grow.

Marjaree Mason Center provides emergency and longer-term Safe Housing and a wide variety of support services for victims of domestic violence

Loaves & Fishes of Contra Costa offers a free basic introductory Culinary Arts program for individuals interested in the culinary industry and experiencing barriers to employment.

Fresno Equal Opportunities Commission is one of the largest and most effective poverty-fighting organizations in the country.

Bay Area Rescue Mission, Richmond, is a homeless shelter and food pantry.

Bay Area Crisis Nursery helps prevent child abuse and child neglect by providing free supportive services to families who are in stress or crisis.

LifeLong Medical provides medical, dental and social services to more than 66,000 individuals of all ages in West Contra Costa, Alameda, and Marin Counties.

American Association of University Women (AAUW) pushes forward policies that break through educational and economic barriers for women including Title IX, Civil rights, Education, and economic security issues.

We congratulate Pacific Service Credit Union being recognized and thank them for their exemplary charitable support within our communities.



the concordian  
by Edi Birsan, [EdiBirsan@gmail.com](mailto:EdiBirsan@gmail.com)

## HOW DO YOU DECIDE TO VOTE OR NOT?

Local elections for city councils, boards of supervisors, school boards, etc., give voters the chance to have a say on issues that have the most immediate impact on their lives. For example, with limited resources, should we hire more police, build more roads, fix our existing roads, etc. Should we allow cannabis to be sold in our city, or should we continue to allow other cities that do allow it to reap the tax benefits (with support of the black market the unintended consequence)? Should we adopt some sort of rent stabilization, or should we continue to allow the "market", as swayed by big money, to have its way with our neighbors?

Local elections can have a big impact on what happens locally and are often decided by very small margins. Furthermore, even at larger regional, state, or national levels, elections are often decided by a handful of votes. Especially in California, the results of the votes on many State propositions can have a critical impact on our lives.

What I have found interesting in my Pulse Survey\* results is that, in the absence of a major scandal, candidates for office in local elections are well known for not having much of a difference in their actual positions on issues. After all, everyone wants to fix roads, fight crime, have more housing (but not at the expense of more traffic), and better jobs. Yet people will often say that this or that candidate is "tough on crime" or is "pro environment", as if the other candidates are in some way "pro crime" or "against the environment". The small nuances of their differences are often lost in the electioneering hubbub, and voters are typically more likely to be

swayed by emotional appeals, rather than by reason and logic.

The results of my Pulse Surveys suggest that the biggest outside influence on people's voting decisions comes from the opinions of their friends and family (whether in agreement with their friends' opinions or contrary to their friends' opinions). However, endorsements by political parties also make a significant impact on people's voting decisions, either positively or a negatively.

One of the roles of a political party is to influence elections by providing voters with a quick and easy way to identify the positions of their candidates on the issues, i.e., a sort of short research substitute for their members. Additionally, voters may look at the positions of either their more popular or their more hated politicians, for guidance in their own decision making.

In my opinion, voting is both a privilege and a responsibility. Think about the different dynamics in voting discussed above, and see where you fit in. And in addition, think about what you can do to make the exercise more meaningful for those that can still be persuaded to participate.

As I repeatedly echo: "Government is either listening to you or it is listening to someone else." Voting is still the easiest way to get those in government to listen.

\*The Pulse of Concord is an independent survey done by email [www.pulseofconcord.com](http://www.pulseofconcord.com) for the last 9 years to help Edi see what issues and perceptions are out there in Concord and the adjacent communities.

## Veteran Claims Target Seminars

Family Friendly Event | Free BBQ Buffet

Location: Brentwood Veterans Memorial Building: 757 1<sup>st</sup> St., Brentwood, CA 94513

Date/Time: Sunday, August 11<sup>th</sup>, 2019 • 11:00AM to 5:00PM

### Seminar Topics:

- ◆ How to develop a claim for service connection
- ◆ How to develop a claim for secondary service connection
- ◆ How to support a claim for an increase in a service-connected disability
- ◆ Life Membership in veterans service organizations
- ◆ Disability benefit questionnaires
- ◆ What is a medical nexus opinion?

**NOTE: No claims will be filed at this event. These seminars are to empower you to understand your issues fully before you seek assistance filing a claim.**

### Meet Supporting Community Based Organizations and Groups

- ◆ Any community based group or organization that can help a Veteran or Family member is welcome to set up a table at the event, to advertise for membership and explain how they can help
- ◆ We want other groups to be able to speak for 5 minutes about what they do to support veterans
- ◆ We want the veterans and family members to be able to visit with these groups and get more information on how they can volunteer, and how they can be helped
- ◆ We want veterans to know that there are people who care about them and want to see them productive in the community and not a part of our 22 suicides a day

### About Your Speaker:

Archie L. Smith Jr. is a fellow disabled veteran who dedicated his career after his time in the Air Force, to helping veterans understand their VA benefits. From 2001-2012, as a National Service Officer Supervisor for the Disabled American Veterans service organization (DAV), Archie has represented veterans through every level of their claims process to include before the Board of Veterans Appeals, as well as training fellow service officers over claims development. He developed **TARGET SEMINARS** to assist veterans in understanding specific parts of the claims process, how to represent themselves properly before the VA, and to make their visits to a veterans service office much more productive. Archie also wants to inform veterans why he believes they need to become life members of as many Veterans Service Organizations that they qualify for. He now volunteers as acting service officer for the Veterans of Foreign Wars in Brentwood and is a life member of the DAV, American Legion. His mission is to help veterans understand their claims and gain proper recognition for their service. He believes education about your claims issues is paramount.

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