

Empowerment of Women Forum

Tuesday, October 19 • 5:30pm

What do you get when women get together? Sharing of ideas, brainstorming how to simplify a problem, creating a function or discussing how to improve relationships in family and in business. The world is spinning at an incredible speed. With the social media phenomena, everyone has to keep up with emails, text messaging, etc. and somehow that important thing of connecting in person has become a lost art. That is just what was being discussed between Debbie Cooper of Mechanics Bank and Barbara Gilmore of

Continued on page 3

Notes from the City: Mayor Brandt Andersson



What makes one downtown different from another? When you sit outside a Starbucks sipping coffee, what makes it feel different in Lafayette from sipping coffee outside a Starbucks

in some other city?

A recent poll of Lafayette voters showed that preserving open space is our highest priority, even higher than improving public education or repairing our roads. We are fortunate to be surrounded by open ridgelines and by hillsides where we still see more trees than houses.

But the open space we experience is not just a view. Our winding streets provide vistas of our hills and remind us that we live on and around them. From many of our homes and yards, we are aware not only of our neighborhood, but of the landscape beyond it. In the downtown, we don't just drive from block to block. We have the context of the topography around us - as the view changes, we understand that we are

Continued on page 7

Upcoming Events

OCTOBER • NOVEMBER • DECEMBER

OCTOBER

Thurs. Oct. 7 • 8am
Financial Round Table
Chamber

Thurs. Oct. 7 • 6pm
**Ribbon Cutting -
DouglaH Designs**
3586 Mt. Diablo Blvd.

Mon. Oct. 11
Columbus Day Holiday
Office Closed

Tues. Oct. 12 • 12:30 pm
**Shop Lafayette
Committee**
Chamber

Fri. Oct. 15 • 7:30pm
Big Band Dance
Veterans Memorial Building
3780 Mt. Diablo Blvd.

Sat. Oct. 16 • 12:00pm
**Ribbon Cutting -
Wells Fargo**
3525 Mt. Diablo Blvd.

Tues. Oct. 19 • 5:30pm
**Empowerment
of Women Forum**
Lafayette Library
3491 Mt. Diablo Blvd.

Wed. Oct. 20 • 8:00am
**Optimizing LinkedIn
for Local Business
Networking Workshop**
Lafayette Library
3491 Mt. Diablo Blvd.

Wed. Oct. 20 • 12 noon
Green Committee
Chamber

Thurs. Oct. 21 • 8:30 am
Entrepreneur's Club
Chamber

Thurs. October 21 • 5:00pm
**Ribbon Cutting -
Fastframe of Lafayette**
1020 Brown Avenue

Fri. Oct. 22 • 8:00 am
**Business Issues
Govt. Affairs Meeting**
Chamber Conference Room

Thurs. Oct. 28 • 5:00pm
**Ribbon Cutting -
Creative Alterations**
1048 Brown Avenue

Sun. Oct. 31 • 6:30am
18th Annual Reservoir Run
Downtown Lafayette

NOVEMBER

Mon. Nov. 1
Office Closed

Thurs. Nov. 4 • 4:00pm
**Mega-Chamber
Business Expo**
Crown Plaza Hotel
45 John Glenn Dr., Concord

Mon. Nov. 8
Office Closed

Tues. Nov. 9 • 12:30pm
**Shop Lafayette
Committee**
Chamber

Wed. Nov. 17 • 12 noon
Green Committee
Chamber

Thurs. Nov. 18 • 8:30 am
Entrepreneur's Club
Chamber Conference Room

Thurs. Nov. 18 • 5:00pm
**Ribbon Cutting -
Tara Natural Medicine**
3186 Old Tunnel Road

Fri. Nov. 19 • 7:00am
**31st Annual Community
Thanksgiving
Breakfast**
Our Saviors Lutheran Church
1035 Carol Lane

Wed. Nov. 24
**Office Closed
at 12:00pm**

Thurs. Nov. 25 -
Fri. November 26
Office Closed

DECEMBER

Tues. Dec. 14 • 12:30 pm
**Shop Lafayette
Committee**
Chamber

Wed. Dec. 15 • 12 noon
Green Committee
Chamber

Thurs. Dec. 16 • 8:30 am
Entrepreneur's Club
Chamber

**Office Closed for
Winter Holidays**
Thurs. Dec. 23 - Sun. Jan. 2
Office Reopens
Mon. Jan. 3, 2011

OCTOBER MIXER

Wed. Oct. 13 • 5:30pm

**Fastframe, Alternative
for Animals, The Bay
Area Bookmobile &
Creative Alterations**
1020 Brown Avenue

NOVEMBER MIXER

Wed. Nov. 10 • 5:30pm

**Alta Bates Summit
Women's
Health Center**
3595 Mt. Diablo Blvd.,
Suite 350

DECEMBER MIXER

Wed. Dec. 8 • 5:30pm

**HOLIDAY MIXER
DouglaH Designs**
3586 Mt. Diablo Blvd.

Thank you to our wonderful Sponsors

.....

Around the time you are receiving this newsletter, we will be putting away the last of the supplies used for the Lafayette Art & Wine Festival. We want to say a special THANK YOU to our sponsors for helping make this event one of the biggest events in Contra Costa County. COMCAST, CONCORD BMW, MECHANICS BANK, WELLS FARGO, DIABLO FOODS, Eckerstrom Productions, Minuteman Press, 92-1 KKDV, Lafayette Park Hotel & Spa, Chevron, La Fiesta Square, Oakwood, Wine Thieves, NBC Bay Area, Bank of the West, Red House, Special Events, C&M Party Props, The Stratford at Countrywood, Patch.com, Alta Bates Summit Medical Center, Yelp, AMR, Diablo Magazine, Lucas Paving, Petar's Restaurant & Pub, the Lamorinda Sunrise Rotary Club, the Lafayette Rotary Club, and of course the City of Lafayette, The Contra Costa Sheriff's Office, Public Works, CC Consolidated Fire District, Environmental Health and CC Solid Waste Mgt. The funds we raise go to operating the Chamber and to the charities we share the proceeds with.

The Upcoming Holiday Season - A Season of Helping

.....

Two years ago, we lived through one of the toughest downturns in our economy in our lives. Well, as many of you have experienced, "it ain't over till it's over." So let's not forget why it is so important to SHOP LOCAL and support the retailers and services right here in our own backyard. And yes, they need to support you too! Our 'TRY LAFAYETTE FIRST' campaign began as a way to educate our community the importance of keeping our dollars here in town. Collectively we can really make a difference that affects everyone in Lafayette. Sales Tax makes up over 25% of the city's General Funds. When sales tax goes down, it affects our city's ability to deliver the services needed by our community.

As a business owner, you can connect with the residents by:

- Display the TRY LAFAYETTE FIRST and PUT YOUR MONEY WHERE YOUR HOUSE IS posters in your window
- Join the TRY LAFAYETTE FIRST online program that offers savings on products or services. Visit www.trylafayettefirst.com.
- Refer your customers to someone you know here in town.

It's really simple! Call our office to get started. 925-284-7404

Chamber Board of Directors Election

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The Petitions for the 2011 Board of Directors have been received. You will find the ballot as an insert to this newsletter. You can also download a copy from the chamber's website. We will also be mailing a copy out. Each business may vote once. Those selected will serve a 2 year term, beginning January 1, 2011. Please take a moment and vote.



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LAFAYETTE CHAMBER OF COMMERCE MISSION STATEMENT

To promote and maintain a healthy business climate and to preserve and enhance the quality of life in Lafayette.

2010 Officers EXECUTIVE COMMITTEE

President of the Board:
Caesar Perales, CPA

1st Vice President:
Steve Cortese,
Cortese Investment Company

Executive Committee:
Larry Blodgett,
Blodgett's Abbey Carpet & Flooring
Dennis Garrison,
Oakwood Athletic Club
Stacy Spell, Oakwood Athletic Club
Barbara Townsend, Futures Explored

**Immediate Past
Chairman of the Board:**
Tony Eichers,
Lafayette Park Hotel & Spa

BOARD OF DIRECTORS
Joanne Archer, Polly Bernson,
Debbie Cooper, Budd MacKenzie,
A.J. Nisen, Steve Palsa,
Dave Simpson, Steve Snyder,
Wendy Tamis, David Watson,
Jesse Wellen, Edward Zeidan

ADVISORY BOARD
Fred Brill, Ann Denny, Larry Duson,
Steve Falk, Mike Heller, Chris Lane,
Jim Meyers, John Stockton,
Ed Stokes,

CHAMBER OFFICE STAFF
Jay Lifson, Executive Director
Karen Rose, Director of Events
Linda Carlson, Office Manager
Barbara Gilmore,
Membership Services Director

**LAFAYETTE
CHAMBER OF COMMERCE**
100 Lafayette Circle, Suite 103
Lafayette, CA. 94549

**(925) 284-7404
FAX (925) 284-3109
info@lafayettechamber.org
www.lafayettechamber.org**

Empowerment of

Women Forum *Continued from page 1*

the Lafayette Chamber of Commerce. They both interact with working women, in the corporate and nonprofit worlds, women who own their own businesses, women entrepreneurs, or women who are looking to recreate themselves or return to the workforce. Helping these women continue to showcase their businesses is most important to everyone in today's economic environment. Keeping relevant and on top of professional skills and advertising has become challenging.

There are an incredible number of stellar women in the local business community in many categories, including for profit, non profit, clubs and organizations. Lamorinda Moms, Lafayette Juniors, Junior League Oakland-East Bay, Soroptomist International of 24/680 and National Charity League all have very strong memberships here in Lamorinda. In this ever changing business climate there are opportunities to create new business ventures.

Discussing the value of the women in this geographic area led Debbie and Barbara to thinking about an event to share these talents and create a forum to bring women together. Debbie spoke with Kathy Merchant, then President of the Lafayette Library & Learning Center Foundation. She loved the idea so much she offered the state-of-the-art Community Hall of the Lafayette Library and Learning Center to host the evening. "We envision the Library and Learning Center as a community gathering place, so what better place for women of all backgrounds and interests to do just that...gather to share their stories, network and learn of possible new opportunities or directions." Caryl Morrison, from Successful Solutions Consulting volunteered to coordinate the event - it was all ready to go!

Panelists were asked to be involved and ten women accepted this invitation to be part of the discussion. The group includes DD Felton – Chairman of the Board, Mechanics Bank, Susan Foord – Susan Foord Catering, Leila Douglass – Founder, Douglass Designs, Connie Collier – Diablo Foods, Theresa Wellen – Lafayette Car Wash, Susan Goldie - Sewnow! Fashion Studio, Kathy Bowles - Youth Homes, Debbie Swigert – Lafayette Health Club and Sheila Taylor - Past Marketing VP for Chevron. The date was set, resources for the event were picked, and all the women who represent different services agreed to attend.

Pink Purse Ventures, LLC, Successful Solutions Consulting, Brandman University and East Bay Works One Stop Career Center, a county service which offers free services for business resources for employment searches, will be present with materials.

KKDV 92.1 Hometown morning show DJ personality Heather Quarterman will be the moderator for the evening. Check out KKDV website at www.KKDV.com. Heather will also be at the "Many Faces of Breast Cancer" event on October 16th from 10:00 am-12:00 pm at the Leshner Center in Walnut Creek sponsored by Diablo Valley Oncology/Hematology.

Join this dynamic group Tuesday, October 19th, from 5:30-7:00 at the Community Hall at the Lafayette Library and Learning Center. RSVP to barbara@lafayettechamber.org

Business Expo 2010 – Nov. 4th

The Lafayette Chamber of Commerce is proud to once again partner with our neighbor chambers and present our annual Business Expo at the Crowne Plaza Hotel, 45 Glen John Glen Dr., Concord. The event runs from 4:00pm -7:00pm. 150 businesses display their products and services to more than 1,500 attendees. The event is a great place to network, showcase your business and make new contacts. Admission is free to the public. For information please visit our website, www.lafayettechamber.org and download a fact sheet and your registration form.

31st Annual Community Thanksgiving Breakfast

Join the business community, city leaders and residents on Friday, November 19th, 7:00am at Our Saviors Lutheran Church at 1035 Carrol Lane. Breakfast will be served. This is our chance to take a moment to visit with friends, stop and reflect on life in Lafayette and have a chance to get together before we are all busy with holiday season commitments. Limited seating. Visit our website www.lafayettechamber.org to register - reservations required.



LARRY S. BLODGETT

PRESIDENT / ARCHITECT

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RIBBON CUTTING Alternatives for Animals



Dr Rettig, DVM, owner of Alternative for Animals celebrated with staff and Chamber members and ambassadors with a ribbon cutting at her Holistic Veterinary Wellness Center. Their services include acupuncture, chiropractic therapy, holistic veterinary medicine, bio resonance therapy, Chinese herbal medicine and animal massage. Dr. Rettig's clinic is located at 1042 Brown Ave. You can reach them at 283-6160.

RIBBON CUTTING Lava Pit Fire Grill



Sam Lin and Eddie Chen co-owners of the Lava Pit Fire Grill located at 3647 Mt. Diablo Blvd. celebrated their recent opening with the Lafayette Chamber of Commerce with a ribbon cutting. Stop by and visit them or check out their menu at www.LAVAPIT.com

The times they are a changing SAY GOODBYE TO YOUR OLD FRIEND THE LAFAYETTE CHAMBER NEWSLETTER

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*Come gather 'round people, Wherever you roam, And admit that the waters
Around you have grown, And accept it that soon,
You'll be drenched to the bone
If your time to you is worth savin', Then you better start swimmin'
or you'll sink like a stone,
For the times they are a-changin'
-Robert Zimmerman*

For the times they are a-changin' – Rotary Dial Phones, Printing Presses, AM Radio, Bob Hope. All things most of us remember. We even got our news by reading the newspaper. Imagine that. Well, the chamber is sailing away into a new direction and we want to help you get ready for our changes. This newsletter will our last printed newsletter. Oh, of course we'll continue to produce our newsletter. We just won't be printing it anymore. Beginning in January you will be able to find our newsletter on our website. We'll send you a reminder when it's ready via email. This newsletter covers October, November & December.

We don't want to lose our communication with you. We're simply changing the way we delivering our story. So, pack up your KayPro, turn off the fax machine, throw away the correcto-type and get with the program.

Our website is www.lafayettechamber.org – scroll to the bottom of our "home page" and register to have the newsletter alert sent to your email.

You can find us on Facebook –

Lafayette Chamber of Commerce.

We have our Chamber Facebook page

<http://www.facebook.com/pages/Lafayette-Chamber-of-Commerce/258406787948?ref=sgm>

Our Art & Wine page

<http://www.facebook.com/home.php?#!/pages/Lafayette-Art-Wine-Festival/140273415986492?ref=sgm>

Our Try Lafayette First page

<http://www.facebook.com/home.php?#!/pages/Try-Lafayette-First/376545167494?ref=sgm>

We also have fan pages for our **Entrepreneur's Club** and our **Green Committee**.

And you can find us on Twitter! We're tweeting!
What has the world come to?



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Business Briefs

FUTURES EXPLORED, INC. providing support for adults with developmental disabilities invites you to attend their fundraiser Cornucopia, on Sunday, October 3rd from 3-5 p.m. at 3547 Wilkinson Lane, Lafayette. This event will include wine tasting, refreshments from Huckleberry Café To-Go, silent auction and raffle prizes, and an overflowing store of goodies to buy. \$15 tickets online at www.futures-explored.org. Click Cornucopia icon to purchase or make a donation, or \$20. at the door. For info: barbaratownsend@futures-explored.org or 925-284-3240 x223.

Mt. Diablo Nursery & Garden, located at 3295 Mt. Diablo Blvd., announces a Harvest Event Weekend on October 9th & 10th from 9am-5pm. There will be a vintage yard sale and on Saturday, October 9th special presentations on composting at 11am and 1pm. For more information call 283-3830 or visit their website at www.mt-diablonursery.com.

Chamber member serendipity jewels' Karin Lechner has been invited to show her unique designs of beaded jewelry at the San Francisco Ultimate Women's Expo, being held on October 9 & 10 at the Concourse Exhibition Hall at 8th & Brannan. She will be debuting new designs beyond those shown at the Lafayette Art & Wine Festival. Grab some girlfriends and treat yourselves to a day of fun, indulgence and fabulous shopping!

Hospice of the East Bay offers classes at 3470 Buskirk Avenue, Pleasant Hill. For further information on their classes call (925) 887-5681. The Hospice is also having a Vintage Sale Event at their Thrift Shoppes. October 8-10 - Concord & Danville stores, October 15-17 - Walnut Creek and Alamo stores. Event hours will be Friday and Saturday, 10 - 5 pm; Sunday, 12 - 5 pm. Most items will be reduced by 50% on the last sale day at each store.

The Many Faces of Breast Cancer on October 16, 2010 10am-12pm. At Leshner Center for the Arts, Stage 3, Call 925-677-5041, RSVP required. This event focuses on the unique needs and issues of survivors while providing the latest information on breast cancer. Leading medical experts will speak to issues that directly affect survivors, offer data surrounding treatment, and explore key survivorship issues. Sponsored by Diablo Valley Oncology, the American Cancer Society, and the Cancer Support Community. Partners: AstraZeneca, BayAreaNewsGroup, & 92.1 KKDV Radio.

Las Trampas announces its 1st Annual Walk n' Roll on Saturday, October 23 from 8:30am-Noon - a 1 Mile or 5k walk/roll/run on the Lafayette-Moraga Trail. Registration is \$25 (includes T-shirt, gift, refreshment & live entertainment). Proceeds benefit adults with developmental disabilities. Sponsored by: Mechanic's Bank, Rudney Associates, Diablo Foods, Oakwood Athletic Club, Bread & Roses, Peet's Coffee & Tea. To volunteer email Bonnie at ltrampas@pacbell.net For more information and to register go to www.lastrampas.org.

Xenophon Therapeutic Riding Center - "Women With Stings Attached" is putting on a benefit concert on Saturday, October 23, 2010 at 4:00 pm. They are a dynamic three-woman band with gorgeous harmonies and guitars. They will take you through lyrical folk, country blues and more. Join us for what promises to be

a spectacular evening of music, wine and food. Tickets are \$50.00. RSVP's a must. All proceeds benefit Xenophon. Contact Mari Parino, (925)377-0871 or email mparino@xenophontrc.org. Visit www.xenophontrc.org.

The Grapevine invites you to advertise in their Holiday Grapevine Coupon Book. Check out their new client pricing at www.TheGrapevineCouponBook.com. Grapevine notes that "our clients tell us The Grapevine is working when other forms of advertising are not".

THE LAFAYETTE BOOK STORE ROLLS ON AS "THE BAY AREA BOOKMOBILE" Brick-and-mortar gone, "Big Blue", their 35-foot bookmobile, is here for your book needs. They also continue to sell used books at their Saturday book festivals in the parking lot of Fastframe of Lafayette (1020 Brown Ave), and when the weather gets wet, through sales at their warehouse located 10 minutes from Lafayette. Follow them on facebook or join their email list at mail@lafayettebookstore.com.

Focus on the Arts

The Lafayette Gallery is pleased to announce the October 12th opening of Southwest Inspired, a small group show featuring the diverse art of Debby Koonce, Warren Emmett Rice, Sadie Cumming, JoAnn Lieberman and Nancy Hartley. Southwest Inspired runs from October 12 through October 30. The public is invited to join us for a Southwest themed reception on Friday, October 22 from 6:30 - 8:30 pm. The Lafayette Gallery is pleased to announce our holiday show, Winter Wonderland, which will open November 2, 2010. The public is invited to a festive reception on Friday, December 3rd from 6:30 to 8:30. Gallery Hours are Tuesday to Saturday, 11AM to 5 PM. Gallery phone: 925-284-2788

As the temperatures get cool Town Hall Theatre heats up! Between October and December Town Hall will begin its 2010-2011 Main Stage season with the dramatic and tense Dr. Jekyll & Mr. Hyde and keep the momentum going straight through to the holiday season as the family favorite, Scrooge: the Musical, rolls back into Lafayette.

In between these shows Town Hall will be continuing our Town Hall Comedy Series on November 19 & 20 as improv comedy troupe, and hosts of the Town Hall Comedy Series, Crisis Hopkins will bring two nights packed with laughs. Saturday, November 20, is Date Night, which means Lafayette Kids Cottage will be making professional childcare available during the show. Also in November, the THK Players will show off their amazing talents again as they bring the classic Into the Woods, Jr. Check out information on this and all our Town Hall events at www.TownHallTheatre.com.



www.centralselfstorage.com

Gate Hours
.7 a.m.-7 p.m.
(7 days a week)

Steve O' Connor
Manager

3330 Mt. Diablo Blvd.
Lafayette, CA 94549
Phone: 925-962-1940
Fax: 925-962-1401

Office:Hours:
Mon.-Fri. 10 a.m. - 6 p.m.
Saturday: 8 a.m. - 4 p.m.
Sunday: 10 a.m. - 2 p.m.

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18th Annual Lafayette Reservoir Run – October 31, 2010

The Reservoir Run is the city's most popular "family affair", involving kids, parents, grandparents and hundreds of serious runners from all over the Bay Area. Over 2,000 participants compete in a 10K, 5K or 2 mile race through the heart of downtown Lafayette, around the reservoir and back. Sprinters, walkers, the "stroller brigade" and many of Lafayette's top four legged residents share the streets on the last Sunday morning in October. Race times begin at 8:30am and "day of" registration begins at 6:30am. Enjoy music provided by Stanley Middle School and a pancake breakfast provided by the Lafayette Rotary Club. This event is presented by the Lafayette Chamber of Commerce and the City of Lafayette. Our thanks goes out to Oakwood Athletic Club of Lafayette. As our Presenting Sponsor, year after year they have made this event possible with most of the proceeds going right back to our local schools.

Parking is available at the BART parking lot. Walk down to Plaza Center (Mt. Diablo Blvd. at Moraga Rd.) where all the fun is taking place.

Pre-registration can be done by visiting the Lafayette Chamber of Commerce website, www.lafayettechamber.org or www.active.com.

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Countrywood
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Ultimate Souvlaki
Volga Plumbing
Wendy Burnett, M.A

New Member WELCOME!

ALTERATIONS/EMBROIDERY

Creative Alterations

1048 Brown Avenue
Lafayette, Ca 94549
284-5636 (phone) 284-2889 (fax)
hovseplaf@aol.com
www.creativealteration.webs.com
Contact: *Joseph Jamkochian*

Creative Alterations is a family owned business that has been serving clients since 1991, offering many services from tailoring, dry-cleaning and bridal gowns. Creative Alterations has opened up a new service for its clients, monogramming and embroidery, imagine being able to customize anything one letter at a time.

BARBEQUE EQUIPMENT

Diablo Grills Outdoor Kitchens

2710 Camino Diablo
Walnut Creek, Ca 94597
280-0200 (phone) 280-0201 (fax)
henry@diablogrills.com
www.diablogrills.com
Contact: *Henry Laredo*

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Contact: *Dave Simpson*

CLUBS/ORGANIZATIONS

Monument Crisis Center

2350 Monument Blvd., Suite B
Concord, Ca 94520
825-7751 (phone) 825-8732 (fax)
sscherer@monumentcrisiscenter.org
www.monumentcrisiscenter.org
Contact: *Sandra Scherer*

Monument Crisis Center is a nonprofit agency located in the Monument Corridor in Concord. Their primary mission is feeding the hungry. It is the largest food pantry in two counties and serves more than 6,500 people per month with food assistance. Visit their website www.monumentcrisiscenter.org to see how you can help.

CLUBS/ORGANIZATIONS continued

CLUBS/ORGANIZATIONS cont.

Xenophon Therapeutic Riding Center

60 Don Gabriel Way
Orinda, Ca 94563
377-0871 (phone)
mparino@xenophontrc.org
www.xenophontrc.org
Contact: *Mari Parino*

Xenophon Therapeutic Riding Center provides riding lessons to students with diagnosed disabilities. Lessons are tailored to meet each student's particular needs. Physical and cognitive goals are set and met using the horse as an encourager and motivator. Xenophon also offers hippotherapy sessions with a licensed physical therapist.

CONTRACTOR/CONSTRUCTION

Sinclair Construction

1000 Detroit Ave. #G
Concord, Ca 94519
672-4401 (phone) 672-4940 (fax)
Jamison@jamisonsinclair.com
www.sinclairconstruction.biz
Contact: *Jamison Sinclair*

ENTERTAINMENT

WomenSing

P.O. Box 2014
Orinda, Ca 94563
974-9169 (phone)
info@womensing.org
www.womensing.org
Contact: *Diane Griffin*

FITNESS/HEALTH CLUB

UFC Gym

1975 Diamond Blvd.
Concord, Ca 94520
265-8130 (phone)
Brian@newevolutionventures.com
www.ufcgym.com
Contact: *Brian Calega*

Forma Gym

1410 No. California Blvd.
Walnut Creek, Ca. 94596
262-1339 (phone)
info@formagym.com
www.formagym.com
Contact: *Nicole Goering*

HEALTH/WELLNESS

Tara Natural Medicine

3186 Old Tunnel Road
Lafayette, Ca 94549
602-0582 (phone) 602-0583 (fax)
drlevy@taranaturalmedicine.com
www.taranaturalmedicine.com
Contact: *Tara Levy, N.D.* continued

Tara Natural Medicine continued

At Tara Natural Medicine they believe that health is not merely the absence of disease but a vibrant state of well being. As naturopathic doctors, their goal is to provide you with the tools you need to stimulate the body's innate ability to restore and maintain balance. By treating you as a whole person - mind, body, and spirit - they hope to help you find your way to optimal health.

HYPNOTHERAPY / HYPNOTHERAPY TRAINING

HCH Institute for Hypnotherapy

3702 Mt. Diablo Blvd
Lafayette, Ca 94549
283-3941 (phone)
HCH@hypnotherapytraining.com
www.Hypnotherapytraining.com
Contact: *Holly Homes-Meredith*

INTERIOR DESIGN

J Manning Studio

Pleasant Hill, Ca 94523
(704)783-4164 phone
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www.juliemanningstudio.com
Contact: *Julie Manning*

LANDSCAPE DESIGN/SERVICE

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ashley@heavenlygreens.com
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Contact: *Ashley Cochran*

ONCOLOGY/HEMATOLOGY CENTERS

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continued

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drbarb@personsplasticsurgery.com
www.personsplasticsurgery.com
Contact: Dr. Barbara L. Persons, MD

PUBLISHERS / PUBLICATIONS

Local Happenings Contra Costa County

61 Moraga Way, Suite 2
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482-7358 (phone) 707-557-3162 (fax)
awebber@localhappeningsccc.com
www.localhappeningsccc.com
Contact: April Webber

Local Happenings magazine, is a direct mailed, local print magazine and web site for locals and visitors alike to find out what is going in the community! Our goal is for Local Happenings magazine to provide our readers with a convenient place to find out what is happening here in your backyard and to provide an affordable way to reach the residents & tourists alike for our advertisers.

RESTAURANTS

La Boulange de Lafayette

3597 Mt. Diablo Blvd.
Lafayette, Ca 94549
284-1001 (phone) 284-1010 (fax)
nathan@laboulangebakery.com
www.laboulangebakery.com
Contact: Nathan Figone

SENIOR SERVICES

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Contact: Jeff Parr

WEBSITE DEVELOPMENT, DESIGN & CONSULTATION

Lancelet Studios

Lafayette, Ca 94549
323-7245 (phone)
gpurkis@lanceletstudios.com
www.lanceletstudios.com
Contact: Geoffrey Purkis

Geoffrey Purkis has been in the web/graphic design industry for 10 years working directly with private clients and universities. Now running his own design and support business, Lancelet Studios, he offers a range of computer services to bring clients into the digital world: tech support, web design, networking, advertising, and education.

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Notes from the City: **Mayor Brandt Andersson**

*Continued
from page 1.*

moving through a spacious valley surrounded by a complex of hills.

Many of us spend time in parks, on trails, and along our creeks. These smaller open spaces are no less critical to our sense of our community and our environment. They reinforce our appreciation that not everything is paved and landscaped, that we have a connection to the land we occupy.

That same poll of Lafayette voters showed that open space was not high on the list of things we want to spend our money on. In part, this is because there are so many other important uses for our tax dollars. In part, it is because many people assume the open spaces all belong to us. In fact, much of the open space around Lafayette is still in private hands.

To preserve our open spaces and the special sense of space they provide requires several actions. First, Lafayette has set priorities to acquire and preserve open space. Acalanes Ridge was one of those identified priorities. Lafayette, Walnut Creek, East Bay Regional Parks, and the Muir Heritage Land Trust combined our resources and experience to acquire and permanently preserve that key open space. That illustrates the second action, cooperation between agencies and organizations with an interest in preserving open space. Money for acquisitions will be tight for the foreseeable future, and cooperation is essential. Third, we need to continue to plan for the preservation of open spaces and to create opportunities to open parks, creeks, and trails so that we not only see open space, but experience it.

Preserving open space will require persistence and creativity, but it is essential to maintain the identity of our communities.

