

## HOISTING MY SPIRITS ON A GRAY DAY

By Jennifer Tripp

I love the bright days of autumn, the bittersweet sense of long gone summertime, mingled with hints of holly and hearth fires around the corner. Give me crisp, breezy sunshine or even buckets of rain and I'm fine. It's those overcast, muffled, lethargic gray days that turn me blue, or perhaps gunpowder and soot gray. My mind becomes an unforgiving newsreel: recounting every mediocre performance, failed relationship, flattened suburban critter on Redwood Shores Parkway.



For a mild case of the lows, a quick latte fix and a maple oat scone can reveal life's silvery lining. My friends know me to recommend a trail hike among the redwoods or a hill climb to an ocean view when they're needing a quiet respite from the badgering cacophony of their inner critics. For "indoor use only" folks, I point them in the direction of the nearest brightly lit Target store, asking them to set aside \$15 to spend on trinkets for themselves, amid the colorful wares and oddly soothing fluorescent humming.

Lately, a good book has cheered and relieved my hyper brain. My menagerie of recent reads shares little in common subject matter. Midway through *The Perfect Mile* (Neal Bascomb), I knew what I wanted to write this month. Roger Bannister, John Landy, and Wes Santee train and compete with the goal of running a 4 minute mile. The racing itself thrills me. The quests and philosophies of men striving to be unencumbered by fear and seeking to know themselves fully keep me turning the pages. A quoted Rudyard Kipling gently touts the prize to be had in treating the fleeting impostors of Triumph and Disaster just the same.

Just added to my books available now for loaning pile, a story and analysis of the marriage of Sylvia Plath and Ted Hughes turned my turgid thoughts poetic. Her *Husband* (Diane Middlebrook) considers their lives and writing a series of call and response couplets. Plath's suicide simultaneously haunts and nourishes the preternatural, almost mythical oeuvre that becomes Hughes' existence for the 35 years following her death. They seemed to write because of each other, sometimes in sensual, lunar kinship, other times an almost unstable, injured ambivalence. He writes: "I recoiled, just a little...I said nothing. The stone man made soup. The burning woman drank it" Later she retells the story: "He lifts an arm to bring her close, but she Shies from his touch: his is an iron mood. Seeing her freeze, he turns his face away"

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Sometimes another land, another epoch helps a lot. Liza Dalby's *The Tale of Murasaki* tells the story of the author of *The Tale of Genji*, romantic pillow stories written in the eleventh century. Dalby pieces together Murasaki's writings and historical documents, enhanced by her own experience as the only Westerner to have been a geisha. Murasaki's independent nature, beautiful prose, and the ties to ancient Kyoto made modern thinking seem older to me, and the flowers and winged creatures in my garden more delicate and new.

There's a Groucho Marx quote that always turns the corners of my frown skyward: "Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read." Books, trails, hot drinks, bright lights: please take care of yourself on those days when the sun's playing games with your spirit.

Please ask me your questions about the books, doulas, massage therapy, and yoga. I can be reached via e-mail at jetripp@mac.com or call me: 650 740 3936.

*Jennifer*



# THE REDWOOD SHORES LION'S CLUB

## 15 YEAR CHARTER MEMBERSHIP CHEVRONS AWARDED

Three members of the Redwood Shores Lions Club were recently awarded their 15 year membership chevrons. Lions Norma Villa, Frank Villa and John Takemoto were honored for 15 years of service as Lions. All three members were also founding members of the Redwood Shores Lions Club when it was chartered in 1991. During these 15 years, all three lions have provided leadership to the club and have served as various officers including the office of President. Lion Norma and Lion John have also served at the District 4C-4 level as part of the District Cabinet. Congratulations to these wonderful Lions!



From left - Past District Governor Ray Rosenthal, Lion Norma Villa, Lion John Takemoto. Future Lions - Jarod Takemoto, Jack Newman, Brendon Carbullido and Katie Takemoto

### SIGHT CONSERVATION PROJECTS

The club supports sight and hearing conservation projects such as the Lions Eye Foundation of California-Nevada, Inc. (a charitable non-profit foundation that provides eye care, including eye surgery to people in need); Lions Project for Canine Companions for Independence (a program which helps people with physical, developmental, and hearing disabilities by providing them with trained assistance dogs); and Lions White Cane Days (a day when members go out and ask for public donations for sight conservation projects such as eye examinations and eyeglasses). Recently, the Redwood Shores Lions Club partnered with a local lions club in the Philippines and helped sponsor cataract surgery for a needy individual. The surgery will allow this person to retain his sight and his livelihood as a driver. Sight conservation is truly a worthy cause and another example of how we can make a difference

### SAVE THE MUSIC FESTIVAL

School-Force, the Belmont-Redwood Shores School District Public Foundation hosted the third annual Save the Music Event on Sunday, October 2, 2005 to raise funds for the District's music programs. The Event included a boat Regatta and Festival. The Redwood Shores Lions Club supported this effort and Lion Greg Carbullido co-chaired the event with Alan Sarver.

By Shellie Sakamoto, Past President

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### *(FULLY ALIVE -*

### *Continued from page 29)*

Campus is transformed into a Christmas Wonderland for the Christmas Tea. Mark your calendars now and join us December 3rd from 2:30 - 4:30pm. You can reserve tables of 8 and bring all of your friends, or simply come and make new friends. If you are interested in hosting and/or decorating a table, or to make reservations, please email [christmastea@fullyalive.com](mailto:christmastea@fullyalive.com).

Lastly, we will conclude the year with our annual Christmas Show. From holiday songs with Frosty and Rudolph all the way to Bethlehem with your favorite Christmas Carols, there is something for everyone no matter your age, at the Christmas show. Do not miss it this year! Dates are December 17th, 18th and 19th.

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# THE LEVY CLEANUP CREW



The 7th Annual Levee Cleanup day held on August 27th was it's usual success. Fourteen cubic yards of trash was collected by approximately 100 Shores residents, Redwood City Council members, and Redwood Shores' boyscouts. People from the Kaino's Home & Training Center in Redwood City also arrived on the scene to lend a hand. A bagel and coffee breakfast provided by the Spirit Club of the San Mateo Credit was ready for the participants when they arrived.



After a hard morning's work along 7 miles of levee, 4 parks 5 miles of shoreline and 4 miles of boulevard, the workers returned to Mariner Park for a bar-b-que also provided by the San Mateo Credit Union. Many thanks to Norcal Garbage Company for providing the dumpsters and to Redwood City for doing the pick up.



*Top right photo - Mayor Jeff Ira, Councilmember Jim Hartnett, Gino Gasparini, owner of Norcal Garbage Co, and our leader Pete Hughes.*

*2nd row left - RSCA President Jeff Gee, Councilmember Rosanne Foust, her daughters, and RSCA board member Rory Faber*



*Center - San Mateo Credit Union Employees Bar-b-queuing lunch*

*Center right - RWS Boyscouts and bottom left - members of the Kaino's Training Center. - Ruth, Sharon, Venkat (volunteer) Lynn, Danny & Paula (volunteer)*



*A big round of applause to Pete Hughes for another successful year.*



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## **A FIRST IN SPORTS** *By Dee Norris*

A first ever American Shinty team played in the Scottish Highland Games in Blairgowrie Rattray Scotland Sunday, September 4, 2005.

Bruce Norris, former child resident of Redwood Shores, is a member of the team. His parents, Bob and Dee Norris accompanied the team to Scotland after a short stop in Iceland.

The American Shinty team played in four games at different venues and scored in each of the four games played. Seven of the Bay Area team members attended, Mark Lawson, Bruce Norris, Cheri Norris, Ben Phillips, Walt Worthge, and Jonathan Yee from San Mateo. Jonathan Yee scoring the first point for the American team. Other players included Elheran Francis from Fremont (who received Player- of- the- Match award, selected by the Camanachd Association) and Michael Bentley from Berkeley, founder of the Northern California Camanachd Club. Several supporters came along, the wives and two sets of parents. Michael Bentley is somewhat of an expert in Scottish lore and music. He has followed the Scottish games in California and elsewhere for some years and was the one to establish the Shinty team in this area. Two years ago Bentley and Norris met at the Dunsmuir games in Oakland and Norris was interested in the game being played and said he knew some crazy friends who would really like the game and when he

asked them sure enough it was just a matter of getting the field, balls and sticks. The Bay Area team has won matches for the last two years as the game has expanded in interest as far south as San Luis Obispo. That team being the only competitor so far.



The Scotland event was held on the newly mowed field of the estates of Laurence Blair Oliphant of Ardblair who hosted the games. His family has held hundreds of acres of land for the last six hundred years including the Ardblair Castle.

In May, Bentley met the well-known Scottish family who were guests of honor at the Pleasanton Highland games. While here they found the American Shinty team playing the game. Not thinking anyone in America knew about the game they were surprised and impressed with the team. This resulted in their inviting the Americans to play Shinty this year at the Highland games in Scotland.

All the interest of the Highland Games in general caused Blairgowrie and Rattray to have acquired two sister cities. The one in Fergus Ontario, Canada and the other is Pleasanton.

## MYTHS AND REALITIES CONCERNING ADOPTING A RESCUE DOG

**MYTH:** Dogs come from the pound very sick.

**REALITY:** Shelters endeavor to provide excellent medical care. Dogs are thoroughly examined on admission and any problems treated before dogs are released for adoption

**MYTH:** You can't know what the dog's history was prior to adoption. They have all sorts of insurmountable problems resulting from prior abuse they've encountered.

**REALITY:** The shelters assess behavior and won't adopt out dogs that have been grossly abused to provoke violence. Most dogs generally retain their personality from birth. Dogs live in the present and learn by association. They will respond well to your leadership and strive to please if you create a safe caring responsible environment for them.

**MYTH:** Puppies are so cute!!!

**REALITY:** They are cute. They also have all sorts of destructive and/or annoying behaviors that are much easier to train away in older dogs (*you can teach old dogs new tricks*). Puppy issues may include chewing, accidents in the house, mouthiness, and stubbornly short attention spans.

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## IRS INITIATIVE TO IDENTIFY UNREPORTED INCOME

The following subject matter may require a more comprehensive discussion with you tax advisor than this summary can provide.

One of the priorities for the IRS is to identify individuals who have not reported all taxable income. To help it achieve its goal, the IRS has implemented a broad strategy. Three key strategies being currently deployed are:

1) Document matching: The IRS matches all information reports (Forms 1099, W-2, K-1, etc.) to the recipient's return to determine if the income was included. The IRS estimates it will contact 1.6 million taxpayers whose returns appear to be missing some income.

2) Unreported Income Audit Selection Tool: This strategy is used to address underreported income not identifiable through reports of payers such as gross receipts of a business. Since 2002, the IRS has implemented a new tool called the Unreported Income Discriminate Index Function (UI DIF). The tool helps the IRS to systematically identify returns with a high probability of inaccurate or omitted income.

Although many returns now receive a UI DIF score in addition to the traditional DIF score which is proving to be successful. The IRS is using multiple year return data that will complement the UI DIF formula.

3) Partnerships with other Agencies: In addition, the IRS is increasingly using techniques that involve partnerships with other agencies to share information such as state and local tax returns, audit reports and asset information.

If a person or company has been underreporting income, they should immediately seek a tax professional and file an amended return for all years involved. Being caught is inevitable and the consequences will increase as time goes on with heavy penalty and interest charges. Also, law-abiding taxpayers end up paying more than their fair share.

Article provided by B.L. Pang EA. B.L. can be reached at (650) 593-7522 or email him at PangCorp@aol.com.

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## WE ARE WHAT WE SAY

By Carole Martin  
www.interviewcoach.com

The words that you use to express yourself send a strong message about who you are and what you know. In fact, your vocabulary and the use of appropriate words say more about you than the message you are trying to communicate.



In the job search, the right words are essential to your success. Whether you are creating your resume or preparing answers for an interview, being aware of and using "industry jargon" is important. Each industry uses "key words" or "lingo". You will sound more knowledgeable and in-the-know if you use more powerful words.

Here are four good reasons why you should use key words:

1. To get you noticed - with electronic resumes - they are critical .
2. To demonstrate your knowledge of the industry and profession.
3. To use them to "talk the talk"- be able to use the words with your interviewer.
4. To make the interviewers' jobs easier. They can extrapolate (there's a great word) information from the words you use.

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Each industry uses common words to describe what is required for a job. Descriptions are a list of qualities and skills employers are looking for in a candidate—the "wish list." By making use of this information and using key words you can reveal yourself as a match for the "ideal" candidate.

Specific industry "talk" differs from industry to industry. In the Sales industry words such as "territories" and "quotas" are used. In the Health Care industry the words are medically directed: "diagnostic tests, therapeutic procedures, patient management plans, etc."

These are the words you want to use in your cover letters, resumes, and interviews. Researching words will pay off when you begin to write your resume or prepare your interview script. Of course, you would never use a word just to impress your interviewer. Knowing the definition behind the word is what will convince the interviewer that you know what you are talking about.

Finding the "key" words will make your statements more powerful. Speaking the industry lingo will help you be taken more seriously as a candidate worthy of a job offer.

## KATRINA HURRICANE RELIEF FUND RUMMAGE SALE

On October 14, 15, 16, Herron Court Cooperative will have a rummage sale with all proceeds to go to the victims of Katrina. We are asking that you donate any items that are in salable condition. If you have furniture you would like to donate, please provide pictures and contact information only. If you are not able to donate items but can donate your time for pricing, sorting and selling, please contact our office during business hours at 650- 593-1915.

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## Announcements

*New staff*

*Drop In Wax & Cosmetic Bar*

*Open House Events*

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- Sunday October 23, 11:00am to 3:00pm
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- Sign up for Free gift basket drawings

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*Councilman  
Jim Hartnett*



*Councilwoman  
Diane Howard*



*Mayor  
Jeff Ira*

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***Never satisfied*** - always striving to improve our city, city services and involving our community. The status quo is not acceptable.

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**Lynn Kathleen Adams - Redwood Shores Resident and Community Leader**

**Lynn Carteris - Redwood Shores Resident**

**Meg Coulson - Redwood Shores Resident**

**Doug and Vivian Crisman - Redwood Shores Residents**

**Tom and Leah Fernandez - Redwood Shores Residents and Community Volunteers**

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