

**For all listings**

This Calendar contains partial listings of community events. To see all listings, go to TheAlmanacOnline.com and on the green navigation bar on the left, click on "Community Calendar."

Continued from previous page

ent participation optional. Ages 7-15. Saturdays through June 13, 10-11:30 a.m. \$10 Palo Alto residents / \$12 non-residents. Baylands Nature Center, 2775 Embarcadero, Palo Alto. Call 650-329-2506. enjoyonline.cityofpaloalto.org

**Immigrants Day Festival! To Honor our Heritage.** Immigrants Day Festival features performance representing African-Americans, Basque, Chinese, Croatians, Filipinos, Irish, Japanese, Mexicans and Portuguese on the Courthouse Square stage. Food tasting and crafts specific to each cultural group. Sat., May 16, noon-5 p.m. Free. San Mateo County History Museum, 2200 Broadway St., Redwood City. Call 650-299-0104. www.historysmc.org

**Kids Otter Read Day Around the Bay.** Four area authors will lead a program of free activities from 1 p.m. to 3 p.m. May 16 at Books Inc. Palo Alto, one of a dozen Bay Area bookstores participating in this daylong celebration of children's literature sponsored by the Northern California Children's Booksellers Association. 1-3 p.m. Free. Books Inc., 855 El Camino Real, Ste. 74, Palo Alto. Call 510-559-1600 ext. 3028. www.kidsotterread.com

**Paws for tales at Atherton Library.** Children ages 5 and older can sign up to read to a trained therapy dog. Reading aloud improves reading skills and builds confidence. In conjunction with the Peninsula Humane Society and SPCA. 11 a.m. to Noon, the fourth Saturday of each month. Call the library to sign up. Free. Atherton Library, 2 Dinkelspiel Station Lane, Atherton. Call 650-328-2422. www.smcl.org

**Storytime and Craft at Atherton Library.** The Atherton Library has a monthly family storytime. A simple craft will be provided for all ages. Second Saturdays through June 13, 11-11:30 a.m. Free. Atherton Library, 2 Dinkelspiel Station Lane, Atherton. Call 650-328-2422. www.smcl.org

**Health**

**Bones for Life.** This 12-week program uses natural weight-bearing movements to teach safe transmission of force through the bones without stressing the joints. Instructor is Aviva Bernstein. Tuesdays, April 7 through June 23, 1-2 p.m. \$55 members/\$65 non-members. Avenidas, 450 Bryant St., Palo Alto. Call 650-289-5436. avenidas.org

**Breast Cancer Connections Weekly Q&A.** Each week a physician from a different breast cancer specialty is available to address

medical questions and concerns. A therapist facilitates each session. BCC staff and volunteers are also available to connect with other resources and offer support. Thu., May 21, 5:30-7 p.m. Free. Breast Cancer Connections, 390 Cambridge Ave., Palo Alto. Call 650-326-6686. info@bccconnections.org

**Issues with food? Obsessed with food?** Food Addicts In Recovery Anonymous is a program for individuals recovering from addictive eating and anorexia based on the 12 steps of AA. No dues/no fees/no weigh-ins. Sundays, 7-8:30 p.m. Free. 600 Colorado Ave., Palo Alto. Call 415-248-9347.

**Realizing Your Innate Wisdom & Mental Health.** "Come and learn the simple principles that govern state of mind, and generate well-being, wisdom, creativity and effective living, parenting and relationships," the Center for Sustainable Change says. This class occurs on the last Sunday of each month. 4-6 p.m. \$35. Center for Sustainable Change, 744 San Antonio Road Suite 25, Palo Alto. Call 650-424-0705. www.centerforsustainablechange.org

**Live Music**

**Brazilian Jazz at Pampas.** Bossa Deep Groove Brazilian Jazz. A contemporary jazz take on Brazil's greatest bossas and sambas. Fridays, 7-10 p.m. Pampas, 529 Alma St., Palo Alto. www.pampaspaloalto.com

**Ecstatically Improptu.** A varied musical program. Sun., May 17, 4-6 p.m. \$10-\$30. All Saints' Episcopal Church, 555 Waverley Street at Hamilton, Palo Alto. Call 415-771-3352. www.voltist.org/tickets.html

**George Cole & Vive Le Jazz.** George Cole and his big band play jazz. Sun., May 17, 7-11:45 p.m. \$12 advance/\$14 door. The Little Fox Theatre, 2209 Broadway, Redwood City. foxdream.com

**Jazz at Pampas.** Brian Ho Jazz Group performs Fri., May 15, 6:30-10 p.m. Pampas, 529 Alma St., Palo Alto.

**Mike Bastian's Pentimento Jazz.** Lavanda Wine Bar & Restaurant presents Mike Bastian's Pentimento Jazz every Sunday night. American jazz songbook with drums/vocals by Mike Bastian. No cover. 5:45-9 p.m. Lavanda, 185 University Ave., Palo Alto. Call 650-321-3514. www.lavandarestaurant.com

**Outdoors**

**Sunday Baylands Birdwalks.** Learn to identify the birds of the Palo Alto Baylands. Designed for beginners (ages 9 and up) and others interested in recognizing the area's birds by sight, sound and behaviors. Meeting time varies to coincide with favorable tides. Call or email for current schedule. Free. Baylands Nature Center, 2775 Embarcadero Road, Palo Alto. Call 650-329-2506.

**Twilight Hike.** Twilight, ranger-led hike. Ages 8 and up. Free. Meet at the Gateway Facility. Second Fridays, May 8 through Aug. 14. No hike June 12. 7:30-9 p.m. Free. Pearson Aratradero Preserve, 1530 Aratradero Road, Palo

**Photographs from around the world**

Photographer and Menlo Park native Frances Freyberg will host a Silicon Valley Open Studio event in Menlo Park on Saturday and Sunday, May 16-17, to benefit the local nonprofit Mission Hospice.

Photos from her travels to 45 countries will be on display at the free event, which will run from 11 a.m. to 5 p.m. each day at 753 Partridge Ave. in Menlo Park.

Ms. Freyberg specializes in portraits of people, wildlife, nature and architecture. She spent 2008 traveling around the world and maintaining an educational weblog with photos and commentary at [www.wheresfrances.blogspot.com](http://www.wheresfrances.blogspot.com).

Ms. Freyberg recently joined

Alto. Call 650-329-2423.

**Religion/Spirituality**

**Buddhist Talk by Lama Ole Nydahl.** "The Way Things Are: A Living Approach to Buddhism for Today's World." Public talk on Tibetan Buddhism given by Lama Ole Nydahl. Fri., May 15, 8-11 p.m. \$15 suggested donation. Palo Alto Unity Church, 3391 Middlefield Road, Palo Alto.

**Goddess Religions.** What would it have been like to grow up in a world where the divine was imagined as female? This program explores this question, and the stories of ancient Goddesses, through music, art, cultural and personal history, conversation, ritual and silence. Men and women welcome. Alternate Tuesdays through June 9, 7:30-9:30 p.m. free. Unitarian Universalist Church, 505 E. Charleston Road, Palo Alto. Call 650-494-0541. www.uucpa.org

**Practice The Work of Byron Katie.** "Inquiry Circle facilitated by Fabrice Nye. We will write the thoughts that keep us from living in peace & joy down on paper and put them up against the fire of the four simple yet powerful questions. No prior experience necessary," the



Among the Frances Freyberg photos in the exhibit will be this 2008 photo of doors and windows in the historic town of Paraty in Brazil.

Mission Hospice as director of development. "I've had the opportunity to see firsthand the important service that nurses like my mom (Susan Freyberg, also of Menlo Park) provide to patients and their

families," she said.

Additional information on her upcoming shows may be found at [www.francesfreyberg.com](http://www.francesfreyberg.com). For more information on Mission Hospice, go to [www.missionhospice.org](http://www.missionhospice.org).

church says. Meets first and third Mondays. 6:30-8 p.m. Offering accepted. Unity Palo Alto, 3391 Middlefield Road, Palo Alto. Call 650-494-7222. www.UnityPaloAlto.org

**Sunday Morning Forum.** The Humanist Community in Silicon Valley holds a weekly Sunday morning forum. Forums cover a variety of social, philosophical and ethical topics. Forum is free: donations appreciated. A schedule of events is available upon request. 11 a.m.-noon. Mitchell Park Community Center, 3800 Middlefield Road, Palo Alto.

**Singles**

**"Emotionally Healthy Spirituality."** "Emotionally Healthy Spirituality," is a free video/discussion series with Peter Scazzero, Ph.D. in Marriage & Family ministry. Series runs 10 weeks beginning April 19, 2009. Sponsored by Menlo Park Presbyterian Church's Singles Together (age 50+). 11 a.m.-12:15 p.m. Free. Menlo Park Presbyterian Church, 550 Glenwood Ave., Menlo Park. mppc.org

**Support Groups**

**Caregiver Support Group Video**

**Series.** "Alzheimer's Disease-Behavior Issues" offers specific information on how Alzheimer's affects perception of reality. Thu., May 21, 1-2:30 p.m. free. Peninsula Volunteers Rosener House, 500 Arbor Road, Menlo Park. Call 650-322-0126.

**Grief Support.** Grief support group meets for five consecutive Saturday mornings. Each week it will focus on issues and concerns common to newly bereaved people. Through May 16, 9-10:30 a.m. Free. Menlo Park Presbyterian Church., 950 Santa Cruz Ave., Menlo Park. mppc.org

**Et Alia**

**Sea, Skies and Snow- Pastel Landscapes by Stephen Woolery.** Images of the Rocky Mountains, skies of the Southwest and coastal scenes are now on view at the Portola Art Gallery through the end of May. 10 a.m.-5 p.m. Portola Art Gallery, 75 Arbor Road, Menlo Park. www.portolaartgallery.com

**Peninsula Children's Authors Salon.** Children can meet authors and illustrators of children's books. The event is Sun., May 17, 1:30-4:30 p.m. Free. Little House, 800 Middle Ave., Menlo Park. Call 650-851-2408.

**Symphony league plans a 'Symphony Soiree' at new Rosewood Sand Hill hotel**

By Jane Knoerle  
Almanac Lifestyles Editor

They've held tours of local gardens, a gala on a Woodside hilltop, and an afternoon party at a luxurious Atherton estate. Now, members of the Mid-Peninsula League of the San Francisco Symphony invite guests to share in the excitement of an opening event at Rosewood Sand Hill, the luxury hotel that opened recently at 2825 Sand Hill Road in Menlo Park.

The elegant evening affair will include cocktails, dinner, and "a glorious musical program" by members of the San Francisco Symphony.

The event takes place in the hotel's elegant ballroom after a cocktail reception. Guests will be seated for the three-course dinner prepared by Rosewood's executive

chef Peter Rudolph. Tables will be set with bronze glass chargers and votive candle holders, reflecting the richness of the silk padded walls. The ballroom seats 200.

Co-chairs Mimi Kugushev, Betty Ogawa and Gae Sares are excited about the new venue for the benefit. "This is a once-in-a-lifetime opportunity," says Ms. Kugushev. "The hotel is so accommodating, bending over backwards."

Symphony League garden tours are probably a thing of the past. "The League is small and it was getting to be too much wear and tear on our members: four gardens to staff for two days, providing refreshments, including home-baked cookies, recruiting husbands to park cars, even dealing with dreaded rain (as in 2002)," says Ms. Kugushev.

Marcia and John Goldman are honorary chairs of the San Fran-

cisco Symphony benefit. Edith Zitelli is league president. The committee includes: Susan Barkley, Jocelyn Blum, Mary Britton, Gaye Bruce, Gloria Capps, Peggy Chamberlain, Janet Conlan, Nancy Davidson, Marie Erdi, Barbara Foster, Betsy Furst, Marilee Gardner, Nancy Greenbach, Sylvia Hochscheid, Gilda Itskovitz, Ling-Ling Kulla, Judy Orttung, Andrea Palmer, Barbara Roberts, Betty Rudolph, Joan Wells and Twila Woods.

Funds raised by "Symphony Soiree" will be used to support the symphony's outreach program. Since 1991, the league has sponsored a musical education program for elementary students at the Costano School in East Palo Alto. League members, trained as docents, take part in a six-week program introducing children to symphonic music.



Photo by Barbara Foster

**Mid-Peninsula Symphony League** chairs are, from left, Gae Sares of San Carlos, Mimi Kugushev of Menlo Park, and Betty Ogawa of Atherton.

Docents then accompany the children to symphony-sponsored "Concerts for Kids" at Davies Symphony Hall.

Tickets for "Symphony Soiree" are \$175 each. Individual sponsor

tickets are \$250 each. Cocktail attire is suggested and there will be valet parking. The deadline for response is May 18. For more ticket information, go to [tinyurl.com/MidPen2009](http://tinyurl.com/MidPen2009). ■