

BUSINESS BUZZ

Business Buzz Putting a Personal Face on Local Business

Valerie Hotz



Dianna Condon Cuisine

If you attended last fall's 25th Anniversary celebration of the incorporation of the City of Orinda, then you have experienced the talents of Dianna Condon. A local caterer who is in big demand these days, Condon taught cooking for eight years at Viking Home Chef in Walnut Creek and was co-owner of another catering company, Savory Affairs, before establishing Dianna Condon Cuisine. She has managed the Stingray Café at Orinda Park Pool during

swim season for the past two years and also teaches cooking at the Del Rey School Dolphin Club program.

A wide array of dining options is available from the 15-page Dianna Condon Cuisine menu. Main menu offerings include chicken, beef, pork, seafood, lamb and vegetarian items, with old time favorites being the enchilada casserole, turkey sausage lasagna, and vegetable lasagna. An excellent selection of salads, soups and desserts is available. "The lasagna offerings are favorites for sports team events, especially the enchilada casserole and mini burritos,"



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Dianna Condon's many accomplishments include establishing a popular catering company.

says Condon. An extensive Mexican menu is available. For the complete menu, please visit the website at www.diannacondon-cuisine.com

Every dish is prepared at the Orinda Park Pool commercial kitchen, which was

remodeled five years ago, and has been inspected and approved by the Contra Costa County Health Department. "I have taught cooking for so long that people will call me with a special recipe they want prepared for dinner for 12. I have an art background and these kinds of assignments are really like art in that I am creating something new for people to enjoy," says Condon. Trevor Rose, who is known in his role as coach of the women's water polo team at Miramonte High School, serves as sous chef.

Condon moved to Orinda in 1991 and has been a member of Orinda Park Pool since her children were toddlers. Daughters Emily and Natalie are currently students at Miramonte High School. Prior to establishing her business, Condon enjoyed a career in sales and marketing for the airline industry and traveled extensively. "I was fortunate to be able to travel the world and everywhere I went I took photographs of food. While doing this, I realized I craved working with my hands so I enrolled at the Academy of Fashion, taking night classes and working full-time during the day." She also took some time away from full-time work to rear her family.

These days Condon is working far more than full time in her catering business. She prepares meals for the Living Lean program, which she delivers to the Living Lean shop located in Theatre Square. Squeezed into her busy schedule is a Bar Method class she teaches in Walnut Creek. "I like to work out five to six days a week and by chance a friend told me about the Bar Method, which combines pilates, yoga and ballet. I love it. It feels a lot like synchronized swimming, but on land," smiles Condon. When she does get a free moment, Condon enjoys going to restaurants and spending time with family and friends.

For more information and to view menu offerings, visit the website at www.diannacondoncuisine.com or email her at info@diannacondoncuisine.com.



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Jeanne Dowell believes yoga helps keep her young.

Yoga With the Inspiring Jeanne Dowell

It was in grammar school when Jeanne Dowell read a book about yoga and learned that if she practiced this form of exercise, she would age well indeed. The way she tells it, she recalls her mother being worried about growing older and in the 4th grade Dowell became conscious of the connection between yoga and preventative health. "Growing up in the Midwest, I was intrigued with Indian culture and particularly Mahatma Gandhi. I read about people being able to stand on their heads and I wanted to do that," smiles Dowell, who has been teaching Iyengar yoga at the Orinda Community Center since it opened.

When Dowell moved to California 40 years ago, she took her first yoga class and instantly became a junkie. "I could not get enough of it. I was taking classes four days a week and found that the age reversing benefits are real. From that day on I was hooked. Practicing yoga regularly keeps a person healthy. There is also a crossover effect, and I believe it improves performance in other sports such as swimming," says Dowell with conviction.

Ever since she was a young child, [SEE BUZZ page 15]



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