

# Lamorinda OUR HOMES

Lamorinda Weekly Volume 11 Issue 22 Wednesday, Dec. 27, 2017



*Feng Shui tips for winter*

*...read on page D4*

*Cynthia Brian's gardening guide for January*

## Yuletide yearnings

By Cynthia Brian

*"First say to yourself what you would be, and, then do what you have to do." ~Epictetus*



*A pink striped azalea looks like a post-holiday candy cane.*

*Photo Cynthia Brian*

As the holidays melt to a warm memory, we find ourselves gearing up for a new beginning. The number one New Year's resolution made by the majority of people has to do with fitness. Do you yearn to lose weight? Fit into a smaller size? Get stronger? Exercise more? Be happier?

Good news. The garden gym awaits your arrival. Gardening tasks qualify for a moderate to intense exercise program. If you are the type of person who wears a device to track your steps and your heart rate, you are in for a healthy surprise when you start gardening.

For the most powerful, full-body workout, get out your shovel and start digging. Other gardening chores that will give you positive results include weeding, planting, hoeing, seeding, watering, pulling hoses, pushing lawnmowers, pruning, carrying buckets and even harvesting your crops. Raking and trimming can burn 300 calories an hour. You'll tone your body and your mind.

I start each morning with a brisk walk around my property to inspect my plants, pull errant weeds and the occasional dandelions as well as check on my birdhouses, bird baths, bird feeders and fountains. As I breathe the clean morning air, this jaunt has become my daily meditation. Climbing the hill to the orchard gets my heart pumping and moving rocks that have tumbled in the night strengthens my arm muscles. After 30 minutes of invigoration, my mind is clear, my heart is open, my body feels nimble, and I'm ready to tackle the day.

*... continued on page D6*



Happy Holidays!



Paul & Virginia Ratto

#cm##s r#m@p  
 [Redacted]  
 [Redacted]  
 [Redacted] :9@g#@@kcp@aukpmuy



## Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
AMARILLO		\$812,000	\$2,755,000
MOGA	4	\$44,000	\$1,000,000
ORINDA		\$980,000	\$2,800,000

Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax information shown on the deeds that record at close of escrow and are published five to eight weeks after such recording. This information is obtained from public county records and is provided to us by California REsource. Neither Cal REsource nor this publication are liable for errors or omissions.

### LAFAYETTE

- 4144 Canyon Road, \$2,755,000, 4 Bdrms, 2970 Sqft, 1950 RBl, 11-22-17
- 188 Diablo View Road, \$1,855,000, 4 Bdrms, 2009 Sqft, 1948 RBl, 11-22-17  
Previous Sale: \$775,000, 10-00-05
- 112 Garden Lane, \$1,045,000, 3 Bdrms, 1000 Sqft, 1952 RBl, 11-21-17
- 110 Gloria Terrace, \$812,000, 3 Bdrms, 1757 Sqft, 1904 RBl, 11-21-17  
Previous Sale: \$20,000, 00-10-90
- 17 Hidden Valley Road, \$1,800,000, 4 Bdrms, 2050 Sqft, 1950 RBl, 11-21-17  
Previous Sale: \$17,500, 08-12-85
- 22 Mosswood Drive, \$900,000, 3 Bdrms, 1590 Sqft, 1951 RBl, 11-21-17  
Previous Sale: \$05,000, 08-00-97

### MORAGA

- 22 Arroyo Drive, \$1,100,000, 3 Bdrms, 1810 Sqft, 1907 RBl, 11-21-17
- 27 Constance Place, \$1,000,000, 4 Bdrms, 2055 Sqft, 1971 RBl, 11-21-17  
Previous Sale: \$00,000, 09-20-71
- 27 Miramonte Drive, \$44,000, 3 Bdrms, 1447 Sqft, 1904 RBl, 11-22-17  
Previous Sale: \$50,000, 10-20-14
- 114 Sanders Drive, \$1,075,000, 2 Bdrms, 2110 Sqft, 1900 RBl, 11-22-17

### ORINDA

- 57 Charles Hill Road, \$1,000,000, 2 Bdrms, 4057 Sqft, 1954 RBl, 11-21-17
- 771 Boyonal, \$1,100,000, 3 Bdrms, 2154 Sqft, 1900 RBl, 11-22-17  
Previous Sale: \$427,000, 11-10-99
- 48 Lost Valley Drive, \$1,400,000, 4 Bdrms, 2059 Sqft, 1950 RBl, 11-21-17
- 110 Orchard Road, \$980,000, 3 Bdrms, 1010 Sqft, 1959 RBl, 11-21-17  
Previous Sale: \$57,000, 04-10-70
- 118 Sleepy Hollow Lane, \$2,800,000, 11-22-17  
Previous Sale: \$2,175,000, 00-18-10
- 10 Barry Lane, \$1,755,000, 4 Bdrms, 2809 Sqft, 1952 RBl, 11-22-17  
Previous Sale: \$1,097,500, 00-20-15

Happy  
New  
Year

**LAMORINDA**  
 WEEKLY  
 Independent, locally owned and operated!

## Drainage Systems

- Standing Water Problems Eliminated
- Sump Pump Service, Repairs & Replacement
- Drainage Inspections & Reports
- Retaining Walls
- Grading



925-44-63  
 drainagepros.com  
 Lic. # 512288

BRINGING LAMORINDA HOME

---

*Happiest of Holidays  
to the Lamorinda  
Community and Best  
Wishes in 2018!*

---

**Terri Bates Walker**

Broker, J.D.

510.282.4420 | [terri@terribateswalker.com](mailto:terri@terribateswalker.com)

[terribateswalker.com](http://terribateswalker.com) | Follow me on:

License# 01330081



# Feng Shui tips for the winter months

By Michele Duffy



*Decorative mirrors symbolize the water element.*

*Photos provided*



*Adjust the water element with the warmth of a roaring fire.*

<b>WEALTH &amp; PROSPERITY</b> XUN Wood Southeast Purple	<b>FAME &amp; REPUTATION</b> Li Fire South Red Summer	<b>RELATIONSHIPS</b> Kun Earth Southwest Pink
<b>FAMILY</b> ZHEN Wood East Green Spring	<b>HEALTH</b> TAI JI Earth Center Orange, Yellow Brown	<b>JOY &amp; COMPLETION</b> DUI Metal West White Autumn
<b>KNOWLEDGE &amp; SELFCULTIVATION</b> GEN Earth Northeast Blue	<b>CAREER &amp; OPPORTUNITIES</b> KAN Water North Black & Dark Blue Winter	<b>HELPFUL PEOPLE &amp; TRAVEL</b> QIAN Metal Northeast Grey

*The Bagua Map: Front Door*

And remember, if your space feels like it needs warming up after activating all this water element, simply add some fire and earth elements to balance the water. Make warmer (yang) foods and drinks to counter the cold (yin) of the winter season. Everything should feel balanced so if your décor feels too chilly and wintry, simply adjust the space room by room, by adding warm red pillows or cozy throws, then light some candles or make a flickering fire.

Your home will feel alive and vibrant but also cozy and inviting, and you truly will enjoy and share this holiday season, a home retreat that creates nourishing space as medicine. Incorporating feng shui into your home enables a time-tested wisdom to shelter you, creating a cocoon from winter's harsh breath. From your perch it is easy to draw inspiration, share the seasons joys and dream contentedly.

Happy Holidays!

Michele Duffy, BTB M.F.S. is an Orinda resident who, since 1999, enjoys creating "Space as Medicine" Feng Shui one space at a time, as well as hiking in nature, cooking, and spending time with her family; Canyon Ranch Feng Shui Master, International Feng Shui Guild (IFSG) Red Ribbon Professional. To schedule a professional 2017 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to [spaceharmony@gmail.com](mailto:spaceharmony@gmail.com).



## Happy Holidays from PREMIER KITCHENS

While we specialize in Kitchens,  
our team is able to design custom, quality  
cabinets for any room in your home  
meeting all your aesthetic and functional needs...  
all within your budget.

Stop by and see our newly  
re-designed Showroom Today!

**(925) 283-6500**

3373 Mount Diablo Blvd.  
Lafayette, CA 94549  
[Info@premierkitchens.net](mailto:Info@premierkitchens.net)  
[www.premierkitchens.net](http://www.premierkitchens.net)



## Cynthia Brian's Gardening Guide for January

# Yuletide yearnings

... continued from page D1



A robin's nest nestles in a bare tulip magnolia with a camellia beginning to bloom in the background.

Here are few safety tips for "exercising" in the garden:

1. Like any exercise, warm up before you go outside. Stretch.
2. Use a cushion when kneeling to plant, weed, or dig.
3. Bend at the knee when you need to lift something. This decreases stress on your neck, shoulders and back.
4. Keep your back straight as much as possible. Minimize lumbar strain by refraining from slouching.
5. Use lightweight tools that suit your body type.
6. Pull branches to your eye level or use an extender when pruning. Don't twist or try to reach too high.
7. Don't overload the wheelbarrow or the buckets. Make more trips.
8. Wear gloves, boots with treads, a hat, sunscreen, and clothes that you don't mind ruining. (Personally, I have three drawers of old ratty tatty garden clothes that I love because they are comfortable and disaster proof. When they are too worn out or too ripped, they become gardening rags!)



Cyclamen red and white.

9. Employ a spotter whenever you climb on a ladder. Severe injuries and even death can occur when a ladder fails or falls.

Research has indicated that gardening helps with lowering blood pressure and cholesterol, prevents heart disease, osteoporosis and diabetes. It also boosts your creativity, reduces stress, and fights depression. Gardening is a physical, mental and spiritual sport. When you garden, your entire body gets a work out from the bottom of your feet to the top of your head. All of your senses will be awakened as the sights, sounds, tastes, textures and scents are stimulated by the natural world. The added attraction is that you can harvest what you grow – flowers, herbs, vegetables, fruits, branches, even weeds.

You'll burn calories, work your muscles, and enhance your senses by working in your garden. If you don't want to join the green thumb tribe, go outside to hike in the beautiful hills. Trails abound throughout our area. Anytime you walk in nature (also known as forest bathing), you will be rewarded with a plethora of benefits that will keep you in good health and more satisfied with life.

Become a green, lean, gardening machine! Happy New Year!

<p>DESIGN INSTALLATION IRRIGATION DRAINAGE STONEWORK CONCRETE WORK DECKS FENCES PATIOS LAWNS PONDS CLEANUP &amp; HAULING</p>	 <p><b>BLUE RIDGE</b></p>	<p><b>510-847-6160</b></p>
<p><b>LANDSCAPE COMPANY INC.</b> BLUE JAY FELDMAN OWNER/OPERATOR <a href="http://WWW.BLUERIDGELC.COM">WWW.BLUERIDGELC.COM</a></p>		
		<p>LICENSED INSURED Lic# 818633</p>

# Cynthia Brian's gardening guide for January

Although you still will enjoy plenty of downtime during winter, the Yuletide January garden requires a bit of attention as you clean out the old to prepare for the new.

- **PRUNE** your deciduous trees, including fruit trees while the weather is cold and the trees are dormant to maintain the tree's food supply.
- **CUT** budding branches of flowering quince. The buds will open when brought indoors providing plenty of red or pink flowers for your enjoyment.
- **PERUSE** spring seed and summer bulb catalogues to find ideas for ordering and next season planting.
- **MULCH** to keep the ground warm and erosion from emerging.
- **PICK** bouquets of narcissi. The strong perfume is especially welcome in bathrooms and dressing rooms.
- **BURN** calories by getting physical in the garden. Do your own work.
- **MOW** lawns at least every two weeks.
- **BLOOMS** begin now on camellias, azaleas and orchids. Soon you'll find many colors to choose from at your local nursery.
- **MOVE** your Christmas tree to the curb on pickup day for your area. Make sure to remove all ornaments, tinsel and lights. If you miss your day, you'll need to cut up your tree and put it in the green organic cart for a later pickup.
- **MAKE** end of year tax-deductible donations at [www.BetheStarYouAre.org](http://www.BetheStarYouAre.org) as the 501 c3 charity continues work for Operation Disaster Relief.
- **ARRANGE** pots of cyclamen on your front porch as a bright and cheery greeting.
- **CUT** your final rose blossoms and prepare for heavy pruning of roses toward the end of the month. Tune in to my live radio broadcast on Wednesday, Jan. 24 from 4 to 5 p.m. when I'll be interviewing renowned rosarian Michael Marriott of David Austin Roses in England. He'll give us the tips we need to prune as well as how to plant bare root heirlooms. <http://www.voiceamerica.com/show/2206/be-the-star-you-are>
- **ORDER** roses from David Austin before Feb. 28 and get a 15 percent discount with this code: UPA at [www.DavidAustinRoses.com](http://www.DavidAustinRoses.com)
- **ENJOY** the birds, especially the sea birds when you visit the coast.
- **GIVE** my newest gift book to yourself or someone you love. "Growing with the Goddess Gardener, twelve months of inspiration and gardening tips to sustain your inner gardener with a full year of kindness and happiness in nature" is available with both black and white or color photo interiors. For best prices, buy directly from [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store) and 25 percent is a donation to Be the Star You Are!® charity PLUS you'll receive extra goodies and an autographed copy. Pick up at my office to eliminate shipping costs!
- **CONTROL** runoff, clean the water, and enjoy colorful specimens by planting a rain garden. High Country Gardens offers two preplanned, ready to go kits. <http://www.highcountrygardens.com>
- **HARVEST** Swiss chard for a quick, nutritious sauté.
- **PREPARE** for a year of cheer, good will, and gardening news as we celebrate the Yuletide together.

Do what you need to do to be what you want to be!

Happy Gardening! Happy Growing!



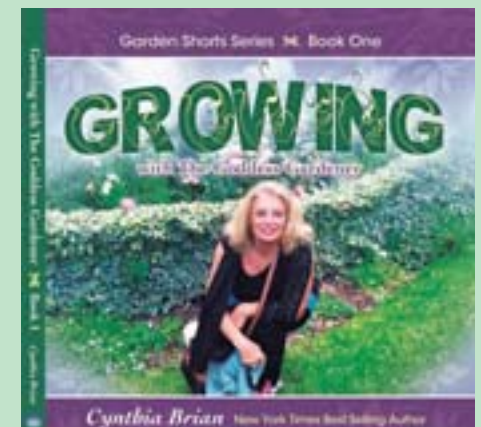
Narcissi add a sweet scent to the January atmosphere.



Harvest Swiss Chard for a winter sauté.



Orchids are showing up in stores in January.

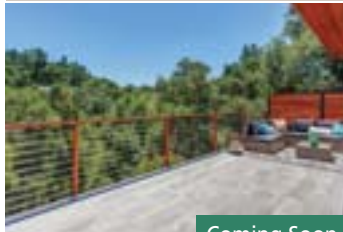


Cynthia Brian's gift book, *Growing with the Goddess Gardener*. [www.CynthiaBrian.com](http://www.CynthiaBrian.com)

Cynthia Brian, The Goddess Gardener, raised in the vineyards of Napa County, is a New York Times best selling author, actor, radio personality, speaker, media and writing coach as well as the Founder and Executive Director of Be the Star You Are!® 501 c3. Tune into Cynthia's Radio show and order her books at [www.StarStyleRadio.com](http://www.StarStyleRadio.com). My new book, *Growing with the Goddess Gardener*, is available at [www.cynthiabrian.com/online-store](http://www.cynthiabrian.com/online-store). Available for hire. [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com)

**ORINDA****Lots & Land****40 Dos Osos**

Incredible Orinda, San Pablo Dam, Mt. Diablo forever views Once in a lifetime opportunity raw land sale.

**\$489,000****ORINDA****Coming Soon****150 La Espiral**

Extraordinary living comes alive in this fabulous renovated home of high style design integrity. Total privacy.

**Call for Price****ORINDA****40 Los Altos Road**

This 4605sf handsome custom contemporary is the quintessential restorative retreat in OCC. Views/ Pool/Tennis/Gardens – all on 2.27ac.

**\$2,495,000****ORINDA****18 Charles Hill Circle**

Wonderfully Private, Enchanting Estate in a Great Orinda Location. Gated premium property with lovely views & setting.

**\$3,795,000****ORINDA****10 Winding Lane**

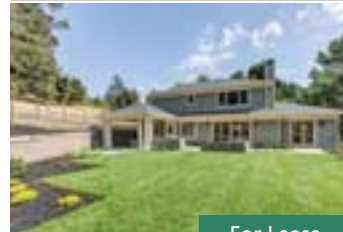
A setting like no other. A tasteful estate situated up a winding lane of 8.6 acres. 3 main structures of apx. 23,422 sq.ft.

**\$16,500,000****MORAGA****1822 Saint Andrews Drive**

Lovely detached single family home in Moraga Country Club. 3 Beds, 2 Baths +Den. Fully remodeled eat-in kitchen & baths. Top Schools!

**\$1,075,000****MORAGA****23 Indian Wells Street**

Moraga Country Club Bruzzzone built Wimbledon Expanded. 4 Bedrooms/ 3 bathrooms/ 3122 SqFt. Top-Rated Schools!

**\$1,400,000****LAFAYETTE****For Lease****1601 Reliez Valley Road**

Breathtaking new custom by SpringHill Homes boasts 5bd/4.5ba, 4323sf of incredible living spaces on scenic 1.23acres.

**\$9,000/ Month****ALAMO****212 Dorchester Lane**

Traditional +/- 4,500sf grand estate w/ incredible setting & views! .62 acre prime lot backs to Mt. Diablo.

**\$2,095,000****DANVILLE****130 Mattos Court**

Unique opportunity to customize single level cul-de-sac home. 4 Bedrooms/ 3 Baths /2887 sq ft.

**\$995,000****OAKLAND****407 Hiller Drive**

Stunning Hiller Highlands end unit townhome with versatile open floor plan. Beautifully renovated kitchen.

**\$889,000****ROSSMOOR****1840 Tice Creek Drive, #2432**

Bright & cheerful 4th floor Chatsworth Model with western views of Mt. Diablo. Spacious floor plan.

**\$360,000**