



Lamorinda Weekly Volume 14 Issue 10 Wednesday, July 8, 2020

Digging Deep with Cynthia Brian

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# Feng Shui **Health at home**



Photo provided

Painting a centrally located stairwell yellow activates the earth element that governs health, like in this Orinda home.

### **By Michele Duffy**

Taking care of ourselves during these challenging, unprecedented times underscores the importance of addressing what we do have control over, and creating a peaceful, calm and uplifting home. Home should, ideally, restore balance and bring greater harmony into our lives, providing a place of refuge and well-being to weather life's storms. How can we attract better health and well-being at home and create with Feng Shui the sanctuary we need right now?

First, the health area is located in the middle of the Feng Shui map or Bagua and this central position is important to note since when we place health as a priority, or centrally in our lives, health will positively influence all the other life areas. The health area symbology is the Yin/Yang black and white symbol which is synonymous with balance. The Yin/Yang symbol is not rigid or fixed, it is always moving, flowing, and changing to maintain balance. Movement of Qi or energy is central to good Feng Shui and also to our health in general. When Qi or energy flows easily and moves around our home effortlessly, there is less stagnation or opportunities for imbalances to manifest.

Many of the imbalances we experience can contribute to feelings of being stuck, anxious, worried, fearful, angry or stressed out. If our spaces are out of balance it will affect our health, including physical, mental, emotional and spiritual well-being. This can include too much furniture, clutter, or uneven floorplan shapes. Effective Feng Shui is like acupuncture for the environment and functions to create healthy Qi flow circulating around our homes so that we feel nourished and supported when we are in them.

What is currently located in the center area, the health and well-being area of your home? Is there a bathroom? A staircase? Is there ample natural light? A messy closet? What colors dominate the space? Is the room used often or not at all? Next, check to see what is in the center of your bedroom? Is there a ceiling fan? Is the ceiling slanted? Finally, what is also in the center of your yard? Is there clutter in any of these "center" location areas?

Some Feng Shui challenges might include draining, rushing, depressing, cutting or no

Qi/energy circulating, and these and many other unintended consequences will affect our health. Make notes about what you found in all of these "center" areas of the home, the bedroom and yard and pay attention to your intuitive response in these areas as well.

The Earth element rules the center/health area of the Bagua, and is a natural fit for creating good health. This element is activated by introducing square shapes, yellow/orange/brown, crystals, shells, rocks, ceramics, clay or slate to the center of your home, bedroom or yard. In the Five Elements creative cycle, fire creates earth, so we can also place triangles, anything with the color red, candles or lights to further support the earth element for a healthy home. Adding the earth element to the center of your home will activate improved health and well-being.

In each home there exists a unique template and so while these are good places to start your healthy Feng Shui refresh, reviewing the health details of your home with a pro yields personalized results. Recently, with a new Zoom client, we made a huge impact on increasing well-being in her family's home which is located on the water. Having water behind the home can be challenging, especially when water is seen from the front entrance door. Her family had faced many unnerving health (and financial) challenges and now that everyone was at home so much of the time, she wanted to ensure they were together, creating a healthy home.

... continued on Page D4



The Yin/Yang symbol represents balance, health and well-being



## COMPASS





### **Gorgeous New Construction in North Orinda**

15 Dias Dorados ~ Upscale farmhouse with all the bells and whistles! Stunning inside and out with elegant stone exterior accents and timeless aesthetic. High ceilings, ship-lap siding, slabs of stone and popular wide plank white oak hardwood floors throughout. 5 Bd, 4 Bath, Office/6th Bd, .45 acre, two large yard areas with lush lawns and patio. The wraparound deck offers hillside views. Offered at \$2,995,000



### Glenn and Kellie Beaubelle

925.254.1212 TheBeaubelleGroup.com CABRE# 00678426, 01165322 Wednesday, July 8, 2020

### Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	7	\$370,000	\$3,315,000
MORAGA	3	\$880,000	\$1,400,000
ORINDA	13	\$1,195,000	\$3,800,000

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

- 867 Acalanes Road, \$1,850,000, 6 Bdrms, 3974 SqFt, 1951 YrBlt, 05-28-20, Previous Sale: \$1,810,000, 10-05-16
- 935 Carol Lane, \$1,268,500, 5 Bdrms, 2166 SqFt, 1951 YrBlt, 05-18-20
- 3716 Crestmont Place, \$3,315,000, 4 Bdrms, 4291 SqFt, 2000 YrBlt, 05-19-20, Previous Sale: \$2,938,500, 06-04-18
- 1849 Del Rey Street, \$950,000, 3 Bdrms, 1914 SqFt, 1961 YrBlt, 05-27-20, Previous Sale: \$299,500, 07-01-92
- 866 Revere Road, \$1,242,500, 4 Bdrms, 2117 SqFt, 1960 YrBlt, 05-18-20
- 3569 Silver Springs Road, \$370,000, 4 Bdrms, 1951 SqFt, 1955 YrBlt, 05-21-20, Previous Sale: \$115,000, 09-01-77
- 11 Silverhill Way, \$1,555,000, 4 Bdrms, 3207 SqFt, 1988 YrBlt, 05-19-20, Previous Sale: \$1,225,000, 07-06-18

#### MORAGA

- 785 Augusta Drive, \$1,400,000, 3 Bdrms, 2195 SqFt, 1978 YrBlt, 05-29-20, Previous Sale: \$1,000,000, 11-16-17
- 192 Cypress Point Way, \$1,100,000, 3 Bdrms, 1644 SqFt, 1973 YrBlt, 05-20-20, Previous Sale: \$1,040,000, 06-21-19
- 1716 Saint Andrews Drive, \$880,000, 2 Bdrms, 1464 SqFt, 1974 YrBlt, 05-20-20, Previous Sale: \$700,000, 05-19-09

### ORINDA

- 1 Aghalee Road, \$1,960,000, 4 Bdrms, 2010 SqFt, 1966 YrBlt, 05-29-20
- 390 Camino Sobrante, \$1,480,000, 4 Bdrms, 2344 SqFt, 1958 YrBlt, 05-27-20, Previous Sale: \$620,000, 12-18-10
- 392 Camino Sobrante, \$1,525,000, 2 Bdrms, 2391 SqFt, 1941 YrBlt, 05-27-20, Previous Sale: \$950,000, 12-12-13
- 1 Casa Vieja, \$1,225,000, 4 Bdrms, 2057 SqFt, 1960 YrBlt, 05-27-20
- 3 Corte Bombero, \$1,200,000, 4 Bdrms, 1967 SqFt, 1955 YrBlt, 05-18-20
- 57 Davis Road, \$1,670,000, 3 Bdrms, 2457 SqFt, 1992 YrBlt, 05-20-20, Previous Sale: \$1,301,000, 04-01-15
- 6 El Caminito, \$1,935,000, 6 Bdrms, 4855 SqFt, 1970 YrBlt, 05-19-20, Previous Sale: \$722,000, 02-12-99
- 50 El Castillo, \$1,625,000, 4 Bdrms, 3025 SqFt, 1979 YrBlt, 05-27-20, Previous Sale: \$1,235,000, 05-15-13
- 5 Heather Lane, \$3,800,000, 4 Bdrms, 4720 SqFt, 1952 YrBlt, 05-19-20, Previous Sale: \$1,650,000, 10-05-18
- 24 Mariposa Lane, \$1,195,000, 3 Bdrms, 1318 SqFt, 1952 YrBlt, 05-28-20, Previous Sale: \$911,000, 06-10-05



### Nichole Farsai

Keller Williams East county

DRE: 02076984 PH: 925.234.5707 Email: Nicholefarsai@kw.com





# **Record Breaking Sales**



7 Butler Dr, Lafayette - Multiple offers, 7 day close, all cash, \$205k over list Listed At \$1,995,000 Sold At \$2,200,000



32 Sleepy Hollow Ln, Orinda -Multiple offers, \$285k over list Listed At \$1,750,000 Sold At \$2,035,000



1045 Los Arabis, Lafayette - 7 offers, 7 Day close, all cash, \$205k over list Listed At \$1,595,000 Sold At \$1,800,000

## List with the Paddy Kehoe Team to get the highest price for your home!

"Whether you're moving across town or across the country, selling or buying, Paddy Kehoe is the realtor that you want to represent you. We contracted with him to sell our home in Lafayette in the midst of a pandemic yet his confidence, professionalism and knowledge made no obstacle insurmountable.

His enthusiasm was the first thing that impressed us but that was only the beginning. His vision about the potential and possibilities for our home and future buyers instilled confidence that he knew the market, the process and what it would take to sell our home at the best possible price.

Paddy's hard work exceeded our expectations. We left our home and moved cross country while Paddy took control and prepared it for sale. After being listed, our home sold in a week and the process went more smoothly than we ever could have imagined. His predictions about the offers we might get were right on the mark further proving his expertise in the Lamorinda market.

Paddy is SO much more than a realtor. He builds relationships. It was evident from the beginning how much he enjoyed his career and how invested he was in the concerns of his clients. He got to know us as people not just as clients and we got to know him in the same way. His outlook on life and his advice helped us focus on what was important. In the end, it came down to building new friendships and even learning a few life lessons along the way." - Jo S.



Paddy Kehoe 925.878.5869 paddy@paddykehoeteam.com DRE 01894345





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**Christine Frazier** 925.550.2130 christinefrazier@compass.com DRE 01949722



Mary Staten 925.890.6875 mary.staten@compass.com DRE 01947354

Brittany Hogan 925.233.9061 brittany@paddykehoeteam.com DRE 01990287



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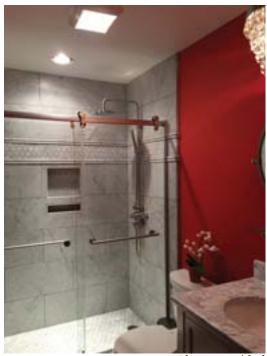


Photo provided

Color was an affordable way to adjust this center/health located bathroom (red/fire creates earth) to overcome draining bath Qi. Try this Benjamin Moore color "Poppy."

# Feng Shui Health at home

By placing a large crystal (earth element) ceiling light fixture in the center (health/earth) of the home in the "great room," we addressed many Feng Shui concerns with one adjustment. The crystal (earth) chandelier adjusted and refracted the view of the water from the front entrance door and it activated the health/earth element for the family's home. Now the room was warmly illuminated and spacious, and the home grounded in possibility.

My client could not get over the difference this small change made in her home, how it literally lifted the family's spirits and positively transformed the overall energy in the space which had a positive effect on everyone's health. Feng Shui neutralizes challenging issues so that we feel better in our homes and those positive vibes create the groundwork for improved health, and can be especially effective when also part of the overall design of the home.



#### Some quick tips to activate health in your own home environment:

- Declutter your home and restore peaceful calm;
- Discard broken, chipped or mismatched items;
- Complete projects methodically, one at a time;
- Clean the house with green products and enjoy peace of mind;
- Balance your space with colors you love;
- Place your bed against a solid wall facing the door;
- Create in the bath a home spa with bath salt soaks, candles, and soft lighting;
- Eliminate depressing art or home items that do not bring you joy;
- Allow a path to your front door that is free from spiky sharp or overgrown foliage;
- Clear kitchen counter tops and create calm;
- Create a quiet spot near a sunny window for meditation, reading or napping;
- Create spacious and colorful uplifting views outside and clean up the yard;
- Fix plumbing so your personal plumbing works properly;
- Ground/fix the electrical system and notice an uptick in your own healthy circulation;
- All doorways should be cleared and well-lit so adult voices are heard;
- Clean windows for better insights and wisdom
- Introduce neroli or eucalyptus essential oils diffusers in bathrooms;
- Add flowering, colorful or fragrant plants to help refresh indoor air.

#### Personal Feng Shui tips for health:

- Get moving, hike, bike, dance, whatever you enjoy doing but move your Qi;
- Balance periods of intense activity with periods of rest and relaxation;
- Be kind, patient, and helpful to yourself and others for greater
- happiness;Cleanse your life of negative people;
- Contemplate impermanence and that this too shall pass;
- Spend more time in nature;
- Play uplifting music;
- Spend time with emotionally supportive pets:
- Eat more plants, vegetables and fruits;
- Dab yourself with essential oils like Lavendar for peacefulness;
- Place Himalayan salt lamps to eradicate EMF's;
- Switch social media, electronic devices, and TV's off;
- Sleep restfully and well.

Creating a home that is healthy and provides a sanctuary for you and your family is now accessible and possible using Feng Shui, so please let me know what you notice when you make even a few of the suggestions, and please remember to email me any questions at spaceharmony@gmail.com.

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 2019 Feng Shui Consultation, contact Michele at (520) 647-4887 or send an email to spaceharmony@gmail.com.



# Perched atop a cul-de-sac IN COVETED GLORIETTA

### 101 Hillcrest Drive, Orinda

Be wowed upon entry into the open living room with fireplace and incredible expansive views! Living/family room opens to the updated kitchen with new cabinets, countertops, stainless appliances, subway tile backsplash and more! The expansive, parklike, usable and mostly level backyard is waiting for the next owner to take it to the next level! Thinking pool, pool house, vineyards, veggie beds, gardens, fire pits, hot tubs, play structures...imagine the possibilities!



\$1,295,000

Amy Rose Smith Village Associates 925.212.3897 amy@amyrosesmith.com www.amyrosesmith.com CalBRE: #01855959



villageassociates.com | @villageassociates

Village

925.254.0505 | It's Village. Of Course.

FINDING THE Right FIT

AMYROSE**SMITH** 

# Fabulous Glorietta Home

S

2 INDA



# 29 Overhill Road, Orinda

2798 SF | 4 Beds | 2.5 Baths. | .87 AC | \$2,150,000

Privately set on .87 acre, this wonderful home is ideal for indoor/outdoor entertaining! The gracious interior spaces include formal living & dining rooms, large family room, great eatin kitchen, additional bonus room, private master suite and spacious secondary bedrooms - all with easy access to the gardens, patios, waterfall and views. Don't miss this incredible opportunity. Call for your private tour.

### Finola Fellner, Partner

The Beaubelle Group, Compass Realtor® 925.890.7807 finola.fellner@compass.com DRE 01428834





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#### **CB ORINDA REALTORS:**

LAURA ABRAMS **BEVERLY ARNOLD** EMILY BAHN MARAM BATA VLATKA BATHGATE ALBERT BERNARDO ROBERT BROWN **ROBERTA CALDERON** TONY CONTE KELLY CRAWFORD COLIN ELBASANI JIM ELLIS JOANNE FISHMAN LANA FITZPATRICK SUZANNE GEOFFRION JEFFREY GILLETT SORAYA GOLESORKHI HANK HAGMAN ANDREA HARRIS MARGARET HARTWELL YAN HEIM MICHELLE HOLCENBERG WENDY HOLCENBERG DICK HOLT COOKIE JAVINSKY SHELLIE KIRBY SHERYL KORTRIGHT MEREDITH LINAMEN MARY BETH MACLENNAN LARA MARKEL CHRISTINE MASON CHRISTINA MCCORMICK MICHELE MCKAY CHAD MORRISON PEYMAN MOSHREF AUDREY NEALE WALTER NELSON DIANE PETEK MARGARET PRICE SUSAN SCHLICHER CATHY SCHULTHEIS JOEL SHEIMAN MELANIE SNOW TOM STACK TED STREETER **BO SULLIVAN** NORLA TORRES-TURNEY LINDA VAN DRENT THERESA WANG GREG WATKINS VAL COOK- WATKINS JERRY WENDT SCOTT WINBURNE FRANK WOODWARD JUNE YOUNG ANA ZIMMANK



### LAMORINDA EXPERTS - GLOBAL CONNECTIONS

Lic#00878893, #01272382



20 Hacienda Circle \$4,250,000 Stunning state of the art Orinda estate designed by Orinda architect Richard Bartlett includes 8000+ sq. ft. comfortably situated on a flat 1.3-acre site adjacent to the Orinda Country Club's 13th hole. www.20haciendacircle.com

Melanie Snow 925-360-0344; Laura Abrams 510-697-3225



3 Valley View Ln. \$3,195,000 Prestigious Luxury Estate Vlatka Bathgate 925-597-1573 Vlatka@BestLamorindahomes.com www.3ValleyViewLn.com Lic #01390784

Orinda

200 Hall Dr - \$2,980,000 Mediterranean, artistic design, 5BR/3.5BA. 4400 sq ft on 5 acre secluded estate Yan Heim 510-499-4709 www.200hallorinda.com Lic #01965925

Moraga



10 Rheem Blvd. \$1,999,999 Quintessential Masterpiece Vlatka Bathgate 925-597-1573 Vlatka@BestLamorindahomes.com www.10Rheem.com Lic #01390784



3193 Lucas Circle \$1.650.000 3 Bd, 3 Bath, 1/2 acre lot Melanie Snow 925-360-0344 Melanie@melaniesnow.com Lic #00878893



72 Corte Yolanda \$1,649,000 Campolindo 2-Story w/pool 4 Bd. 3 bath. flat lawn on cul-de-sac Michelle Holcenberg 925-324-0405 Lic #01373412



127 Warfield Drive \$1.649.000 Updated/VIEWS!!/Near LP Grammar Tom Stack 925-878-9964 Tom.Stack@cbnorcal.com www.TomStack.com Lic #01501769



1 Madera Lane \$1,625,000 Cul-de-sac with views. Remodeled master retreat! 3 decks to enjoy outdoor living, large play area w/tree swing. 2 car oversized garage! Laura Abrams 510-697-3225 www.1maderalane.com Lic#01272382



28 Honey Hill Court \$1,595,000 Move-in ready, meticulous 2845 sq ft home on .69 acres

Shellie Kirby 925-872-4257 www.28honevhill.com Lic # 01251227



3303 Whitehaven Dr. \$1,299,000 Just Listed ~ Northgate stunner with pool and flat vard, 4 Bd, 2.5 bath, one story Michelle Holcenbera 925-324-0405 Lic #01373412

Walnut Creek 1549 Pyranees Pl. \$999,000

Amazing value in heart of Walnut Creek Ana Zimmank 925-640-6008 ana.zimmank@cbnorcal.com Lic #00469962



14 Berkeley Ave. \$979,000 Romantic Retreat with a View Vlatka Bathgate 925-597-1573 Vlatka@BestLamorindahomes.com www.homecb.com/1175-66thstreet-oakland 925-324-6246 www.14BerkeleyAve.com Lic #01390784



Modern Oakland Condo w/Private Elevator 3BR | 2,5BA | 1732±SF, Gorgeous, bright Christine Mason 925-900-5288

Christine@christineMason.me

337 Jade Court \$849,000

San Ramon

duet in wonderful Vista Pointe! Mary Beth MacLennan/Tony Conte Beautiful mostly flat .72 acre lot.

Lic #02050542 marybeth@mbtcpartners.com Lic #01480008 ChadMorrisonHomes.com Lic # 01905614 Laura@lauraabrams.com Lic#01272382



0 Reliez Valley Rd \$440,000 Build the home you've always dreamed of.

Chad Morrison 925-330-1416



312 Village View Ct. \$7,000 LEASE Stunning Orinda Woods, Single Story Remodel w/attached garage Laura Abrams 510-697-3225

Coldwell Banker Orinda

925-253-4600

5 Moraga Way | Orinda |

## ColdwellBankerHomes.com

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# **Just Listed!**

30 Rio Vista, Orinda 3 Bedrooms | 2 Bathrooms | 1,976\* Sq. Ft. | Offered at \$1,295,000



# Downtown Orinda Retreat

Well maintained 3 bed 2 bath only 1/2 mile to downtown, 1 mile to BART/freeway. Spacious living room with large stone fireplace & French doors to a private deck. 2nd fireplace in formal dining room with wall of original windows overlooking the property. Eat-in kitchen with granite countertops, peninsula and walk-in pantry. Master suite on the main floor with wall and walk-in closets. Master bath has a pitched ceiling and original handblown windows overlooking trees for ultimate privacy. 2 bedrooms, bathroom, laundry facility and rec room downstairs, perfect for kids to have their own space. Fabulous place to work from home with fiber optic Internet available. Work or study outside on large deck off living room or in the separate office downstairs with own entrance. Detached 2-car garage with workshop. Front yard features an expansive flat lawn, tree house & swing. Nestled amongst trees at the end of the street, feel like you are miles away from it all yet you are walking distance to downtown Orinda.

\*Differs from Tax Records





Claudia Gohler

claudia@claudiagohler.com 925.765.8081 | DRE# 01995498



93 Moraga Way, Orinda | All information here redeem reliable but not guaranteed

# It takes two to make things go right.



REAL ESTATE TEAM

The Brydon & Ives Team is grateful to be honored with the following two prestigious awards:

Real Trends America's Best Real Estate Professionals List

Eight-Time Winner of the Five Star Professional Award



### **Coming Soon**

1062 Larch Avenue, Moraga 5 Bed + Office/Bonus Room | 4 Bath | ± 3,986 Sq Ft ± 1.31 Flat Acres | \$3,200,000

### 37 Stanton Avenue, Orinda 3 Bed | 2.5 Bath | ± 1,900 Sq Ft | ± .11 Acre

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### Lisa Brydon & Kristi Ives

925.285.8336 bi@brydonivesteam.com brydonivesteam.com DRE 01408025 | 01367466

COMPASS

### PREMIER burton valley



Ideally positioned in the premier Burton Valley, this classic California 2,120 sf, 3 bedroom, 3 bath home brings together the tranquility of wine country. The half-acre sweep of California oaks and the view of rolling hills is ever present inside. Hardwood

and slate floors, updated, oversized gourmet open kitchen. Expansive deck and a sprawling garden with views. Endless possibilities for entertaining and family activities.

In consideration of the current climate, showing by appointment only.



Melanie Snow

Melanie Snow CAL BRE #00878893 925.360.0344 cell melanie@melaniesnow.com

COLDWELL BANKER REALTY MelanieSnow.com

# **3416 Moraga Blvd · Lafayette** Fabulous New Listing in Desirable Trail Neighborhood!

- 4 Bedrooms. | 2 Baths | 1753 sf | Built 2016
- New construction in 2016 with Impeccable Finishes
- Beautiful Kitchen I Open Concept Great Room with 11' Ceiling High-End Appliances I 8' Island with Statuary Marble I Quartz Counters
- Extra Bonus Family Room I Interior Laundry

3193 Lucas Circle, Lafayette, CA

3 bedrooms | 3 bathrooms | 2,120 sq ft | .5 acres

- Gorgeous Master Suite I Oversized Clawfoot Tub I Walk-in Closet
- Smart Home Features I Plantation Shutters I Wide Plank White Oak Floors

OFFERED AT: \$1,650,000

- Level, Professionally Landscaped Back Yard with Lawn & Patios
- Walk to Town, BART, Lafayette Elementary and Stanley Middle Schools
- Access to Lafayette Trail and Leigh Creekside Park



3193

Lucas Circle

3193LucasCircle.com

Linda Ehrich 925-698-1452

Dre#01330298 linda@lindaehrich.com @lamorindalinda

villageassociates.com | @villageassociates | 925.254.0505 | It's Village. Of Course.



### GENUINE REAL ESTATE EXPERTISE



Chris Swim & Tracy Keaton DRE 00943989 | 01051349 925.766.1447 chris@chrisswim.com chrisswim.com

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#### 300 Village View Court, Orinda

2+ Bed 2.5 Bath 2,500± SF 0.16± Acres w/Views

\$2,150,000

Warm and welcoming from the moment you step onto the property, this magnificent single level home exudes elegance redefined. With impeccable design, timeless finishes and worry-free living, you will rediscover what 'home' should be. The coveted end of cul-de-sac location offers unparalleled privacy and optimized outdoor living spaces for year round entertaining and enjoyment.

300villageview.com

3223 Brookwood Drive, Lafayette			\$1,195,000
4 Bed	2 Bath	2,150± SF	0.18 $\pm$ Level Acres

Tucked at the end of a cul-de-sac is this fabulous single level, four bedroom, two bathroom home in the beautiful Reliez Valley neighborhood. An excellent floor plan boasts spacious rooms, an open gourmet kitchen / family room, and a separate office or media room. The lovely secluded flat back yard is the ideal complement to this hidden gem. You don't want to miss this one!

3223brookwood.com



# Digging Deep with Goddess Gardener, Cynthia Brian Guardians of the Garden Galaxy



Integrated pest management creates a gorgeous garden oasis.

Photos Cynthia Brian

### By Cynthia Brian

"Nature teaches beasts to know their friends." ~ William Shakespeare

The gray turtle dove darted from the mulberry tree to the wooden nest box and back again. Thinking there must be eggs, I grabbed my camera and discovered a baby dove nestled in a hollowed nest with the mother bird proudly standing guard. The sounds of gentle cooing surrounded this bucolic scene. I felt blessed that these birds chose my garden to settle.

If you want a healthy, glorious summer garden, beneficial insects, arachnids, birds, amphibians and reptiles must call your landscape "home."

Many people scream at the sight of a snake or a lizard and start swatting when they witness a spider. However, these are beneficial biologicals devouring the insects and predators that capture prey that destroy your garden. Everyone loves lady beetles, known as ladybugs, and people understand the value of bees, but did you know that frogs, hoverflies, ground beetles, praying mantids and lacewings are invaluable friends to the garden?

The guardians of my garden galaxy are plentiful and ubiquitous. Every day as I walk through my oasis, I am greeted by numerous lizards darting from rock to plant, frogs hopping to hide under a leaf, spiders weaving webs, bumblebees, hoverflies and honeybees sucking the nectar from a variety of species, and birds making nests and dining on insects. My favorite garden guardians are the kingsnakes that eat gophers, moles, voles, and keep the rattlesnakes away. Our garden colleagues keep nature in balance without the use of pesticides, herbicides and insecticides. Using integrated pest management, natural sources of nutrients including compost and mulch will fertilize and keep your garden healthy.

Here are some of the benefits of inviting our flying, hopping, slithering, and scooting comrades into your garden.

### **Birds:**

As they fly from tree to tree, birds are pollinators adding more blooms and fruit which attract more birds. Birds eat a variety of pests including mosquitoes, aphids, grubs, slugs and spiders. Large birds such as owls and hawks eat rodents including voles, moles, squirrels, rats, and other unwelcome critters. They help control weeds by eating weed seeds. Watching birds and listening to their song reduces stress.

Invite birds to your landscape by offering:

• A water source including a gurgling fountain or birdbath.

Birdhouses for shelter and nesting.

• Feeders for seed. Even putting a pie tin in the bushes with seeds or picked clover and dandelions will attract our feathered friends,

• Plant a selection of flowering plants, shrubs, and berries for them to enjoy.

... continued on Page D14



An elaborate bird nest with eggs.



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aurements and square footages are approximate. This is not intended to solicit property already listed.



## **JUST LISTED**

**Campolindo Stunner** 

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A frog sits on the patio rug.

... continued from Page D12

### **Frogs and Toads:**

Natural pest control. They eat caterpillars, cutworms, bugs, beetles, grubs, slugs, grasshoppers, and numerous other detrimental insects.

Invite frogs and toads to your landscape by offering:

• A place to hide. Frogs and toads are shy. They prefer a cool, shaded area with lots of moisture and plants. Turn over a flowerpot and they will make a house.

• A pond allows them to lay eggs. Have fun watching tadpoles.

#### Lizards:

Reptiles are excellent eaters of garden pests including slugs and harmful insects.

A plethora of lizards living in your landscape is an indicator of a healthy ecosystem. The food you grow will be free of heavy metals and pesticides since lizards cannot thrive in a hazardous environment.

Invite lizards to your landscape by offering:

- Only natural methods of pest control.
- Avoidance of all weed killers.
- Mulch to regulate moisture in the soil.
- Rocks, bricks, or stones for sunbathing.
- A saucer or small container with water for drinking.

### **Snakes:**

Garter snakes and kingsnakes are especially beneficial in our area because they eat insects and rodents. One snake can devour an entire rat family in two weeks. Kingsnakes also kill rattlesnakes and keep them away. Make sure to learn the good snakes from the poisonous ones. Invite snakes to your landscape by offering:

A King snake keeps the voles, moles, rats, and rattlers away.

• A hiding place in bushes, tree stumps, driftwood, or even metal panels.

• A water source on the ground, a small birdbath, fountain, or the "butterfly bowl". Ladybugs:

• Also known as Lady beetles or Ladybird beetles, their larvae look like alligators. Both the adults and larvae are voracious general pest predators of aphids, beetles, caterpillars, lace bugs, mealybugs, mites, scale, whiteflies, and insect eggs. The larvae consume over 40 aphids per hour and an adult ladybug will consume over 5,000 aphids in a lifetime. If you have a small garden or a minimal pest population in a large garden, they will fly away. Rejoice because your garden is organically balanced.

Invite ladybugs to your landscape by offering:

• A wide range of flowering plants to attract and keep them on site.

#### **Hoverflies:**

Also known as syrphid flies or flower flies, hoverflies earned their name by hovering over flowers to sip the nectar, much like hummingbirds. They look similar to bees but they do not sting and are not harmful to humans. The adults are primarily pollinators and the larvae are pest predators, crawling along plant surfaces searching for prey. They seize the insect, suck out its contents, and discard the skin. They mimic bees and wasps to protect themselves from predators but have two wings instead of four. Ladybugs in various stages on barley stems.

Invite hoverflies to your landscape by offering:

• A variety of nectar and pollen-producing plants such as aster, calendula, cornflower, cosmos, dill, fennel, lavender marigolds, mint, statice, zinnia, wild mustard, and sunflowers.

• Food throughout every season by timing plantings for continuous blooms.

### Spiders:

Spiders help maintain a healthy balance in your garden by eating harmful pests from spring through winter. By controlling the bad insects, they reduce plant pathogens that damage plant tissues. Most spiders are peaceful. The most common web builder is the yellow and black spider, and the black wolf spiders are active hunters.

Invite spiders to your landscape by offering:

• Grass clippings, mulch, lush bushes, and perennials for habitat.

• Cover crops such as clover and vetch and hedges like boxwoods are havens for spiders.

• Sunflowers, vining beans, and corn as well as other tall flowers are excellent for webs.

Grow a diversity of plants, eliminate pesticides, herbicides, and insecticides to attract beneficial insects, birds, spiders, reptiles, and numerous other guardians of our garden galaxy. By providing the basic needs of food, habitat, water, and shelter, you and your family will enjoy increased outdoor amusement while learning an appreciation of nature. Your garden will be their dinner table and their bedroom. Know your friends and protect them.

Happy Gardening. Happy Growing.





Bumblebees and hoverflies pollinate the lavender.



Cynthia Brian is awed by a nest on a redwood tree.

Cynthia Brian, The Goddess Gardener, is available for hire to help you prepare for your spring garden. Raised in the vineyards of Napa County, Cynthia 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 StarStyle® Radio Broadcast at www.StarStyleRadio.com. Buy copies of her best-selling books, including, Chicken Soup for the Gardener's Soul, Growing with the Goddess Gardener, and Be the Star You Are! Millennials to Boomers at www.cynthiabrian.com/online-store. Cynthia is available for virtual writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com



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