

Lamorinda

OUR HOMES

Lamorinda Weekly Volume 16 Issue 18 Wednesday, October 26, 2022



Organize yourself

read on Page D4

Digging Deep with Goddess Gardener, Cynthia Brian

Preventing gardening injuries



Photos Cynthia Brian

Liquid amber and Japanese maple trees with their fabulous fall foliage.

By Cynthia Brian

“Do what you can for as long as you can, and when you can’t, do the next best thing!” Chuck Yeager

One of the many lessons I’ve learned from my 40-plus years in the entertainment industry is that the show must go on! Except for the COVID-19 pandemic, actors go to work despite any personal circumstances. I’ve put on my acting mask when I’ve had walking pneumonia, broken bones, and deaths in the family. I even left my hospital bed to shoot a commercial two days after giving birth. My new baby girl went to work with me!

As a hands-on gardener, I have always pushed through the pain to get everything done on time.

Whether it was digging trenches, installing French drains, cutting dead limbs, building stairways, hauling gravel, pulling weeds, pushing a lawnmower, or planting twenty flats of ice plant, I did it with joy

and with ease.

Everyone knows that gardening is terrific exercise. The muscles of our backs, shoulders, legs, arms, thighs, and wrists get an intense workout. Because of all the bending, lifting, and twisting (BLT), lower back and neck pain are common after a strenuous gardening chore. When I start aching, my remedy is to soak in a hot bath with Epsom salts. That usually works.

Not this time.

Somehow this week I exceeded the limits of my body and ended up writhing on the floor with painful spasms beyond anything I’ve ever experienced. The spinal surgeon admonished me, “No BLT!” but as a gardener how can we eliminate bending, lifting, and twisting?

I’m using voice dictation to write this column because I’m bedridden, and like in show business, publishing must go on. The photos included are not of injuries but joyful fall favorites. Because I don’t want you to experience a similar painful situation to mine, I’m including tips on how to avoid injuries in the garden. As soon as I heal, I will be following my own advice!

Ways to Avoid Injuries in the Garden

1. Wear appropriate clothing including sturdy boots, gloves, and a hat. My favorite piece of gardening clothing is an apron with pockets where I keep a few hand tools handy.
2. Apply sunscreen and wear sunglasses during the daylight.
3. Prevent tick bites by treating your clothes with permethrin. I have had excellent success with buying clothing and sprays from www.InsectShield.com.



The golden leaves of the Hachiya persimmon tree with almost ripe fruit.

... continued on Page D10



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Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	9	\$995,000	\$3,700,000
MORAGA	3	\$1,600,000	\$2,615,000
ORINDA	8	\$1,470,000	\$3,000,000

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

- 1048 Aileen Street, \$995,000, 1090 SqFt, 1934 YrBlt, 09-09-22
- 3344 Betty Lane, \$3,700,000, 5 Bdrms, 3821 SqFt, 2021 YrBlt, 09-06-22
- 6 Blackthorn Road, \$2,017,000, 6 Bdrms, 3031 SqFt, 1957 YrBlt, 09-07-22
- 10 My Road, \$1,850,000, 3 Bdrms, 2132 SqFt, 1982 YrBlt, 09-15-22,
Previous Sale: \$1,010,000, 09-28-06
- 1 Rancho Diablo Road, \$2,200,000, 5 Bdrms, 3246 SqFt,
1965 YrBlt, 09-07-22, Previous Sale: \$365,000, 12-01-86
- 3456 Shangri La Road, \$3,200,000, 5 Bdrms, 2879 SqFt,
1966 YrBlt, 09-09-22, Previous Sale: \$1,900,000, 10-04-21
- 3174 Sun Ridge Court #1, \$1,755,000, 3 Bdrms, 2700 SqFt,
1955 YrBlt, 09-08-22
- 1132 Sunset Loop, \$1,350,000, 3 Bdrms, 1240 SqFt, 1949 YrBlt, 09-12-22
- 709 Wee Donegal, \$1,580,000, 4 Bdrms, 2141 SqFt, 1980 YrBlt, 09-12-22,
Previous Sale: \$765,000, 09-24-02

MORAGA

- 6 Gloria Court, \$1,789,000, 4 Bdrms, 1713 SqFt, 1961 YrBlt, 09-12-22,
Previous Sale: \$733,000, 05-23-03
- 41 Kazar Court, \$2,615,000, 5 Bdrms, 2848 SqFt, 1964 YrBlt, 09-08-22,
Previous Sale: \$276,000, 11-01-86
- 208 Tharp Drive, \$1,600,000, 4 Bdrms, 2242 SqFt, 1966 YrBlt, 09-14-22

ORINDA

- 9 Berrybrook Hollow, \$3,000,000, 4 Bdrms, 5217 SqFt,
1991 YrBlt, 09-12-22
- 28 Crestview Drive, \$2,895,000, 4 Bdrms, 3560 SqFt, 1941 YrBlt, 09-09-22,
Previous Sale: \$1,525,000, 02-11-04
- 22 Irving Lane, \$1,470,000, 3 Bdrms, 1519 SqFt, 1951 YrBlt, 09-09-22
- 44 Ivy Drive, \$1,660,000, 3 Bdrms, 1465 SqFt, 1958 YrBlt, 09-09-22,
Previous Sale: \$835,000, 07-01-04
- 8 Keith Drive, \$2,100,000, 4 Bdrms, 3474 SqFt, 1979 YrBlt, 09-08-22,
Previous Sale: \$1,175,000, 07-19-12
- 118 Lombardy Lane, \$2,050,000, 3 Bdrms, 2046 SqFt, 1953 YrBlt, 09-16-22
- 5 South Point Road, \$2,100,000, 3 Bdrms, 2338 SqFt, 1956 YrBlt, 09-15-22,
Previous Sale: \$1,190,000, 08-14-21
- 332 Village View Court, \$2,200,000, 2 Bdrms, 2203 SqFt,
1987 YrBlt, 09-06-22, Previous Sale: \$1,607,000, 11-10-05



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Save time and stress by keeping up instead of catching up



Photo Shutterstock

It's so much harder to catch up than if you were to keep up on a regular basis.

By Jennifer Raftis, CPO®, Certified Professional Organizer

There is a big difference between keeping up versus catching up when managing your life. Keeping up is consistently staying on top of things you need to do. When you have the mindset of keeping up you probably have some good habits and systems already in place. If you find yourself often in catching up mode – running behind or overwhelmed – you are probably adding unnecessary stress to your life and could benefit from some new “keeping up” habits.

The Advantages of Keeping Up

There are many things in our lives that are important to keep up with, including exercise, personal or professional goals, laundry, organizing our homes, etc. For example, if you exercise regularly, you reap the benefits of feeling energized and less stressed. If you stop for a few weeks (or months), you might start feeling tired, out of shape, and unmotivated. As many of us have experienced, it's a lot harder to get back into an exercise routine (catch up) than it is to keep up with an established one.

Here are some more examples of the advantages of keeping up. Many of us hate managing paperwork. The picture I have in my head is piles and piles of paperwork (but it can be piles of anything). Looking at a huge pile is overwhelming and it's so much harder to catch up than if you were managing it on a regular basis. Your garage might be another good example. If you have spent 20 years adding items to your garage (because you couldn't decide what to do with them), then you probably have a huge collection of stuff. Organizing your garage (catching up) becomes a daunting task that you are likely to avoid as long as possible.

How do you start keeping up?

So, you're ready to take the first step toward learning some new habits but you are wondering “where do I start?” Great question! It reminds me of one of my favorite quotes, “How do you eat an elephant? One bite at a time.” Challenge yourself to start biting at whatever pile or project you have. Start with small bites so you don't get frustrated – continue to take small regular bites until it becomes a new habit that can help keep you in control.

There are many strategies for keeping up. Planning ahead is one of them. I love the beginning of each season as it can be a great time to reset and start new habits. Getting ready to welcome the colder weather and the upcoming holiday season can be exciting and refreshing. I don't know about you, but I hate being overwhelmed – it can cause so much stress – so I practice keeping up and try to prepare in advance. My first step is to look ahead to see what kind of work can be done now that will make the season run smoothly. Here are some ideas for keeping up that can save you time and stress:

Fire Season and Rolling Blackouts

I wrote an article last October (It's Wildfire Season: Be Prepared Beyond a 'Go Bag') about being prepared for fire season and you can find it on my website (efficiencymattersllc.com). Now, is a great time to check all of your flashlights and battery supplies, refresh your emergency kit with updated food and water, and gather your “go bag.”

Cold Weather

Before the cold weather arrives, I suggest you go through your cold weather clothes – hats, scarves, gloves, sweaters, and coats. Eliminate gloves that don't have a match, and check everything to see if they need to be washed or replaced. A good place to store these items is the inside of the door in the coat closet. Note: The Container Store has a great door rack – with adjustable components to fit your needs – called the Elfa Utility Door and Wall Rack Solution.

Note: As you are going through your winter coats, remember that many charities, such as “One Warm Coat,” will be asking for warm clothing donations as the weather gets colder.

Flu Season

Take everything out of your medicine cabinet (as well as other areas where you keep medicine). Toss any expired medication and make a list of all items you need to purchase. Check to see if your thermometer still works. Note: If you have kids under 18, it can be helpful to separate the adult medicine from the children's medicine within the same cabinet.

Holidays

Time for a pantry and kitchen refresh! Take all your spices out and check for expiration dates (this process takes less time than you think it will). Make sure you have any seasonal spices you might need (nutmeg, pumpkin pie spice, etc.) Next, pull out all of your canned goods and condiments. If you have canned goods that have not expired but you haven't used them (and likely won't) donate them to a holiday canned food drive.

Check table linens to see if you need to clean or replace any of them. Look through your food storage containers. Get rid of any containers that are missing lids. Trust me, the lids are not coming back. They are with the single socks that never returned either (get over it and move on).

If you are anticipating guests – yes, your adult children are considered guests – now is the time to make sure the pillows, blankets, and sheets are in good condition and clean. Check your guest towels too!

Some simple switches from catching up to keeping up habits can be a game changer and bring some calm and peace to your life. Tackle one project at a time and remember that consistent habits are key to keeping up.

Professional Organizer, Jennifer Raftis, CPO® founded Efficiency Matters, LLC to help you with all of your organizing needs for your home and business. She is a Certified Professional Organizer and an active board member with NAPO, National Association of Productivity and Organizing Professionals.

She is also an independent representative for The Container Store and has expertise in designing closets, garages, pantries, playrooms and more. In addition, she is

a Corporate Organizing and Productivity Consultant and has worked with Fortune 500 companies across the U.S. Another large part of her business is move management especially working with seniors who are downsizing. She and her husband have lived in Moraga for 30 years, raising 3 kids and working countless volunteer hours with many local non-profit organizations and schools. jennifer@efficiencymattersllc.com, 925-698-3756 www.efficiencymattersllc.com



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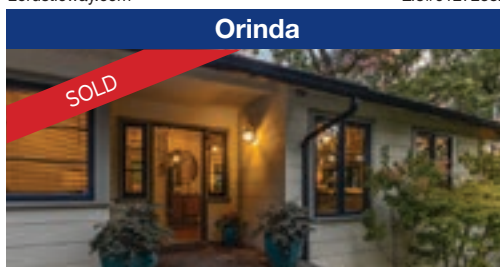
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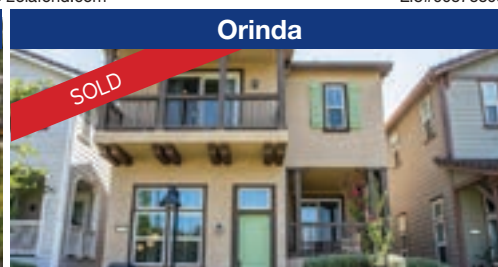
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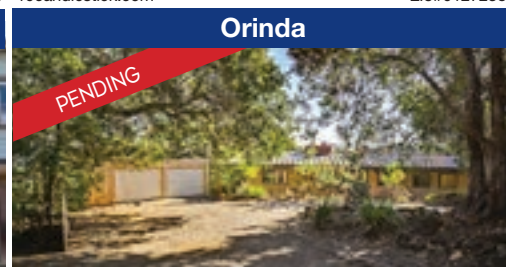
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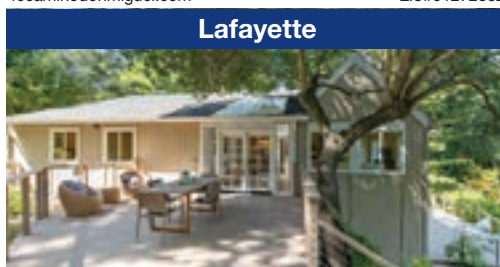
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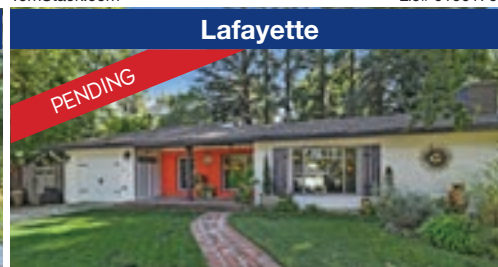
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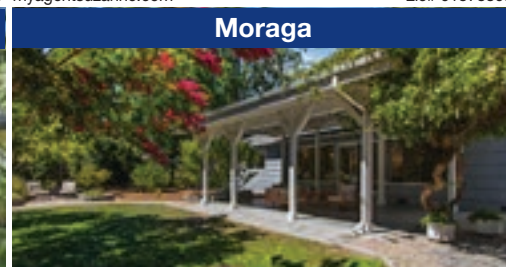
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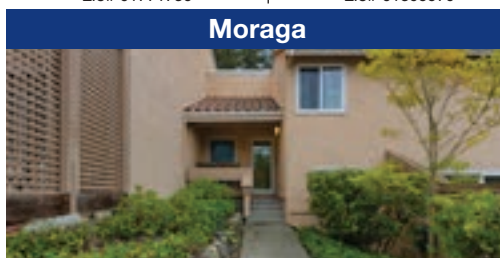
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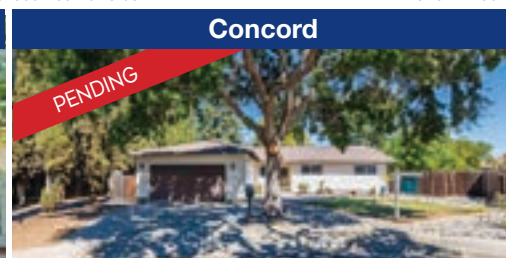
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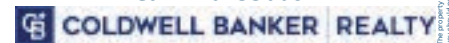
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619 WATCHWOOD RD, ORINDA

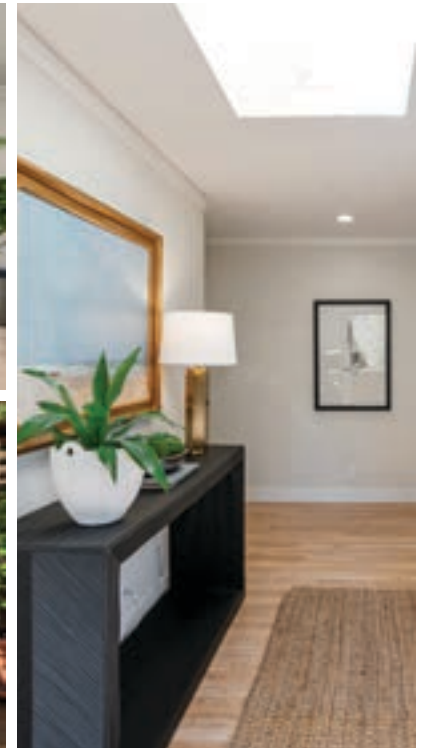
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Digging Deep with Goddess Gardener, Cynthia Brian

Preventing gardening injuries

Photos Cynthia Brian



Gather the self-harvested guavas to make jams, jellies, juice, or enjoy sauteed.



Mission figs are harvested through November.



A formal garden of boxwood parterres and artichoke plants is decorated with pumpkins.



Dahlias of many colors brighten the garden.

... continued from Page D1

4. Wear protective eye gear when operating any mechanical tool such as a chainsaw, weed eater, lawn mower, blower, or other machines.
5. Before jumping into a big task, warm your body up with a brisk walk, jumping jacks,

stretching, dancing, or gentle movements. When you have completed your gardening tasks for the day, perform simple stretches for five minutes.

6. Carry a bottle of water with you. Rehydrate often. It's very easy to get dehydrated while gardening, especially on a hot day. Dehydration puts extra pressure on the cardiovascular system and can be fatal.

7. Use the correct tools for each task to prevent injuries.

8. Protect your knees with a cushion or knee pads. An old pillow that is washable works well for me. Move the pillow close to where you will be working so as not to stretch your torso.

9. Minimize repetitive movements that put stress on one area of your body. Take a short break every 15 minutes. Stand, stretch, sit, relax, drink water, and breathe.

10. Avoid BLT as much as possible.

a. Bending: Instead of bending over to weed, sit on a stool or a bucket. Keep your back straight while you lean forward to pull weeds. Don't twist to the side. Always move as close to an area that you want to clean as possible.

b. Lifting: Protect your back by using your legs and hips. Stand close to the object you are lifting and spread your legs widely for added support. Keep your back straight. Bend with your knees, not your waist, and tense your stomach muscles as you lift. Use your core strength. Don't bend forward as you lift. Use your knees and hips to do the lifting.

c. Twisting: When sweeping, digging, raking, shoveling, and other chores that require using a long-handled object, minimize the strain to

your back by keeping your posture aligned with the object. Don't turn to the side or twist in any direction as that increases the strain on your back, shoulders, and neck. Pivot your feet when necessary and keep your body parts moving in the same direction.

11. Listen to your body. Our bodies are wondrous miracles that usually warn us when we are overusing a muscle or doing too much. It's natural to be a bit sore after a day of intense gardening. Know your limits and don't go past them. If painful symptoms persist or get worse, consult your physician.

12. Remember tomorrow is another day. You don't have to do everything on your "to-do" list in one interval. Gardening is a marathon that we can never outrun. Gardening requires patience. Spread tasks out over several days.

Gardening is therapeutic but can also be dangerous when precautionary measures are not followed. Be extra careful when using a ladder. Hire a professional to assist with tasks that you can no longer perform. Ask for help when needed.

One of my favorite stories in my book, "Chicken Soup for the Gardener's Soul" chronicled a couple in their 70s who loved to garden but because of weakened muscular systems embraced Chuck Yeager's quote. One morning when the wife spotted her husband lying flat on his stomach under an apple tree, she scurried to help. On closer inspection, she saw he had a trowel in his hand. Exasperated, she yelled, "What are you doing?" The husband replied, "The next best thing!"

... continued on next Page

In my mind, I'm still in my 30s, but, alas, my body has aged. I, too, find myself doing the next best thing. This injury that I've suffered has taught me to diligently heed my own advice. There is a silver lining to my agony: Because the show must go on, I wrote this article to help you avoid my mistakes.

This is the next best thing!

Stay healthy, follow the safety protocols, ask for help, and observe Chuck Yeager's advice: "Do what you can for as long as you can, and when you can't, do the next best thing!"

Have a safe and happy Halloween. Make sure to vote to ensure democracy prevails.

Happy Gardening. Happy Growing.



Cynthia Brian reminds you to visit www.StarStyleCommunity.com

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. Her newest children's picture book, No Barnyard Bullies, is available now. Buy copies of her books at www.cynthiabrian.com/online-store. Receive a FREE inspirational music DVD and special savings. For an invitation to hang out with Cynthia for fun virtual events, activities, conversations, and exclusive experiences buy a StarStyle® NFT at <https://StarStyleCommunity.com>. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com www.GoddessGardener.com

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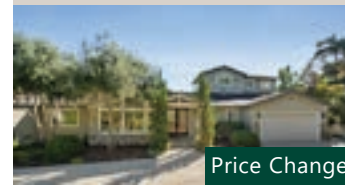
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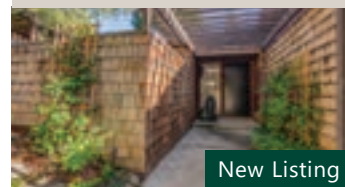
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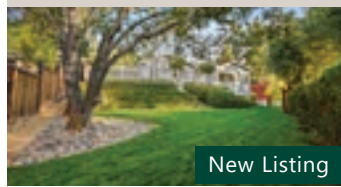
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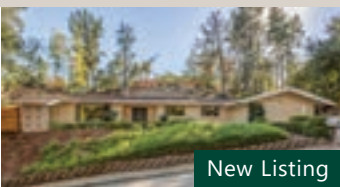
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