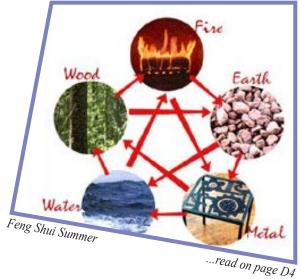


Lamorinda Weekly Volume 10 Issue 8 Wednesday, June 15, 2016



Digging Deep

# Give Your Gardens Some Summer Love

By Cynthia Brian

"It's better to be absolutely ridiculous than absolutely boring." — Marilyn Monroe



Park a container of salvia, petunia, pelargonium, geranium, and other heat lovers next to a bench. Photo Cynthia Brian

hat a difference a few weeks make. Our weather went from cool, drizzly, and overcast to three digit temperatures in less than seven days, then back again. Our emerald green hills metamorphosed into golden grasslands seemingly overnight. Mother Nature is preparing us for the forthcoming summer solstice. Pool parties, barbecues, and kids playing outside portend a pleasant June. How wonderful it is to sit in a comfortable chaise on the patio on a warm evening admiring the landscape and the stars. Welcome to blooms in June.

I was delighted to have my daughter, Heather (yes, named after the flower), spend a couple of weeks with me recently. The first words out of her mouth as she walked into the garden were "Mom, your landscape looks like a scene from Alice in Wonderland. It's so colorful, bold, beautiful." Indeed, my garden is a riot of hues with roses, gladiolas, lilies, lovein-the-mist, calendulas, clematis, petunias, dahlias, hibiscus, geraniums, pelargoniums, calla lilies, nasturtiums, butterfly bush, guavas, daisies, poppies, osteospermum, chamomile, salvias, lavender, numerous herbs, and flowering succulents. Many of the blooms are edible, gracing my salads, sauces and stir-fries.

There is no mystery to incorporating some summer loving into your garden. My secret sauce is to plant a plethora of perennials and bulbs enhanced by color spots of annuals augmented by shrubs that bloom, trees that bear fruit, with edibles everywhere. Add your unique creative artistry to create your personalized haven and voila! Instant success, year after year.

The elements you must consider whenever you are planting perennials or any plant are soil, light, moisture needs, climate, colors and plant qualities. Once you know what you like, you can layer your landscape to attract the pollinators, birds and wildlife, all the while being water conscious and employing practical earth stewardship.

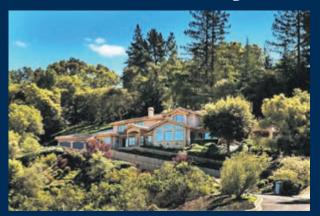


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# Lamorinda Home Sales recorded

City	Last reported:	LOWEST AMOUNT:	HIGHEST AMOUNT:
LAFAYETTE	17	\$830,000	\$3,500,000
MORAGA	10	\$689,500	\$1,975,000
ORINDA	13	\$955,000	\$1,585,000
Home sales are compiled by Cal REsource, an Oakland real estate information company. Sale prices are computed from the county transfer tax infor- mation 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

- 3222 Apache Court, \$1,300,000, 4 Bdrms, 1701 SqFt, 1957 YrBlt, 5-16-16; Previous Sale: \$800,000, 03-27-12
- 839 Avalon Avenue, \$1,310,000, 3 Bdrms, 1548 SqFt, 1953 YrBlt, 5-17-16
- 3184 Diablo View Road, \$1,122,500, 5 Bdrms, 3293 SqFt, 1991 YrBlt, 5-23-16; Previous Sale: \$850,000, 05-30-02
- 3400 Echo Springs Road, \$1,350,000, 3 Bdrms, 1873 SqFt, 1956 YrBlt, 5-20-16; Previous Sale: \$582,000, 10-16-98
- 1194 Estates Drive, \$3,500,000, 4 Bdrms, 4496 SqFt, 1990 YrBlt, 5-12-16; Previous Sale: \$165,000, 07-13-87
- 700 Francis Drive, \$840,000, 4 Bdrms, 2069 SqFt, 1979 YrBlt, 5-20-16; Previous Sale: \$314,000, 06-03-97
- 3299 Greenhills Drive, \$1,725,000, 3 Bdrms, 3082 SqFt, 1985 YrBlt, 5-19-16; Previous Sale: \$708,000, 03-19-90
- 3905 Happy Valley Road, \$3,050,000, 6 Bdrms, 4578 SqFt, 1952 YrBlt, 5-20-16; Previous Sale: \$1,900,000, 01-22-03
- 7 Hartwood Court, \$1,375,000, 4 Bdrms, 2226 SqFt, 1964 YrBlt, 5-20-16; Previous Sale: \$300,000, 11-10-86
- 940 Hawthorne Drive, \$1,200,000, 2 Bdrms, 1475 SqFt, 1942 YrBlt, 5-11-16; Previous Sale: \$899,000, 04-13-07
- 1064 Leland Drive, \$900,000, 3 Bdrms, 1621 SqFt, 1964 YrBlt, 5-18-16; Previous Sale: \$840,000, 08-15-06
- 3963 Los Arabis Drive, \$1,900,000, 3 Bdrms, 2185 SqFt, 1950 YrBlt, 5-20-16; Previous Sale: \$1,650,000, 08-29-14
- 3361 McGraw Lane #A, \$980,000, 3 Bdrms, 2548 SqFt, 1974 YrBlt, 5-13-16 3464 Moraga Boulevard, \$830,000, 2 Bdrms, 1405 SqFt, 1932 YrBlt, 5-13-16 3240 Quandt Road, \$1,250,000, 3 Bdrms, 2430 SqFt, 1957 YrBlt, 5-13-16 3546 Silver Springs Road, \$1,695,500, 3 Bdrms, 1834 SqFt, 1956 YrBlt, 5-20-16; Previous Sale: \$1,100,000, 09-18-09
- 1013 Via Roble, \$1,425,000, 4 Bdrms, 2294 SqFt, 1975 YrBlt, 5-17-16; Previous Sale: \$342,000, 03-15-95

#### MORAGA

- 25 Broadmoor Street, \$768,000, 2 Bdrms, 1887 SqFt, 1984 YrBlt, 5-16-16; Previous Sale: \$660,000, 07-02-09
- 316 Corte Gabriel, \$820,000, 3 Bdrms, 2018 SqFt, 1980 YrBlt, 5-19-16; Previous Sale: \$196,000, 12-30-86
- 804 Country Club Drive, \$742,500, 3 Bdrms, 1743 SqFt, 1973 YrBlt, 5-12-16; Previous Sale: \$30,000, 07-30-93
- 135 Devin Drive, \$925,000, 3 Bdrms, 1545 SqFt, 1959 YrBlt, 5-20-16; Previous Sale: \$340,000, 05-05-95
- 11 Doral Drive, \$775,000, 3 Bdrms, 2148 SqFt, 1978 YrBlt, 5-19-16; Previous Sale: \$578,000, 11-05-01





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- 3 Bedrooms, 2 Bathrooms, .82± acres • Open floor plan with hardwood floors
- Tiered rear yard with gorgeous views
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  - Offered at \$889,000 | Coming Soon



By Michele Duffy



A water fountain near you front door is a strong water element.

Photo provided

raduations have come and gone along with the 2016 school year, and once again summer is in full bloom. Many people will be heading to beaches and state parks for summer vacations, either close by or near to the majestic oceans that surround our magnificent, awe inspiring coast.

If you cannot get to the beach, or you want sustainable creation of any of the Five Elements in your residence to feed your stressed-out soul, the question becomes how do we include them so our residences help melt the stress out of our lives?

The Five Elements in Feng Shui, Chinese/Tibetan Medicine and Chinese/Tibetan culture is a very vast subject, and so my aim here is to simply clarify the small but profound role applying them to your environment can play in de-stressing our lives.

The Five Elements are water, wood, fire, earth and metal, and they remain front and center in creating consciously balanced environments. Without incorporating the natural elements our residences may not be not providing the real shelter home should represent for stressed-out Bay Area residents of the 21st Century: entrepreneurs, creatives or busy moms!

Wednesday, June 15, 2016

Part of the challenge of working with the Five Elements for westerners is little exposure to applying them growing up in our culture. So, it is helpful to gain an understanding of the ying and yang of each of the Five Elements themselves, remembering that a ying and yang version exists for each of the Five Elements.

For example, yin water is streams and yang water is oceans, while yin wood are flowers and yang wood is trees. Each element plays a role in making our residences come alive and the interplay can adapt to different tastes, styles and decors.

The interplay of the Five Elements is not a rigid play, but rather, fluid, vital and auspicious. Feng Shui adheres to principles of ying/yang, and so to achieve balance, all five Elements are ideally present in each room and environment.

It is important to apply and place any of the Five Elements based on the Feng Shui BAGUA (see page D10) and also remembering seasonal considerations as well.

For example, place the water element (swimming pool or fountain) in the fire area (middle back) and if you are stuck with that exact scenario, Feng Shui has solutions that are easy and that fit every budget. One solution offered through a Feng Shui consultation that worked well for a Lafayette client named Kathleen was to adjust the water element in her back yard with an increase in the wood element. We added several large red ceramic potted Meyer Lemon trees and succulents and red (fire element) geraniums. Feng Shui has workable and straightforward solutions that are easily implemented. We also made sure the fire pit and grill were placed correctly in the Fame (fire) area.

We also enter summer ruled by the fire element so water is the best controller of fire and if we are feeling stress in our lives, toning down the fire element now around the home is key. It's also important to integrate personal care and wellness strategies that also include water by immersing in the ocean, a bath or a pool. That is healing, rejuvenating and creates the ultimate Five Elements balance of our personal Qi.

You may already know that one of the major unsung benefits of wellness in Feng Shui is the integrated protection of power positions in the attention to proper placement, Bagua (map) and floor plan analysis.

Five Element design includes applying the Five Elements through art, lighting, natural materials and color. Together, they play a significant role in creating calm, balanced and healthy residences room by room.

Home should always feel like when you close the front door, the stress of the day melts away and you feel inspired, invigorated and nourished in your residence.

I've mentioned water element several times because water is the most effective element to use to control the fire element of summer.



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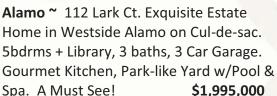


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Page: D8 LAMORINDA WEEKLY

# Lamorinda Home Sales recorded

#### MORAGA ... continued

68 Gaywood Place, \$1,350,000, 4 Bdrms, 3369 SqFt, 1967 YrBlt, 5-18-16; Previous Sale: \$425,000, 09-27-95 3 Haven Court, \$1,315,000, 3 Bdrms, 2283 SqFt, 1985 YrBlt, 5-20-16; Previous Sale: \$444,000, 12-13-90 1305 Knoll Drive, \$1,975,000, 3 Bdrms, 3419 SqFt, 1998 YrBlt, 5-18-16; Previous Sale: \$1,150,000, 07-25-00 152 Miramonte Drive, \$689,500, 2 Bdrms, 1514 SqFt, 1966 YrBlt, 5-19-16; Previous Sale: \$565,000, 03-28-08 1936 St. Andrews Drive, \$853,000, 2 Bdrms, 2142 SqFt, 1978 YrBlt, 5-12-16; Previous Sale: \$595,000, 12-21-11 **ORINDA** 

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125 Alta Haciendas Road, \$3,600,000, 6 Bdrms, 4647 SqFt, 1983 YrBlt, 5-20-16

**OUR HOMES** 

11 Arroyo Drive, \$1,160,000, 3 Bdrms, 1588 SqFt, 1955 YrBlt, 5-16-16; Previous Sale: \$765,000, 11-22-11 337 Camino Sobrante, \$1,580,000, 4 Bdrms, 2736 SqFt, 1948 YrBlt, 5-13-16; Previous Sale: \$700,000, 05-04-99 116 Coral Drive, \$1,556,500, 6 Bdrms, 3041 SqFt, 1962 YrBlt, 5-19-16; Previous Sale: \$1,375,000, 08-28-13 28 Evergreen Drive, \$1,150,000, 4 Bdrms, 1728 SqFt, 1963 YrBlt, 5-12-16; Previous Sale: \$827,000, 05-28-04 231 Ivy Drive, \$1,550,000, 4 Bdrms, 2170 SqFt, 1954 YrBlt, 5-12-16; Previous Sale: \$1,210,000, 05-16-13 42 Michael Lane, \$1,400,000, 3 Bdrms, 2228 SqFt, 1977 YrBlt, 5-18-16; Previous Sale: \$510,091, 12-01-98 460 Miner Road, \$1,585,000, 3 Bdrms, 3016 SqFt, 1955 YrBlt, 5-11-16; Previous Sale: \$1,072,000, 08-11-11 15 Piedmont Avenue, \$1,300,000, 3 Bdrms, 2092 SqFt, 1967 YrBlt, 5-11-16; Previous Sale: \$787,000, 08-12-04 49 Scenic Drive, \$1,135,000, 4 Bdrms, 1856 SqFt, 1951 YrBlt, 5-17-16; Previous Sale: \$915,000, 06-09-04 29 Tara Road, \$1,150,000, 6 Bdrms, 2988 SqFt, 1960 YrBlt, 5-17-16 16 Valley View Lane, \$2,600,000, 4 Bdrms, 4453 SqFt, 1979 YrBlt, 5-18-16; Previous Sale: \$1,800,000, 10-21-09

4 Via Floreado, \$955,000, 3 Bdrms, 1220 SqFt, 1941 YrBlt, 5-11-16

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## Feng Shui

# Combat Summer's Fiery Heat With the Water Element to De-Stress Summer

... continued from page D4



WEALTH & FAME & **LOVE & MARRIAGE** PROSPERITY **REPUTATION** "Receptivity" "Gratitude" "Integrity" **REAR RIGHT REAR LEFT REAR MIDDLE Earth** Wood Fire Reds, pinks, & whites Blues, purple & reds Reds **CREATIVITY & HEALTH & FAMILY** CENTER **CHILDREN** "Strength" "Joy" "Earth" **MIDDLE LEFT** MIDDLE RIGHT Yellow & Wood earth tones Metal **Blues & Greens** White & Pastels **KNOWLEDGE & HELPFUL PEOPLE** CAREER **SELF CULTIVATION** & TRAVEL "Depth" "Stillness" FRONT MIDDLE FRONT RIGHT **FRONT LEFT** Water Earth Metal **Black & dark tones** Black, blues & greens White, grey & black

The Bagua Map: Front Door

Red colored water lily flowers bring the balance to the water element.

In terms of home, the water element works best in the front of the house near the front door to activate life for the entire residence, but water is also needed in the areas also governed by the wood element. The middle left area of new beginnings and family and the far left area of wealth and prosperity both need a water element to be energized.

Make sure to go to this far left area of your home and see what is here now? A bathroom might be draining your wealth, so paint it a blue, a water color. Do you have a cluttered storage room or closet? This represents a lack. Clean this area and banish clutter. If you need professional help for de-cluttering this or any area of your home, remember there are professionals who know how to help.

However you plan to spend the summer, make sure you look around your home and see that the water element is represented and placed in appropriate Bagua areas. The best part is enjoying your new water fountain while you sip ice tea with mint under a tree in your backyard. Let the summer begin! 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 2015 Feng Shui Consultation, contact





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# Give Your Gardens Some Summer Love

... continued from page D1



Get creative by planting basil in an old boot.

Butterflies are everywhere and the hummingbirds are the happiest I've witnessed in years, flitting from blossom to blossom with stops at the fountain for a quick drink. Hummingbirds have long memories and when you feed them they will return year after year, even migrating over 4,000 miles to get to their preferred gardens. Favorite sources of food for hummingbirds include the brightly colored blossoms of penstemon, columbine, agastache, monarda, salvia, fire poker, heuchera, rosemary, honeysuckle, fuchsia and any throated vine. Don't forget to add a gurgling water source where they will entertain you with their bathing and sipping antics.

Before hitting store shelves fruits, and vegetables travel an average of 1,500 miles, reducing quality, nutrition and taste. To increase flavor and boost the health of your family, introduce vegetables, herbs, and fruits into your organic gardening What's summer without a wall of brilliant bougainvillea practice. Buy four-inch pots to gallon containers of tomatoes, peppers, squash, cucumbers, eggplants and whatever else you find at your local retailer to enhance your barbecues and patio parties. You don't need a formal vegetable garden. Just tuck plants between your perennials in a place that is easily accessible to your kitchen for easy plucking. Be whimsical. Have some fun. Do as my daughter did and plant basil in a boot, thyme in a wine box, or green onions in a clear jam jar filled with water.

Who doesn't love walking barefoot in the grass on a warm summer day? Because of water restrictions, many people have allowed their lawns to die back or have replaced them with native and drought resistant plantings. If you don't have a lawn, your barefooting may have to take place in one of the parks or golf links. The Pearl's Premium grass seed that I sowed earlier in the spring is proving to be quite excellent. Although it is not

Loquats are plump and juicy. Photos Cythia Brian the lush deep green it was during the rainy days, it has remained a lighter jade color with a watering schedule of every five days, albeit with a few brown spots where the sprinkler missed. To walk on it is heavenly as it is very thick and carpet-like. Weeds are minimal and mowing is currently once a week. As the hot weather increases, I'll be watching closely for its drought resistant tendencies. Thus far, I am very pleased and will over-seed again in fall to enhance the lawn. If your favorite retailer doesn't carry the seed, Pearl's Premium is available on-line at www.PearlsPremium.com. Lawns are the best places for children, cartwheels and croquet.

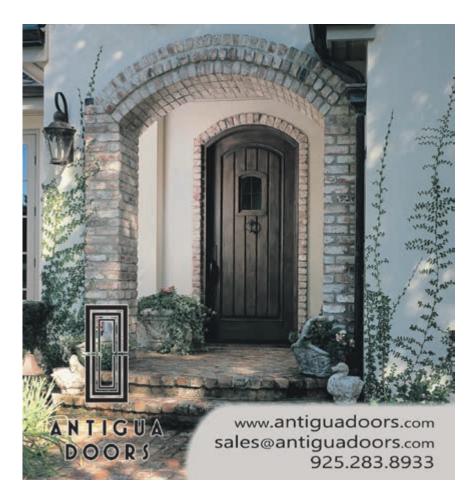
Summer is almost here and I am definitely in love with the season. Add summer loving to your garden and be anything but boring. Share the love and be a little ridiculous.

214 Glorietta, Orinda Opportunity awaits! Come with your imagination and be ready to create your dream home. Nestled on a sunny lot in the heart of Glorietta, this wonderful property is centrally located and has endless potential.

Anne Knight Realtor Village Associates C: 925 360 0296 anne@anneknight.com CaIBRE #01867467

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through out. Elegant kitchen remodel with granite counter tops and new appliances, dining area, family room, formal living room with a fireplace. An additional bonus room over the garage could be a third bedroom, game room or a large office/den. Don't miss the back deck with gorgeous views. Community pools, tennis, golf, club house. LISTED AT \$1,049,777

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# **Digging** Deep

# Cynthia Brian's Mid Month Fresh Garden Tips

**TRY** something new. How about growing blueberries? Find a spot with six hours of sunshine, amend the soil to make it more acidic (blueberries like a PH of 4.5 to 5.5), protect the bush from the hungry birds, and harvest for your breakfast and snacks.

**ASK** questions from gardeners you admire or at your local nursery for tips you can implement. **HANG** a hammock or two between trees or posts for a cozy place to relax, unwind, and read a good book. Pretend you are on a holiday.

**PLANT** a pollinator garden. It's good for the birds, bees, butterflies, moths and healthy flies as well as the garden and you.

**OPEN** your nature medicine cabinet this summer. Apply aloe on sunburns instead of

buying a bottle of burn ointment. Spread honey on cuts and scrapes to reduce healing time. Honey boasts anti-bacterial and anti-inflammatory properties.

**CONCOCT** a cocktail with fennel, mint, dill, cucumber, and edible flowers from your garden. Wow your friends with your unique creations.

**PLAN** ahead for bulbs for fall. Check out catalogs and garden magazines for new releases. **CUT** an armful of flowers for beautiful bouquets or arrangements. Perennials will re-bloom. **GET** creative with plant markers by using wooden clothespins, utensils or other items headed for the trash.

**PICK** plums, apricots, cherries, mulberries, and loquats.

**PULL** out errant blackberry bushes you find growing in your garden. Blackberry plants multiply quickly and will overrun your garden. Buy a thorn-less variety and keep it contained.





Your friendly neighborhood arborists Darren and Lew Edwards

# **KEEPING TREES HEALTHY**

Generally speaking, trees don't need us to grow. But they need our help to stay healthy and safe. Having your trees checked by an ISA arborist on a regular basis is a wise choice. As a professional we may be able to see the dangers that lark ahead and can solve them before they can become a bigger problem or even dangerous.

So don't wait until it's too late, have a complete inspection by your local ISA Certified Arborist at Advance Tree Service for all your tree care needs.

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# 925-376-6528 advancetree@sbcglobal.net www.advancetree.com

# ... continued from page D12



Magenta roses are perfect for arrangements.

Photos Cynthia Brian

**PROTECT** your plants from deer, rabbits, and gophers with wire, fencing, or organic sprays.

**LOWER** your stress level by sniffing citrus-oranges, lemons, grapefruit and tangerines.

**REPEL** mosquitoes and other pesky bugs by placing sage and rosemary on the barbecue. The smoke keeps the insects away.

**SOW** sweet potato eyes and eat the greens while they are maturing.

**DEADHEAD** spent perennial blossoms and rose blooms weekly to encourage continuous blooms.

Happy Gardening and Happy Growing!



Sunflowers spell summer.



A water-wise fountain is a must in every garden.



*Cynthia Brian enjoys a public garden.* 

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\$1,395,000





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108 Overhill Road East Coast meets West Coast in this exquisite Orinda estate. This custom 5 bedroom, 4.5 bathroom 3724 sq. ft. home is beautifully positioned on a rare pancake flat .46 acre lot. \$2.850.000

#### LAFAYETTE



**30 Tiana Terrace** Super style living on dramatic over-sized parcel w/in Tiana enclave of custom homes. Great style w/high quality amenities in/outside. Wonderful open spaces. Mt. Diablo views!

\$2,450,000



New construction by KT Builders, a local, high-end home builder. Captivating views of Mt. Diablo & La Casa Via Valley. High ceilings, open flr pln & large .92ac lot at end of cul de sac. \$1,895,000



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MORAGA MORAGA 1056A Larch Avenue Located **19 Lynwood Place** down a private driveway off Larch

Simply gorgeous lot w/amazing potential! 4 bed family home updated w/dual-paned windows, newer kitchen, hardwood floors, new roof, fresh paint. Near park, schools, shops.

\$1,325,000



\$1,195,000



Ave is a fabulous 3bd/2ba home

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town.

spacious bdrms. Close to schools,

w/contemporary remodeling thruout.

1155 Camino Vallecito Esheric Architectural Mid Century. Spectacular 2ac Happy Valley Estate. Beaut. updated, walls of glass, French doors, high ceilings, pano views. Kitchen/ family room, cabana/bath. Top schools. \$3,595,000



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#### LAFAYETTE



3216 Ronino Way Private & tranquil, yet walking distance to toprated schools & swim/tennis club. Remodeled 3463 sq. ft. 5bd/3ba home on cul-de-sac. Amazing hill views. Easy commute location.





End unit with 3bd/2.5ba rarely available. Lots of natural light. Large private patio w/ sliding doors from living room. Walk to shopping, movies & park. Close to freeway yet private.

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\$1,285.000

352 Dalewood Drive Impressive Orinda Downs custom home on culde-sac with hill views & majestic oaks, Chef's kitchen adjoining family room with 2 private outdoor decks. Hardwood floors, vaulted ceilings.

\$1,950,000

