Lamorinda DUR HOM

Lamorinda Weekly

Volume 16

Issue 25 Wednesday, February 1, 2023

Simple tips to get organized

... read on Page D4

Digging Deep with Goddess Gardener, Cynthia Brian

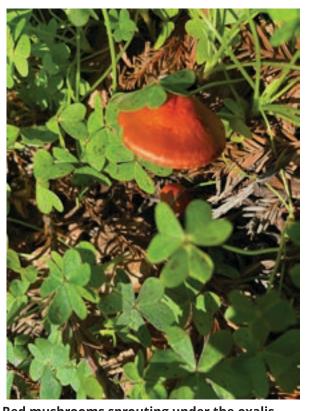
Making stock and pruning roses



Fennel, turnips, carrots, and other root vegetables are great to make stock.



A sprig of Chinese fringe flowers will toast the Red mushrooms sprouting under the oxalis. Chinese New Year in a bouquet.



Photos Cynthia Brian

By Cynthia Brian

"It's the time that you spent on your rose that makes your rose so important. ... People have forgotten this truth, but you mustn't forget it. You become responsible forever for what you've tamed. You're responsible for your rose." – Antoine de Saint-Exupéry

After three weeks of tumultuous torrents, we have exhaled a communal sign of relief with the respite of sunshine and dry days. Standing water is thankfully penetrating the soggy soil as storm clean-ups are underway. The freezing night temperatures combined with gale-force winds have caused citrus to fall to the ground. Make sure to pick up the fruit to use as soon as possible, and refrigerate whatever is not damaged. Mushrooms are sprouting in unlikely places. Unless you are a mycologist or are certain that the fungi are edible, do not touch them, as numerous mushrooms are deadly poisonous.

Hopping into the Year of the Rabbit, heavy pruning of my roses, and ongoing weeding are on my agenda this month as well as dormant spraying of the fruit trees. Since it is cold, damp, and dreary, I find myself in the kitchen creating comfort foods that nourish the body and warm the spirit.

During the winter, my potager prides itself on growing arugula, lettuce, nasturtium, cauliflower, Brussel sprouts, Swiss chard, beets, carrots, parsley, fennel, onions, chives, and numerous herbs and edible flowers including mint, oregano, rosemary, calendula, peppercorns, lemongrass, and ... continued on Page D16 bay.

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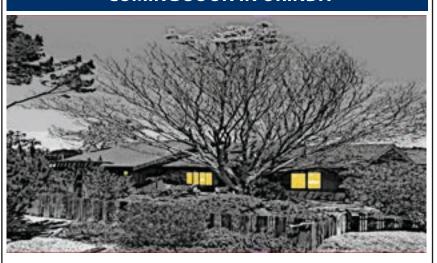








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Page: D2 OUR HOMES 925-377-0977 Wednesday, Feb. 1, 2023

Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount
LAFAYETTE	6	\$875,000	\$3,720,000
MORAGA	6	\$520,000	\$2,850,000
ORINDA	6	\$580,000	\$2,300,000

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

3146 Diablo View Road, \$2,070,000, 5 Bdrms, 4659 SqFt,

2007 YrBlt, 12-16-22, Previous Sale: \$755,000, 11-09-04

3243 Judith Lane, \$875,000, 2 Bdrms, 1705 SqFt, 1979 YrBlt, 12-14-22, Previous Sale: \$322,000, 07-01-89

816 Las Trampas Road, \$1,700,000, 5 Bdrms, 3820 SqFt, 1971 YrBlt, 12-20-22 3438 Little Lane, \$1,675,000, 3 Bdrms, 1434 SqFt, 1955 YrBlt, 12-16-22 1994 Reliez Valley Road, \$1,350,000, 3 Bdrms, 1938 SqFt, 1962 YrBlt, 12-21-22

24 Ruth Court, \$3,720,000, 4 Bdrms, 3857 SqFt, 2006 YrBlt, 12-22-22, Previous Sale: \$2,000,500, 11-07-12

MORAGA

1967 Ascot Drive #B, \$520,000, 2 Bdrms, 964 SqFt, 1971 YrBlt, 12-22-22, Previous Sale: \$430,000, 08-25-16

1977 Ascot Drive #2, \$585,000, 2 Bdrms, 1295 SqFt, 1985 YrBlt, 12-16-22, Previous Sale: \$151,500, 04-01-87

21 Birchwood Place, \$1,600,000, 4 Bdrms, 2373 SqFt, 1970 YrBlt, 12-15-22 1125 Bollinger Canyon, \$2,850,000, 5304 SqFt, 1992 YrBlt, 12-14-22

9 Canning Court, \$1,586,500, 4 Bdrms, 2414 SqFt, 1960 YrBlt, 12-21-22, Previous Sale: \$793,500, 12-16-22

16 Williams Drive, \$1,887,500, 3 Bdrms, 2283 SqFt, 1985 YrBlt, 12-19-22, Previous Sale: \$990,000, 05-21-09

ORINDA

39 Barbara Road, \$1,000,000, 2 Bdrms, 1565 SqFt, 1932 YrBlt, 12-20-22, Previous Sale: \$905,000, 05-01-18

12 Bates Boulevard, \$1,710,000, 3 Bdrms, 1897 SqFt, 1956 YrBlt, 12-15-22, Previous Sale: \$1,425,000, 02-08-19

73 Brookwood Road #14, \$580,000, 2 Bdrms, 1020 SqFt, 1962 YrBlt, 12-16-22, Previous Sale: \$140,000, 07-01-86

170 Camino Don Miguel, \$2,300,000, 3 Bdrms, 3016 SqFt, 1955 YrBlt, 12-19-22

43 Overhill Road, \$2,130,000, 4 Bdrms, 3699 SqFt, 1942 YrBlt, 12-13-22 2 Stanton Court, \$1,300,000, 3 Bdrms, 2193 SqFt, 1960 YrBlt, 12-19-22



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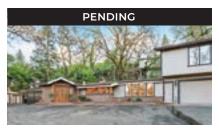
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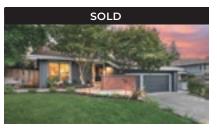
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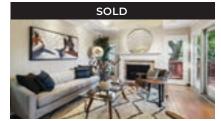
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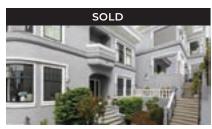
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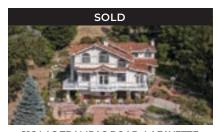
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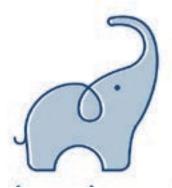
How time management is like eating elephants and frogs

By Jennifer Raftis, CPO

Time management is a subject you probably feel strongly about, either you loathe it or you love it. I have studied time management methods for decades and will share a few basic time management strategies that can help you make substantial, positive changes in how you manage your time. Whether I am working with a company or an individual, the methods are very much the same.

What do elephants and frogs have to do with time management? Teachers often – in an attempt to make learning fun – use metaphors to help teach certain topics or ideas. I remember attending my first organizing conference, almost a decade ago, and the keynote speaker was talking about gardening. The speech was about growing your business as an entrepreneur. Of course it starts as a seed, water the seed and it grows, so on and so forth. At the time I thought it was rather corny but the visual stuck with me throughout all these years!

With time management, elephants are enormous or daunting projects that you are not sure how to tackle and frogs are the difficult tasks within the project. Sounds so much more interesting than "time management," right?



Elephants - Enormous Projects

Have you ever heard the question: How do you eat an elephant? The answer is ... one bite at a time. An elephant is the metaphor for a large, overwhelming project. The idea is that the project is much easier to manage and complete if you break it down into small steps (bites) and don't try to tackle it all at once.

One of the ways to "eat the elephant" is to set a project completion deadline and then list all of the steps that are necessary to complete the project. Next, assign deadlines for each step. One of the benefits of this method is that you are checking off each small step and seeing progress as you move forward. Each step should include an estimate for how long it will take. Note: Estimating time accurately is a learnable skill, but not an easy one. Most of the time we overestimate what we can accomplish in one day or even one hour.



Transactions

\$56M

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13th

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21

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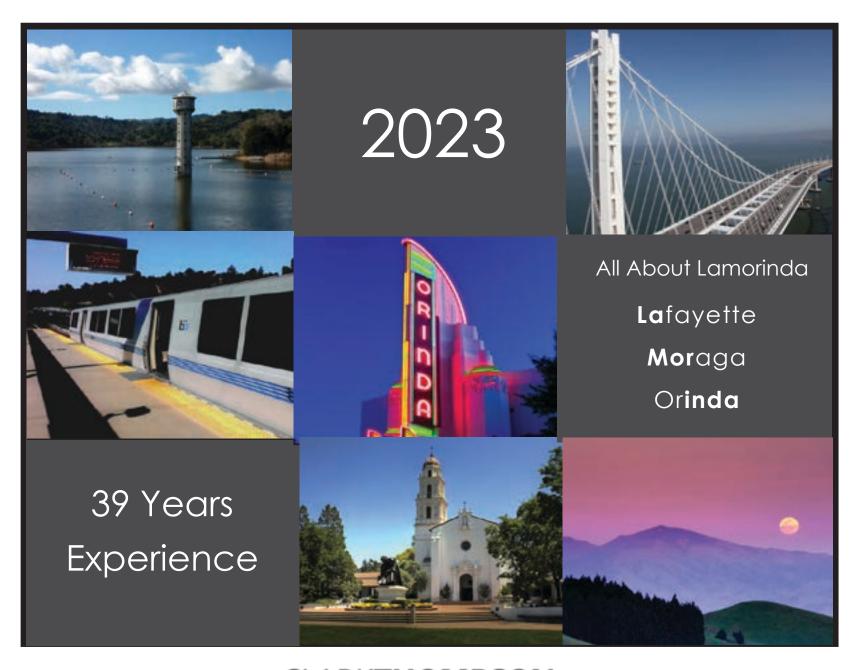
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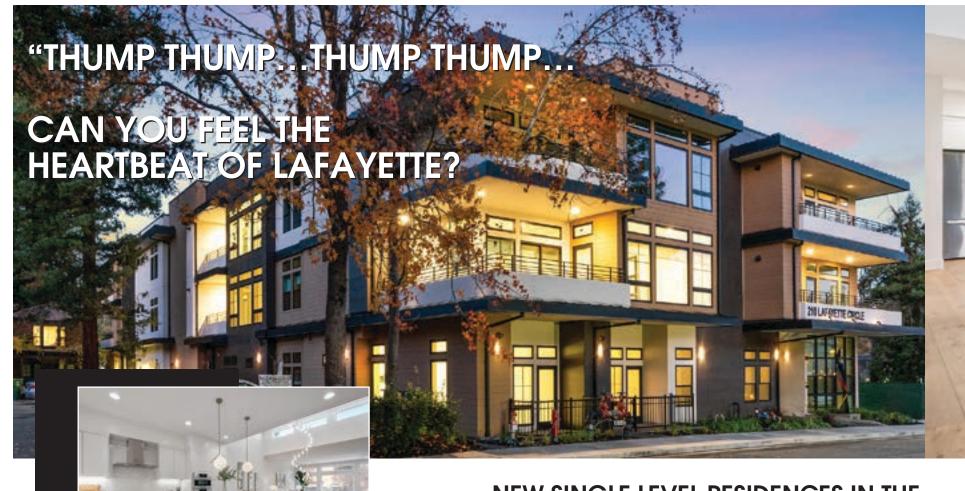
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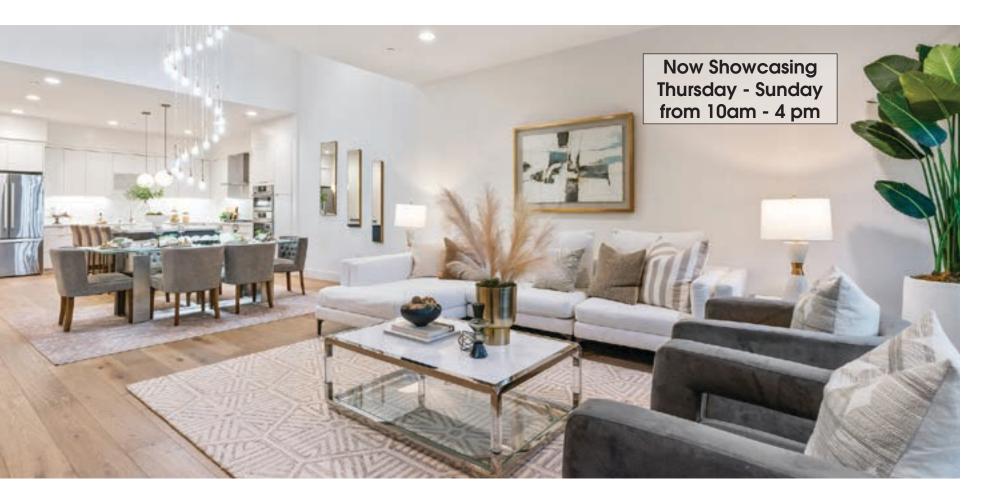
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How time management is like eating elephants and frogs

... continued from Page D6

One of the best ways to learn how to estimate time for a task is to keep track of how long tasks actually take to complete, and the next time you tackle the same type of task you will know how long it will take.

Here's an example of using this "small bites" strategy. I recently worked with a busy small business owner, his file cabinets were jammed full, and he had piles of papers all over his desk. He couldn't file anything more and he couldn't find anything. It was negatively affecting his productivity and company overall. So, we started by choosing a desired completion date and making a checklist to map out the steps involved to get there:

- First step was to go through the filing cabinets, one-by-one, to shred and recycle all of the outdated files (it's hard to file papers when you can't open the file drawers). This part of the project took several weeks to finish and we referred to the checklist for encouragement that showed our progress.
- We listed each file drawer as a separate step so he could see the progress.
- The next step was to sort all of the piles of papers on his desk and put them into folders. This aspect of the project felt daunting to the client, so we broke it down into even smaller manageable steps. One hour of sorting each morning (no more!) when he was feeling focused.

After we completed those steps, the client could easily access and manage all of the information to run his business efficiently and had an organized and clean desk to work on. The project was completed on time, and did not feel overwhelming, because we broke it down into smaller (bite size) steps.

This same approach can be used for any home project. A closet, drawer, or even a garage can be broken down into steps, scheduled on a calendar with a date for the desired completion of the project.



Frogs - Undesirable Tasks

So, what do frogs have to do with time management? A frog represents an undesirable or difficult task – like eating a frog (not to offend anyone who loves frogs legs). ... continued on Page D14

~ Your Key to Lamorinda and Neighboring Communities ~

106 Lombardy Lane, 428 Dalewood Drive, 53 Ivy Drive, 16 La Plaza, 30 Broadview Terrace, 99 Sleepy Hollow Lane, 25 Lost Valley Drive, 68 Southwood Drive, 313 Overhill Road, 121 Coral Drive, 116 Catherine Court, 17 La Campana Road, 67 El Toyonal, 129 El Toyonal, 622 Moraga Way, 34 Van Tassel Lane, 105 Meadow View Road, 259 Sundown Terrace, 13 Muth Drive, 87 Tara Road, 237 La Espiral, 73 Brookwood, 11 Southwood Court, 90 Hillcrest Drive, 60 Lost Valley Drive, 5 De Soto Court, 515 Miner Road, 112 Crestview Drive, 8 Williams Court, 112 Sleepy Hollow Lane, 10 Ivy Drive, 53 Donna Maria Way, 11 Parkway Court, 14 Valley Court, 2 Crown Court, 41 Diablo View Drive, 10 Edgewood Court, 350 Miller Court, 24 Los Amigos Court, 383 MIner Road, 146 Canon Drive, 393 Camino Sobrante, 432 Miner Road, 57 Van Ripper Lane, 53 Don Gabriel Way, 15 Van Tassel Lane, 10 Valencia Road, 8 Estates Drive, 15 Donna Maria Way, 14

Francisco Court, 15 Woodland Road, 55 Loma Vista Drive, 5 North Lane, 5 Altamount Drive, 224 La Espiral, 503 Terrace, 43 Overhill Road, 2906 227 Tiburon Court, 887 Amberwood Amberwood Court, 898 Amberwood Hanson Lane, 1021 S Villa Way, 141 Encinal Court, 150 Sharene Lane #204, Via, 302 La Casa Via, 3569 Perada Court, 473 Camelback Road, 118 126 Tranquility Lane, 128 Tranquility Cleaveland Drive, 20 Pettit Lane, 110 Way, 3739 Arlington Circle, 4927 Avenue, 5050 Hilltop Drive, 674 2707 Eastgate Avenue, 1363 Tree Canyon Oak Place, 221 La Pera Circle, 114 Stonehurst Court, 9655 Camassia Road, 1625 Hill Rd, 1627 Hill Road, Lane, 2 White Diamond Lane, 3 White Lane, 5669 Pine Hollow Road, 5679



47 Linda Vista, 8 Lost Valley Drive #A, Evans Place, 24 Orchard Road, 25 Hawkridge Terrace, 525 Kite Hill Melanie Court, 67 Amberwood Lane, Court, 888 Amberwood Court, 893 Court, 899 Amberwood Court, 31 Norlyn Drive, 1072 W Holly Drive, 630 440 N Civic Drive #313, 300 La Casa Circle, 49 Amigo Lane, 1523 Wicklow Tranquility Lane, 124 Tranquility Lane, 371 Scottsdale Road. Via Cabrera, 1031 Bending Willow Cochrane Avenue, 2868 Loma Vista Canyon Road, 1115 Fairmont Drive, Garden Place, 112 Quinterra Lane, 12 310 W Meadows, 1701 Liahona Lane, Way, 610 Sycamore Circle, 1623 Hill 749 Palomino Drive, 1 White Diamond Diamond Lane, 4 White Diamond Pine Hollow Road, 566 Athol Avenue,

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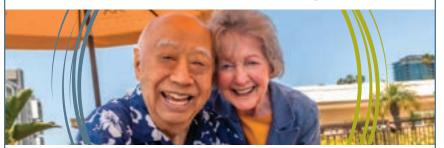
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How time management is like eating elephants and frogs

... continued from Page D12

The key to managing and completing undesirable tasks (frogs) has to do with identifying the tasks that you dread doing. These tasks require the most energy and focus so it should be done when you are feeling the most energized and focused. This best focus period in a day or week is different for everyone. It is important that you identify and know when that time is for you. Is it first thing in the morning or late at night? Early in the week or on the weekend? Using this strategy to "eat the frog" helps to develop new work habits that can be invaluable. Learning to focus your mental resources on one task is very effective, not to mention, efficient.

I find that while you are learning to implement this new focus strategy to manage undesirable tasks, it's important to remove all distractions. That means turning off your phone, not looking at email, or even putting a "do not disturb" sign on your office door. Uninterrupted focus is the key! Your task is the priority and you are in control.

In summary, your large project is the elephant that you will break down into smaller pieces. The frogs are the undesirable or difficult tasks that you need to complete with uninterrupted focus. So get out and eat your elephants and frogs. You can do this!

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

Simple ways to unclog bathroom sinks

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Photo Jim Hurley

By Jim Hurley

My previous article about clogged drains, ("The-Dirty-Low-Down" in the June 8 issue), highly recommends calling a sewer specialist, but plugged or slow-draining bathroom sinks can be the exception.

First you need to consider if you want to deal with the clog. Your bathroom sink drain gets plugged with what you send down there: Used toothpaste, soap, and hair being the most common items. Pulling that slimy mass back out of the pipe can be off-putting for many and a downright gagging moment for others. It might be easier to call your handyman or plumber than to deal with that. This advice is for those lion-hearted individuals who have the courage to face the slime.

There are two common types of sink drains: One uses a lever to raise and lower the drain stopper. If your sink has this type, you may want to read my previous article "Bathroom Sink Stoppers" published Nov. 9,

2022 about how they work (https://lamorindaweekly.com/archive/ issue1619/Handyman-tips-to-replacebathroom-sink-stoppers.html).

The other type of stopper is a push/pop type that pushes down to close, and pushes again to open, kind of like clicking a ball point pen. The top of the push/pop model unscrews from the spindle that holds it. If the drain is clogged, you can unscrew the top and try running a cleaning tool down the pipe to see if the clog will clear. The hardware store sells a very effective tool which is a length of stiff plastic with barbs cut into the edges, (one brand is called a "Zip-It"). The plastic strip goes down into the pipe and the barbs catch and drag out the nasty accumulation of hair, soap, and toothpaste that is clogging the line. If you are lucky, this will clear the pipe and water will flow once again. Screw the stopper cap back on and you're ready to go.

If the Zip-It tool did not clear your drain, you can take the next step and disconnect the P-Trap to look for a bigger clog there or at the wall. The best approach is to empty the cabinet under the sink allowing access to the plumbing and preventing any stray water from damaging what you store down there. If the cabinet doors are easy to remove, you might consider taking one or both off to give you more room to move around. Grab a small bucket or pot to catch drain water if you end up removing the P-Trap, but you may not need to. It also helps to have adjustable, channel-lock pliers handy. Lastly, get yourself a work light or flashlight; no sense groping around in the dark.

Removing the P-Trap can be tricky. I've had older P-Traps literally crack or disintegrate in my hands. To remove the P-Trap, firmly grasp the pipe with one hand and try to loosen the nut with your other hand. If it is not "hand tight," you can quietly curse the plumber who installed it under your breath and use your channel lock pliers to try and get it loose. If you still can't get the nut to turn, it might be time to change your position to get more leverage. But remember that if you use too much force and the unit is old

and weak, you may crack the pipe and end up replacing it. If firm persuasion is still not enough to loosen the nut, it may be easiest to just cut that old nut off with a hacksaw blade and buy a new trap.

Once you've gotten the trap off and cleared the clog, you need to put it all back together. The one tip I can give you for reassembling the P-Trap is to be sure everything is lined up straight before you tighten the nuts for a good seal. Once you have the drain back together, test the line by putting a dry piece of paper on the floor under the pipe, then fill the line with water and watch for drips. Then fill the sink with water and pull the plug to really flood the drainpipe. Again, be sure you have sufficient light to see if there is a drip. If you don't have company coming soon, leave the cabinet empty for a few hours and check again for drips, just in

One last word on clogged drains. Some people use liquid drain cleaners. I don't recommend them. They seldom work as well as opening the line and pulling the slimy blockage out and they will, (despite the "won't harm pipes" claim on the bottle), corrode your lines and make them thin and brittle over time. This advice comes from the many service calls I've had to unclog a sink drain where there is a bottle of drain-cleaner ironically sitting on the counter next to a sink bowl full of water.

After your effort, hopefully the sink is draining, and nothing is dripping. Wash your hands and do something you enjoy. You've earned it.

Jim Hurley is an independent handyman with over 25 years of experience in residential repairs. Hopefully this free advice is helpful to someone attempting Do-It-Yourself home repairs. The information presented is intended for informational purposes and for use by persons having appropriate



technical skill, at their own discretion and risk.

Wednesday, February 1, 2023

Digging Deep with Goddess Gardener, Cynthia Brian

Making stock and pruning roses



A platter of bits and pieces of vegetables and herbs to make stock.



Pink roses

Photos Cynthia Brian

... continued from Page D1

I am an apostle for "no waste" meal preparations. Except for any woody stems that go to the compost pile, all parts of produce are used in culinary creations. With peelings, tops and scraps, I make a rich, nutritious, and tasty vegetable stock. There is no set recipe as the bits and pieces are always changing, apart from the allium family (garlic and onions), which are critical to every batch. The finished stock becomes a base for soups, sauces, stews, and spaghetti.

Before you begin to experiment with making your homemade stock, be aware that leaves of potatoes, tomatoes and rhubarb are poisonous, especially if ingested in large quantities. Do not use them in your preparations. Toss them in the compost pile.

Making Stock:

Sauté onions, garlic, leeks, or shallots in olive oil. Chop up any fresh or wilted vegetables you have, including leafy tops and green stems. The ends of carrots, turnips, parsnips, pieces of peppers, peppercorns, and any vegetable you have on hand will do. Place the vegetables in a large pot filled with boiling water. Add whatever herbs you wish along with the sautéed onion and garlic mixture. If you want a meat broth, add meat or bones. Simmer until the mixture reduces - the longer, the better. Add wine for extra flavor. Season to taste if desired and strain when completed. Use your stock immediately or freeze the extra. Stock can be made in a slow cooker

if you don't have time to watch the stove, or it can be made in a pot in the oven with a temperature set at 250 F. Once you start making homemade stock, you won't want to buy boxed or canned stock again. Making stock is a fantastic way to use up veggies in your refrigerator that may be past their prime, but still good. Mushrooms, celery, fennel, and ginger always offer an extra zing. It's fun to experiment with your creativity. Stock up! **Pruning Roses:**

Although my numerous rose bushes continued to be prolific bloomers throughout the holiday season, the nine atmospheric rivers and the frigid nights contributed to the demise of new buds. As a Northern California gardener, I have always performed a heavy pruning of my roses in late January or early February. I always detest having to prune flowering plants, procrastinating as long as possible. Because of the storms, this February is the opportune month to heavily prune your roses before the new growth begins, allowing you to shape the bushes while the plant is dormant and prevent the spreading of any disease.

Before you begin pruning, cut any buds or blooms for a final flush of flowers for an indoor bouquet. If you are growing Chinese Fringe flowers, add sprigs of it to your arrangement for a pop of cotton candy pink or a few stems of early blooming daffodils for a sunny smile. When pruning, wear gloves and always use sharp, clean tools to make clean cuts: secateurs, loppers, and saws. Sterilize often between bushes.

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This large shrub rose could be pruned with a hedge pruner.



Peter Pan daffodils are fragrant and sunny cut flowers.

Wednesday, February 1, 2023

Digging Deep with Goddess Gardener, Cynthia Brian

Making stock and pruning roses



A perfect brandy rose blooms in spring after heavy winter pruning.

Photo Cynthia Brian

... continued from Page D16

Pruning with a hedge trimmer can be very effective to shape the larger shrub roses or big groups of one variety, but not recommended unless you have a very large number of plants. Begin by removing any dead, diseased, damaged wood, or leaves. Remove canes that are crossing or rubbing against each other, as well as weak steams or canes that are growing from the base of the bush. These canes won't produce many blooms and may crowd out healthier growth. To stimulate new growth, open the center of the bush.

Next, thin out the remaining canes, selecting the strongest and most vigorous canes. Keep only five to seven per plant and cut them back to approximately 24 inches. Ideally, make the pruning cut above an outward-facing bud and at a slight angle to encourage the new growth to emerge in the desired direction. This is not crucial and won't harm the rose if ignored, but it is best practice.

After pruning, remove any remaining attached leaves, and clean up the cut stems and debris around the base of the bush to prevent diseases and pests. Mulching and fertilizing will occur in spring.

It has been my experience that by pruning by early February, my rose garden begins its delightful display of gorgeous new blooms by late March. It only takes a bit of care and attention to love and tame our roses. As Antoine de Saint-Exupéry so exquisitely explains, we are responsible for what we've tamed.

Happy Gardening. Happy Growing. Happy February. Celebrate the Year of the Rabbit!



Hop along with joy in the year of the bunny.



Cynthia Brian celebrates the Year of the Rabbit.

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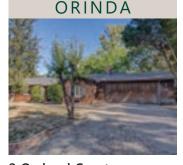
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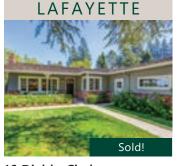
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