



# Digging Deep with Goddess Gardener, Cynthia Brian Growing with gratitude

By Cynthia Brian



A glorious garden of mums and maples.

A whimsical gardenscape for Thanksgiving.

Gigantic green guavas will ripen on the counter.

"Gratitude is the fairest blossom which springs from the soul." ~ Henry Ward Beecher

What a difference a fortnight makes!

Just in time to celebrate Thanksgiving, my trees and shrubs have finally donned their fiery fall finery. The show is spectacular as my numerous trees burst into colors of amber, gold, orange, crimson, purple, sienna, and red. Leaves on my grapevines and fruit trees of apple, prune, peach, apricot, cherry, mulberry, persimmon, fig, pomegranate, pear, and plum all boast a cornucopia of glorious hues that complement the shades of other deciduous trees including maple, pistache, sumac, tupelo, liquidambar, and crape myrtle. How grateful I am to witness this spectacular seasonal wardrobe change. Two of the most fascinating trees to me are my Chinese pistache. The male tree is tall, robust, sturdy, and golden. The female pistache is petite, graceful, and filled with clusters of crimson fruit

that provide tasty treats for the birds and squirrels. If any berries remain in December, their colors will morph to aqua and pink, and I will pluck them to tuck into the branches of a holiday tree. I have allowed some seeds from my Chinese pistache tree to sprout in specified areas where I prune the plants to keep them small. As the weather cools, these volunteers resemble colorful blossoms.

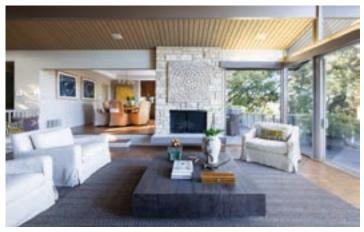
What else has me charmed this November? Chrysanthemums, blue plumbago, and crimson fountain grass are attractive plants that add color and interest to autumn gardens. The tips of pencil cactus have turned a brilliant orange, matching the pumpkins I've seen decorating porches. My gigantic green guavas self-harvested. I gathered them and will let them ripen on the counter before either eating them raw or making jam or juice.

Photos Cynthia Brian





ORINDAWOODS | 114 RAVENHILL ROAD | 3BD | 3 BA | \$1,650,000 Step inside and experience the grandeur of this home. High ceilings and walls of glass create a dramatic living area that immerses you in natural light and the picturesque landscape beyond. Rich, cherry hardwoods grace the floors throughout much of the home and with a touch of a button you can effortlessly control the lighting and privacy with electric shades. These are just a few of the modern conveniences this impressive home has to offer.



LAFAYETTE | 88 SILVERWOOD DRIVE | 4BD | 2.5BA | \$1,795,000 Single-level, modern ranch-style home on more-than-half-acre lot offers a classic floorplan and timeless features including walls of windows, approx. 3,074 square feet of living space, and a light-

filled interior with spacious formal living and dining rooms, open-concept chef's kitchen and family room, multiple outdoor venues, and gorgeous Mt. Diablo and hillside views. Conveniently located close to highway 24, Bart, recreation and downtown.



GLENN BEAUBELLE & KELLIE BEAUBELLE 925.254.1212

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## Lamorinda home sales recorded

City	Last reported	Lowest amount	Highest amount	
LAFAYETTE	11	\$1,035,000	\$3,650,000	
MORAGA	6	\$888,000	\$2,470,000	
ORINDA	9	\$1,300,000	\$4,000,000	
	2	an Oakland real estate info	ormation company. Sale pri	ces

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

1000 Dewing Avenue #316, \$1,035,000, 2 Bdrms, 1123 SqFt, 2017 YrBlt, 10-17-23

8 Greenvalley Drive, \$1,585,000, 3 Bdrms, 2244 SqFt, 1977 YrBlt, 10-10-23

1074 Laurel Drive, \$1,700,000, 3 Bdrms, 1699 SqFt, 1952 YrBlt, 10-16-23, Previous Sale: \$1,975,000, 05-02-22

1409 Meadowlark Court, \$3,650,000, 4 Bdrms, 2974 SqFt, 1958 YrBlt, 10-11-23, Previous Sale: \$2,125,000, 07-26-22

1736 Reliez Valley Road, \$1,830,000, 3 Bdrms, 2635 SqFt, 1952 YrBlt, 10-16-23, Previous Sale: \$330,000, 05-01-87

7 Roxanne Lane, \$1,200,000, 2 Bdrms, 2571 SqFt, 1978 YrBlt, 10-11-23, Previous Sale: \$340,000, 05-01-87

224 Seclusion Valley Way, \$3,600,000, 5 Bdrms, 3828 SqFt, 2019 YrBlt, 10-09-23, Previous Sale: \$2,662,000, 10-16-19

1070 Serrano Court, \$1,460,000, 3 Bdrms, 2250 SqFt, 1954 YrBlt, 10-12-23

549 Silverado Drive, \$2,000,000, 4 Bdrms, 1950 SqFt, 1961 YrBlt, 10-12-23, Previous Sale: \$550,000, 12-14-99

832 Solana Drive, \$1,310,000, 3 Bdrms, 1852 SqFt, 1950 YrBlt, 10-19-23 3461 Springhill Road, \$1,670,000, 3 Bdrms, 2443 SqFt, 1962 YrBlt, 10-13-23

MORAGA

919 Augusta Drive, \$1,675,000, 3 Bdrms, 3000 SqFt, 1989 YrBlt, 10-17-23, Previous Sale: \$925,000, 04-30-13

1457 Camino Peral, \$888,000, 2 Bdrms, 1159 SqFt, 1973 YrBlt, 10-12-23, Previous Sale: \$480,000, 10-14-13

18 Laird Drive, \$900,000, 5 Bdrms, 2453 SqFt, 1962 YrBlt, 10-17-23 13 Lisa Lane, \$2,470,000, 4 Bdrms, 3536 SqFt, 1986 YrBlt, 10-19-23 206 Sheila Court, \$1,650,000, 3 Bdrms, 1909 SqFt, 1967 YrBlt, 10-11-23 24 Via Barcelona, \$998,000, 3 Bdrms, 2114 SqFt, 1990 YrBlt, 10-11-23 **ORINDA** 

- 7 Easton Court, \$1,650,000, 3 Bdrms, 1624 SqFt, 1960 YrBlt, 10-11-23, Previous Sale: \$1,200,000, 08-24-18
- 107 Fiesta Circle, \$1,585,000, 4 Bdrms, 1930 SqFt, 1957 YrBlt, 10-10-23 84 La Espiral, \$1,300,000, 2 Bdrms, 2132 SqFt, 1937 YrBlt, 10-19-23
- 531 Miner Road, \$4,000,000, 4 Bdrms, 6092 SqFt, 1977 YrBlt, 10-17-23, Previous Sale: \$2,150,000, 03-20-15
- 15 Overhill Road, \$2,910,000, 5 Bdrms, 3610 SqFt, 1949 YrBlt, 10-10-23, Previous Sale: \$935,000, 10-19-12
- 20 Saint Hill Road, \$2,030,000, 5 Bdrms, 3693 SqFt, 1985 YrBlt, 10-19-23, Previous Sale: \$1,565,000, 07-17-15
- 124 Sleepy Hollow Lane, \$2,600,000, 5 Bdrms, 3239 SqFt, 1951 YrBlt, 10-16-23, Previous Sale: \$915,000, 04-06-98
- 132 Spring Road, \$1,500,000, 5 Bdrms, 2664 SqFt, 1979 YrBlt, 10-10-23
- 13 Valley View Road, \$3,200,000, 4 Bdrms, 3949 SqFt, 1951 YrBlt, 10-13-23, Previous Sale: \$2,950,000, 02-18-21

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# Thankful To Call Lamorinda Our Home



ASSOCIATES

Amy Rose Smith | Shannon Conner | Clark Thompson | Molly Smith

Shannon (01885058) | Amy (01855959) | Clark (00903367) | Molly (01498053) All information herein deemed reliable but not guaranteed.



#### SORAYA GOLESORKHI REALTOR®



Wishing you and your loved ones a healthy, peaceful, joyful and bountiful Thanksgiving! My sincere gratitude for the exceptional people I've had the privilege of working with this year and for the beautiful properties I helped them buy and sell.



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Giving back to our community, one house at a time.

#### So Much to be Thankful For

Through the Local Giving Project, I make a donation on behalf of my clients after each transaction. To date I have donated more than \$35,000. Here are some of the organizations I've been privileged to support.



More info at: www.holcenberg.com/giving-back

Michelle Holcenberg www.holcenberg.com





michelle@holcenberg.com 925-324-0405 CalDRE #01373412

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### Digging Deep with Goddess Gardener, Cynthia Brian **Growing with gratitude**



Photo Cynthia Brian The colorful fruit on the arching branches of a graceful female pistache tree.

... continued from OH1

While visiting a small town, I happened upon a front yard that featured a rusty tricycle, alongside pumpkins, hydrangeas, and a vintage bicycle with a basket filled with yellow mums. The gardenscape could have been tidier, yet it was an interesting combination of elements that piqued my imagination and brought a big smile to my face.

This is the time of year when gratitude is at the forefront of our thoughts and intentions. For me, being grateful for nature and gardens is rooted in the numerous benefits to our well-being, physical, emotional, and mental. Nature is my cathedral where I feel connected to the earth and the cycles of life.

How can we grow with gratitude this autumn? The benefits are immense. Let us count the ways!

1. Spending time surrounded by nature promotes a healthier lifestyle by encouraging physical activity.

2. Gardening is a moderate-intensity exercise that contributes to stronger hearts and body flexibility.

3. To reduce stress, anxiety, and depression, while increasing positivity in mental health, get your hands in the dirt.

4. Experiencing the fall colors, smells, and sounds of the rustling leaves calms our nerves and rejuvenates our minds.

... continued on Page OH 7

## Digging Deep with Goddess Gardener, Cynthia Brian Growing with gratitude

#### ... continued from OH6

5. An awareness of our natural environment with its biodiversity and living organism interdependence helps us appreciate living on our beautiful planet.

6. Humans are uplifted by the sensory-rich visual impact of the shapes and textures found in nature.

MARK YOUR CALENDAR: Be the Star You Are!® charity volunteers will once again collaborate for Santa Day at 5A, Dec. 2 from 11 a.m. to 2 p.m., 5 A Rent-a-Space, 455 Moraga Rd. #F, Moraga. FREE crafts, holiday treats, plus a photo with Santa and his elf! Thanks to Mark Hoogs State Farm Insurance, www.TeamHoogs.com, for sponsoring BTSYA. More info:

www.bethestaryouare.org/copy-of-events

7. A garden is a growing university of higher education. Nature offers a hands-on laboratory for learning about biology, ecology, geology, and all earth science.

8. Growing our groceries is an exercise in sustainable living. We don't need a green thumb to grow fresh produce, just patience and play.

 Essential ecosystems such as pollination, air purification, and soil fertility maintain the biodiversity and balance of our natural world.
Gardens foster a sense of community. Community gardens provide opportunities to collaborate, share knowledge, and build relationships.
By absorbing carbon dioxide and releasing oxygen, trees and plants play a crucial role in mitigating climate change. Green spaces cool the environment.

12. Recreational activities abound in nature.

Birdwatching is a personal favorite as I attempt to learn more about our avian friends. Walking, picnicking, or just being outside in the fresh fall air offers a sense of satisfaction, relaxation, and enjoyment.

To achieve a fulfilling and balanced life, gratitude for all things is a necessary component. When we recognize the myriad ways that nature enhances our well-being, we begin to cultivate an attitude of gratitude that will permeate everything we do. Go into the garden and grow with gratitude. It is the fairest blossom of all.

Wishing you a healthy and happy day of thanks. Celebrate living with grace and gratitude.

Happy Gardening. Happy Growing. Happy Thanksgiving!



Cynthia Brian advocates to continue to deadhead roses through winter.

For more gardening advice for all seasons, check out Growing with the Goddess Gardener at

https://www.CynthiaBrian.com/books. Raised in the vineyards of Napa County, Cynthia Brian 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, Family Forever, from the series, Stella Bella's Barnyard Adventures is available now at

https://www.CynthiaBrian.com/online-store. Hire Cynthia for writing projects, garden consults, and inspirational lectures. Cynthia@GoddessGardener.com https://www.CynthiaBrian.com



## LAMORINDA'S LEADING INDEPENDENT REAL ESTATE FIRM

#### ORINDA

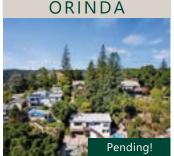


37 & 20 La Madronal A private sanctuary in the Orinda Hills which features two detached residences & 11 separate parcels totaling approximately 4 acres!

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2 Stanton Court This open concept 4 bd/ 3 ba home feels like a brand-new build! Bright & airy w/ 2782 SF, chef's kitchen, wood oak floors & a detached office! \$2,250,000



51 Las Palomas A light-filled home on a sun-

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\$1,480,000



228 El Toyonal Mid-century 3 bd/ 2 ba gem offers privacy & views of the Briones reservoir. Enjoy being close to downtown Órinda but feel like you are worlds away! \$899,000

MORAGA

1944 Ascot Drive

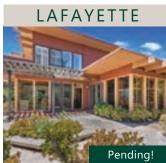
Amazing 2 bd/ 1.5 bd 1234 sqft

Moraga townhome w/ views of the

hills from the upper & lower decks!

Lease

\$3,100/mo.



3445 Shangri-La Road Desirable Reliez Valley neighborhood offers amazing privacy, stunning views, beautiful architecture on an almost 1 acre lot!

PLEASSANT HILL

Single level 4 bd/ 2 ba rancher has

a great floor plan w/ wonderful

550 Odin Drive

indoor/outdoor flow!

63

\$1,999,000

Pending!

\$955,000



1379 Camino Peral, Unit B Spacious 3 bd/ 2.5 ba townhouse features updated kitchen, private patio & convenient access to shopping, restaurants & more!

WALNUT CREEK

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56 Wandel Drive This single level home features 4 bds/2.5 ba and 2,178 square feet plus a bonus office space in the garage!

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300 Camaritas Way Beautiful Shadow Hills 5 bd/ 2.5 ba remodel includes 2,6660 sqft, a chef's kitchen and an Entertainer's dream backyard!

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