

Lamorinda OUR HOMES

Lamorinda Weekly Volume 04 Issue 24 Wednesday, February 2, 2011



Digging Deep with Cynthia Brian ...read on page OH6

Moving the Carefree Way

By Andrea A. Firth

Tracy loves interior design, and she likes unpacking. Kate owned her own gift basket company, so she hit the ground running. Florence had a long career in academia, and she now has extra time and energy. What do these three women have in common? They all have the organization gene—order is intrinsic to their nature—they know what to keep, what to throw away, and what to put where. And, they all work for Carefree Moves, a Lamorinda-based firm that will pack, unpack, organize, and stage your home when it's time for you to move.

"When it comes to organization, women get it. They have an instinct for how things should be put together," says Cynthia Nolan who, along with partner

Dee Vance, owns and operates the all-female moving business Carefree Moves.

*There are real benefits to the company's all-female work force say Nolan and Vance. Most of the company's lady movers are from Lamorinda, and many have already raised a family and had a career. "They want flexibility, but they also want to help people, and they all have that inherent organization trait," says Vance. "We provide a complete array of moving service support, at the conclusion of a job, you see the beginning, middle, and end. The women we work with love seeing the finished, well-organized product so quickly."

Nolan and Vance brought their own penchant

for organization to the business when they purchased Carefree Moves two years ago. Nolan, a longtime resident of Orinda, has a background in design and managed a home staging business for over a decade. Vance who raised a family in Lafayette and now lives in Montclair, has over 25 years experience as a time management/organization consultant and life coach. When the two friends reconnected at a holiday gathering, they decided their skill sets were complementary and set out to launch a business together. Through networking they met the previous owner of Carefree Moves and within a few weeks they were in the moving business.

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Carefree Moves' owners Cynthia Nolan and Dee Vance (on left) with Kate Apple (in back) and Tracy Gittings.

Photo Doug Kohen