

# Lamorinda OUR HOMES

Lamorinda Weekly Volume 11 Issue 8 Wednesday, June 14, 2017



*Digging Deep with Cynthia Brian*

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## Where there's smoke there's barbecue

By Cathy Dausman



*Dan Mazaika's barbecue rig can hold its own against shiny red firetrucks.*

*Photos Cathy Dausman*

When Dan Mazaika comes on the scene he is often accompanied by smoke and fire. There is plenty of shiny red and chrome equipment too, but there may also be hot dogs, pork, chicken or

tri-tip.

Mazaika is a Moraga-Orinda Fire District engineer, as well as a welder and cook. He combined the latter talents to hand-craft one industrial-sized barbecue smoker oven on wheels, a

project Mazaika admits cost him three years in labor plus “blood, sweat, tears — and even a few beers.”

He says his barbecue is still very much a work in progress. The unit doesn't have a name yet although it

begs for one. From its heavy-duty four-wheeled trailer to its wood-burning fire box to the oven scratch-built from a repurposed air tank and OS&Y sprinkler valve handles to its big-rig twin chrome smoke stacks, it is a marvelous sight to behold. It is red and shiny enough to hold its own even amid commercial fire trucks.

And hold its own it does — the unit handles 100 pounds of meat at a time. “I did a whole pig for Super Bowl one year,” Mazaika said. Although he brings the smoker to work for his crew and coworkers to enjoy, Mazaika says, “It is my personal barbecue and it is kept at my house.”

The smoker was featured at a recent MOFD Open House in Orinda where Mazaika busily turned out barbecued hot dogs. Lunch proceeds were donated to the Muscular Dystrophy Association.

“My father taught me to weld, and I thought I could build one of these cool barbecues,” Mazaika said. After some research, he decided to build a smoker. “I did not have to make the barbecue as detailed as it is for it to be functional, but I wanted to give it some character,” he said. The red and chrome color scheme was almost a given considering his profession.

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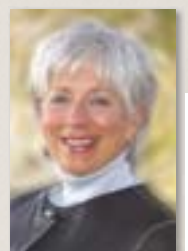


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## 69 Sleepy Hollow Lane, Orinda

Beautifully remodeled 4 bedroom 3 bathroom single-level home in Sleepy Hollow. The open floor plan has a great room with vaulted ceilings and hardwood floors and a gourmet kitchen with quartz counter tops and stainless steel appliances. The level yard includes a trellis-covered blue stone patio, a deck, a large lawn area and a private patio off the master suite. Enjoy serene views of the hills from the upper yard area. Minutes to Sleepy Hollow Elementary School (check for availability).

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## Feng Shui

# Trends for on point design

By Michele Duffy



There are many new and old favorite colors that I love and share in the Benjamin Moore palette, but the real trend I'm all juiced up over is a locally based, eco-friendly, paint pigment line called Drikolor. The fabulous pigment is added carefully to a Drikolor gallon of paint, and voila, you have a cutting-edge, environmentally friendly, one-of-a-kind color that will surely set your space apart.

Another en pointe trend is to use eco-friendly natural design elements that represent one of the Five Elements.

The flooring our feet touch, the bedding we sleep in, the chairs or sofas we sit on, the dining table where we eat, are increasingly made of sustainable materials that blend to create a subtle subliminal of "nature inspired, energy-rich" wellness.

Utilizing reclaimed or repurposed raw and sustainable materials such as vintage wood, sea glass, corrugated metals, cork, and abundantly available bamboo can strengthen the Five Elements and ultimately the Feng Shui of your space.

Applying the Five Elements in your own home can be an adventurous and fun exercise. The Water Element can easily be represented by black wavy sculptures or a soothing table-top fountain in the foyer; purple orchids activate the Wood Element; a soy candle ignites the Fire Element; a crystal or ceramic bowl of crystals, shells and rocks grounds the Earth element; and the Metal Element activates effortlessly with a harmonious metal chime.

Each home, each room, has an individual energetic signature, so each project needs the trained eye of a Feng Shui expert to see the big picture as well as the small details, to tie all of the elements together and enhance the overall Feng Shui. Your home should be vital, vibrant, serene and abundant.

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**M**y work focuses on drawing upon the ancient wisdom of Feng Shui, and applying design principles in a way that supports modern, busy 21st century lives, so trendy isn't normally a word I would include in many consultations, but it's important to be au courant and fresh, that in itself is great Feng Shui.

So what are some trends we can all take advantage of that strengthen, versus weaken, the Feng Shui of our homes?

First, color is the biggest splash of trendsetting and what we paint in our interiors should, ideally, strengthen the overall Feng Shui of our spaces, create the right mood and form a nice backdrop for living our lives.

There is more to a color consultation than simply picking colors and color can be downright daunting to many people. Choosing a "flow" color will help you neutralize most of the common areas and it's also wise to choose colors that are friends and work well together. Remember to apply colors that will support and strengthen the Five Elements of the Bagua, as you overlay the Bagua over the rooms you paint in your home.





For the trend-within-a-trend, even “DIY projects” are more frequently inclusive of a professional Feng Shui analysis so the design budget dollars are spent wisely, save time, save elbow grease and other precious resources in our busy lives. Selecting from the beginning ideal Feng Shui items that are workable, budget-friendly, readily available and powerfully placed puts you in the happy “commanding position” for any of your home remodeling projects.

Of course, trends don’t always fit our lifestyle, tastes or mindsets. One that I like to buck is always changing every last detail to fit the season. Yes to lighter-weight blankets and throws but keeping some of the yin winter blue pillows maintains just enough coolness to balance the strong yang Fire Element of the coming summer months.

Most importantly, experiment and have fun. Remember, if it feels good to you, most likely you are probably on the right track towards wonderful Feng Shui.

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,

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*Digging Deep*

# 11 Tips for uprooting and transplanting gardens

By Cynthia Brian

*"What you plant now, you will harvest later." — Og Mandino**The shiny green leaves of the purple trumpet vine mix perfectly with the deep purple flowers of the potato vine.**Photos Cynthia Brian*

It's the time of year when kids are excitedly looking towards the play-filled days of summer while parents are wondering how they will juggle all of their children's activities — swim meets, fairs, camps, baseball tournaments, concerts and, possibly, a move. During the summer, many people are uprooted and transplanted to another location. Sometimes the disruption is just across town and sometimes it is across the country or across the globe. It's challenging and often a shock to our systems getting settled, making friends and building a new garden.

When plants, trees, and shrubs are moved, they also go through an instance of distress. It doesn't matter if they are being moved from one part of the garden to another or across the continent to a new home, as directors of our landscapes, we have a responsibility to give the transplants a good foundation for their new environs. Spring, early summer and late fall are traditionally optimal times for this transition. Follow the suggestions below for a successful uprooting and transplanting experience.

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*Deep red blooms of the Queen Elizabeth Rose decorate a patio.**Asiatic Lilies increase in blooms annually.*





*Privet is a fast growing shrub that is used for borders, privacy screens, and in formal gardens.*

## Transplanting Tips:

When we transplant seedlings, trees, shrubs, or other plants, they experience shock. To diminish the negative effects of being moved, these easy steps will help provide strength and adjustment to the new environment.

1. Prevent shock effectively by gently uprooting. Dig up as many of the roots as possible and don't shake the dirt off. Refrain from cutting roots, unless a plant has been root bound.
2. To strengthen the plant, cut it back about a third and make sure to remove any flowers, dead leaves or dying limbs. This will help the plant regenerate more quickly without exerting extra energy. Don't over prune or you'll worsen the effects of shock.
3. Provide clean, nutrient-rich soil for the transplants. Buy bags of topsoil or potting soil, depending on where you are transplanting.
4. Before transplanting, boil eight cups of water. When you are ready to place the plant in its new home, pour the water into a hole that is the same size as the hole you are planting it in. This helps the roots settle into the new soil.
5. Water the transplant thoroughly. This helps the roots settle into the new soil.
6. Monitor watering on a regular basis. Proper watering is essential for rapid recovery.
7. When the leaves are wilted, drooped, rolled, curled, or yellow leaves are indicating shock, an aloe vera system booster for transplants is to treat with aspirin water. Smash two or three aspirins in a gallon of water. Drink the water on your plants to increase plant health.
8. Add three to four inches of organic mulch around the plants to reduce symptoms. Mulch will insulate the plant, maintaining a consistent temperature while prevent erosion.
9. Continue to water deeply. Be diligent not to drown the roots.
10. Give the plants time to recover and settle into their new home. Have patience. Shocking is to be uprooted!

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# Cynthia Brian's Mid-month Gardening Guide

- **WATER** deeply and less frequently. As summer approaches our gardens will be thirstier. By watering deeply, you encourage strong roots. If you want to use a hose and sprinkler, buy a water timer that can be attached to a hose bib. Price is only about \$23- the seeds of Love in a Mist after they have finished blooming. The seed pods can be crushed and shaken in areas where you want more flowers next year.

- **PRIVACY** screens are all the rage in neighborhoods. Prune privets to a height and width you want for a quick green fence or plant clumping bamboo. (This bamboo does not get out of control or tear up your concrete)

- **GIVE** the gift of living plant to your graduate. With care, a plant will be a constant reminder of your ongoing love.

- **CELEBRATE** Dad on Father's Day. A well-made tool or herbs for his barbecue marinades could be right up his alley.

- **WATCH** for mosquito larvae in birdbaths and other still water. le the birds)

- Cherries (Ditto to above)
- Wild Plums
- Nectarines,
- Kale
- Mints

Enjoy our final days of spring. Summer sun and fun is quickly approaching. Congratulations to all of our graduates and a very Happy Father's Day to all the great daddies. Kudos to you all.

Happy Gardening and Happy Growing!



*The lacy blue, white, or pink florets of Love in a Mist are great as garden fillers.*

*Photos Cynthia Brian*



*Adding a cascading pink Bonica rose over a mailbox increases curb appeal.*





*Acanthus spinosus* is the inspiration for the popular architectural and decorative ornamentation motif originally introduced by the Greeks.



Cynthia Brian loves gardening in June.

Cynthia Brian, The Goddess Gardener, 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 Are1® 501 c3. Tune into Cynthia's Radio show at [www.StarStyleRadio.com](http://www.StarStyleRadio.com). Her new book, Growing with the Goddess Gardener will be available soon! Hire Cynthia for your next project, [Cynthia@GoddessGardener.com](mailto:Cynthia@GoddessGardener.com) [www.GoddessGardener.com](http://www.GoddessGardener.com) 925-377-STAR

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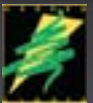


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**572 Dalewood Drive**  
Stunning executive 5bd/4.5ba, apx. 5211 sq. ft. home in Orinda Downs. High ceilings & hrdwd flrs; large family room & rec/game room opens to deck w/outdoor kitchen & gazebo w/views. **\$2,295,000**

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**10 Winding Lane**  
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## MORAGA



**102 Brookline Street**  
Modern elegance, vaulted ceilings, custom finishes & abundant light are some of the wonderful features of this detached 3 bedroom, 2 bath, apx. 2098 sq. ft. renovated Moraga Country Club home. **\$1,165,000**

## LAFAYETTE



New Listing

**1038 Leland Drive**  
Sweet move in ready 3bd/2ba, apx. 1,228 sq.ft. home w/ hardwood floors, fireplace, dual pane windows, A/C & level fenced yard. Private .31 acre lot with level lawn & room to garden. Top schools! **\$925,000**

## LAFAYETTE



New Price

**1600 Reliez Valley Road**  
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New Price

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New Listing

**1901 Meredith Court** Beautiful Rancher on quiet cul-de-sac. Pride of ownership abounds. Fully remodeled 3 bedroom, 3 bath with Bonus Detached Office/ Studio. Fruit trees and garden beds. Backs to Open Space. **\$619,000**

## MARTINEZ



New Listing

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New Listing

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