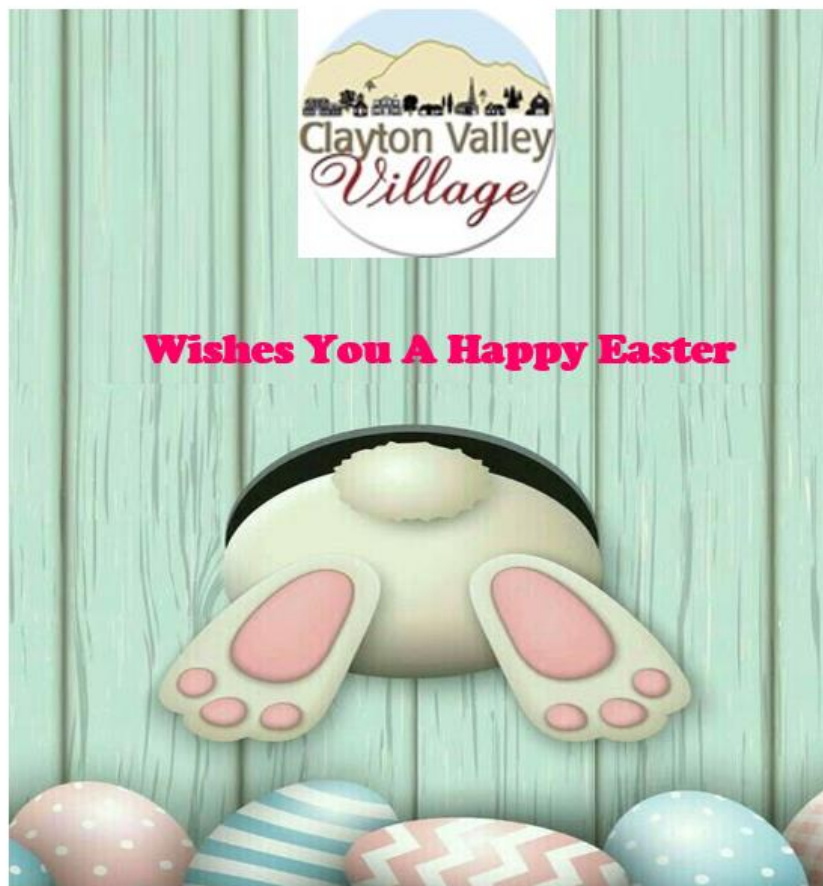




A monthly publication of Clayton Valley Village
April 2024 Edition

A Message from our President. Our Events held in March, upcoming Events, and lots more.

Check out our Ads only \$25.00 and it goes out to 500 local residents.
Contact us at village.clayton@gmail.com to advertise in our newsletter.





Spring Home Preparedness Guide

Spring is the perfect time to refresh and rejuvenate your home after the winter months. Follow these essential Spring home maintenance tips to ensure your home is ready for the warmer weather ahead!

Exterior Inspection and Cleanup:

- Inspect the roof for winter damage, including loose or missing shingles
- Check siding for cracks or signs of water damage
- Clean out gutters and downspouts to prevent clogs and water damage
- Power wash decks, patios, and sidewalks to remove winter grime

Outdoor Prep and Safety Checks

- Inspect and repair fences, gates, and outdoor lighting fixtures
- Check the outdoor play equipment for signs of wear and tighten bolts
- Service and test lawn equipment like mowers and trimmers

Gardening and Landscaping:

- Prune trees and shrubs to promote healthy growth
- Fertilize the lawn and reseed bare patches for a lush, green yard
- Plant spring flowers, shrubs, and trees to add color to your garden
- Check the irrigation system for leaks and adjust sprinklers for proper coverage

Outdoor Living Space

- Clean and arrange outdoor furniture for spring gatherings and relaxation
- Inspect and oil hinges on gates, doors and furniture to prevent rust
- Consider adding solar powered outdoor lights for ambiance and safety

HVAC System and Air Quality

- Schedule a professional HVAC inspection to ensure your cooling system is ready for summer
- Clean or replace HVAC filters for improved air quality
- Dust and clean vents, baseboards, and ceiling fans to remove accumulated winter dust

Energy Efficiency

- Seal gaps around windows and doors using weatherstripping
- Seal cracks and crevices around home's exterior to prevent pests from entering

President's Message



Joyce Atkinson

Spring is finally here and it is slightly warmer. The flowers are blooming. The weeds are prolific and the crop doubles overnight. Despite the inconvenience of pulling weeds I am glad we had a wet winter and early spring. We need to keep the reservoirs full and I really do enjoy the colorful yards.

The mixer this month was at Momo 'n Curry. Every one attending had a great time. Bocce has started and everyone is enjoying The Brown Bag Spinners and Mah Jong. It sounds to me like CVV will be having a very busy and enjoyable Spring.

We have three new members, Jane Zukowski, Elaine and Fred Grab. Be sure to welcome them.

If you take part in "Clayton Cleans Up" on April 20th be sure to stop by the CVV table in front of City Hall. Sue Manning and Margaret Bachman will be there hoping to recruit some younger volunteers for CVV.

Join or Renew Your Membership



If you're already a member and your renewal date is May 1st you will be receiving a member renewal email on April 1st. If you usually email in your check, send your check to P.O. Box 1274 Clayton, Ca. 94517. Members who automatically pay their membership dues by credit card will not receive a renewal notice. You are still on automatic payments. If you need to update your profile, email your changes to village.clayton@gmail.com or call 925-626-0411.

Annual Membership Dues

Couple membership is \$660 and Single membership is \$480.

If you are interested in joining call 925-626-0411 to be sent an application or download it yourself at <https://claytonvalley.helpfulvillage.com/documents/836/download>

Welcome

New Members!



ELAINE GRAB



FRED GRAB



Jane Zukowski



April Birthdays

April 3 rd	– Kathryn Olson	Member
April 4 th	– Adela Oldford	Member
April 4 th	– Larry Solen	Member
April 5 th	– Susan Kendall	Member
April 5 th	– Ken Studer	Volunteer
April 5 th	– Roberta Powell	Member
April 7 th	– Jeanne Boyd	Member
April 15 th	– Valerie McDaniel	Volunteer
April 16 th	– Mary Rogers	Member
April 18 th	– Barbara Molnar	Member
April 24 th	– Carolyn Sladnick	Member
April 26 th	– Maria Xiaris	Member



What's New

at Clayton Valley Village

CVV PARTNERSHIPS UPDATE: ROTARY CLUB

by Fiona Hughes

In our annual meeting you heard plans by CVV's Outreach and Member Services teams to strengthening our partnerships with other senior-focused organizations in order to raise visibility, funding and cooperation. Here's an update on progress being made specifically with the Rotary Club:



- **ROTARY CLUB.** CVV's Outreach Team presented to the Clayton Valley/Concord Sunrise Rotary chapter on 2/22 and explored opportunities for their members to volunteer with CVV, augment some of our services, and to work together on fundraising efforts via their Cars2ndChance vehicle donation program. These opportunities include:

- **Cars2ndChance:** Donate your car, and boost Clayton Valley Village! When you're ready to donate your vehicle (whether in running order or not – but must have clear title and be towable), Rotary's Cars2ndChance program schedules vehicle pick up/towing, and fixes it up and resells it. The profit is then split between Rotary and the non-profit of your choice (CVV of course!) and you get a tax deduction, while knowing every penny goes to a worthy cause. See <https://www.cars2ndchance.org> for info and see case study below).

- **Rotary HOME:** A free service to seniors in Clayton and Concord which can augment CVV Service Requests when we're overloaded. Tasks are performed on scheduled work days by volunteer Rotarians and include jobs such as repairing window screen, leaky faucets, and re-tripping breakers. <https://rotaryhometeam.com> or call 888-204-5573 for more info.

- **Funding:** We were thrilled to receive a generous \$1000 donation from Rotary in acknowledgement of CVV's community work, which will go towards expanding our services.



Monument Crisis Center

Lidia Livinia Esparta, a client of the Monument Crisis Center since 2004, was the recipient of the Dodge Caravan. A single mother of two who worked in a Concord restaurant, Lidia is the primary caretaker of her 70-year-old mother, Juana, who has had several surgeries. The Walnut Creek Rotary donated a refurbished 1998 Dodge Caravan with the combined effort of D&H Enterprise, donating the labor and parts needed. In addition to the parts and labor in refurbishing the vehicle, the donation included DMV registration, six months of insurance, and two years of vehicle service, each arranged through local contacts of Clayton Valley-Concord Sunrise Rotary.

This was a true example of the Rotary motto, "Service Above Self."



Did You Know?

Seen on the Walnut Creek Arts & Rec website...

By Fiona Hughes

In conjunction with ride service company, Lyft, the City of Walnut Creek helps fund Lyft rides for senior users with health conditions or disabilities.

With a Lyft Self Access Pass you use your smartphone or computer to schedule a ride to medical appointments, grocery stores or other activities. It's available to seniors in Clayton and Concord as well Walnut Creek, Martinez and Pleasant Hill who don't drive, or don't have access to convenient public transportation.



There is a \$55 annual fee for a Lyft Self Access Pass, and it provides up to 5 round trips (or 10 one-way) per month for only \$5 per ride locally to the above-mentioned towns. You're responsible for any trip over \$15 and have to be able to get into a car or SUV unaided.

If you don't have access to a smartphone or computer, there is also a program called Lyft Concierge Pass, which is basically the same, except you call in to a reservation line and a dispatcher schedules your ride for you. For more info and application forms for these programs, go to:

<https://www.walnutcreekartsrec.org/programs-activities/transportation-program>

Also Did You Know ?

By Mariana Behdjet

An organization called **PINK RIBBON GOOD**, formerly known as Pink Ribbon Girls, offers several services to help women who have been diagnosed with breast cancer or other gynecological cancers. They deliver healthy meals, they provide transportation to treatments within a 40-mile range of one's home, they give house cleaning essentials, and wonderful peer support. "Any age, any stage."

All the services are 100% FREE. The services are paid for through community support, individual and corporate donations, and grants.

Initial contact must be made a week ahead of need. The organization can be reached at (937) 490-8891. See more on their website at

<https://www.pinkribbongood.org/>



The (Almost) Escape - by Barbara Molnar

Once upon a time, many years ago, before 9/11, before T.S.A., before carry-on luggage was checked, my husband and I were sitting in a New York airport waiting for the next episode of our lives to begin. We hadn't been married for very long and at the time it was possible for a couple to rent a modest apartment while one worked and one studied for an advanced degree. The limitation of the living conditions were no pets in most places, certainly no dogs and sometimes cats as well. As a consequence our pets were likewise modest; perhaps a small tortoise, a lizard, or most recently, a hamster. Which was now, we thought, safely hidden away in my large purse. We hadn't dared asked if it was possible to claim our hamster as an emotional security pet since that classification did not exist then. And we were a bit worried about if there would be problems at our destination since we were heading to a largely agrarian state and hamsters, after all, eat grains and also reproduce rapidly and prolifically.

The first call for our flight came and we gathered our bags. I reached into my purse for the boarding pass and brushed against the open door to our hamster's travel cage. It was empty. He had escaped! The next minutes were a flurry of activity as we both went frantically through our belongings searching for a small palm-sized ball of brownish fur. The second call for our flight only intensified our activities and I was worried that some airport staff person would come over to ask what we were doing. Finally when we were repacking everything we had spread over the seat I spotted a brown blob moving slowly down the bench. The tiny pink toes identified it and, getting Ralph to shield me, I cajoled it back into the travel cage, tightly closed the cage door and shoved it back into my purse. Then we ran for the gate and our flight. New York had been saved an onslaught of potential grain destroyers; now Texas would have to worry but the Great Hamster Escape Attempt had been foiled.

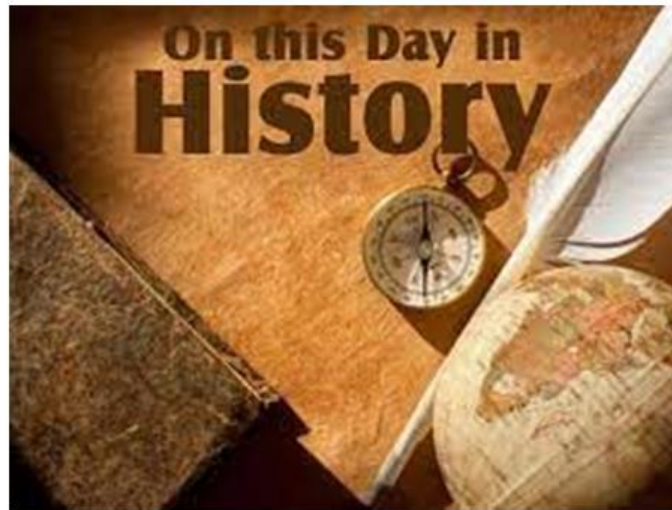
What a Treat ! - by Lynn Hadley



Milly is enjoying a treat which is well deserved. She is a retired Support dog from Veterans Hospital. Milly was a comfort to many Veterans during her 7 years of service there.

She is currently cherished by her human care giver and as you can see here. I was lucky enough to be there to meet them both.

April 1st



Today - [April Fools' Day](#), celebrated today with [joking relationships](#) and practical jokes, may have grown out of the medieval [Feast of Fools](#), which was held on January 1.



1954 - The [United States Air Force Academy](#) was created by an act of Congress and was later built in [Colorado Springs](#), Colorado.



1976 - [Steve Jobs](#), [Steve Wozniak](#), and Ronald Wayne formed [Apple Computer Inc.](#), and it became one of the world's leading tech companies.



2004 - [Google](#) launched [Gmail](#), and five years later the number of people using the e-mail service surpassed one billion.

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DRYSDALE
PROPERTIES



Aqua Fit/Water Aerobics
Forest Park Pool
1766 Mendocino Dr. Concord, Ca.
Signups: bit.ly/3ThWjHJ
Any Questions email dianeberger76@gmail.com



Upcoming Events

Mon	04/01	April Fool's Day
Thu	04/04	Tai Chi – Clayton Library
Fri	04/05	CVV Mah Jongg (Members & Volunteers)
Mon	04/08	CVV Wildflower Hike on Mt. Diablo
Wed	04/10	CVV Board Meeting
Thu	04/11	Chair Yoga & Meditation – Clayton Library
Tue	04/16	CVV Happy Hour - La Veranda Cafe
Thu	04/18	Tai Chi – Clayton Library
Sat	04/20	Clayton Cleans Up - Earth Day 2024
Tue	04/23	CVV Brown Bag Spinners (Members & Volunteers)
Thu	04/25	Chair Yoga & Meditation – Clayton Library
Fri	04/26	CVV Events Committee Meeting
Sat	04/27	CBCA Art & Wine Festival - Clayton
Sun	04/28	CBCA Art & Wine Festival - Clayton





**Happy Hour at
Momo N Curry
March 19th**





Save the Date!



When: April 16, 2024 @ 4:00 PM Where: La Veranda Café
6201 Center Street, Clayton Ca.

La Veranda Cafe is a family-owned and operated Italian Restaurant located in the heart of Downtown Clayton. We welcome you to a celebration of great food, exquisite wine, and ambiance with comfortable neighborhood charm.



So come and be spoiled by their hospitality, visit with CVV friends, and get to know more about your local village and bring your friends! RESERVATIONS ARE A MUST!

<https://claytonvalley.helpfulvillage.com/events/3302>, call/text (925)626-0411 or email village.clayton@gmail.com



CLAYTON VALLEY VILLAGE EXPLORERS

CVV Hike on Mon April 8th @ 10:00 AM



At 10:00 meet at The Grove downtown by the bathroom so we can carpool to the Mt. Diablo entrance end of Mitchell Canyon Road. There is an entrance fee of \$6 or \$5 for seniors. Entrance station is the old-time fee envelope type, so bring exact change or a check, and a pen. We will be taking a short hike up the Globe Lily trail in search of wildflowers. Please wear sunscreen, hat and bring water. Short rolling hills, about 3-to-4-mile loop.

Leaders:

Dorothy Bradt 925 890-7195

Kathy O'Toole 925-348-1151

RSVP: <https://claytonvalley.helpfulvillage.com/events/3364>, call/Text 925-626-0411 or email village.clayton@gmail.com



Make Your Travel Dream a Reality

Saturday, May 4 | 2 - 4 p.m.



Local resident Joseph Whitehouse has traveled to over 154 countries. His expertise will be shared in this comprehensive workshop covering all aspects of travel. Space is limited. Registration required.

Supported by the Clayton Community Library Foundation.

Clayton Library

6125 Clayton Road 94517 | 925.673.0659

Tues 12-8 • Wed 10-6 • Thurs 10-6

Fri 10-6 • Sat 10-6 • Sun, Mon Closed





GFWC CLAYTON VALLEY WOMAN'S CLUB PRESENTS...



ROY BRISTOW

TO ENTERTAIN YOU WITH

"THE STANDARDS"

Soft Rock/ 60's and 70's...

As well as Country

SUNDAY, MAY 5, 2024

Diamond Terrace

6401 Center Street, Clayton

4:00—6:00 pm

\$40.00* per person

* Includes 2 complimentary glasses of wine



Proceeds benefit

CVWC Scholarship

GFWC Clayton Valley Woman's Club is an approved 501(c)(3) non-profit organization

For information, contact Merle Whitburn, (925) 679-7751



PLEASE RETURN WITH PAYMENT TO:

Please make check payable to CVWC

CVWC

C/O ROSEMARY HARWOOD

P. O. BOX 95

CLAYTON, CA 94517-0095

_____reservations @ \$40.00 each

Total: _____

Name: _____ Phone: _____

Address: _____

E-Mail: _____



Saturday, April 27th: 10am – 7pm


Sunday, April 28th: 10am – 5pm

- Premium Wine & Beer
- Beautiful Arts & Crafts
- Fantastic Food Court
- Continuous Live Music
- Kids Fun Land

Please join us for the 27th CBCA Clayton Art & Wine Festival in downtown Clayton. Stroll down Main Street and enjoy arts & crafts vendors while sipping your favorite wine or beer. Stop by the food court for a host of different foods. The little ones will have a blast in the kids play zone. Live music throughout the weekend. Hosted by the Clayton Business and Community Association.

Another CBCA Event Benefiting the Clayton Community

FREE Admission and Parking!



CVV AFFINITY INTEREST CIRCLES




Bocce, Hiking, Mah Jongg, Movie Group
 Romeo, Armchair Travelers, Brown Bag Spinners ,
 Out to Lunch Bunch, CVV Happy Trails Group Travel

New Circle Pedro



At one of the CVV Happy Hours, three members discovered they were all "San Francisco girls" and most astonishing, that they all play Pedro, known as a San Francisco card game. Luckily the newest CVV member of the three has a good friend who also plays, and a new Interest Circle was formed. The group (four are required) has now played together twice and hopes to continue on a monthly basis. So far, the group seems evenly matched which makes it FUN.

If you would like to start a new CVV Interest Circle, please contact Sue Manning, Coordinator, at (925) 408-3848 or suemanning121@gmail.com.

Brown Bag Spinners



CVV Members and Volunteers meet once a month to play Brown Bag Spinners at the Clayton Library. Spinners is a spinoff of the Dominos game. It's very easy to learn and fun to play. Arlene brings us some of her delicious baked goods. This month she made cookies that look like dominos. CVV Members and Volunteers, if you would like to join us



RSVP: <https://claytonvalley.helpfulvillage.com/events/3243>

Quote of the Month

"When I was 5 years old, my mother always told me that happiness was the key to life.

When I went to school, they asked me what I wanted to be when I grew up.
I wrote down 'happy'.

They told me I didn't understand the assignment. I told them they didn't understand life."

— John Lennon

2024 CVV Board of Directors

Executive Committee:

Joyce Atkinson (President), Marilyn Wollenweber (Past-President)

Arlene Lewandowski (Secretary), Joanne Wasak (Treasurer)

Members-at-Large Anita Stranik & Maria Xiaris

Volunteer Representative Members, Linda Pinder, Margaret Bachman

Our Village Voice is a free, electronic publication of Clayton Valley Village

Co-Editors: Diane Berger and Bev Adams Email: village.clayton@gmail.com

The editors welcome all submissions and reserve the right to include or edit all material. Unless otherwise specified, other publications may reprint any material herein with proper attribution.

Clayton Valley Village is a 501c3 Nonprofit: 81-3858223 Donations are tax-deductible and welcomed. <https://www.claytonvalleyvillage.org/>

Submissions, Questions or Comments about

Clayton Valley Village or Our Voice Newsletter: 925-626-0411

