

VOICE

A monthly publication of Clayton Valley Village (October 2018 Edition)

Welcome to the October 2018 edition of Our Village Voice. In this issue you will find photos from our past events as well as news of our upcoming events. Be sure to check out our Founding Member Spotlight and register for our 5th Annual Fundraiser. Call our 24/7VM at 925-626-0411 for info or to reserve your spot. Space is limited. Advance registration required.

**JOIN IN THE FUN
at our 5th Annual**



Sunday, Oct. 14 from 5-9pm

LaVeranda
6201 Center St., Clayton

No Host Bar

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TO CLAYTON VALLEY VILLAGE

EXPLORE OUR NEWSLETTER

[President's Message](#)

[Member Spotlight](#)

[Volunteer Services](#)

UPCOMING EVENTS

CVV Past Events

Mixer, Birthday Lunch
& Lunch 'n Learn

CVV LEARNING CENTER

Add CVV app to phone

ACTIVITY REPORTS

Movies

Interest Circles

Committee/Reports

CVV Board Members

Sonja Wilkin, President

Jim Whitfield, Past President

Sue Manning, Secretary

Joanne Wasak, Treasurer

Diane Berger

Fiona Hughes

Kathy Geddes

Pete Bardea

Carol Hansen Grey

President's Message



by Sonja Wilkin

Hello from London, England.... I disembarked from the Sapphire Princess this morning in Southampton after a 2-week Baltic Heritage cruise. As many know, it was my first cruise ever. I really wasn't too excited about it but convinced myself that I should take this opportunity to go with my good long-time friend, Jan, to places that did have some relevance to my own life – London to St. Petersburg – birthplaces of my mother, father and me. Since most of the planning was already done, it was easy to help select the city tours we went on in Belgium, Denmark, Finland, Estonia, Russia, Germany. Each one was delightful, interesting, very picturesque.

Life onboard the ship was very special with many activities to enjoy — shows, food and drinks. There were days at sea to relax and meet many fellow travelers. It is definitely a way of life that many people enjoy. The world becomes a bit smaller and horizons expand. I certainly enjoyed my two weeks "on vacation" and am glad I went.

In a week I will be in San Diego for the National Village Gathering. It will certainly be a totally different experience. I've been on the conference Planning Committee and I am looking forward to being there representing CVV!

With this issue we begin a new series called: 50 LIFE LESSONS FROM AN 80-YEAR-OLD MAN. We hope you find them worthwhile. Here is Lesson 1: Have a firm handshake.





**In the spotlight this month is founding member, Victor Grey,
who shares this about his life.**

I was born and spent my childhood years in New Haven, Connecticut where I graduated from Hillhouse High School. After graduation I attended the University of Pennsylvania in Philadelphia for 2 years. I have been an artist with a number of shows back in the 60's, a carpenter working on building renovation and new house framing, an airport line crewman and supervisor, a professional pilot (about 4000 hours of flight time and an Airline Transport Pilot license) flying for a commuter airline based in New Haven and then as a corporate aircraft pilot for a company in New York.

In 1988 I flew a twin-engine 6 passenger airplane (just I and the owner) from New York to Istanbul and back, via Bangor, Maine, Frobisher Bay on Baffin Island, Sondrestrom airbase in Greenland, Reykjavik, and Paris - returning via Budapest, Stockholm, Aberdeen Scotland, Reykjavik, Sondrestrom, and Goose Bay Labrador.

I moved to the Bay Area in 1993 and in 1994 I met Carol at a Psychic Fair. She was running a healing center at the time in Pleasant Hill and teaching a workshop called Lighten Up that gives people an easy process on how to come into a state of unconditional love of themselves. I attended her workshop and because I was certified in Neuro-Lingistic Programming and hypnotherapy, she invited me to join her healing center as a practitioner. We moved in together shortly thereafter. Carol and I started touring the country presenting her workshop in over 100 cities throughout the U.S. and Canada.

Spotlight cont.

Along the way I got interested in computers and networking and in 1996 I wrote a book about the internet (Web Without a Weaver: How the Internet is Changing Our Future). Carol and I started a publishing company (Open Heart Press) to publish the book. In 1997, because of that book, I was contracted to write the code for one of the first online social networks (Friendly Favors). That started my career in programming and for the last 20+ years have been working as a programmer with a particular interest in identity and networking systems.

I am currently the co-founder and CTO of JLINC Labs (www.jlinc.com), a company based in Oakland with staff in London and other locations around the world. The company aims to change the way individuals & companies exchange information and relate to each other to a more trusting and trustworthy paradigm.

I became interested in Clayton Valley Village when Carol and I attended an informational meeting at the Clayton Library a couple of years ago. We both felt that helping people stay in their homes as they age was a great idea, so we decided to join as founding members.

Upcoming Events for October

Wednesday, Oct 3,: Savvy Senior, Living Independent

Friday, Oct 5th: Our Aging Seminar

Friday & Sat, Oct 7, 8 : Clayton Oktoberfest

Monday, Tuesday, Wednesday, Oct 7,8,9: National Village Gathering

Sunday Oct 14,: 5th Annual Sunday Super and Silent Auction

For additional information about these events and more, click the link below:

https://claytonvalley.helpfulvillage.com/events/index_list

CVV Past Events

This month's CVV Mixer was at OakHurst Country Club held on Sept. 18



CVV Mixer - Oakhurst Country Club September 18, 2018



Everyone who attended the Oakhurst Mixer had a great time. Some of us stayed after to watch the beautiful sunset. Also 5 members have become members of the country club.

CVV MEMBERS QUARTERLY BIRTHDAY LUNCHEON (Sept 2018)



CVV quarterly birthday party for members was hosted by Fiona Hughes.
A fun time was had by all.



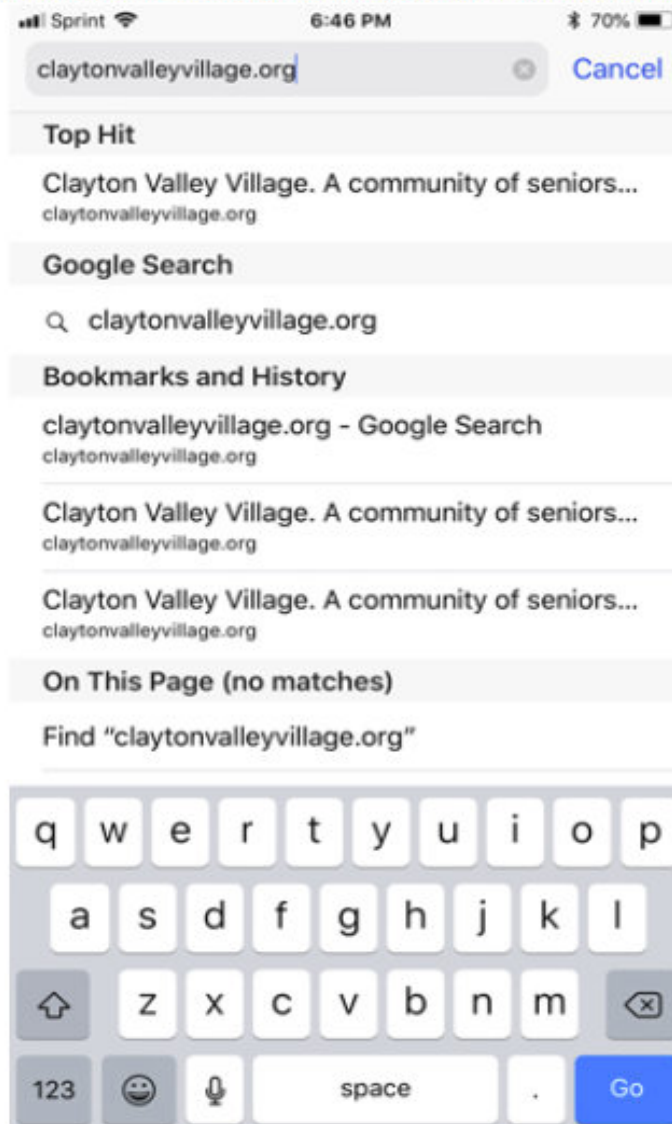
Clayton Valley Village hosted the Lunch 'n Learn program on behalf of Diablo Valley Villages (Clayton, Walnut Creek, Lamorinda) on Thursday, September 27th at Hoyer Hall, Clayton Community Library. Alayne Balke, the Fall Prevention Program Manager for Meals on Wheels, Diablo Region, gave an excellent power point presentation entitled, "Use it or Lose it.... which path will you choose for fall prevention?" She and her staff also gave out very useful handouts to those 20 in attendance. Alayne also has a 8 week long fall prevention workshop series which we may explore for the future.



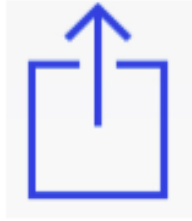
Add the Clayton Valley Village App to Your iPhone

Your iOS Home Screen isn't just for apps. You can put bookmarks on it, too, creating one-tap shortcuts to your favorite websites. The process is super-simple. Here's how it works:

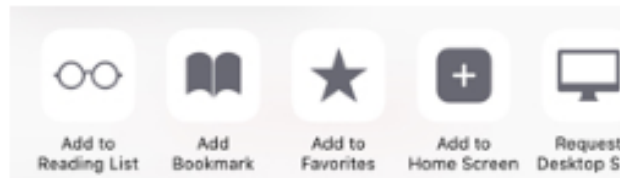
1, Open up Safari and type in ClaytonValleyVillage.org and press GO (see image below).



2. At the bottom of the screen you'll see an icon like the one below. Tap this button



3. If you tapped that button successfully, you'll see a row of gray icons. The one you are looking for is "Add to Home Screen". (NOTE: You may have to swipe the row to the left in order to see it.) Tap that "Add to Home Screen" icon.



4. You'll be asked to choose a name for the Home Screen icon. Type in CVV. Now every time you want to visit the CVV website you just tap the CVV Icon on your Home Screen.



A few weeks ago 5 of us went to see "Christopher Robin". The story is absolutely delightful combining human actors with the beloved Pooh and all his friends in the Hundred Acre Wood. The interaction is heartwarming. Pooh helps the adult Christopher Robin solve a problem in his business and ends up learning a valuable lesson from his old pals. If you have a chance go to see this wonderful movie.

Watch for reviews of up coming Movies " Crazy Rich Asians" and "The Wife".



CVV members and volunteers have many interests, hobbies and skills, so we invite you to start an "Interest Circle." It's a great way to meet, share and learn from others in our village who share common interests. Suggestions include: walking/hiking, arts & crafts, book club, creative writing, woodworking, doll making, card making, painting, quilting, sewing, photography, dining in private homes, conversations on various topics, attending musical events and/or local theater, travel. What it comes down to, however, is the willingness of our Members and Volunteers to lead and coordinate these Interest Circles. If you'd like to share ideas and discuss further, please contact Sonja by email [<sonjawilkin@gmail.com>](mailto:sonjawilkin@gmail.com).



Standing & Ad Hoc Committees

The CVV **Events Committee** meets on the last Friday of the month between 1-3 pm and we welcome anyone to our hardworking team! We enjoy our meetings and the satisfaction of pitching in to make sure our events run smoothly.

The CVV **Tech Committee** meets on the first Wednesday of the month and also participates in the monthly 3-Village Tech meeting and the HV Users group.

The CVV **Member Services** Committee meets on the second Tuesday of the month.

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

Editors: Carol Hansen Grey & Diane Berger

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 organization.

Donations are tax-deductible and welcomed.

www.claytonvalleyvillage.org

**Submissions, Questions or Comments about
Clayton Valley Village or Our Voice Newsletter**

Email: Village.Clayton@gmail.com or **Phone:** 925-626-0411



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