

Our Village VOICE

**A monthly publication of Clayton Valley Village
December, 2021 Edition**

A Message from our President. Check out our Events held in November, Upcoming Events, and more. Also in this issue, we present the 9th installment of the Girl with the Topaz Ring, a story by CVV member Gary Carr.

Merry Christmas from CVV

We hope that you join us as a Member or Volunteer in 2022





President's Message

Marilyn Wollenweber

Can you believe that it's already December? The time has flown. Our Board and volunteers have had a busy year serving Clayton Valley Village. We welcomed 15 new members and are continuing to grow. We have 37 volunteers who fulfilled a total of 340 requests and recorded 3,410 miles of driving for the year. Way to go volunteers! We offered 33 events with 253 total attendants, so we are reaching out to the community as well. We also reduced the membership dues. We had five Board members attend our state and national conferences. They came back with lots of ideas of how to make our Village even better. Our tech team dedicated many hours with a software developer who is serving other villages in the nation. We've been busy! We are looking forward to next year and will be exploring new or additional ways we can serve our members and community.

Here are some dates to keep in mind for this final month of 2021.

December 6 is **Saint Nicholas Day**. St. Nicholas, the patron saint of children, inspires traditions around the world from hunts for presents to stockings or shoes filled with sweets; **December 7** is **National Pearl Harbor Remembrance Day**.; **December 13** is **St. Lucia's Day**, which has long been associated with festivals of light. Before the Gregorian calendar reform in 1752, her feast day occurred on the shortest day of the year (hence the saying "Lucy light, Lucy light, shortest day and longest night") **December 15** is **Bill of Rights Day**, **December 17** is **Wright Brothers Day**, **December 21** is the **Winter Solstice**—the astronomical first day of winter in the Northern Hemisphere and first day of summer in the Southern Hemisphere, **December 25** is **Christmas Day**, **December 26** is **Boxing Day**, (Canada, UK) and the first day of **Kwanzaa**. On the last evening of the year, **December 31**, hug the person you hope to hug every day of 2022!

I wish you all a wonder-filled holiday season and look forward to sharing times with you in 2022!

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Last week I went to McDonald's and ordered a Crispy Chicken Sandwich at the drive-thru. The two lines sort of merge as you go thru and my car and this other car reached this point at nearly the same time, I motioned for her to go ahead. When I went to pay, the woman at the window said "The lady in front of you already paid for you". You can imagine my surprise! I had read about this happening, but never had it happen to me. It gave me a warm feeling and reminded me that people are good. Have a wonderful day. I plan on paying it forward soon.

May the spirit of the holiday season be with you all. Carole Gardner



Go Vito Perillo – 97 Years Old Re-elected Mayor of Tinton Falls NJ

TINTON FALLS, NJ — The mayor of Tinton Falls, Vito Perillo, was re-elected to his second term Tuesday at the ripe old age of 97.

Perillo has been deemed by the media as the nation's oldest mayor and indeed, it does not seem there is anyone older than him.

As we reported four years ago, Perillo first ran for mayor at the young age of 93. It was his first entry into politics ever and he beat out sitting Tinton Falls Mayor Gerald Turning, who was the town's administrator and police chief before that.

"I wanted to run because I was upset with some of the things this administration is doing," said Perillo at the time, according to the Asbury Park Press.

Perillo said he ran for office because he was upset about how Tinton Falls was being run, including a pair of whistle-blower lawsuits involving the police department that cost the borough \$1.1 million to settle.

Perillo said he wore out two pairs of shoes walking to every house in town and asking for their vote.

Perillo will turn 100 on Sept. 22, 2024, in the third year of his new term, according to NJ.com. He told the media outlet he does not plan to seek a third term.

Did You Know?



DID YOU KNOW?

Exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function.

Favorite Books/Movies from CVV Members and Volunteers



Seen by Diane Berger

The Food Club is the story of three longtime girlfriends from elementary school, very different women, with one thing in common; They are in the fall of their lives and they all feel how ruthless old age can be. Marie is abandoned by her husband on Christmas Eve, and her entire identity as part of a happy family crumbles. Berling is the eternal "bachelor" who outwardly denies her age and lives the sweet life, but in the backdrop she is affected by a complicated relationship with her daughter. Vanja, on the other hand, lives in the memories of her late husband and has difficulty moving on. The three women travel to Italy together to attend a food course in Puglia, and here they each have an opportunity to redefine themselves. But only when they are able to face reality, will they be able to change. They acknowledge that the most important thing is friendship and that it is never too late to create a new and better future. And by supporting each other, it turns out to be a life that has much more to offer than they ever dreamed.

Movie is in sub-titles.

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***The Girl with the Topaz Ring, a story by CVV member Gary Carr.
Watch for more in succeeding issues!***



The Girl with the Topaz Ring
by Gary Carr

Chapter Nine

The story so far:

Josh visits his grandmother who confirms that the topaz ring was left with the baby that his mother had given up for adoption. Back at work, Myrna finds a story in a thirty-year-old newspaper about a couple who had adopted a baby who wore a bracelet with a topaz ring. Josh is excited by Myrna's discovery and will make good on his promise to take her to dinner.

Josh drove to the address Myrna had given him. Her apartment was on Potrero Hill between Gonzo's Pizza and the Get Potted cannabis shop. He circled the block, looking for a parking place, and on his third time around, he saw Myrna standing at the curb.

The Toyota's passenger-side door let out a loud creak as Myrna opened it and slid in.

"I saw you drive by, so I thought I'd come down and wait for you here. I know your car, it's rather unmistakable."

"It's a ride," Josh said, trying not to sound apologetic.

"You look different," he said, immediately regretting such a clumsy greeting. "I mean you look great. Never saw you with your hair down. Looks flattering. Really."

Myrna smiled and punched him lightly on the shoulder.

Myrna's new look was certainly different from how she presented herself at the station. Her bright red dress revealed curves Josh had never imagined before. Her hair hung softly along each cheek. She had traded her wire-rim glasses for ones with large circular frames that enhanced the size and color of her brown, or were they hazel, eyes. And she was wearing lipstick, bright red to match her dress. Josh's eyes wandered down from her eyes and discovered a neckline that revealed, with more than a hint but less than a shout, the start of what promised to be a deep valley between two rounded hills. In a flash, Josh understood the reason for the hoodies at work.

They arrived at Gandalf's, a restaurant known for its extensive vegan menu. Josh had researched it on the internet.

He pulled the Toyota into the lot next door, hoping no one had seen them get out of the creaky beast.

Myrna took his arm, which surprised him, coming from a woman whose daily attire was the Western equivalent of a burka.

"Better than a punch on the arm," he thought.

The menu seemed to impress Myrna. She chose a Mediterranean-based entrée, while Josh followed suit with a vegetable curry.

"Good choice, this place," she said. "I've read about it. And by the way, you don't have to go all vegan on my account. You could've had a steak."

Josh felt his cheeks redden. "I'll remember that next time."

Again, he mentally kicked himself. How could he assume there would be a next time?

Josh saw a hint of a smile as she looked down at her plate. His eyes wandered downward to her neckline. She had leaned forward and revealed more of the path through that heretofore hidden valley. He looked up an instant before she did. The last thing he wanted her to say was, "My eyes are up here."

Myrna scanned the dessert menu and picked the trio of gluten-free cookies with carob chips. She offered one to Josh to accompany his espresso. She saw his grimace after he took a bite.

"Tastes like cardboard, right?" she asked.

"I'll be honest – yes.

"You'll get used to it."

Josh felt his cheeks redden as the thought of "getting used to it" flashed through his mind. Maybe there would be a next time.

Josh found a parking spot right in front of Myrna's apartment.

She turned toward him. The light from a streetlamp cast a glow on her dark brown hair. Josh cleared his throat and leaned toward her. He heard the roar of a rocket lifting off.

It was her cell phone

Myrna looked down, then up at Josh.

“Oh, my god, I have to take this. I’m sorry.”

Josh took a deep breath to slow his pounding heart.

“It’s tonight? I totally forgot,” she whispered into the phone.

She pushed the car door open, and the Toyota responded with a vicious creak.

“I’m sorry, Josh, but something has come up,” she said as she took off her shoes.
“You’re welcome to come up. It’s 2-F.”

Myrna hiked up her dress and, with two shoes in the other hand, sprinted up the walk and up the steps to her building.

Curiosity trumping frustration, Josh strode quickly after her.

The door to 2-F was ajar and sounds of gunfire filled the hall. Josh slipped inside and flattened himself against the wall. In the dim light, he could see Myrna seated on the edge of a couch, wearing black Virtual Reality goggles. She held a controller between her knees while she manipulated the two joy sticks.

“Sorry, but the Black Marauders have challenged us to a duel, she said. “I thought it was tomorrow night.”

Josh had never seen her more engaged, not even in front of her computer screens at work.

“If we win this, we’ll be in first place. Hey, Hendricks, watch your back, there’s a starship coming up.”

Josh waved his hand in front of her goggled face. She did not respond and began rapidly clicking the controller.

“Hendricks is our captain. He’s in Johannesburg.” More clicking. “I had a great time, really. But I’m committed to my team. You’re welcome to stay, but this could take hours.”

“That’s O.K. I understand commitment. See you tomorrow.”

Josh took one last look at Myrna, barefoot, red dress, VR goggles. He slipped out the door and closed it behind him.

Next time: What’s up in Kalamazoo?



Health Tips

Tips for Healthy Living

HEALTH BENEFITS OF AVOCADO



Avocados contain more potassium than bananas. Potassium supports healthy blood pressure levels



Avocados are considered a superfood because they are packed with high levels of vitamins, minerals, anti-oxidants and other phytochemicals



Upcoming Events

Friday, Dec 3rd - Events Committee Meeting

Saturday, Dec 4th - Mt. Diablo Adult Education Art & Craft Sale

Sat & Sun, Dec 4th & 5th - Center for Community Arts - Handcrafted Holiday Sale

Sat & Sun, Dec 4th & 5th - Super Holiday Boutique - Pleasant Hill 12th Annual

Friday, Dec 10th - Lunch & Learn - How to get up from a Fall

Monday, Dec 6th - Hanukkah Ends

Monday, Dec 13th - Explorers Villagers Hike

Saturday, Dec 25th - Christmas Day

See all Events <https://claytonvalley.helpfulvillage.com/events>

Save the Date!

Virtual LUNCH AND LEARN - "HOW TO GET UP FROM A FALL"
Friday, December 10, 2021 12:30 pm via ZOOM



Lupe Labourdett is currently employed as a Senior Exercise Specialist and has been teaching for 18+ years at a local hospital.

She teaches exercise to all different ages, especially seniors and others with lung disease and has multiple certifications at AACVPR American Association of Cardiovascular and Pulmonary Rehabilitation.

For 15+ years she has also been teaching Pilates, kickboxing, spinning, Ball, lifting weights plus other exercise classes as well as how to get up if you fall and how to get down to the floor safely if needed.

Zoom link will be mailed to you a couple days before the event.

RSVP: <https://claytonvalley.helpfulvillage.com/events/1820> ,
Call 925- 626-0411 or email us at village.clayton@gmail.com



Pictures from Board Meeting and More Pictures from Sunday Supper



Lunch and Learn - Nov 10th

Lisa Mittone, with Travel Center Tours & Travel, explained the benefits of Travel Insurance and a trusted Travel Agent to guide us through protocols during our travels, whether traveling by bus or domestic and international flights.

Post Travel Covid Testing

On January 26, 2021, a new CDC guideline came into effect which states that ALL passengers entering the USA from a foreign country must take a Covid 19 test three days prior to their scheduled flight bound for the US. The documentation proving your negative test results are required to board the aircraft.

Where do I get this test done?

Who pays for my test?

What if I test positive?

Who pays for my quarantine? And where do I quarantine?

Can I file a claim with my travel insurance?



Happy Hour at Momo N Curry - Nov 16th



QUOTE OF THE MONTH

When we recall Christmas past we usually find that the simplest things, not the great occasions, give off the greatest glow of happiness.

- Bob Hope



Standing & Ad Hoc Committees

2021 CVV Board of Directors

Executive Committee:

Marilyn Wollenweber (President), Joanne Vanis (President Elect) Sue Manning (Past-President),

Mary Esther Loranger (Secretary), Joanne Wasak (Treasurer)

Executive Advisory Committee:

Jim Whitfield (Past President)

Sonja Wilkin (Past President)

Members-at-Large

Diane Berger, Arlene Lewandowski, Kathy Geddes,

Volunteer Representative Member

Pete Bardea

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

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