

# Our Village VOICE

A monthly publication of Clayton Valley Village  
December 2022 Edition

A Message from our President, our Events held in November, Upcoming Events, A Gift Idea for your Parents, Grandparents, & Aunts and Uncles, and lots more.

## Merry Christmas

*From Clayton Valley Village*

*2022 Clayton Valley Village A Year In The Life of Seniors*



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**Gift Ideas For  
Parents, Grandparents, Aunts & Uncles  
Who Can Buy What They Want &  
Have What They Need**

**Give a Membership or Donation to Clayton Valley Village  
Call 925- 626-0411 or email [Village.Clayton@Gmail.com](mailto:Village.Clayton@Gmail.com)  
<https://www.claytonvalleyvillage.org/member-application>**





## President's Message

Kathy Geddes

We are thankful.

Many thanks are due to all the volunteers who step up to fulfill your Service Requests, the many members and volunteers who are responsible for our Events and Socials and especially to all those who do so much behind-the-scenes work.

Since our last newsletter, members and volunteers have enjoyed several activities such as the Clayton Theatre Company's production of "Forbidden Broadway Hits", this month's Happy Hour event that featured dinner at Concord's Old Spaghetti Factory, honoring the CVV members and volunteers on Veterans Day who are this country's military veterans, and a fun and delicious Birthday Luncheon for our members who celebrate their birthdays in the 4th quarter of the year.

I would like to thank our Nominating Committee (Jim Whitfield, MaryEsther Loranger, and Kim Brazill) for all the work they have recently done to present a slate of proposed nominees for CVV Board of Director positions for 2023. The election will ensure that we are prepared to continue the important work of Clayton Valley Village in the new year.

Right after the first of the year, will be having our annual Holiday Party for members and volunteers. Watch for upcoming information.

We are grateful to all of you.

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## In Memory Of Fred Pardella



Clayton Valley Village has lost a long-time volunteer. Our member, Fred Pardella, passed away earlier this month at his home in Concord. He'd been battling Parkinson's Disease for some time. Fred and his wife, Rita, who passed away two years ago, were great helpers with CVV's annual Sunday Supper & Silent Auction. Fred was born and raised in San Francisco along with his two brothers. Together, they created many memories and much laughter. Fred graduated from Sacred Heart High School and City College of San Francisco. Fred then joined the SF Police Department where he retired as Lieutenant after 30 years. His second career was as Market Security Manager for the five Tiffany & Company stores in the Bay Area. After retiring from Tiffany's, Fred and Rita traveled extensively to Europe and around the US. Fred was a genuine and authentic man. He never did anything because someone may be watching or say something because someone may be listening. He lived with an innate integrity that cannot be taught or learned, yet he never looked for this to be acknowledged. **A memorial liturgy will be held on Wednesday, December 7, at 11:30 a.m. at St. Bonaventure Church.** If donations are desired, they can be made in Fred's name to the SFPD Widows and Orphans Fund.

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## Repeating Article From 2019 as a Reminder

### How My Apple Watch Saved Me! by Joanne Wasak



It was 4th of July and the whole neighborhood was quiet as folks were out enjoying the holiday and their families. I was having a quiet four-day weekend and planned to take lots of walks with my pup while enjoying down time. But things changed for me in a millisecond. I was at my neighbor's house taking care of their birds and watering plants... (you know, the usual stuff when neighbors are out of town). As I was watering, water got on a stone ramp making it slippery. I slipped on it and I fell hard.

At that moment I knew I had done something really bad to my ankle but nonetheless I tried to get up on my own... but to no avail. I sat there on the hot ground wondering how I could get myself up and out of the situation, but there was no way. I had not taken my cell phone with me as I was just around the corner (and, of course, no one ever expects something bad will happen when you are so close to home). However, the one thing I did have was my Apple watch and it literally saved me.

When I purchased it I had decided to spend the extra few dollars and get the Apple watch with cell service so I could call just as I would with my actual cell phone. Boy, I am ever so grateful I did. I was able to call 911 and even though I did not actually know my neighbor's street address, I could give them directions as to my location in the back yard of my neighbor's house. Within 20 minutes or so, the Clayton police department found me. Then the Fire Department showed up and paramedics soon followed.

My Apple watch saved me... I honestly do not know how long I would have been in that back yard screaming for someone to help. I could not crawl easily as my foot/ankle was in excruciating pain. It turns out I had broken bones on both sides of my ankle.

Lessons Learned: (1) be aware of your surroundings at all times, (2) do not walk on slippery wet ramps, (3) wear secure shoes (not flip-flops) and (4) wear your APPLE WATCH!!! It was worth every penny and (for you ladies) it is stylish as well!

On a side note: When I joined CVV, I never dreamed I would be the one needing assistance! However, since my fall, I have had an out pouring of care from CVV folks ready to help with whatever I need. What a great community! I am eternally grateful to be part of it

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# Volunteer SPOTLIGHT



We are proud of Fiona Hughes for contributing her talents to the Artify Orinda project.

The utility box she painted is located at the cross streets Orinda Way and Santa Maria Way, across from the Shell gas station.

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# Funny One-liners

By Member  
Jeannie Rhodes

When I get a headache I take two aspirin and keep away from children just like the bottle says.

Just once, I want the username and password prompt to say, "Close enough."

Becoming an adult is the dumbest thing I've ever done.

If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.

"Your call is very important to us. Please enjoy this 40 minute flute solo".

I envy people who grow old gracefully. They age like a fine wine.

I'm ageing like milk: Getting sour and chunky.

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep.

He's 5 and it's past his bedtime.

Today's 3-year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.

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## Share YOUR STORY

By Barbara Molnar

My sister once led a cancer support group that met at a hospital in Northern California. After one particularly boisterous meeting, some nurses asked her what they had been discussing. Oh, she said, so many of the group had been losing their hair due to the treatment we decided to have a contest for the best story about how they lost their hair. One of the group was a keen cyclist and as she was bicycling one day the weather changed and a gusty wind came up behind her. Suddenly she noticed clumps of what she thought was grass blowing past her. It was her hair. She won.

My sister is now under treatment for cancer but she has not lost her ability to laugh and to make others laugh as well. What greater gift can you have.

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### Members and Volunteers December Birthdays

Dec 11 Jesse Christensen  
Dec 12 Kathy Carr  
Dec 16 Ronald Mahlman  
Dec 17 Alfreda Young  
Dec 18 Anita Stranik  
Dec 23 Bev Adams  
Dec 30 Sonja Wilkin





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## PATRONIZE YOUR ADVERTISERS



## Upcoming Events

**Friday, Dec 2nd - CVV Events Committee Meeting**

**Sunday, Dec 4th - Super Holiday Boutique**

**Monday, Dec 5th - CVV Explorers Village Hike**

**Sat & Sun, Dec 10th & 11th - Diablo Women's Chorale Bells and Noels**

**Wednesday, Dec 14th - CVV Board Meeting**

**Sunday, Dec 18th - Start of Hanukkah**

**Sunday, Dec 25th - Christmas Day**

**Saturday, Dec 31st - New Year's Eve**

Scan the QR Code to View the Calendar



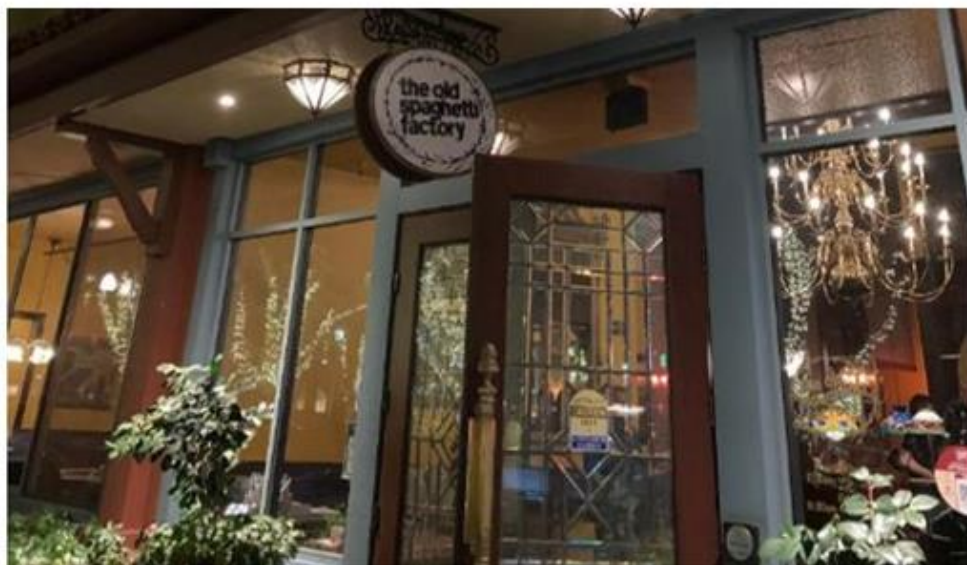


**CVV honored our Veteran Members and Volunteers**  
**Veterans Day, November 11th**



# CVV Happy Hour - Old Spaghetti Factory

November 15th









## CVV Q4 Birthday Celebration - November 18th





## BRAVO (Bay Regional Area Village Organization)

Twenty nine people attended from 15 Area Villages to exchange ideas.

Clayton Valley Village was represented by Kathy Geddes, Sonja Wilkin, Diane Berger, Nancy Hoffman, and Pete Bardea.



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# *Save the Date!*

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RSVP: <https://www.eventbrite.com/e/diablo-womens-chorale-presents-bells-and-noels-tickets-445153314547?>

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## CVV AFFINITY INTEREST CIRCLES



Bocce, Hiking, Yoga, Mah Jongg, Movie Group  
Romeo, Armchair Travelers

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## Quote of the Month

“Remember, George:  
no man is a failure  
who has friends.”

—IT'S A WONDERFUL LIFE (1947)



By Member  
Yoni Bushell

When we decided to move from East to West  
Where to live, what can we afford, what would be best?  
We found Clayton, what a lucky find!  
Wonderful people, thoughtful, caring and kind!

And even MORE, can you believe - there is CVV!  
What talented, fun loving people, so a big THANK YOU from Yoni.

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## **2022 CVV Board of Directors**

### **Executive Committee:**

Kathy Geddes (President), Sue Manning & Sonja Wilkin (President Elect),  
Marilyn Wollenweber (Past-President), Arlene Lewandowski (Secretary),  
Joanne Wasak (Treasurer)

### **Members-at-Large**

Diane Berger, Joanne Vanis

### **Volunteer Representative Members**

Pete Bardea, Linda Pinder, Kim Brazill, Margaret Bachman

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<https://www.claytonvalleyvillage.org>

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