

# Our Village VOICE

## A monthly publication of Clayton Valley Village February 2023 Edition

A Message from our Presidents. Covid Updates, What to do when Your Power goes out, Difference between El Nina & La Nina, Upcoming Events for February.

### Happy Valentine's Day



#### What is the true meaning of Valentine's Day?

It originated as a Christian feast day honoring one or two early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

## WHAT IS HAPPENING AT CLAYTON VALLEY VILLAGE

*Welcome*  
*New Members*  
*& Volunteers!*

### Members



**Norma Meidberg**



**Shirley Boyd**

### Volunteers



**Tim Gunn**



**Donna Plavetzky**



## President's Message

*Marilyn Wollenweber*

Well, it's February already! I hope you all have been able to stay dry. We sure have been watered royally! The hills are definitely greening up. I bet you are ready for some good old sunshine. May you be showered with love and hugs instead especially on February 14<sup>th</sup>!

We just welcomed two new members to our "Village", Norma Meidberg and Shirley Boyd. Make sure to introduce yourself to them when you see them at some of our functions.

There is date that we want you to put on your calendar. It's our Clayton Valley Village Annual Meeting, February 28<sup>th</sup> from 3:00-5:00 at Hoyer Hall in the Clayton Library. Door prize, coffee, tea, water, and lots of cookies will be available. We are holding the meeting at an earlier time so that you don't have to drive in the dark. Also, if you need a ride, put in a request and one of our volunteers will pick you up so that you can attend. We hope to see each and every one of you there.

Joyce Atkinson and Marilyn Wollenweber, your co-presidents

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**In Memory of  
Doris Logan  
1927-2003**



**COVID-19 UPDATES**

A graphic featuring a 3D model of a COVID-19 virus particle, which is spherical and covered in red and grey spikes. A horizontal red bar is superimposed across the middle of the virus, containing the text "COVID-19 UPDATES" in white, bold, sans-serif capital letters.

**Click on the link to read about the latest on Covid-19 updates**

<https://www.usatoday.com/story/news/health/2023/01/06/covid-update-xbb-variant-symptoms-reinfection/10995204002/>



### How Did a La Niña Winter Become So Rainy?



## *How Did a La Niña Winter Become So Rainy?*

Despite La Niña's reputation, not every year dominated by the climate pattern is a dry one in California, experts say.

As rain has deluged our parched state since New Year's Eve, many Californians have found themselves asking a familiar question: Is this somehow because of El Niño?

In the California imagination, the [climate pattern](#) known as El Niño has an almost mythological status as a harbinger of prolonged wet spells, while its counterpart, La Niña, is associated with drought. The past three years have been La Niña years.

The continuing procession of storms this winter has [drawn comparisons](#) to the famed wet winter of 1997-98, when rain driven by El Niño drenched the Golden State. Californians are bracing for one of the season's most intense storms to date on Monday and Tuesday.

But Daniel L. Swain, a climate scientist at the University of California, Los Angeles, said that El Niño hasn't taken over — yet

"As much as it walks and talks like El Niño, it ain't," he said of this winter's pattern. "We still have La Niña conditions, despite rumors of its demise."

Even so, long-range forecasts suggest that California will transition into El Niño in the autumn. So how does this all work? How do we know if El Niño has taken over?

Swain explained, simplifying a bit, that El Niño is essentially one side of a pendulum swing, and La Niña is the other. During El Niño, trade winds are weaker, and warm water in the Pacific sloshes toward the western coasts of North America and South America. During La Niña, stronger trade winds push warm water in the other direction, toward the coast of Asia. Ocean temperatures affect the weather.

This dynamic means that the effects of El Niño and La Niña vary in different parts of the world. In parts of the western Pacific, like Indonesia, for example, El Niño tends to produce drier conditions, rather than rain.

In California, the relationship between wet years and El Niño depends on the strength of the pattern, and to some degree on chance. In other words, an El Niño year loads the dice in favor of a wet year, but does not guarantee one.

The latest heavy storms and flooding remind Jan Null, a meteorologist and former lead forecaster for the National Weather Service, of the winter of 2016-17, which was also a La Niña year.

“Every El Niño is not wet, and every La Niña is not dry,” Null said.

Complex advanced predictive tools are showing that by next summer or fall, El Niño will probably be in place, and this time the pattern could be “a pretty strong one,” Swain said. That could bode well for California and the West’s water outlook.

“All of it is fascinating, and also humbling,” he said. “We’re literally predicting the future.”

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## What To Do When Power Goes Out



### Before

- Have plenty of batteries ready, and flashlights for every member of the family.
- Have non-perishable food ready.
- Consult your doctor to determine alternate plans for refrigerating medicines or using power-dependent medical devices. Find out how long medication can be stored at higher temperatures, and get specific information for medicines critical to life.
- Install carbon monoxide detectors with battery backup everywhere in the home.
- Determine if your home phone will work in an outage.
- Pre-charge portable phone charges or power banks. Typically these can provide up to 24 hours of charge.

### During

- Keep refrigerators and freezers closed.
- Generators should only be used outdoors and away from windows.
- Do not use gas stoves or ovens to heat your home.
- Disconnect appliances and electronics to avoid damages for surges.

### After

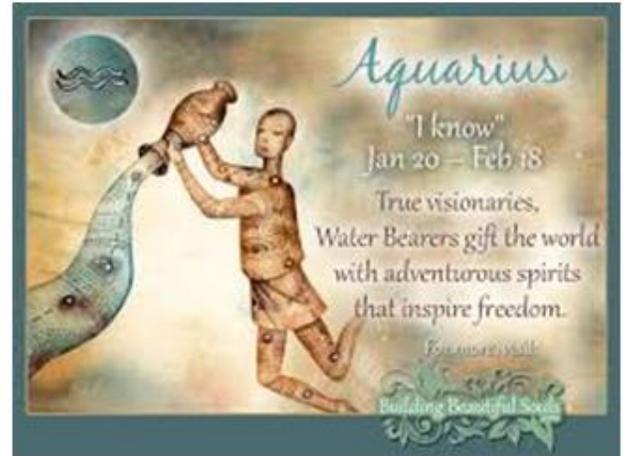
- Throw away food that has been exposed to temperatures 40 degrees or higher for two hours or more, or has an unusual odor, color or texture.
- If power is out more than a day, discard any medications that should be refrigerated, unless the label says otherwise.



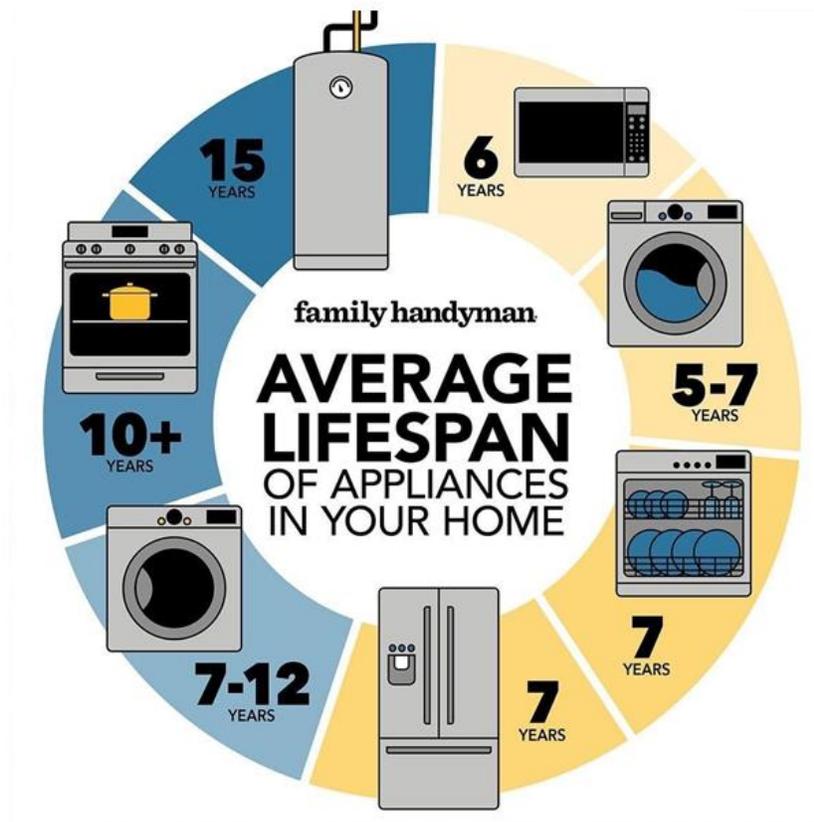
February 14 Mariana Behdjat

February 19 Peggy Hooper

February 28 Carole Gardner



## GOOD TO KNOW



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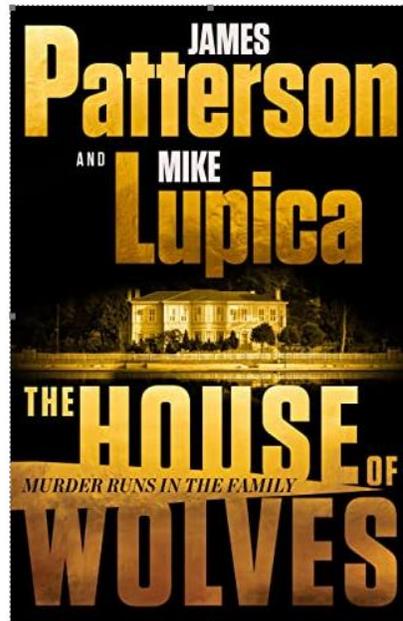


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# Book, Movie & TV Reviews



Recommended By Diane Berger

James Patterson and Mike Lupica are the thriller dream team! Jenny Wolf's murdered father leaves her in charge of a billion-dollar empire—and a family more ruthless than *Succession's* Roys and *Yellowstone's* Duttons.

The Wolfs, the most powerful family in California, have a new head—thirty-six-year-old former high school teacher Jenny Wolf.

That means Jenny now runs the prestigious *San Francisco Tribune*.

She also controls the legendary pro football team, the Wolves.

And she has a murdered father to avenge—if she can survive the killers all around her.

An unforgettable family drama by two writers at the top of their craft.

## Two Netflix Movies - Recommended by Barbara Molnar

Wednesday's Child is definitely not full of woe. Instead, she stars in an engaging, well-acted, and very much a send-up series on Netflix, in which this Addams family female scion is inserted into a finishing school of sorts.



Sorts including werewolves, vampires, shape-changers and other non-normals, and, of course, one blood-thirsty killer monster whom the local (normal) sheriff is after.

The conversation is witty, particularly between Wednesday and her assigned therapist; the special effects are up to par; the plot is rambling enough to keep your interest; and it is much fun to watch. Highly recommended.



In addition to woe, there is also woke, and the movie The Sea Beast fills the bill.

This animation epic, presumably aimed at children, has some very adult lessons in it – the most telling when the young and very determined protagonist discovers that her beloved books written as being true accounts are not.

Welcome to the concepts of propaganda and social media.

May we all wake up someday.



# RECIPES

## GOULASH

Family Favorite from Gloria Utley

Serves 8-10

1 lb. ground beef or turkey (for turkey add 1 cube beef bouillon or Kitchen Bouquet)  
1 onion, chopped  
2 8 oz. cans tomato sauce  
1 can of water (rinse empty tomato sauce cans out & add to mix).  
8 to 10 oz. can corn kernels, drained  
1 small can pitted olives  
½ tsp. each salt & pepper  
¼ tsp. each ground thyme & sage  
1 bay leaf  
1 clove garlic, peeled  
2 Cups Salad or elbow macaroni  
Velveeta Cheese small loaf 10 slices +/-

Cook macaroni according to package instructions and drain.

Preheat oven to 350 F.

Brown meat & onions in large pot. Drain off fat.

(If you use turkey, add 1 cube beef bouillon or ¼ to ½ tsp. Kitchen Bouquet)

Add tomato sauce, water, corn, olives, salt and pepper, & thyme and sage. Stir well.

Line a 1-½ or 2-quart casserole with half of the cheese slices.

Add meat mixture to macaroni. Stir and pour into casserole.

Put garlic clove and bay leaf on a toothpick and push into center of casserole.

Top with remaining cheese slices.

Bake at 350 degrees for 45-60 minutes until cheese melts through.

Cheese does not need to brown on top. You can cover it with a lid.

Remove from oven and let stand covered about 10 minutes.

Remove toothpick with garlic and bay leaf before serving.

Serve with tossed green salad and garlic bread.



## Upcoming Events

**Thursday, Feb 2nd - Groundhog Day**

**Friday, Feb 3rd - CVV Members Q1 Birthday Party - Members Only**

**Monday, Feb 6th - Explorer Villagers Hike**

**Wednesday, Feb 8th - CVV Board Meeting**

**Saturday, Feb 11th - Valentine's Orchid Show & Sale**

**Tuesday, Feb 14th - Valentine's Day**

**Friday, Feb 17th - CVV Out to Lunch Bunch- Members Only**

**Monday, Feb 20th - President's Day - Office closed**

**Tuesday, Feb 21st - CVV Happy Hour at Love Thai**

**Friday, Feb 24th - CVV Events Committee Meeting**

**Saturday, Feb 25th - SIDV Fundraiser Texas Hold'em**

**Tuesday, Feb 28th - CVV Annual Meeting at Hoyer Hall**

Scan the QR Code to View the Calendar



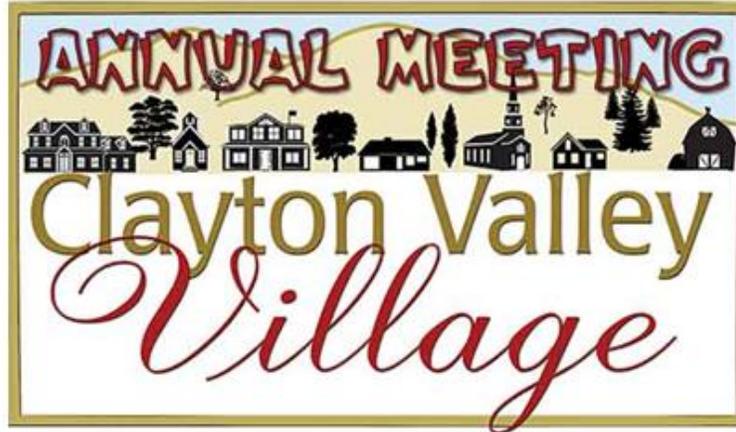
# *Save the Date!*

**Clayton Valley Village Annual Meeting**

**Where: Clayton Library - Hoyer Hall**

**6125 Clayton Road, Clayton Ca.**

**When: Tuesday February 28th at 3:00 PM**



**SIDV Fund Raiser - Texas Hold 'EM**

**When: Saturday February 25th 6:00 PM**

**Where: Concord Moose Lodge**

**1805 Broadway, Concord**



# Soroptimist

International of  
Diablo Vista



Funds raised with this Poker Tournament  
will be used for the following:

- *Live Your Dream Awards*
- *Monument Crisis Center*
- *Shelter Inc.*
- *Sweet Beginnings*
- *STEM*
- *Respite Inn*
- *Get Real Academy*
- *Violet Richardson Award*
- *Olympic High Scholarship*

## BLUE DOG EVENTS POKER TOURNAMENT

# Saturday, February 25, 2023

6:00 - 6:30 Registration and Free Instruction

6:30 pm: "cards fly!" (Tournament Begins)

Includes Delicious Hors d'oeuvres and Soft Drinks

Alcoholic Beverages will be sold - No Host Bar

**Concord Moose Lodge**

1805 Broadway Street

Concord, CA 94520

**Buy-in: \$65**

Re-buys: \$20 / Add-ons: \$20

To Reserve Your Seat Call:

Sue Manning — 925-408-3848

e-mail: [suemanning121@gmail.com](mailto:suemanning121@gmail.com)

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You can get your tickets on-line at  
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Events - BUY NOW

## CVV AFFINITY INTEREST CIRCLES



Bocce, Hiking, Yoga, Mah Jongg, Movie Group

Romeo, Armchair Travelers

### Interest Circles

The Mah Jongg group is still active although the 4 participants have met monthly rather than every other week due to the holidays.

The Hiking Group had its December walk in Walnut Creek, even if weather threatened. A hike is being planned for Monday, February 6th.

The Out to Lunch Bunch will have its next get-together on Friday, February 17, at Longport in the Veranda Shopping Center.

The Movie Group has not re-grouped yet.

The new Bocce Ball season is in it's planning stages.

Sue Manning, Chair

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## Quote of the Month

**Some of the best days of our lives haven't even happened yet.**

**- Anne Frank**

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### **Terrific Person**

**Hey you--**

**You're often on my mind;**

**You're a terrific person,**

**One of a kind.**

**I'm sending this poem,**

**Because I want to say**

**I'm thinking of you**

**On Valentine's Day!**

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## **2023 CVV Board of Directors**

### **Executive Committee:**

Marilyn Wollenweber & Joyce Atkinson (President), Rosemary Harwood (President Elect)  
Kathy Geddes (Past-President), Arlene Lewandowski (Secretary),  
Joanne Wasak (Treasurer)

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

Diane Berger, Don Stranik & Maria Xiaris

**Volunteer Representative Members**, Linda Pinder, Kim Brazill, Margaret Bachman

*Make a Difference...*

## Join a Committee!



### CVV Members and Volunteers

- The CVV Events Committee meets as needed 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.

**Contact Sonja at [sonawilkin@gmail.com](mailto:sonawilkin@gmail.com)**

- The CVV Tech Committee meets on the third Tuesday of the month, participates in the Helpful Village Users Group, produces the newsletter, develops and updates the website, coordinates the digitizing and storage of CVV documents and handles Database Management.

**Contact Diane at [dianeberger76@gmail.com](mailto:dianeberger76@gmail.com)**

- The CVV Program Committee coordinates "Lunch and Learns" with various topics. They range from helpful suggestions to concerts. (No regular scheduled meetings).

**Contact Arlene at [travelmomadl@yahoo.com](mailto:travelmomadl@yahoo.com)**

- The CVV Communications/Publicity Committee coordinates with the Tech Committee on Website Development and Newsletters, Printed Promotional Material, Calendar Management, Social Network Outreach and Email Notifications. (No regularly scheduled meetings).

**Contact Diane at [dianeberger76@gmail.com](mailto:dianeberger76@gmail.com)**

- The CVV Outreach Committee gives presentations to various organizations, organizes periodic community gatherings; joins other Bay Area Villages at resource fairs & programs; attends public meetings of various local, state and national government agencies; represents CVV at National and State Conferences; continuously promotes CVV wherever the opportunity occurs to increase membership. (Meets as needed.)

**Contact Jim at [jimwhitfield64@gmail.com](mailto:jimwhitfield64@gmail.com)**

- The CVV Member Services Committee meets on the second Thursday of the month. The committee develops, produces and distributes the Member and Volunteer Handbooks, processes new member applications and schedules new member in-home visits. The committee also provides and monitors the call managers who are assigned days to answer calls and respond to emails sent to the Village. It receives members suggestions for service providers and adds them to the service provider list on CVV's website after review.

**Contact Marilyn at [mwollenweber126@gmail.com](mailto:mwollenweber126@gmail.com)**

***Our Village Voice*** is a free, electronic publication of  
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