

Our Village VOICE

A monthly publication of Clayton Valley Village

April 2023 Edition

A Message from our Presidents. Our Events held in March, upcoming Events, and lots more. Check out our Interesting Articles.

Happy Easter!



Easter, also called Pascha or Resurrection Sunday, is a Christian festival and cultural holiday commemorating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial following his crucifixion by the Romans at Calvary c. 30 AD.

President's Message



Co-President
Marilyn Wollenweber



Spring has sprung! I hope you are enjoying the vibrant green hills and the tree and flower blossoms. It's almost a cacophony of colors!

We had a very informative presentation by Emily Milstein on how to detect scams. She gave effective responses if you get one either by phone, mail, or email. You can see the presentation on our website if you didn't go. We had a delightful outing to Momo N Curry. There was lots of conversation and a variety of tasty dishes served. If you didn't go, give the restaurant a try sometime. Some other interesting activities coming up! Feel free to invite a friend to the CVV information meeting 3:00 pm April 5, at Hoyer Hall. Also, put April 22 on your calendar for our annual holiday party which is open to members and volunteers. Look for more information in our newsletter and website. Enjoy the sunshine, when it appears, and Happy Spring!

Marilyn and Joyce, your co-presidents

Join or Renew Your Membership



If you are already a member, you will be receiving a member renewal email on April 1st. If you usually mail in your check, send your check to P.O. Box 1274 Clayton, CA 94517. 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 CVV call (925) 626-0411 to be sent an application, or download one yourself at <https://www.claytonvalleyvillage.org/member-application>.

Welcome

New Members!



Cynthia Cardinale



Volunteers of the Year



Sonja Wilkin



Sue Manning

CVV wants to express our sincere gratitude for all of the hard work and dedication you both put in during your tenure as the Presidents, Co-Presidents and everything you have done for our non-profit organization. Sonja's and Sue's leadership have been a true inspiration to all of us. They were awarded gift cards to R&M Nursery in Clayton.



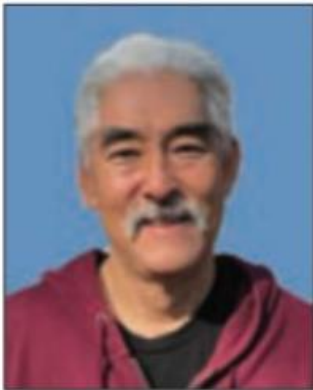
April 3rd Kathryn Olson
April 4th Larry Solen
April 4th Adela Oldford
April 5th Susan Kendall
April 5th Roberta Powell
April 5th Ken Studer
April 7th Jeannie Boyd
April 15th Valerie McDaniel
April 16th Betty Armes
April 16th Mary Rogers
April 18th Barbara Molnar
April 26th Maria Xiaris
April 27th Petronella Coleman



Volunteer SPOTLIGHT

A Story about CVV Volunteer Fiona Hughes
By John Nakanishi

Pandemic prompts pet projects for Fiona Hughes



JOHN NAKANISHI
ARTS IN MOTION

Some artists spend their entire lives pursuing art, while others come from varied and diverse backgrounds. Fiona Hughes is one of those artists who ended up in the art world after pursuing a number of career paths.

From being in the diplomatic service, to a voice-over artist,



Clayton resident Fiona Hughes painted pet portraits while sheltering in place during the pandemic.

to running public relations for high-tech companies, Hughes has traveled the world – hardly staying more than five years in any particular place. But when the pandemic hit, in-person public relations meetings and international conferences were placed on hold, and Hughes discovered she had time to get back to her first love: creating art.

While sheltering in place, Hughes found time to paint, and word spread that she was commissioning pet portraits. Hughes admits that her love of animals is her biggest inspiration. She warmly expresses that “it’s an honor to memorialize someone’s treasured pet, and especially meaningful if it has passed on.”

Her goal is to capture each animal’s unique spirit and, in particular, its expressive eyes. “If the eyes aren’t right, then nothing else about the painting is,” says Hughes, who gets a lot of joy from receiving positive comments from her patrons.

Hughes also found enjoyment working on large murals of oceans and landscapes, and she was able to sell these and other paintings at local gallery shows. She decided to produce a series of videos and webinars on marketing artwork online. Art has now become a big part of her life.

Hughes jokingly points out

that she has brandished a paintbrush throughout most of her life. She tells of the time she repainted the front of her grandmother’s antique dresser with some red nail polish that was left too close to her playpen. By the time she was a teen, Hughes was recognized as a talented artist and received requests from friends for portraits of beloved pets.

In her late teen years, she was ready to venture out artistically, so she moved to Holland and spent four years studying many of the Dutch masters. She was also inspired by visits to great art galleries of Europe.

Hughes likes to use acrylics, oils, clay and even fabrics. Though she finds watercolors the most challenging, it is her current favorite media.

“Watercolor keeps you on your toes with its many variables,” according to Hughes. “So much depends on the dampness of the paper, how much water is on your brush, how diluted the paint is.”

Hughes became a Clayton resident more than 30 years ago. She married into a Clayton family and found the city to be a wonderful community where she could settle down and raise a family. She gets inspiration from a large and vibrant local artist community, whether it’s socializing at a reception at the JOR Fine

Arts Gallery in Clayton or attending a meeting of the Concord Art Association.

She has recently begun painting utility boxes for local cities, finding it very satisfying to bring color and life to those drab, sterile boxes. We are looking forward to her work as one of the artists involved in the city of Concord’s upcoming



FIONA HUGHES

third round of utility box paintings.

Whether it’s large abstracts or cute pet portraits, you can view Fiona Hughes’s art at JOR Fine Art Gallery in downtown Clayton or at petprojects.net.

John Nakanishi is an acrylic painter and a ceramic artist. Email comments and suggestions for future columns to phjona@gmail.com.

ARTICLES OF INTEREST

[Carry-On Luggage Rules: Everything You Can \(and Can't\) Bring With You on a Plane](#)



[Having Hobbies Really Can Boost Your Well-Being](#)



[Living longer in better health: Six shifts needed for healthy aging](#)



[How to Create a Safe Space for Your Aging Loved One](#)





Do you want to make a difference in your community? We're looking for motivated and enthusiastic volunteers to join the Clayton Valley Village team! We offer flexible hours and a great opportunity to give back and help those in need. If you're interested in making a positive impact, apply now!

Application Link: [Volunteer Application](#)

Clayton Valley Village Web Site: [CVV Web Site](#)

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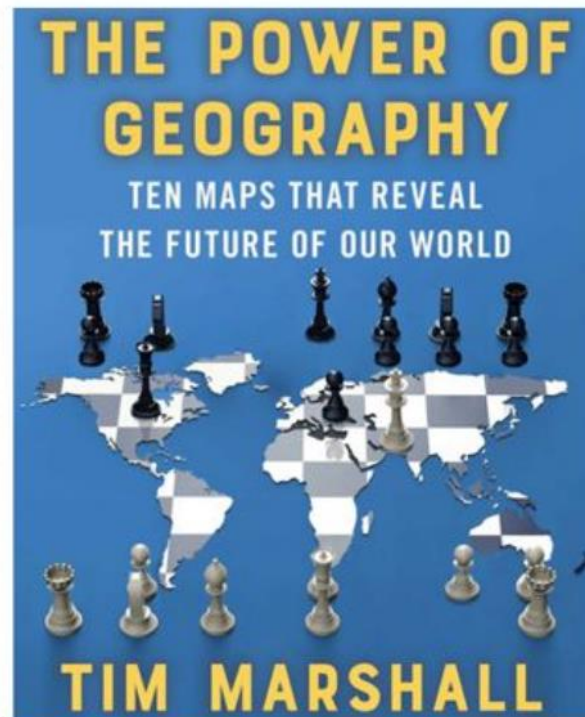
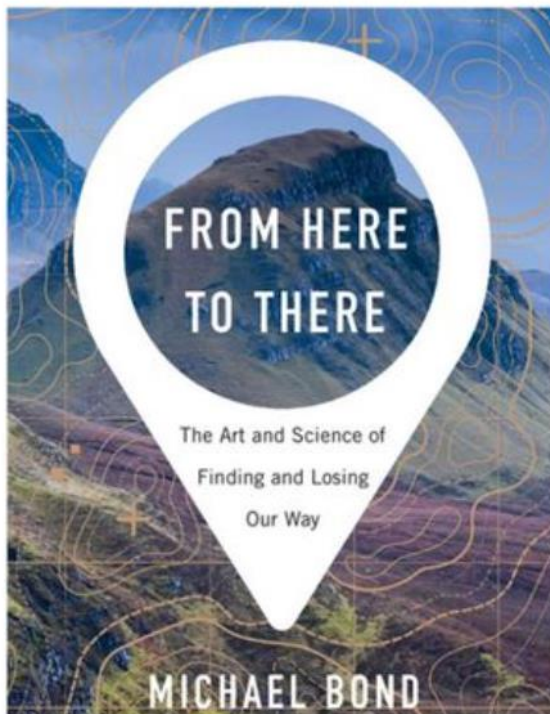
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Book, Movie & TV Reviews



Geography - Inside and Out

Book reviews by Barbara Molnar



Geography is a space, not just the mundane space we move physically through but also the spaces surrounding our imagination and memories. A dream does not take place in a void. A memory is rooted in a place. Just as there are external nation states and failed states, there are also states of mind. These books discuss the geography of both our external and internal lives.

We humans have a long history of exploration of our environments - as hunter/gatherer groups to find food and shelter and avoid the dangers surrounding us. Researchers have discovered specialized neurons, first in rat brains, then in other mammalian brains (including ours) that are active only when a novel environment is being examined. The neurons cluster around and in the hippocampus region and we all have them. As children's knowledge of their surroundings grows and as they

explore beyond the boundaries of home, these neurons increase. Or did through the 1950s and 1960s. This was when children walked to school, played in city streets with their friends or completed chores around farms in rural areas.

Now with physical exploration replaced by internet and cell phones and being driven to every location by adults, the ability of building conceptual maps of the surrounding environment falters and eventually disappears. As it does with the adults who rely heavily on Geographical Positioning Systems to get them from one location to another. Right now, could you sit down and draw a map of the route you take driving to work or to a school or to a park? How much detail would there be? What features would you note? What alternate route could you take if a street was blocked? Tests show that the adults relying heavily on GPS draw the worst maps. Does it mean the cognitive ability to find your way will eventually be destroyed? Maybe. Maybe not. But your hippocampus area may shrink and that is dangerous as it is also a condition found in many dementia patients who have truly lost their way.

Men differ in their external navigation approach to women. (YES!) Male navigation strategies of large areas make use of cardinal directions; distance; bearing; as though examining the route from above, drone- or bird-like (go south down the street for about a mile then turn east at the second intersection, the freeway on-ramp going north is a half-mile further...). Whereas women make greater use of landmarks, explaining a route by the description of what will be passed (continue down this street until you get to the high school then turn left at the first intersection after the school and go past the Methodist church and turn right at the next intersection with traffic lights...) And how to describe the terror of being lost. Of stepping off a trail and turning to find the trail has disappeared. Why do we react with panic, sometimes losing our lives as well.

Our internal geography is as fascinating as up-to-date accounts of the external nation states that occur in headlines and news reports. Iran, Turkey, The Sahel - places of earlier colonial control (Burkina Faso, Chad, Niger...) a corridor of countries in trouble and facing failure as they become battlegrounds of militias and threaten to send more waves of migrants to Europe. And other states struggling with the problems geography has endowed on them (Australia, United Kingdom, Spain) and even Space. How will its geography be measured and mapped; who will "own" parts of it when wealth from asteroids or planets is discovered?



Upcoming Events

Saturday, Apr 1st - April Fool's Day
Saturday, Apr 1st – Clayton Theater production - Mousetrap
Wednesday, Apr 5th – Come and Learn about CVV
Friday, Apr 7th – Good Friday
Sunday, Apr 9th – Easter Sunday
Monday, Apr 10 – CVV Explorers Wildflower Hike
Tuesday, Apr 11 – Women's Club Fundraiser – Panda Express
Wednesday, Apr 12th - CVV Board Meeting
Tuesday, Apr 18th - CVV Monthly Mixer - Sip N Sweet
Saturday, Apr 22nd - CVV Spring Fling (Members & Volunteers)
Friday, Apr 28th - CVV Events Committee Meeting
Saturday & Sunday, Apr 29th & 30th - CBCA Art & Wine Festival

Scan the QR Code to View the Calendar





CVV Annual Meeting - February 28, 2023

Outgoing President Kathy Geddes opened the meeting.
Jim Whitfield and Fiona Hughes gave a presentation about CVV's mission.





Our new Co-Presidents, Joyce Atkinson and Marilyn Wollenweber introduced themselves and the new 2023 Board





Happy Hour - March 21st at Momo N Curry





**CVV Happy Hour
is always FUN!**



Village Program for Seniors Scams, Fraud and Identity Theft

Summary of the Event:

“SCAMS, FRAUD AND IDENTITY THEFT” was the program recently presented by Emily Millstein, attorney, from Contra Costa Senior Legal Services. The attendees received valuable information on how to identify these events, how to avoid them and what to do if you fall victim to them.

If you were unable to attend, you can view her presentation by clicking on the link. <https://claytonvalley.helpfulvillage.com/documents/1884/download>

Get a free copy of your credit report!

Go to Annualcreditreport.com to request a free copy of your credit report. You may also call 1- 877-322-8228. Other information is also on this website.

You are allowed one free report per year per bureau. Review it at least once a year. It has been suggested you mark your calendar and request a report every 4 months from a different bureau.

Contra Costa Senior Legal Services (CCSLs.org). Their mission is to protect the rights of seniors by providing free legal services to Contra Costa County residents aged 60 and older. They give free civil legal assistance which includes preservation of housing (how to protect your home and equity), protection from elder abuse, consumer rights and debt issues, planning for incapacity and public benefit matters, including denials or reductions in Social Security (SSA), Social Security Disability (SSDI) and Supplemental Security Income (SSI). They meet with clients by appointment only. To make an appointment, call (925) 609-7900.

Freeze or Lock your credit report & protect your ID

A credit freeze covers just one aspect of identity theft. There are two ways to prevent scammers from misusing your credit reports to open new accounts in your name. One way is a credit freeze and the other is a credit lock.

What is a Credit Freeze?

- Prevents creditors from accessing your credit file

- The highest form of security possible

- Doesn't cost a dime

A credit freeze (also known as a security freeze) blocks anyone from accessing your credit report. Let's say a cyber criminal uses your stolen identity (e.g. your social security number or other personal information) to try to apply for a loan in your name. With a credit freeze, the lender/creditor would reject the application because they would be unable to access your credit report.

How to freeze your credit file. For complete protection, you have to request a freeze with each of the 3 major credit reporting bureaus – Equifax, Experian, and TransUnion. You can request a freeze on each of the bureaus' websites, by mail, or by phone. A credit freeze won't prevent your existing creditors from accessing your credit report, but it will block new creditors from seeing it (and they're the ones you need to worry about when it comes to identity theft).

How to thaw your credit file. At some stage, you may want to apply for a mortgage, loan, or other credit product. When this happens, you will need to lift the credit freeze (temporarily or permanently – it's your choice). When you first initiate a credit freeze, you will be given a PIN or password that you can use at any time to lift the freeze. By law, the bureaus must lift the freeze within one hour of receiving an electronic or phone request or three business days of a mailed request.

What is a Credit Lock?

- Also prevents creditors from accessing your credit file

- Easier to unlock your credit file than to thaw it

- Might cost money if you need the lock long-term

Like a credit freeze, a credit lock prevents creditors from getting access to your credit file. But while a freeze is protected by state/federal law, a credit lock is only governed by contract between you and the bureaus. On the positive side, it is easier to unlock a locked credit file than it is to thaw a frozen credit file.

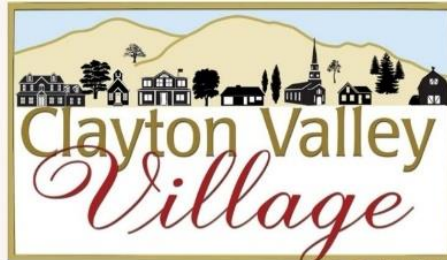
How to lock your credit file. Like with credit freezing, a credit lock only gives you full protection if you do it with all three bureaus. Each bureau offers a credit lock service that you can register for online.

How to unlock your credit file. When you sign up for your credit lock, you'll be asked to create a username and password and download a special mobile app. On the app, you can unlock your credit file in just one click.

Cost to lock your credit file. The cost varies from bureau to bureau. Equifax offers its 'Lock and Alert' service free of charge. Experian has a product called CreditWorks that includes a credit lock and up to \$1 million ID theft insurance. It costs \$4.99 for the first month and \$24.99 each additional month.

Save the Date!

Come Learn About CVV



Come learn about the benefits of becoming a Clayton Valley Village member:

- transportation help,
- enjoy social and educational events, lunches out, movies,
- household jobs, grocery or errand runs



Join us to learn more...

**APRIL 5, 2023
3PM**

**HOYER HALL
CLAYTON
LIBRARY**

DO YOU NEED A LITTLE HELP?

- Transportation, handyman, computer help or shopping?
- Friendly visits & activities?
- Social events, lunches, movies?
- Companionship?

CAN YOU VOLUNTEER?

- Provide community support services at your availability.
- Share your skills with others.
- Learn new things, meet and help new people!

www.claytonvalleyvillage.org



CLAYTON VALLEY VILLAGE*
INVITES YOU
TO A
VILLAGE PROGRAM
FOR SENIORS

FRIDAY, MAY 19, 2023, 1:00 pm

CLAYTON COMMUNITY LIBRARY - STORY ROOM
6125 Clayton Road, Clayton

Space is Limited. Reservations are required.
www.ClaytonValleyVillage.org
Or (925) 626-0411

RETIREMENT PLANNING & IMPLEMENTATION

Cash Flow/Net Worth/Estate Organizer----Wills/Revocable Living Trust/Durable Power of Attorney for Healthcare----Emergency Reserves and Money Markets—Alternatives for Cash Reserves. Handouts will be available for Cash flow/Net Worth/Estate Organizer

GUEST SPEAKER: Rory Vander Heyden

- **Intelligent Investing in Clayton for 30 years.**
 - **Cerified Financial Planner (CFP)**
 - **Fiduciary for 40 years**
- **Registered Investment Advisor (RIA)**
- **40 plus years in Financial Services**

**Clayton Valley Village*, founded in 2014, is a membership-based, member-driven, 501c3 non-profit organization of seniors living in Clayton and Concord, California. Committed to helping our members live independently in their own homes as they age, we provide transportation and an array of home-based services for our members through our volunteer network. We also sponsor social and cultural activities to minimize isolation and promote interaction.
www.claytonvalleyvillage.org



FUNDRAISER FOR

GFWC CLAYTON VALLEY WOMAN'S CLUB*

www.claytonvalleywomansclub.org

TUESDAY, APRIL 11, 2023

10:00am - 9:00 pm

EAT-IN OR TAKE-OUT

How to order...



WHERE:

PANDA EXPRESS

5458 Ygnacio Valley Road

Concord, Ca 94521

(925) 673-9010

**BEFORE you place your order and before
you pay, you need to tell the server it is for the
fundraiser.**

OR

PandaExpress.com or the App.

Enter **351699 in the fundraiser code box**

Confirm our code has been applied by checking that our organization name is displayed. Click "Checkout" and provide payment information

*Note: Fundraiser Code is applicable to your online order for
our event date, up to a week ahead of time.*

*GFWC Clayton Valley Woman's Club (CVWC) was organized and federated in 1973. Our members are women of all ages, from the Clayton/Concord area and beyond, who have joined together to provide community services and scholarships for DVC graduates .

We are a 501(c)(3) non-profit organization.

CVV AFFINITY INTEREST CIRCLES



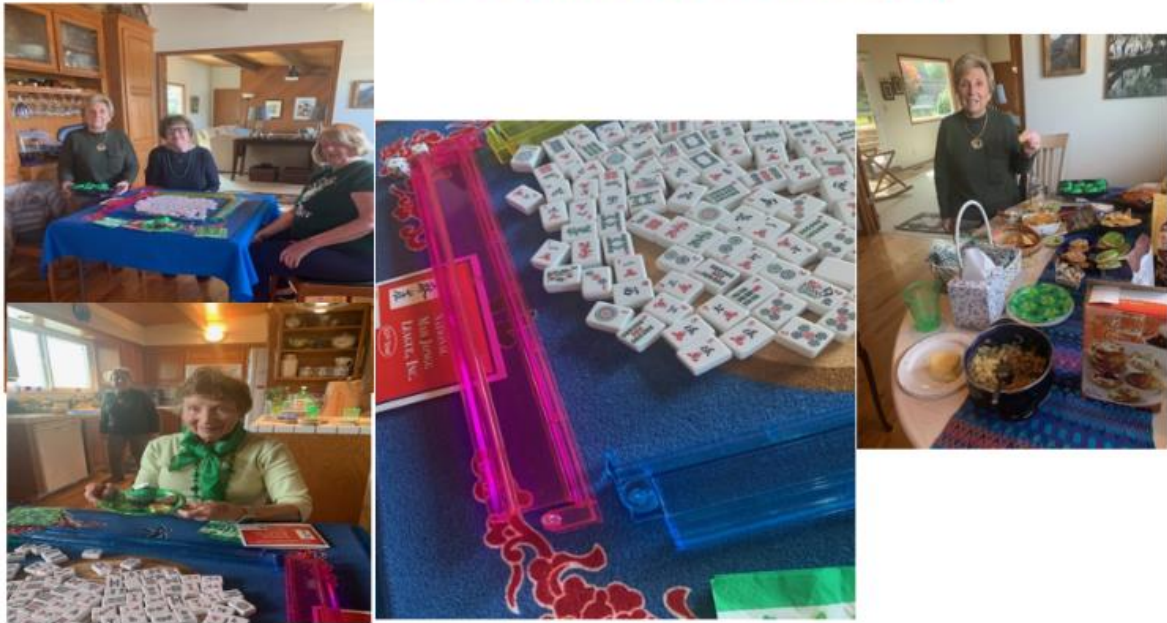
Bocce, Hiking, Yoga, Mah Jongg, Movie Group

Romeo, Armchair Travelers

CVV Mah Jongg Circle Members/Volunteers



St. Patrick's Day Mah Jongg



Five ladies from the movie group went to the Pleasant Hill Movie Theater to see "80 For Brady". They enjoyed the movie and are looking forward to the next movie outing.

CLAYTON VALLEY VILLAGE



EXPLORERS

CVV Explores Hike

When: Monday, April 10th at 10:00 AM

Where: Mt Diablo



At 10:00 meet at The Grove downtown by the bathroom so we can carpool to the Mt. Diablo entrance at the 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 Lilly trail in search of wildflowers. Please wear sunscreen, hat and bring water and mask. Short rolling hills, about 3 to 4 mile loop.

RSVP: <https://claytonvalley.helpfulvillage.com/events/2632> or call [925-626-0411](tel:925-626-0411)

Leaders:

Dorothy Bradt [925 890-7195](tel:925-890-7195)

Kathy O'Toole [925-348-1151](tel:925-348-1151)

Quote of the Month

“Spring won't let me stay in this house any longer!
I must get out and breathe the air deeply again.”

- Gustav Mahler, composer



April

April is a rainbow month,
Of sudden springtime showers.
Bright with golden daffodils,
And lots of pretty flowers.





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, Margaret Bachman