

Our Village VOICE

A monthly publication of Clayton Valley Village
May 2023 Edition

A Message from our Presidents. Our Events held in April, upcoming Events, and lots more. Check out our Interesting Articles. **Check out our Ads only \$25.00 and it goes out to 500 local residents. Contact the village.clayton@gmail.com to Advertise in our newsletter.**

Happy Cinco De Mayo, Mother's Day, & Memorial Day



Happy 6th Anniversary Clayton Valley Village - Cheers



What is Happening at Clayton Valley Village

Social

- Happy Hours/Birthday Celebrations
- Out to Lunch Bunch
- Hikes/Yoga/Mah Jongg/
- ROMEO (Really Old Men Eating Out)
- Annual Sunday Supper/Fundraiser
- Movie Group
- Bocce Group



Service Request Examples

- Grocery Shopping
- RX Deliveries
- Driving to medical or self-care appointments
- Gardening Tasks
- Computer/Tech help
- Light Blubs changed/Alarm batteries swapped out

A Snapshot Jan –Mar 2023

Service Requests	Driving Hours	Volunteer Hours	Events
143	234	348	26

Learning Events

- Lunch and Learns
- Health and Wellness Workshops
- Gardening Sites Visits
- CVV Informational Events

- Number of Members – 60 with ages ranging from 61-101
- Number of Volunteers – 48 with ages ranging from 29-88

If you're interested in becoming a member or volunteer email village.clayton@gmail.com or call 925-626-0411

President's Message



Co-President
Marilyn Wollenweber



Co-President
Joyce Atkinson

It's May, and Spring has finally arrived. Unfortunately so have pollens and weeds, but the sun is shining and it's great to be outdoors. Hope you are enjoying the sunshine!

On April 1st twenty-five CVV members and their friends attended the Clayton Theatre's Spring Production: "The Mousetrap" by Agatha Christie. It was great fun! The Interest Circles are busy hiking, playing Mah Jongg and starting Spring Bocce. If you are interested in any of these activities look for more information in this newsletter. The Monthly Mixer was at Sip'n'Sweet, in Clayton. If you missed the mixer, stop in and enjoy the ice cream.

On May 19th CVV will have a program focusing on Financial Planning for Seniors. It will be held in the Story Room at the Clayton Library. Look for more information in this newsletter. Our May Mixer will be at La Veranda on May 16th. The Mixers are always lots of fun. Remember, if you need a ride, put in a request and one of our volunteers will pick you up.

CVV always needs volunteers, especially drivers and those able to help with certain maintenance activities. There were 63 service requests in March. Please do not call for help weeding.

Marilyn and Joyce, your co-presidents

Welcome

New Members!



Mary L. Callahan



Sally Lucia



May 6th Joanne Wasak
May 19th Walt Rogers
May 21st Aurora San Jeevy



A Day in the Life of a Village Senior..

By

Linda Pinder - Volunteer



Volunteer Linda Pinder frequently drives members Shirley Boyd and Millie Graham to their weekly "wash and set" appointment with Lilly Duong at Lilly's Hair Design on Clayton Road (925-382-7579). Shirley has been going to Lilly for almost 30 years and has followed her from shop to shop. Millie started going to Lilly just about 3 years ago, after the Covid pandemic hit - based on Shirley's recommendation. Linda has been driving Millie there at least once or twice a month on Fridays for the past two years. Shirley always has the appointment just before Millie's, so when Shirley joined the Village, it was easy to just pick them both up and let them wait for each other to finish their appointments. Driver Linda has even started having Lilly cut her hair. Lilly frequently has a cookie or a candy to share with customers - and even the Village driver. See Lilly's ad in the advertising section.

Thank you Sue Manning - Member/Volunteer



Thank you CVV member/volunteer, Sue Manning. You make our day by remembering us by sending a birthday card, a thank you note or a get well card. It's a special thought and one of the ways CVV is there for its members and volunteers. It takes members/volunteers to help seniors stay in their homes.

Make Someone's Day



Make 2023 the year you're smiling from ear to ear. Find a volunteer opportunity that serves YOU and your community. Contact Clayton Valley Village for volunteer opportunities. Link to CVV volunteer application <https://claytonvalley.helpfulvillage.com/documents/1374/download>

Link to : [CVV Web Site](#)

Join FB Page: <https://www.facebook.com/claytonvalleyvillage/>

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YOUR NEXT APPOINTMENT
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TIME _____
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**REACH OVER 500
LOCAL RESIDENTS
FOR ONLY \$25!**

Call 925-626-0411 or email village.clayton@gmail.com



This is one of the best scams I've heard about.
ANYONE traveling should be aware of this one!

You arrive at your hotel and check in at the front desk. Typically when checking in, you give the front desk your credit card (for any charges to your room). You go to your room and settle in. All is good. The hotel receives a call and the caller asks for (as an example) room 620 - which happens to be your room.

The phone rings in your room. You answer and the person on the other end says the following: 'This is the front desk. When checking in, we came across a problem with your charge card information. Please re-read me your credit card number and verify the last 3 digits numbers at the reverse side of your charge card.'

Not thinking anything wrong, since the call seems to come from the front desk you oblige. But actually, it is a scam by someone calling from outside the hotel. They have asked for a random room number, then ask you for your credit card and address information.

They sound so professional, that you think you are talking to the front desk.

If you ever encounter this scenario on your travels, tell the caller that you will be down to the front desk to clear up any problems. Then, go to the front desk or call directly and ask if there was a problem.

If there was none, inform the manager of the hotel that someone tried to scam you of your credit card information, acting like a front desk employee.

This was sent by someone who has been duped.....and is still cleaning up the mess.

ARTICLES OF INTEREST

[Every Thing you Wanted To Know about Chat GPT](#)



[11 Things You Didn't Know Google Maps Could Do?](#)



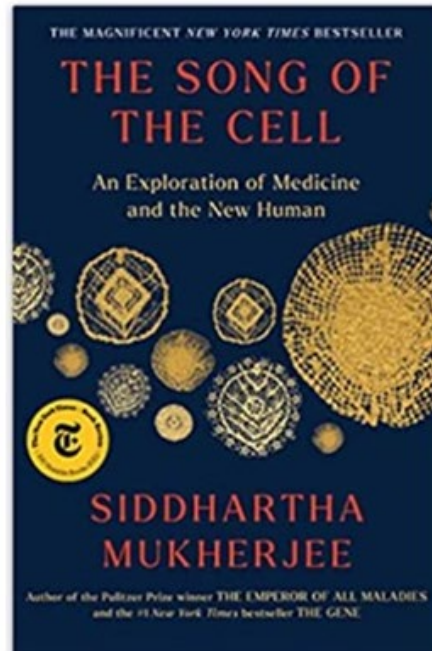
Aging plan to address needs of older adults



Village Movement of California Incubator



Book, Movie & TV Reviews



A Book Review by Barbara Molnar

The Silent Symphony

I am one of those people who cannot carry a tune in the proverbial tin (or plastic) bucket. I understand that music has its own code and that there are people who can read and translate it to produce glorious (and some not so glorious) music which musical illiterates like me can hear and enjoy. But there is one music, one song my body sings which joins me with every other living creature in this world every minute of every day. It is the song of my cells. The song which Mukherjee translates in his book so that even an illiterate cell physiologist like me can understand.

Now a room in a prison or in a monastery is just an empty room until it is occupied. Then it becomes a cell. Just as our cells in our bodies would simply be membrane-bound empty spaces if it were not for the inclusion of genes, usually, but not always, coiled up within a nucleus. The genes are the code, the instructions which cause the cell to function as a nerve cell or a skin cell or as one of the 200 cell types that make up our bodies and they are constantly busy whether we are awake or asleep. They are the musical score for the symphony of life.

Many years ago, I was walking through the university campus in Berkeley when I was approached by an earnest student who disgorged himself from one of the booths that lined the plaza. Would I be willing to donate to research that was going to eradicate the disease of sickle cell anemia so no one would have to suffer the pain from the malformed blood cells of this genetic condition? I paused. But, I thought, if you completely eradicate this genetic disease so no one in any population possesses the

gene for it and it cannot be passed on to their children, what happens to the people in countries where there is malaria? The malaria parasite cannot reproduce within people whose blood cells are not normal but have been deformed by a gene defect causing sickle cell anemia. And where countries cannot afford medications to treat malaria, so people die from it. Because, as far as I knew then, despite the tons of DDT that had been sprayed to kill the mosquitoes that carry the malaria parasite and now when even the Bill and Melinda Gates Foundation have not succeeded in eradicating that mosquito population, there would be no protection for people in those areas in Africa, Southeast Asia, India. Did we want to destroy that protection? Historically it was that protection that had allowed the first slaves brought to the pre-1776 American colonies to thrive at the expense of the British settlers in areas along the East Coast where the malaria-bearing mosquitoes lived; the low-lying humid patches of “bad air” in places like Georgia. The economy in those places depended on the imported labor of these people precisely because of their genetic makeup. So, historically and today, the ethical questions remain even though it is now possible, as Mukherjee explains, to completely cure persons who suffer from sickle cell anemia so neither they nor their children will carry the gene for it.

This book is not an easy read. It starts with the history of scientists’ discovery of the cell, the determination of its structure and functions and reproduction. Along the way he ties it into the medical procedures of IVF (in vitro fertilization) and the recent shocking “tampering” with embryonic tissue by a Chinese researcher. The remaining chapters deal with current research into the cells that form our blood and organs. It is a glimpse into an unfinished symphony that will be completed by and for our children and grandchildren. It is a magnificent creation, a superb symphony still in the making. It is the future of all of us, glimpsed today by this gifted writer.



Upcoming Events

Thursday, May 4th – Out to Lunch Bunch (Members Only)

Friday, May 5th – Cinco de Mayo

Wednesday, May 10th – CVV Board Meeting

Saturday, May 13th – Concerts in the Grove – Crossman Connection

Sunday, May 14th – Mother's Day

Tuesday, May 16th – Happy Hour – La Veranda Café

Friday, May 19th – Diablo Women's Chorale – In the Key of Spring

Friday, May 19th - Personal Finance for Seniors

Saturday, May 20 – Cancer Community Hope Walk

Sunday, May 21st – Diablo Women's Chorale – In the Key of Spring

Sunday, May 21st – Clayton Valley Women's Club – Musical Night

Wednesday, May 24th – Village Movement CA – Workshop Series

Friday, May 26th – CVV Events Committee Meeting

Saturday, May 27th – Concerts in the Grove – Rod the Mod

Sunday, May 29th - Memorial Day

Scan the QR Code to View the Calendar





25 of us enjoyed “The Mousetrap” at Endeavor Hall on April 1st

Then several continued the afternoon at Skipolini's. It was a fun event!



Happy Hour at Sip N Sweet in Clayton - April 18th

We tried it ALL ! - Frozen Yogurt, Ice Cream, Toppings, and

Great Coffee and Conversation

Coming Soon ! - Hawaiian Shave Ice



The ROMEOS gathered at ED'S MUDVILLE GRILL for Lunch - Mar 31st



Explorers Hike - Wildflower Hike on Mt. Diablo - April 10th



The SPRING FLING was a HIT ! - April 22nd



**Our Events Committee
makes everything SPECIAL!**



Thank you
Alfreda ❤️
for hosting
this fun
party





CVV invited people to learn more about us - Apr 22, at Clayton Cleans Up



Save the Date!



Buy Tickets <https://app.arts-people.com/index.php?ticketing=diawc>



CANCER SUPPORT
COMMUNITY
SAN FRANCISCO
BAY AREA

HOPE WALK

& COMMUNITY FAIR

SATURDAY, MAY 20, 2023

HEATHER FARM PARK, WALNUT CREEK

SCAN ME



HOPEWALKBAYAREA.NET

REGISTER TODAY!

REGISTRATION: \$25

CHECK-IN OPENS: 8:30 AM

WALK STARTS: 10:00 AM



CAN'T MAKE IT ON MAY 20TH?

PARTICIPATE VIRTUALLY AND WALK FROM
ANYWHERE THE WEEK OF MAY 14-20.

PRESENTING SPONSOR:

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DIRECTOR OF SPECIAL EVENTS, AT 925.953.1209 OR [CLOUISELL@CANCERSUPPORT.NET](mailto:clouisell@cancersupport.net).

Donate: Click on Hope Walk Link <https://cancersupportcommunityhopewalk.rallybound.org/>

- Click on Donate Button.
- Click on CSC Button.
- Click on Donation Amount,
- Check box this is a Company Donation
- Type in Clayton Valley Village,
- Click Display Name Options,
- Click my Donation under another name.
- Type in Clayton Valley Village.
- Complete the Hope Walk form.

Clayton Valley Women's Club Presents
At Diamond Terrace, 6401 Centre St, Clayton
A Delightful Afternoon of Music, Wine, Appetizers, & Desserts
Featuring
MARK SHAW - SINATRA SINGER



Charming and irresistible, Mark Shaw plays Frank Sinatra with a high energy and bewitching suave that you'll never forget. Performing live at corporate events, weddings, anniversaries, ceremonies, birthdays, and cocktail hours, Mark makes the show with his richly interpreted standards and popular songs of the teens, 20's, 30's, 40's, 50's & 60's. With electronic accompaniment or live band to fit your budget and taste.

For information, contact Judy Disbrow at judydisbrow@gmail.com

\$35.00* per person

*Includes 2 complimentary glasses of wine

Proceeds will fund scholarships.

GFWC Clayton Valley Woman's Club is an approved 501(c)(3) non-profit organization.

Clayton Valley Woman's Club Presents
A Delightful Afternoon of Music, Wine, Appetizers, & Desserts



Mark Shaw

*Sings Frank Sinatra, Dean Martin
and Bobby Darin*

Sunday, May 21, 2023

**Diamond Terrace
6401 Center St., Clayton**

4:00 – 6:00 pm

\$35.00* per person

***Includes 2 complimentary glasses of wine**

Proceeds benefit CVWC scholarship.

GFWC Clayton Valley Woman's Club is an approved 501(c) (3) non-profit organization.

Please return with payment to:

**CVWC
c/o Rosemary Harwood
P.O. Box 95
Clayton, CA 94517-0095**

Please make check payable to: **CVWC**

____ Reservation(s) at \$35.00 ea
requested Total _____

For Information, contact *Judy Disbrow* at
judydisbrow@gmail.com

Name: _____ Phone: _____
(person making the reservation)

Names of guests: _____

Address: _____

E-Mail: _____

Clip the RSVP & Payment Voucher and mail your check to

**CVWC
C/O Rosemary Harwood
P.O. Box 95
Clayton, Ca. 94517**

CVV AFFINITY INTEREST CIRCLES



Bocce, Hiking, Yoga, Mah Jongg, Movie Group

Romeo, Armchair Travelers

Quote of the Month

"A little flower that blooms in May
A lovely sunset at the end of the day
Someone helping a stranger along the way
That's heaven to me." --Sam Cooke



The Baseball Blessing

May you always find your arm slot,
May all your swings be pure,
Through every bruise and bad hop,
I hope that you endure,
May your change-up find the strike zone,
May your blooper find a hole,
Let all your dreams hit down the line,
Stay just inside the pole,
May the wind blow out when you're at bat,
This is my wish for you,
And if you're ever in a jam,
I hope that you turn two.

BASEBALLISM



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