



A monthly publication of Clayton Valley Village

July 2023 Edition

A Message from our Presidents. Our Events held in June, 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](mailto:village.clayton@gmail.com) to advertise in our newsletter.

---

Happy July 4th!



---

## President's Message



**Co-President**  
**Marilyn Wollenweber**



**Co-President**  
**Joyce Atkinson**

In June, four of our members and one volunteer attended the Village Movement California conference held at Preservation Hall in Oakland. There were quite a few villages represented from around the state. It gave us an opportunity to share ideas on how we can sustain and improve our villages. One new program we are initiating is Friendly Visits/Calls. We have members and/ or volunteers who have agreed to call on our members who need updates of our activities or would like to have a chat or visit once or twice a month. If you would like a call or visit or volunteer to make calls or visits, contact Mary Esther Loranger or me, Marilyn Wollenweber and we'll sign you up! Our phone numbers are in the member directory that is in your Handbook. We also had our Happy Hour at the Oakhurst Country Club. We always have a good time getting together!

Please join us on the 4<sup>th</sup> of July. We will be marching in the Clayton parade and would love to have you join us. Wear your Clayton Valley Village T-shirts if you have one. We will also be assisting the Sunrise Rotary Club with their pancake breakfast, setting up on Monday at 8:30 am at Endeavor Hall and helping to serve and take down on July 4<sup>th</sup>. We will welcome help with that, too!

We can also support our local Library by buying a few books at the Used Book Sale, July 1 and 2 and attending Clayton's Concert in the Grove, July 8. Check our list of events on our website.

We look forward to seeing you! Happy 4<sup>th</sup> !

Joyce Atkinson and Marilyn Wollenweber  
Co-Presidents

---



## July Birthdays

July 6th Marilyn Wollenweber  
July 15th Joanne Vanis  
July 26th Dorothy Bradt  
July 28th Bhishma Lashkari



## Did You Know?

### The Meaning of Flag Folds



The **first fold** of our flag is a symbol of life.

The **second fold** is a symbol of our belief in eternal life.

The **third fold** is made in honor and remembrance of the veterans departing our ranks who gave a portion of their lives for the defense of our country to attain peace throughout the world.



# California Phones

*Keeping you connected.*

**By Sue Manning**

IN CASE YOU MISSED IT...

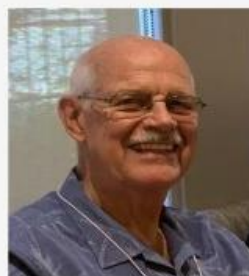
The Clayton Valley Village Program Committee invited a spokesperson from California Phones to speak to our members at the Clayton Library on June 9 about the availability of specialized phones and accessories for qualified\* Californians. These FREE devices make it easier to hear, to dial or to see. \*Qualified means completing an application for the equipment, having your doctor or hearing aid provider (Costco, for example) complete a portion of the application, and submitting it. California Phones is a program under the Public Utilities Commission of the State of California. It was an excellent 1-hour program. Next: classes on using and understanding your iPhone (Apple product) or Android (various makers). Stay tuned for further details.

There were two Mobile Apps that were recommended by CA Connect, they are AVA & OLELO. The AVA app is empowering deaf & hard-of-hearing people and inclusive organizations with the best live captioning solution for any situation. The OLELO app is an FCC-certified captioned calling cell phone app for deaf and hard-of-hearing users that need captions to use the phone effectively! Your registration information is used only for purposes of preventing fraudulent use of Olelo.

---



## Thank you CVV Volunteers



**Arlene Lewandowski, Bev Adams, Fiona Hughes, Diane Berger, Bonnie Slatkin, Dorothy Bradt, Kim Brazill, Joanne Vanis, Joanne Wasak, Jim Whitfield, Judy Disbrow, Kathy Geddes, Ken Studer, Larry Long, Linda Pinder, Margaret Bachman**



**Walt Rogers, Nancy Hoffman, Ronald Mahlman, Neil Brennan, Pete Bardea, Susan Kendall, Sue Manning, Margaret A. McCarty, Rosemary Harwood, Kim J. Trupiano, Richard A. Fischer, Donna C. Plavetzky, Tim Gunn**

CVV wanted to take a moment to express our heartfelt gratitude for your incredible dedication and commitment as a volunteer. Your selfless contributions have made a significant impact on our organization and the lives of those we serve. Thank you for generously sharing your time, skills, and passion. Your unwavering support has helped us achieve our goals and create positive change in the community. Your enthusiasm and hard work inspire everyone around you. Your willingness to go above and beyond in every task you undertake is truly admirable. We deeply appreciate your reliable presence, positive attitude, and the valuable expertise you bring to our team.

---

## Clayton Valley Village Volunteer Services



Minor plumbing, home repairs, landscaping, transportation

Do you want to make a difference in your community? We are 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](#)



---

# RECIPES

---

© CanStockPhoto.com - csp1396741

## Cuban Sliders

Submitted by Diane Berger



### Ingredients

12 small sandwich rolls  
1/4 cup mayo  
1/4 cup stone ground mustard  
1/2 pound deli ham  
1/2 pound pulled pork  
7 ounces sliced Swiss cheese  
1/2 cup sliced dill pickles

### Topping

1/4 cup butter, melted  
1 Tablespoon stone ground mustard

### Instructions

Cut the sandwich rolls in half, keeping them intact if possible. Place them on a rimmed baking sheet lined with aluminum foil.

Spread the rolls with mayo, then top with mustard. Layer on the ham, pulled pork, Swiss cheese, and pickles. Replace the bun tops to complete the sandwiches.

In a small bowl, melt the butter and stir in the extra mustard. Brush the tops of the buns with the butter mixture.

Bake, uncovered, at 350°F for 20 minutes or until cheese is melted and buns are golden brown.

---



## PATRONIZE YOUR ADVERTISERS



**THE PIONEER**  
www.PioneerPublishers.com  
Delivered free to 38,500 homes and businesses in Concord and Clayton  
6200 Center St., Ste F  
PO Box 1246, Clayton, CA 94517  
News: [Editor@PioneerPublishers.com](mailto:Editor@PioneerPublishers.com)  
Advertising: [Tamara@PioneerPublishers.com](mailto:Tamara@PioneerPublishers.com) 925-672-0500

Your reliable local news source



Nails Naturally  
1026 Oak St #203  
Clayton  
(925) 239-3035  
Book online  
[@nailsnaturally3](https://www.instagram.com/nailsnaturally3)

## ADVERTISE IN THE CLAYTON VALLEY VILLAGE NEWSLETTER



David J. Owens  
Personal Training & Lifestyle Coaching  
925-672-0500



Custom  
WIX  
Website  
&  
Graphic  
Design  
Services  
[CustomDynamic.net](http://CustomDynamic.net)

**ESTATE SALE**  
Address goes here  
Dates and time goes here  
Dates and time goes here  
Tag line goes here

**REACH OVER 500  
LOCAL RESIDENTS  
FOR ONLY \$25!**

Call 925-626-0411 or email [village.clayton@gmail.com](mailto:village.clayton@gmail.com)

---

## ARTICLES OF INTEREST



[Master Plan on Aging](#)



[Six Bills You Shouldn't Put on AutoPay](#)



[Family Safe Word](#)



[Avoiding Quiz Scams](#)

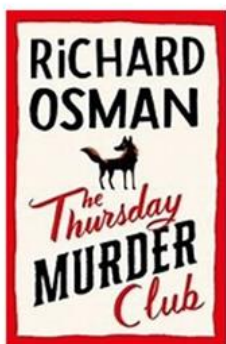
---

---

## Book, Movie & TV Reviews



### Addiction – a series review by Barbara Molnar



I blame the Kindle which I had somehow won in a raffle at the end of last year. That and the promotional meeting I attended later. First, I had to phone my sister in Southern California to get instructions for how to turn the Kindle on. She had used one ever since they first came on the market and is quite proficient. Then I talked to the librarian at our local library and was advised to get the app Libby if I wanted to download e-books (at no cost to me, through public libraries).

And finally there was the talk about the classes planned for this year through OLLI (Osher Lifelong Learning Institute) at the East Bay (Concord) campus. The speaker was herself a course presenter; her class would be on Agatha Christie, and somewhere in the talk a title of a book caught my ear - "The Thursday Murder Club". It generated a ripple of enthusiasm.

Fast forward and once again an entire weekend has been sucked into the vortex of the Kindle as I read Osman's third book "The Bullet that Missed". I cannot put a hold on the fourth book yet (The Last Devil to Die) but have requested notification when it will be available. I wasn't sure I would become addicted when I downloaded the first book - but the chapters were obligingly short, the characters had personalities that created interest (and laughter) and who in their right mind would use a retirement community for a series about the solving of murders? Somehow it worked although by the end of the first novel I was a bit hazy about exactly how many murders had been committed and solved. But I knew I had enjoyed the whirlwind ride and I knew I wanted to hear more about the participants and I felt really good to be joining them - their manipulation of society's stereotypes of what kind of people "seniors" are (including that of overlooking their presence and their abilities) was a joy and rang true. So a retired nurse, an ex-MI6 agent, a former labor unionist and a retired psychiatrist have now become my latest addiction. If I were Holmes I would be reaching for the slipper with the pipe tobacco until the next book arrives via download.

---



## Upcoming Events

**Saturday, Jul 1<sup>st</sup> – Clayton Library Used Book Sale**

**Sunday, Jul 2<sup>nd</sup> – Clayton Library Used Book Sale**

**Tuesday, Jul 4<sup>th</sup> – Clayton 4<sup>th</sup> of July Parade & Pancake Breakfast**

**Thursday, Jul 6<sup>th</sup> – Tai Chi – Hoyer Hall, Clayton Library**

**Wednesday, Jul 12<sup>th</sup> – CVV Board Meeting**

**Saturday, Jul 15<sup>th</sup> – Clayton Memory Café – Clayton Library**

**Tuesday, Jul 18<sup>th</sup> – CVV Happy Hour (Members & Volunteers)**

**Thursday, Jul 20<sup>th</sup> – Tai Chi – Hoyer Hall, Clayton Library**

**Monday, Jul 24<sup>th</sup> – CVV Member Services Committee Meeting**

**Friday, Jul 28<sup>th</sup> – CVV Events Committee Meeting**

Scan the QR Code to View the Calendar







**The Village Explorers enjoyed a walk around the Lafayette Reservoir - June 12th**



**CVV celebrated Members' Birthdays for Q2 - June 16th**





## Another "Come Learn About CVV" event was held June 21st

Invitees learned about the great things CVV is doing and how they can be a part of it.





**Village Movement of California Conference on Friday, June 2  
at Preservation Park**



The VMC in Oakland, CA held their 5th annual conference "Fulfilling our Potential". Six members from CVV attended the event. The time is right for villages to step into their crucial role within California's aging services continuum. Learn about the local and statewide opportunities at hand. Gain knowledge, skills, and resources to advance your village's mission and vision.

**Check out the videos from the Conference** <https://youtube.com/@villagemovementca2919>



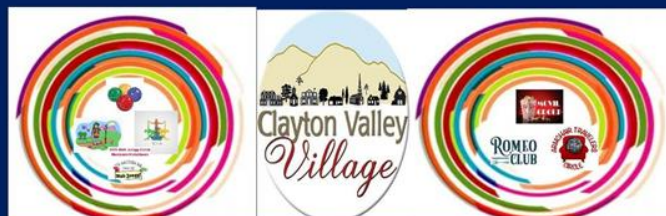
---

## CVV showed support at the Pride Parade in Clayton - June 4th



---

### CVV AFFINITY INTEREST CIRCLES



Bocce, Hiking, Yoga, Mah Jongg, Movie Group

Romeo, Armchair Travelers

---

### Quote of the Month

"You know you're getting old when you stoop to tie your shoelaces  
and wonder what else you could do while you're down there."

- George Burns

---



Submitted by Yoni Bushell

Hello all, enjoying the weather?  
Can't wait until we all can get together!  
But remember your sunscreen when you go out!  
Sun burns can hurt, without a doubt!  
Red is a great color but not on your skin.  
So cover up, wear a hat or GO BACK IN!!!



---

### **2023 CVV Board of Directors**

#### **Executive Committee:**

Marilyn Wollenweber & Joyce Atkinson (Co[Presidents), 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



### **CVV Members & 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.

- 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

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.)

- 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.)

- 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

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

**Co-Editors: Diane Berger and Bev Adams Email: [CWBusines21 @gmail.com](mailto:CWBusines21@gmail.com)**

**The editors welcome all submissions and reserve the right to include or edit all material. Unless otherwise specified, other publications may reprint any material herein with proper attribution.**

**Clayton valley Village is a 501c3 Nonprofit: 81-3858223 Donations are tax-deductible and welcomed.**

**[https://hmvw\\_claytonvallewillage.org](https://hmvw_claytonvallewillage.org)**

**Submissions, Questions or Comments about  
Clayton Valley Village or Our Voice Newsletter**

**Email: 925-626-0411**