



**A monthly publication of Clayton Valley Village  
August 2023 Edition**

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

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**August 21st Senior Citizen Day**



Do you have an elderly person in your life that you love and appreciate? National Senior Citizens Day, August 21, is the day to let them know how much you care and it's an opportunity to recognize their accomplishments. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life.

Today, seniors are still active in their communities as well as continuing to have a strong presence in the workforce. For all they do and have achieved for the good of their communities, senior citizens deserve our thanks!

Help keep Seniors in their home. Check out our Clayton Valley Village website and join our organization.

**<https://www.claytonvalleyvillage.org/member-application>**

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## President's Message



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



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

Despite the heat, CVV members, volunteers and their friends have been busy. We stayed in the shade when possible and drank plenty of water.

On July 18th, sixty members, volunteers and friends gathered on the patio at the Clayton Club for our Monthly Mixer. A delicious dinner was catered by New Mecca and great fun was had by all. We recognized the four volunteers who had driven the most miles and presented them with gift cards.

Our next Mixer will be at Moresi's on August 15<sup>th</sup> at 4:00 PM. Remember, if you need a ride, put in a request and one of our volunteers will pick you up.

Bocce Villagio began the season on Sunday, July 23rd. All the team members were present. We didn't do badly, survived the heat and had lots of fun!

Some of our board members met with officials of the City of Clayton on July 25th to discuss how CVV can partner with the City to provide opportunities for older adults in Clayton.

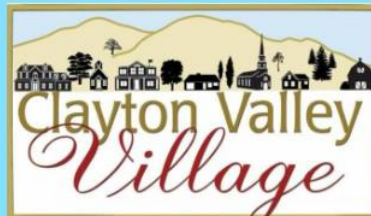
Remember to keep cool!

Marilyn and Joyce, your co-presidents

## 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



### A Snapshot Jan –June 2023

Service Requests	Driving Hours	Volunteer Hours	Events	New Members
322	65	557	57	9

### Learning Events

- Senior Programs
- Health and Wellness Workshops
- Gardening Sites Visits
- CVV Informational Events

### 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

- Number of Members – 65 with ages ranging from 62-102
- Number of Volunteers – 49 with ages ranging from 30-86

If you're interested in becoming a member or volunteer email [village.clayton@gmail.com](mailto:village.clayton@gmail.com) or call 925-626-0411



## August Birthdays

August 3<sup>rd</sup> Shelley Beardsley-Member  
August 3<sup>rd</sup> Donald Stranik-Member  
August 7<sup>th</sup> Donna Plavetzky-Volunteer  
August 15<sup>th</sup> Barbara Glass-Member  
August 25<sup>th</sup> Margaret Bachman-Volunteer  
August 25<sup>th</sup> Ruby Christensen-Member  
August 27<sup>th</sup> Elizabeth Hansen-Member  
August 28<sup>th</sup> Pete Bardea-Volunteer



# Welcome

New Members  
& Volunteers!



Gwen Johnston – Vol



Carolyn Sladnick – Mem/Vol



Sid Kotz – Mem






Jackie Finkelstein - Mem



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## Book, Movie & TV Reviews



**Injury** - Submitted by Barbara Molnar

The Sunday night windstorm tore a branch from our liquid amber tree. There it lay, Monday morning, all six feet of it, in our backyard.

Trees know things.

Their surface roots form huge internets in the soil, collecting water and nutrients, interacting with other plant roots and insects and microbes. Sometimes they even share nutrients with nearby undernourished trees. Whereas their huge silent anchor roots plunge deeply into the ground and act as storage bins for carbohydrates which may be needed in times of drought.

Trees know things.

I do not know if our tree knew the wind would tear away a limb. But trees do release chemicals into the air when threatened by attacks from insects or viruses or chainsaws. These warn nearby plants. Danger! Prepare! And the surrounding plants manufacture and release chemicals into their leaves to make them less tasty targets to perhaps discourage whatever is coming.

Trees know things.

I did not see gold resin teardrops coursing down the trunk of our tree, nor hear the keening of pain. Instead, the tree stood stoically, waiting for sun and gentler weather to heal it.

Trees know things. Perhaps they know more than us.

References:

What a Plant Knows, A Field Guide to the Senses by Daniel Chamovitz

The Hidden Life of Trees by Peter Wohlleben

Finding the Mother Tree by Suzanne Simard



## Upcoming Events

**Thursday, Aug 3<sup>rd</sup> - Tai Chi – Hoyer Hall, Clayton Library**

**Saturday, Aug 5<sup>th</sup> - CVV Picnic at Concerts in the Grove**

**Tuesday, Aug 8<sup>th</sup> - iPhone Training - Clayton Library**

**Wednesday, Aug 9<sup>th</sup> - CVV Board Meeting**

**Monday, Aug 14<sup>th</sup> - CVV Explorers Hike – Concord Murals**

**Tuesday, Aug 15<sup>th</sup> - Happy Hour - Moresi's**

**Thursday, Aug 17<sup>th</sup> - Tai Chi - Hoyer Hall, Clayton Library**

**Saturday, Aug 19<sup>th</sup> - Clayton Memory Café - Hoyer Hall, Clayton Library**

**Monday, Aug 21<sup>st</sup> - Senior Citizen Day**

**Friday, Aug 25<sup>th</sup> - CVV Events Committee Meeting**

**Monday, Aug 28<sup>th</sup> - CVV Member Services Committee Meeting**

**Scan the QR Code to View the Calendar**







## Happy Hour Oakhurst Country Club - June 29

Hot afternoon...Cool people





### Happy Hour at Clayton Club Saloon - July 18th

Our best turnout yet ! The tree shaded patio at the Clayton Club Saloon is a favorite for Happy Hour. People are still talking about how much fun it was. CVV also took this opportunity to acknowledge their much appreciated Volunteers.





## Field trip to ON THE BIT Inc, Horse Ranch - July 26th





# CVV Visits On The Bit (OTB) Riding Academy

By Fiona Hughes

While working our CVV Pride Festival booth last month I had the good fortune of getting to know Daniel and Liana Costa, co-founders of On The Bit\* (OTB), an Arabian horse training and riding academy in Clayton.



On The Bit, Clayton

They generously invited me to come and visit their academy as a potential 'field trip' event location for our CVV members and volunteers. Set along Morgan Territory Road amid glorious countryside, OTB's immaculate horse property is not only a boutique breeding stable, but a full and highly decorated equestrian center with arena, training award-winning horses and riders. In fact, during our visit, Daniel was away in Oklahoma winning First Place at the National Championships, riding champion gelding, Tap Out (right).



Our OTB hosts couldn't have been more welcoming as we put together ideas for our CVV field trip event that included opportunities to pet their magnificent Arabian horses, enjoy an alfresco lunch and watch one of their octogenarian riders showcase her horsemanship in the arena.

Arriving on the morning of 7/26, having enjoyed the sunny countryside drive up Marsh Creek Road, we were warmly welcomed at On The Bit by event hosts, Barb and Debby Goldsberry, who further explained the center is a "A discovery farm, where we welcome the community to come and get to know and enjoy these incredible horses".

Our group enjoyed going through the pristine stables, admiring gorgeous Arabians horses, most owned by OTB, while the grooms introduced us to the individual horses, allowed us to pet, feed, photograph and admire them. Here, our Sonja found and befriended her namesake, "Sonja", while Pete admired "Will", a magnificent black gelding.





To our delight, we found the willing staff of OTB had laid on an entire program for CVV of horse demonstrations in the arena, so we could watch in the shade while head trainer, Leigha, called out routines to senior horsewoman, Norma, riding a pretty grey mare, “Emma”, one of the many reliable and patient horses used in OTB riding lessons. Then came an interesting demo by Peggy on guiding and controlling the horses movements, and identifying Arabian breeds, followed by trainer, Kendall’s display of sidesaddle techniques.

Later, Kendall, (below) dressed in custom-made sparkling robes and riding a bedazzled “Earl” wowed our group with images of a mounted Bedouin princess.







### 4th of July Pancake Breakfast and Parade

On July 3rd, CVV members and volunteers helped the Rotary Club set up for the Pancake Breakfast, then relaxed at Cup O' Jo. On the 4th, they decorated Dale's truck and joined the parade, proudly showing Clayton Valley Village's support in the community.



## CVV AFFINITY INTEREST CIRCLES



Bocce, Hiking, Mah Jongg, Movie Group

Romeo, Armchair Travelers



**2023 Summer Bocce League**



The Summer Bocce League play started July 23rd and will go all the way to October 28. Our team, Bocce Villaggio, will play at 1:30 pm on Sunday afternoons. Why not spend an afternoon at the Skip Ipsen Family Bocce Courts in Clayton and watch our fantastic team play this fun game and root them on!





## **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

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

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

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