

Our Village VOICE

A monthly publication of Clayton Valley Village

October 2020 Edition

Featuring CVV Village People Reports on how we are staying safe, sane and busy during the shut-down, Voting info on CA Ballot Initiatives, Smoke Detector Recycling info, Favorite Recipes from our CVV Community, Upcoming events, and more.



Crisp, cool mornings,
Swapping sleeveless tops and shorts
for sweaters and jeans,
Orange pumpkins,
Red and yellow chrysanthemums,
Purple ornamental kale,
Changing leaves of the Liquid Amber trees,
Quilts on the bed,
A crock-pot of soup simmering all day long.



**Enjoy Fall Foliage in Northern California October 26-November 8;
no need to drive far to be "in the trees."**



Our civic duty calls us to be well-informed, active voters. This year the Golden State is facing unprecedented challenges including the current public health crisis. As voters, we must consider critical issues such as systemic racism, homelessness, rebuilding a crumbling infrastructure, and a wide range of measure on this year's ballot. Not easy questions. The League of Women Voters Diablo Valley, will help us sort through the latest array of ballot initiatives in search of possible answers. Given past experience with initiatives, they might also help us ferret out bad ideas hidden in the slick appeals some on the ballot offer us. This year, more than ever, be prepared for this critical election before you cast your ballot.

Check out the upcoming FREE online webinar:

PROS & CONS: BALLOT INITIATIVES, CALIFORNIA POLITICS

<https://www.scholarolli.com/product/programs/lectures/pros-and-cons-ballot-initiatives-california-politics/>

All California voters will be sent a vote-by-mail ballot with a prepaid postage return envelope for the November 3, 2020 General Election.

All voters can now get critical updates on their ballots through California's official "Where's My Ballot?" tracking tool. Signing up takes less than three minutes! [You can sign-up here.](#)

Did You Know?

**You cannot
recycle
expired
smoke
detectors
locally.**



You cannot recycle smoke detectors locally because they contain radioactive components. Volunteer Pete Bardea will be mailing expired smoke detectors to First Alert the second week of October for recycling. If you are a member of Clayton Valley Village, you can put in a service request to have your expired smoke detector picked up by Pete. He will mail them in for you and cover the one dollar charge per device, as well as the cost of postage. If you are a volunteer, you can contact Pete directly to arrange for a pickup or drop-off. If you are personally mailing in your smoke detectors to First Alert, please don't forget to include one dollar per unit to be recycled. Here's the address:

**First Alert
Disposal Case # 01076724
1301 Joe Battle Blvd.
El Paso, TX. 79936**



President's Message

Sue Manning

For the first time in 7 years, Clayton Valley Village is unable to hold its annual fundraiser, our Sunday Supper & Silent Auction, due to the current social-distancing guidelines. And yet, the needs of our growing community (we are up to 42 members!) continue. Even with the cancellation or postponement of many in-person events this year, the CVV board finds ways to keep members and volunteers engaged, enlightened and assisted. We've had several educational "lunch 'n' learn" presentations via Zoom, a number of virtual "Happy Hours" and Getting-To-Know-You-Better online gatherings.

Our volunteers are as busy and helpful as ever, including our "Buddies" who check-in on members who don't use the Internet. Although we have not had monthly mixers to meet each other in person, happily we have still added new members and volunteers to our organization. In lieu of donating items to us or bidding on our terrific auction items, your donation to Clayton Valley Village will go a long way in making up for the dinner we can't enjoy together.

Help us defray the expenses of our organization which is vital now more than ever. There are two ways you can donate: (1) Please send a check payable to CVV to P.O. Box 1274, Clayton, CA 94517 (Tax ID #81-3858223), or (2) Click DONATE at claytonvalleyvillage.org and choose Sunday Supper. Look for our acknowledgement of your generosity in our November newsletter! **Thank you!** And thank you to *MANY members and volunteers of CVV who have already donated.*



From the
DESK
of our
Executive
Director

Carol Hansen Grey



Why Clayton Valley Village is Good for Your Health!

In a recent loneliness study, AARP surveyed adults aged 45 and older and found over 35% of them were lonely. The report also found that loneliness was a key predictor of poor health. In addition, other studies have shown that loneliness can also produce a decline in a person's ability to perform daily living activities and increased the chances for developing Alzheimer's.

Being involved with Clayton Valley Village, either as a member or a volunteer, helps to combat loneliness, even in the face of our current social isolation mandate. Although we can no longer gather in person for our social events, we can gather online through our various Zoom activities such as our monthly "Staying Connected" and "Getting to Know You" gatherings, our "Happy Hour" social events, and our "Lunch 'n Learn" presentations. Our members and volunteers also do daily and weekly check-in calls with our members who request it as well as shopping and delivering groceries for those who are housebound. These volunteer activities benefit both parties (the giver and the receiver) as it provides a meaningful connection for both. By putting our attention on those who need our help the most, we help ourselves to feel more connected and less isolated. All of these activities help to bolster and deepen our "real life relationships" during this challenging time and also help us stay healthy and engaged.

If you are feeling lonely or isolated and would like to be part of our caring community, please give us a call at: 925-626-0411 and leave a message. One of our volunteers will be happy to return your call and give you more information about how you can become involved. Also visit our website at www.claytonvalleyvillage.org and check out the two new link sections: [Useful Articles for Seniors](#) and [Websites for Seniors](#). We will be adding to both those sections on a regular basis.



ADVERTISE

IN THE CLAYTON VALLEY VILLAGE NEWSLETTER

<small>Seniors 1 OnOne One-on-One Personal Trainer</small> DDD <small>30 Personal Training & Lifestyle Coaching</small> <small>Seniors 1 OnOne One-on-One Personal Trainer 925.385.2017</small>	<small>More Than Just a Trainer Personal Training 925.385.2017</small> onet <small>CustomDynamic.net</small>	<small>Custom WIX Website & Graphic Design Services</small>	ESTATE SALE <small>Address goes here Dates and time goes here Dates and time goes here <i>Tag line goes here</i></small>
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**REACH OVER 500
LOCAL RESIDENTS
FOR ONLY \$25!**

For more information on advertising in our newsletter visit: <https://www.claytonvalleyvillage.org/newsletters>

**RECEIVE A TAX WRITE-OFF AND
SUPPORT CLAYTON VALLEY VILLAGE
& ROTARY BY DONATING YOUR CAR**



**CONTACT JIM WHITFIELD
FOR MORE INFORMATION
(925) 322-9980**



How are we keeping
safe, sane & Busy
during COVID



Marilyn's been learning Spanish



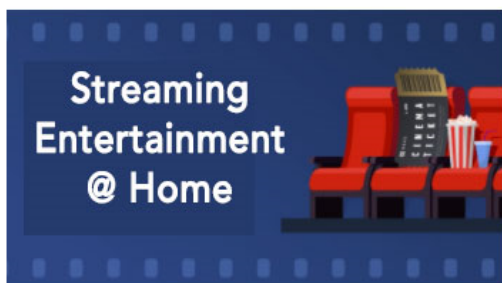
Jim's been gardening & scrubbing the pool.



Besides doing a 2-mile walk 5 days a week, Jeanne Boyd has been trying new recipes using her garden bounty of tomatillos and has been taking online classes on Art and on the history of the California Symphony.



Sonja Wilkin has been walking more, reading more, keeping a daily journal, staying connected with friends & family via phone calls, Facetime & Zoom, reflecting on what's important and making sure each day she has something fun planned.



What our Members & Volunteers are Enjoying on TV!

Diane Berger: Netflix Schitt's Creek

When rich video-store magnate Johnny Rose and his family suddenly find themselves broke, they are forced to leave their pampered lives to regroup in Schitt's Creek.

Victor and Carol Hansen Grey: Netflix Halt and Catch Fire

Really enjoyed this a fictionalized story that traces the personal computer revolution of the 1980s and later the growth of the Internet. We watched the series twice, first totally enjoying the story that we both related to in getting OUR first home computers and getting online for the first time. The second time around a couple years later we enjoyed it from a different perspective by getting involved with the personalities of the actual characters and their motivations. We'll probably watch it again in a year or so... we enjoyed it that much!

Jeanne Boyd: Amazon Prime movies: White Countess and Radioactive (about Marie Curie).



FETTUCCINE BAY SHRIMP SALAD

Submitted by Sue Manning

1 pkg. spinach fettuccine
1 pkg. plain fettuccine
1 jar marinated artichoke hearts, chopped in half
1 green bell pepper, finely chopped
8 oz. tiny Bay Shrimp
seasoned salt to taste
lemon pepper to taste
dried dill weed (1-2 T. to taste)
Extra virgin olive oil
Red wine vinegar

Cook both packages of fettuccine per package instructions. Drain and rinse in cold water. Pour into a large serving bowl. Add the artichoke hearts with marinade. Add green bell pepper and shrimp. Season to taste with salt and pepper and lots of dill. Add oil and vinegar to moisten for tossing. Refrigerate for 1 hour before serving.

Perfect Poached Eggs – by Fiona Hughes



That this little gadget can improve the shape and appeal of your poached eggs?

If your poached eggs look like this....



And you'd like them to look like this....



Just sieve the eggs before slipping them into the simmering water (save the excess egg white for another use). This works with refrigerated eggs only.



Upcoming Events

Tuesday, October 6th - CVV Board Meeting

Monday, October 12th - CVV Village Explorers Hike at Heather Farms

RSVP Required <https://claytonvalley.helpfulvillage.com/events/1368>

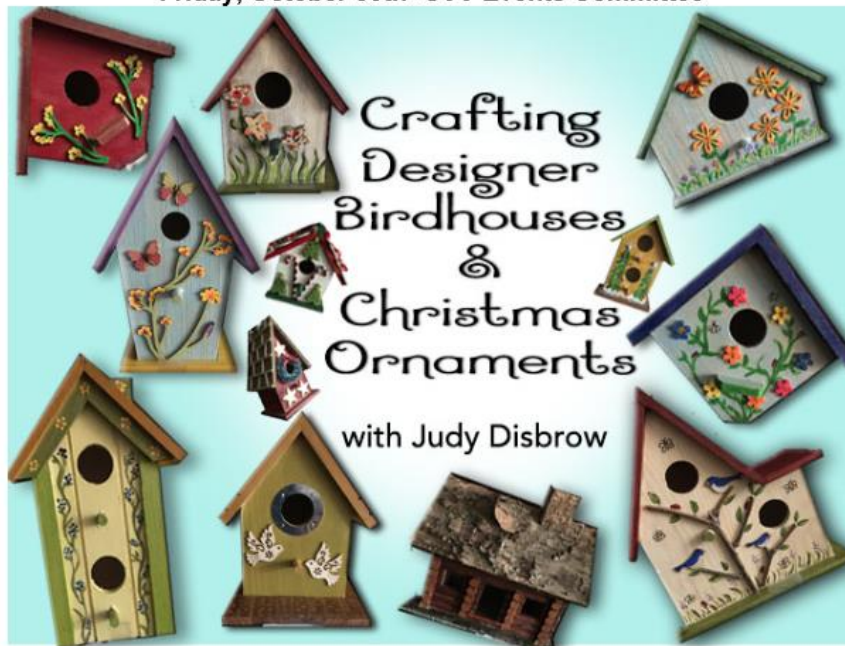
Tuesday, October 20th - Zoom Happy Hour (Members and Volunteers)

Friday, October 23th- CVV Lunch & Learn **FREE EVENT:**

Crafting Designer BirdHouses & Christmas Ornaments

RSVP Required: <https://claytonvalley.helpfulvillage.com/events/1348>

Friday, October 30th- CVV Events Committee



FREE & OPEN TO THE PUBLIC

CLAYTON VALLEY VILLAGE LUNCH 'N LEARN ZOOM PRESENTATION
FRIDAY, OCTOBER 23 AT 12:00 NOON

RSVP REQUIRED AT: <https://claytonvalley.helpfulvillage.com/events/1348>
or phone: 925-626-0411

Upcoming CoCo Library Community Reads Live Zoom Events

(NOTE: Advance Registration Required)

Tues., Oct. 6th. 6:30-7:30 pm (CoCo Reads Book Discussion)

Tues., Oct. 13. 6:30-7:30 pm (San Francisco's Chinatown)

Tues., Oct. 20. 6:30-7:30 pm (Hidden Meanings in Chinese Art:
A presentation by the Asian Art Museum)

Tues., Oct. 28. 7:00-7:00 pm (Author Presentation with C. Pam Zhang)

Register for these free events at the following link:

<https://ccclib.bibliocommons.com/events/5f3c638478798a2400cd1c36>



PAST EVENTS

Each month CVV hosts a Zoom call for our members and volunteers to socialize and explore a topic that helps us get to know more about one another. This past month we shared our favorite hobbies.



"Getting to Know You"
CVV Monthly ZOOM Calls



Until we can once again meet in person, our Monthly Zoom Happy Hour gives us the opportunity to reconnect with each other and share lots of laughs and stories.

Quote of the Month!



BACKGROUND: Born in Italy circa 1181, Saint Francis of Assisi was renowned for drinking and partying in his youth. After fighting in a battle between Assisi and Perugia, Francis was captured and imprisoned for ransom. He spent nearly a year in prison — awaiting his father's payment — and, according to legend, began receiving visions from God. After his release from prison, Francis heard the voice of Christ, who told him to repair the Christian Church and live a life of poverty. Consequently, he abandoned his life of luxury and became a devotee of the faith, his reputation spreading all over the Christian world.



CVV members and volunteers have many interests, hobbies and skills, so we invite you to start an "Interest Circle." It's a great way to meet, share and learn from others in our village who share common interests. Suggestions include: walking/hiking, arts & crafts, book club, creative writing, woodworking, doll making, card making, painting, quilting, sewing, photography, dining in private homes, conversations on various topics, attending musical events and/or local theater, travel. What it comes down to, however, is the willingness of our Members and Volunteers to lead and coordinate these Interest Circles. If you'd like to share ideas and discuss further, please contact by email Kathy at <kgeddes@astound.net>.



Standing & Ad Hoc Committees

(NOTE: Until further notice, all of our committee meetings will be held via Zoom)

2020 CVV Board of Directors

Executive Committee:

Sue Manning (President), Jim Whitfield (Past-President), Mary Esther Loranger (Secretary),
Joanne Wasak (Treasurer)
Carol Hansen Grey (Executive Director)

Members-at-Large

Diane Berger, Marilyn Wollenweber, Kathy Geddes, Joann Vanis

Volunteer Representative Member

Pete Bardea

-
- 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 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.

Our Village Voice is a free, electronic publication of
Clayton Valley Village.
Editors: Carol Hansen Grey & Diane Berger
Email: Village.clayton@gmail.com.
The editors welcome all submissions and reserve the right
to include or edit all material. Unless otherwise specified,
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<https://www.claytonvalleyvillage.org>

**Submissions, Questions or Comments about
Clayton Valley Village or Our Voice Newsletter**
Email: Village.Clayton@gmail.com or Phone: 925-626-0411