

Our Village VOICE

A monthly publication of Clayton Valley Village

April 2021 Edition

Message from our President, Check out our Events held in April, Upcoming Events, and more. Also in this issue, we present the first installment of the Girl with the Topaz Ring, a story by CVV member Gary Carr. Watch for more in succeeding issues. Sue Manning has written two articles: one on the value of our volunteers and the other on not being a hoarder.

happy easter



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 to make the changes.

CVV has lowered its membership dues. Couple membership is \$660 and Single membership is \$480. If you are interested in joining CVV call (925) 626-0411 and we will send you an application or go the web and download the application <https://www.claytonvalleyvillage.org/member-application>.



President's Message

Marilyn Wollenweber

What a beautiful display of white and pink blossoms have graced our streets. We are witnessing such an array of spring greens in trees, hillsides, all around us! Nature is really putting on a show and puts a little spring in my step! To me it's a sign of hope that this pandemic will be conquered, and we will soon be mask free and able to hug our families and friends. We just might be able to get together in person before the end of spring for Happy Hour, Bocce Ball, Armchair Travelers, Lunch and Learn, and/or whatever our Events committee or Program committee offers us!

To give you a heads up, our CVV Board voted to reduce member dues to \$660/year for a couple and \$480 for a single membership starting May 1, 2021! If you are paying monthly, the cost will be \$55/month for a couple and \$40/ month for a single membership. Maybe that will put smiles on our faces and bounces in our steps!

Have a Happy Easter and Happy Spring!

Did You Know?



Welcome New Members!

Fred Pardella & Joyce Atkinson



Clayton Valley Village Volunteer Services



Minor plumbing, home repairs, landscaping, transportation

Article by CVV Member Sue Manning

Who are you gonna call when left high and dry? Here's my story:

I ordered two cabinets online from Wayfair after carefully measuring the spaces needed for them. When ordering, I read that I would need to pay extra to have the delivery people put them inside my house in the room I designated. I agreed. Two delivery men brought the two boxed cabinets down 7 steps into my family room, and that's all they did. My daughter and I uncrated one of the cabinets and worked hard to put it in the proper place. It did not fit! The cabinet was about one inch too long for the space...maybe even less!

I arranged the return of both cabinets to Wayfair online, but noticed the instructions said to leave the items outside my front door for pick up. That wasn't going to work; my daughter and I could not get those heavy items back up the 7 steps to the front door. When I called Wayfair, and spoke to management, I was told the carrier would NOT come in the house to pick up returns. Isn't it ridiculous they could bring the items IN the house, but not take them OUT of the house?!?!

What to do? The only thing I could do...I put in a service request with Clayton Valley Village, requesting two strong people to help. Jim and Pete arrived right on time and were able to get those two cabinets up the 7 steps and out onto the front path. Luckily, the carrier company called shortly thereafter to say they were coming earlier than expected, but because Jim and Pete got the job done in the early part of the morning, I was ready for the pick up. These terrific CVV volunteers saved the day! I am so grateful.

Advertisers



Hoarder



Article by our Member Sue Manning

Are You a Hoarder?

Viamonte, the luxury continuing-care facility recently built in Walnut Creek, hosted a Zoom class last month on the subject of de-cluttering. The question "are you a hoarder?" caught my attention, so I logged on. Here's what I learned:

- No, I'm not a hoarder. I just need to remember "nobody wants my stuff!"
(Especially not my kids, so no need to save those items for them any longer.)
- Start small. Spend one hour the first day deciding what you can donate, sell or toss. It can be overwhelming to devote more time than that to start.
- If you decide to sell something online, if it doesn't sell in one day, it probably won't sell at all.
- Give yourself permission to say goodbye to your fantasy self, i.e. "you'll never fit into that size 8 dress again."
- If you have something you'd like to give to someone, go ahead and give it to them now; don't wait 'til it's part of your estate.

It's almost Spring Cleaning Time! Imagine how nice to fit two cars into that two-car garage after all the boxes of "stuff" are out of there!



Members, do you need help with Spring Cleaning, Minor Plumbing, Home Repairs, Landscaping, Transportation? Whatever it is you need; your volunteers are here to help you. And... It is so easy to get help. Just follow one of the steps below:

1. You can call the Clayton Valley Village phone ((925) 626-0411) and leave a message or you can email us at village.clayton@gmail.com and to let us know that you want to submit a Service Request and what it is for. One of our call managers will call you back.
2. Or, you can log in to the CVV website (www.claytonvalleyvillage.org) and fill out a service request on your own. The rule of thumb is a 3-day lead time for your request, but we will consider emergency requests.

Instructions for filling out a Service Request

1. Login at the CVV website with your ID and Password (NOTE: *If you do not have an ID or PW please call us at the above number and we will send you an email on how to setup your ID and PW.*)
2. Click on Members
3. Click on New Service Request
4. Search Name: Type in your name, Click on your name in the list below.
5. Type of Service: Click, scroll down till you find the serviced needed and click it on.
6. Purpose: Type in purpose (ie., Doctor Appointment, Grocery Store, Landscaping Help, etc.)
7. Service Date: Type in date of Service or select from calendar.
8. Service Time: Click on time and scroll down to enter correct time. (NOTE: Make sure you change this time, from 9:00 AM to correct time. The default is 9:00AM and if used on your request when the nightly process is run, the request will be marked as a past due and an email will not go out to volunteer.
9. Flexible Date: Check if flexible
10. Flexible Time: Check if flexible
11. Is there an appointment time: Click box and type in the appointment time

12. Approx duration: Type in duration
13. Check if important: Click if it is important request.
That is all it takes for one of our volunteers to contact you to confirm.
-

The Girl with the Topaz Ring, a story by CVV member Gary Carr. Watch for more in succeeding issues!



The Girl with the Topaz Ring
by Gary Carr

Chapter One

His father never loved him. In fact, he left Josh and his mother the moment the baby was born. Although he knew where his father lived, Josh never heard from him until he got a card for his high school graduation. Nothing in the "Congratulations, Graduate" card but his father's signature, "Frederick G. Williamson." Not "Dad," or even "Fred," but the full signature.

Josh's mother died when he was three years old, and he was raised by his grandparents, Bessie and John Furemsky. Josh tried contacting his father several times, but no answer ever came. He thought of visiting after the graduation card, but it was too far and too expensive to get from San Francisco to Houston. Besides, he was saving his money for college.

Working part-time at a radio station, Josh needed six years to get through SF State. The day he graduated, another card arrived. Inside were six crisp one-hundred-dollar bills and, again, the full signature. Scrawled opposite the printed Hallmark piffle was a note:

"I need to see you. Come ASAP. Fly and rent a car."

Drawn by a raging sense of anger and curiosity, Josh was on a plane to Houston the next afternoon....



Health Tips

Tips for Healthy Living

10 FOODS to help strengthen your IMMUNE SYSTEM



legumes



veggies



algae and roots



dark
chocolate



dried
fruit



garlic



yoghurt



honey



fresh
fruit



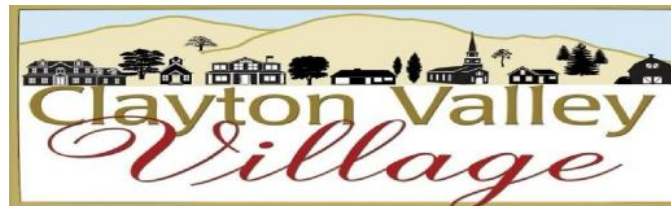
spices



Upcoming Events

Sunday, Apr 4th - Easter Sunday
Tuesday, April 6th - CVV Board Meeting
Saturday, April 10th - Forest Park Pool Spring Yard Sale
Sunday, April 11th - Forest Park Pool Spring Yard Sale
Monday, Apr 12th - Village Explorers Wildflower Hike
Tuesday, April 20th - Happy Hour (Members and Volunteer)
Wednesday, Apr 21st - Strategies for Caregivers and Care Receivers
Monday, Apr 26th - Libraries reopen for Grab & Go service
Friday, Apr 30th - Events Committee Meeting (Members and Volunteers)

Save the Date!



Supports the
2021 Virtual Hope Walk
May 9-15, 2021



CLAYTON VALLEY VILLAGE SUPPORTS
The 2021 HOPE WALK - May 9-15, 2021
Cancer Support Community
www.hopewalkbayarea.net

Clayton Valley Village is pleased to support the 2021 Hope Walk by the Cancer Support Community (CSC), San Francisco Bay Area, taking place May 9-15, 2021.

The Hope Walk is in its 7th year, raising awareness and critical funding for CSC programs which have been offered **FREE** to Bay Area cancer patients and their families for 30 years.

This year the event will be virtual, meaning that participants can walk from anywhere. The event goals are 1,000 walkers and \$200,000 raised for programs/services.

Clayton Valley Village has registered a team with fundraising being done individually by team members, and donations gratefully accepted from supporting friends and family. The CVV Walking Team's Captain is Sonja Wilkin, who can be reached at sonjawilkin@gmail.com for more information.

CVV members and volunteers who wish to make a donation to our team can do so as a donor. If you would like to become a registered walker on our team, please register (see below).

There are two options for donors:

a. **As registered walkers.** To register, go <http://hopewalkbayarea.net> and click "Register to Walk", and pay \$25. Only registered walkers will be official members of our CVV walking team. They'll receive a personal fundraising page, a T-shirt and swag bag. All are encouraged to share Hope Walk participation with family and friends online. Use the hash tag #WhyIHopeWalk to share your story and inspire others to participate.

b. **By donating.** While not participants in the walking event or receiving the swag, much appreciated donations will count toward the team's fundraising total. To donate, click on <https://cancersupportcommunityhopewalk.rallybound.org/Donate>. Choose "Fundraiser" and select Sonja Wilkin's name (as CVV's team captain) so that our team gets credited.

Donations can also be made by check to the following address, and should also reference 'Sonja Wilkin, CVV Team'.

Cancer Support Community
Attn: Hope Walk
3276 McNutt Avenue Ave
Walnut Creek, Ca. 94597

Event Schedule:

Sat. May 8 - All registered walkers will get a link to the virtual celebration.

Sun., May 9 through Saturday, May 15: Walk dates

Sat., May 15 Virtual Festivities start at 8:30 am PDT

Shirt & Bag Pickup - Location and times for pick up TBD - registered walkers will be advised when items are available.

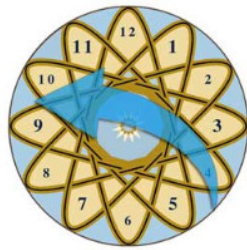
Sat. May 15 – Clayton Valley Village is planning a CVV/Hope Walk Promotional Table in the Clayton Grove Park, downtown Clayton – details to follow!

Sun. May 16 - Video recap will be posted featuring walkers, sponsors, and community partners and will announce the fundraising goal achieved!

Clayton Valley Village Explorers Hike Monday, April 12th 10:00 AM



The Village Explorers will gather at the end of Mountaire Parkway for a 2 mile hike in search of spring wildflowers. There is one hill and a gentle stream crossing. We will be going up Back Creek Trail and turning around at Tick Wood Trail. Please register so we can look for you.



PAST EVENTS

CVV "Lunch and Learn" Vitality Society

We learned fun ways to keep mentally and physically active with Vitality Society, and even joined an on-line dance class !



Visitors from PNA Village (Seattle, WA) joined our Happy Hour on March 16th.



QUOTE OF THE MONTH



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 Sue at suemanning121@gmail.com



Standing & Ad Hoc Committees

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

2021 CVV Board of Directors

Executive Committee:

Marilyn Wollenweber (President), Joanne Vanis (President Elect) Sue Manning (Past-President),

Mary Esther Loranger (Secretary), Joanne Wasak (Treasurer)

Executive Advisory Committee:

Jim Whitfield (Past President)

Sonja Wilkin (Past President)

Members-at-Large

Diane Berger, Arlene Lewandowski, Kathy Geddes,

Volunteer Representative Member

Pete Bardea

Committees

- 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.

Co-Editors: Diane Berger and Bev Adams

Email: Village.clayton@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://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



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