



**A monthly publication of Clayton Valley Village
July 2021 Edition**

A Message from our President. Check out our Events held in June, Upcoming Events, and more. Also in this issue, we present the next installment of the Girl with the Topaz Ring, a story by CVV member Gary Carr and a new column "Favorite Books by CVV Members and Volunteers".



Welcome

New Members!



Joseph Gerhards



Alfreda Young

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President's Message

Marilyn Wollenweber

Well, it looks like we are finally recovering from the pandemic. In June we started attending our mixers in person!! It was so refreshing to see and catch up with everyone. Six of CVV Board members attended Village Movement California conference via Zoom, which was well attended by representatives of the many villages in California. Below is Sonja's report on this event.

Can you believe it's July already! What a great month. Did you know that it was named after Julius Caesar? It was his birth month. There are lots of celebrations that occur in July. Of course, Independence Day is my favorite. It means BBQ's, friends, and family gatherings, enjoying lots of fresh produce from the farmer's markets and local grocery stores. (I love strawberry rhubarb puff). While we enjoy these festivities, we need to take a few moments to reflect on the meaning of Independence Day. Life, liberty, and the pursuit of happiness are the true reasons to celebrate. Happy birthday, America!

There are other fun days to celebrate during this month. July 7 is National Dark Chocolate Day. Did you know that a square of dark chocolate a day is good for you? It helps to reduce stress and high blood pressure as well as other health benefits. July 12 is National Simplicity Day. It is the day to celebrate the simple things in life, like taking a walk-in nature, listening to its sounds, just slowing down, and taking stock of what really matters to you. July 20 is National Moon Day that celebrates the moon landing in 1969. This is the day you can find out more about the moon missions and fun facts about the moon. July 30, grab a paperback book and head for your favorite reading spot to celebrate National Paperback Book Day. These are only a few of the fun days in July to celebrate.

Don't forget to check the CVV calendar for upcoming events and activities. Hope to see you! Put in a service request if you need a ride.



Sonja Wilkin
June 28, 2021

VILLAGE MOVEMENT CALIFORNIA
REIMAGINE
Annual Statewide Village Convening
June 15 & 16, 2021
9:00 AM - 12:00 PM Pacific Time - via ZOOM

Clayton Valley Village sent six representatives to the Third Annual Statewide Village Convening: Marilyn Wollenweber, Diane Berger, Pete Bardea, Fiona Hughes, Arlene Lewandowski and Sonja Wilkin. The two day session was held via Zoom which allowed 125+ attendees in multiple villages throughout CA to participate.

As noted in their introductory material, Villages are lifelines to the vital connections, services, and expertise that support healthy aging. The COVID-19 pandemic has reinforced our value and altered how we operate. This "new normal" will require our collective ingenuity, passion, and hard work.

Charlotte Dickson, the Executive Director for VMC, welcomed everyone and started the first session with Guidelines for Inclusion and Diversity.

She introduced the following SPONSORS:

PARTNER: AARP

CHAMPION: CA Association of Area Agencies on Aging (AAA)

SUPPORTERS: Alzheimers Association, CA Phones, Circle Talk, COVIA, Homebridge, Kaiser Permanente, Senior Medical Patrol

REIMAGINE combined high-quality presentations with breakout sessions to help integrate all the information heard, provide time to connect with colleagues, and have fun.

Charlotte and the Planning Team not only had an inspiring agenda for both days but also had the sessions recorded and gave links to further explore several topics.

The four main workshops were:

Day One -

1. Reframing Aging to change the narrative, connecting to the national movement in changing the way people think, talk, and act about aging and ageism.
2. Building Communities of Belonging, learning to recognize and talk about our diverse identities in order to build an inclusive and equitable village movement.

Day Two -

3. Evolving the Post-Pandemic Village, rethinking membership dues, inter-generational programs, planning for hybrid programming to be offered in person and/or online.
4. Sponsorship and Financial Sustainability, with developing partnerships as key to sustainability

Charlotte gave the State of the Village Movement and talked about where we have been and where we are going. In her closing remarks and slides gave our strategic direction aimed at impact, growth and sustainability; building on our partnerships with stakeholders, building on our progress, and taking hold of opportunities. "We Need Each Other!"

Did You Know?



The Clayton Community Library is having a Summer Reading Program

The program began Tuesday June 1 and runs through mid-August. Participants can pick up reading record sheets any time the Clayton Library is open.

There will be prizes and incentives.

Adults can read to non-readers to participate.

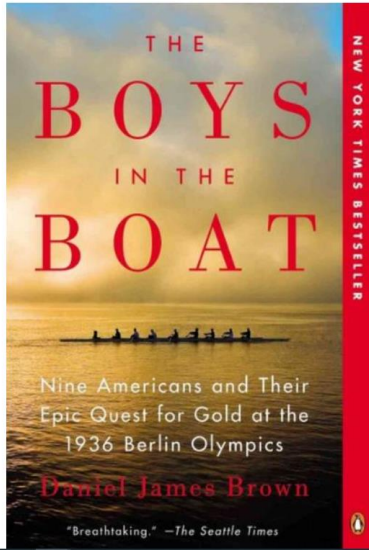
Library Hours: Closed: Sunday and Monday

Open: Tuesday 12 - 8 pm

Wednesday and Thursday 10 - 6 pm

Friday and Saturday 9 - 5 pm

Favorite Books from CVV Members and Volunteers



Book Recommended by CVV Member Sue Manning

Plot

This novel is about the University of Washington eight-oared crew that represented the United States in the 1936 Olympic Games in Berlin, and narrowly beat out Italy and Germany to win the gold medal. The main character is Joe Rantz.

There are two backstories. One illustrates how all nine members of the Washington team came from lower-middle-class families and had to struggle to earn their way through school during the depths of the Depression. Along with the chronicle of their victories and defeats in domestic competition, the reader learns the importance of synchronization of the eight rowers as they respond to the commands of the coxswain and his communications with the stroke, consistent pacing, and sprint to the finish.

The second backstory begins with a depiction of Hitler decreeing construction of the spectacular German venues at which the Games would take place. Along the way, the book also claims that the Nazis successfully covered up the evidence of their harsh and inhumane treatment of the Jews so as to win worldwide applause for the Games, duping the United States Olympic Committee among others.

All comes together with a description of the final race. During the 1930s, rowing was a popular sport with millions following the action on the radio. The victorious Olympians became national heroes. In accordance with the strictures of amateur athletics, the boys sank into relative obscurity after their victory but were still better off than their parents, and for the rest of their lives proud of their accomplishment. After their win, they would come together every few years to row again.

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

The Girl with the Topaz Ring

By Gary Carr
Chapter Four

The story so far:

Josh flies back to San Francisco with the photo of the girl his dying father said is "your sister." Josh is determined to track the girl down.

Josh has no sooner dumped his travel bag in his apartment when his cell phone buzzed. It was his grandfather inviting him over for dinner so he could tell them about his trip to Houston.

Josh was surprised that his grandparents would want to hear about Fred Williamson, the man who fathered him and ran off as soon as he found out their daughter was pregnant.

That his mother had died birthing Josh endeared his grandparents even less to Williamson. But curiosity usually trumps bitterness, so of course Bessie and John would want all the details.

Josh tucked the photo of the red-haired girl into his jacket, ran a comb through his curly brown mop, and ran down the steps to where he had squeezed his nondescript Toyota into a space just inches from the no parking zone. He crossed the Bay Bridge and headed north to his grandparents' house in El Cerrito.

Grandma Bessie had the table already set for the three of them. At each place was her signature salad, a square of lime jello infused with grated carrot and topped with a dollop of Miracle Whip.

His grandfather was already seated at the table, reading the Chronicle sports page when Josh walked in. Bessie hovered between the dining room and kitchen. Josh could tell she was nervous, a state that was confirmed by the sound of a dish crashing to the kitchen floor.

Bessie brought in plates of roast beef, mashed potatoes, and green beans. John asked how his trip went.

"Fine. It was fine." Josh kept his eyes on his plate. The roast beef was fork-tender.

"Tell us about it," his grandfather said.

“Yes, we want to know,” Bessie chimed in.

“No, you don’t,” Josh thought to himself. He wondered if he should let them tiptoe around the Elephant in the Room that was his father or just come out with it.

He just came out with it.

“When I got there, Frederick Williamson – my father – was in the hospital. ICU. He died before he could say much.”

Josh was sure his grandmother breathed a sigh of relief. John leaned forward, pushing his shirt cuff into his gravy-laden mashed potatoes.

“I’m sorry,” John said. “You know how we feel – felt – about him, but he was your father after all.”

Bessie remained stone-faced.

“Don’t worry. I’m not shedding any tears over the man who was never part of my life, except for the graduation cards he sent me.”

Josh told himself it was time to get on with it, even though desert hadn’t shown up yet.

“And then there’s this.” Josh pulled the photo out of his pocket and waved it toward them.

“He gave it to me just before he died.”

Bessie took the photo and adjusted her glasses to see better. As soon as the red-haired girl came into focus, Bessie inhaled sharply and handed the photo to John.

“Funniest thing,” Josh said. His last words to me were ‘you have a sister.’”

John sat back, dragging a line of gravy over the tablecloth as he stared at the photo.

Bessie sprang into the kind of action that is motivated by avoidance.

“I’ll clear up,” she said. “You two go into the living room. And I’ll bring out your pie and coffee.”

John jerked his head toward the left, and Josh followed him into the living room. They sat in the two worn-out chairs facing the giant flatscreen.

“Gramps, is there something I should know?”

John held the photo gently, one corner between thumb and finger.

“Yes, there is, I suppose. Let me tell you about it before your grandmother comes in. It’s not something she has ever wanted to dwell on.”

Josh shifted toward the older man. “OK, tell me, please.”

Coming Up: A secret is revealed.



eat clean snacks

Rebel Dietitian, Dana McDonald, RD rebelDIETITIAN.US

1. Pistachios (25)
2. Kiwi Smoothie
3. Celery Sticks with Nut Butter
4. Fresh Cherry Tomatoes
5. DIY Fruit Roll-Ups
6. Walnuts (10 - 15)
7. Baked Zucchini Chips with Salsa
8. Fresh Cherries
9. Steamed Edamame
10. Mixed Nuts (¼ cup)
11. Medjool Dates (2)
12. Almonds (23)
13. Fresh Fruit Popsicle
14. Raw Veggies with Bean Dip
15. Carrots, Celery, Cucumbers, and Tomatoes
16. Fresh Pineapple Chunks
17. Mandarin Oranges
18. Bell Pepper Slices with Hummus
19. Apple Slices with Nut Butter
20. Pecan Halves (10 - 15)
21. Sliced Veggies and Guacamole Dip
22. Baked Kale Chips
23. Fresh Mango Chunks
24. Small Dinner Salad
25. Cashews (10 - 15)
26. Raw Banana "Ice Cream"
27. Coconut Yogurt with Granola
28. Fresh Blueberries
29. Whole Grain Tortilla with Nut Butter



30. DIY Apple Sauce
31. Hazelnuts (15 - 20)
32. DIY Granola Bar
33. Dried Prunes or Apricots
34. Fresh Fruit Skewers
35. Baked Apple Chips
36. Fresh Strawberries and Blueberries
37. Watermelon Smoothie with Lime
38. DIY Muesli with Non-Dairy Milk
39. Fresh Fruit Salad with Mint
40. Veggie Tortilla Wrap with Salsa
41. Raw Energy Bar
42. Grilled Peaches with Coconut Whipped Cream
43. Baked Sweet Potato Fries (handful)
44. Lettuce Wrap with Veggies and Avocado
45. Cup Black Beans
46. DIY Cinnamon Popcorn (2 cups)
47. Frozen Grapes
48. DIY Raw Trail Mix (¼ cup)
49. Vegetable Skewers with Hummus
50. Peanut Butter Banana Sandwich (Whole Grain)



Upcoming Events

Sunday, July 4th - 4th of July Holiday

Tuesday, July 13th - Historical Novelist: Transporting Readers to the Past

Tuesday, July 13th - Board Meeting

Monday, July 19 - Gardening Tips - R&M Pool and Patio (Members and Volunteers)

Thursday, July 22nd, CVV Happy Hour - Oakhurst County Club (Members, Volunteers and Guests)

Saturday, July 24th - Clayton Community Library Book Sale

Tuesday, July 27th CVV Movie Group - In The Heights

Friday, July 30th - Events Committee Meeting (Members and Volunteers)



Press Release: CBCA Events Update

As state and local regulations begin to open up and life slowly gets back to normal, we wanted to inform the public that most of the major Clayton Business and Community Association (CBCA) events have been canceled for 2021. This includes the **Clayton Art & Wine Festival**, the **Clayton BBQ Cook Off**, and the **Clayton Oktoberfest**. A decision has not been made for the fate of our two December events: Clayton Christmas Tree Lighting and Dessert with Mrs Claus.

Why is the CBCA canceling their major events when other cities are holding festivals this summer?

Unlike the CBCA, many cities use outside event production companies for their festivals. Whereas the non-profit CBCA events are run by volunteer CBCA members with help from volunteers throughout our wonderful community. This practice dates back to our very first Art & Wine Festival over 25 years ago and allows us to donate even more money back into our community than would be possible if we had to outsource an event company.

Planning for our events starts many months in advance of the festival. An example is we hold our first meeting in November for the Clayton BBQ Cook Off, an event that takes place in July. Because of the amount of lead time it takes for our volunteers to produce an event and the uncertainty of what regulations would be in place by the summer, we made the difficult decision to cancel this year's major events.



PAST EVENTS

Our June Happy Hour was held at the Clayton Club.

Twenty Nine CVV Members, Volunteers, and guests enjoyed the shaded patio. Appetizers were provided by the Events Team. New members (Joyce, Alfreda and Joe) attended, as well as Glendoris' daughter, Eshyah, who recently moved here.



CVV Explorers' Flag Day hike brings lots of good surprises!

By Fiona M. Hughes

The Clayton Valley Village Explorers held another fun gathering for those interested in a good, stiff walk accompanied by friends, old and new. On Flag Day the Explorers group met up at Markham Park, Concord, and was warmly greeted by hike leader, Kathy O'Toole, and her husband, Herb, thoughtfully bearing homemade cookies to all of us walkers sporting the red, white and blue. A good start!



For those of us having never visited Markham Park before, it is a gem of a place, a 17-acre park and arboretum tucked away without fanfare between Cowell and Clayton Road. With mature, shady trees, grassy lawns perfect for picnics and playtime, and an international garden of plants from across the world, the park was a very pleasant surprise, and certainly worth a visit unto itself.

Our group of a dozen walkers (including Max the dog) then followed Kathy along the trail leading east towards Turtle Creek. I was surprised when we popped up in the parking lot of what was Mel's Diner, (Treat Blvd.) shortly to open as Huckleberry's, a breakfast and lunch restaurant featuring Southern cooking, I'm informed by Bev Adams, our resident expert on Southern cuisine. A CVV field trip here might be in order soon!

Wandering through the manicured paths and neat-as-a-pin condos we reached our destination of Turtle Creek, and lingered at this idyllic spot to watch ducks on the pond and several basking turtles before heading back.



As we perambulated through the former Mel's Diner parking lot, we spied a dumpster containing discarded-but-perfectly-usable restaurant items from the defunct Mel's, such as coffee carafes and jelly packet dispensers. Some found the goods too enticing to pass up and rewarded themselves with the priceless mementoes. A new Interest group: Dumpster Divers ?



Our fun and successful hike brought us full circle to Markham Park again noon. The two hours had flown by with good conversation as we ambled along, and the pedometer showed we'd actually walked 4.5 miles, which was another pleasant surprise!

QUOTE OF THE MONTH



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." -Maya Angelou



Standing & Ad Hoc Committees

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

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