

# Our Village VOICE

A monthly publication of Clayton Valley Village May 2020 Edition

In this issue you will find our President's message, a message from our Executive Director, news on what CVV is doing during California's "Shelter In Place" directive, information about our interest circles and committee reports. Enjoy!



Sara Wright, Carole Gardner & Carol Herington



As we cope with a worldwide pandemic and have been told to shelter-in-place to protect ourselves and our loved ones, we find ourselves needing to recalculate how we are going to navigate this new way of communicating and of being in community. Clayton Valley Village has had to cancel all our in-person events for the foreseeable future and has turned to using online tools, as so many others have, to keep in touch with our families, with our friends and with our community. We have also stepped-up to serve our homebound members in a multitude of ways. Besides using Zoom for all our interest circles and meetings, our volunteers are also shopping for and delivering groceries to members who need that assistance, volunteer Fiona Hughes is baking and delivering a birthday cake to every member who is having a birthday; Sue Manning is sending birthday cards to members, volunteer Margaret Bachman and others are making daily check-in phone calls to members who request them, volunteer Ken Studer is giving gardening help and advice to members and volunteer Pete Bardea is helping members with outdoor projects.

# A-->P-->A-->R-->T but not ALONE

Clayton Valley Village



Birthday Cake Delivery



Delivering Food



Mailing Birthday Cards



DAILY CHECK-IN CALLS



Gardening Help & Advice



Outdoor Projects



### Staying Connected & Getting to Know You via Weekly Zoom Meetings

On March 26, Clayton Valley Village set up Weekly Zoom meetings in order to stay connected with our members and volunteers during this challenging time. Since we are using these meetings as a time to get to know one another more deeply, we have chosen questions that will help facilitate that goal. We start each meeting with a one-minute check-in encouraging each person to let us know how they are doing and if they need any special assistance. We then explore the question of the week (listed below):

**Week 1:** Where were you born? How many siblings do you have? How many children do you have? How many countries and/or states have you lived in? How long have you lived in California.

**Week 2:** What's the favorite job you've held and why? What's the LEAST favorite job you've held and why?

**Week 3:** What great habit(s) do you have to stay healthy? What bad habit do you have that you wish you could change?

**Week 4:** What do you LOVE about living in California? What do you DISLIKE about living in California?

**Week 5:** What is your FAVORITE food? What food do you really DISLIKE?

**Week 6:** If you could waive a "magic wand" and change something about your life, what would you change and why?

**Week 7:** What's the most courageous thing you have ever done?

**Week 8:** What's the biggest life-changing decision you've ever made?

These weekly Zoom meetings have been enjoyable and have helped all of us STAY CONNECTED in new and deeply meaningful ways. Who knows... maybe after this quarantine is over, we may want to continue to meet in this way!

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## ENJOYING A "SAFE" LUNCH

by Pete Bardea

The other day Bev, Kathy and I took a walk from Lydia Lane to Clayton and enjoyed a nice lunch from Subway while keeping a safe distance. So glad for the village and the great people we have met.



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## President's Message

*Sue Manning*

It's been a sort of taboo subject to talk about how much something costs. When I've gone to seminars where the speaker is telling us about the type of work they do, wanting me to take advantage of what they're offering, they never seem to get around to telling the price. And even if I ask, the answer is usually whispered.

I'd like to bring up the subject of the cost of membership in Clayton Valley Village. Let's say it's a beautiful spring day and you look out the front window to see a geyser spouting from a broken sprinkler head in your lawn. It needs to be fixed pronto. Who do you call? When will they be here? How much will it cost? The usual answers are, respectively, a plumber, tomorrow and \$100-\$150, parts and labor.

That's one. Then, the following month, the surgery follow-up appointment you've had for 3 months with your M.D. is in two days and you're not yet allowed to drive, so you need a ride from your home to the doctor's office and back again. Who you gonna call? A rideshare company? Lyft's one-way fare is \$17.35 plus a little more if you want to give a tip. Roundtrip = double that.

That's two. The monthly cost of CVV membership for a single person is \$50.00; for a couple, it's \$75.00. And the truth of the matter is...something ALWAYS happens! The monthly dues which entitle members to volunteer services make sense; they compute. But remember, it's not only the services that membership in CVV provides. It's the invaluable benefit of connectedness to the community.

Over the past several years Clayton Valley Village has provided lots and lots of social activities for its members. During the current pandemic, our in-person events and gatherings have been curtailed, but we're still getting together electronically: we're "Zooming!" We're keeping in touch and checking in. Your village is here for you.



*From the*  
**DESK**  
*of our*  
*Executive*  
*Director*

**Carol Hansen Grey**



I remember getting the first GPS system for our car many years ago. It was so amazing to me that I could plug in an address and a woman's voice would tell me which way to turn in order to reach my destination. If I failed to turn where the voice told me to turn, in a nasal, somewhat exasperated manner, the voice would say "RECALCULATING!" Then a new set of directions would spew out of the device.


Right now, the world has taken a wrong turn and we find ourselves needing to recalculate how we are going to navigate this new way of communicating and of being in community. Clayton Valley Village has had to cancel all our in-person events for the foreseeable future and has turned to using online tools, as so many others have done, to keep in touch with our families, with our friends and with our community. The benefits of using these tools has had some wonderful and unforeseen side effects. Many of our members had never used Zoom, so this now gave them the opportunity to become familiar with a technology they had not previously bothered to explore.

In our weekly "Staying Connected" Zoom meetings we are exploring questions that help each of us get to know one another in a way that rarely, if ever, happens during an "in-person" mixer. Our various committees and interest circles are recalculating the way we keep our Village moving forward as we continue to serve and meet our members' needs in a variety of ways such as food deliveries and, for those who request them, daily phone check-ins. No one knows how long this pandemic will last, but I personally am grateful for the technology that allows us to recalculate how we stay connected with one another. And, I am grateful to be a member of this caring and loving community.


It's times like this that community becomes more important than ever. If you are interested in becoming a member and/or a volunteer of Clayton Valley Village, please visit our website <<https://www.claytonvalleyvillage.org/>> and/or get in touch with us by phone <925-626-0411> or email <[village.clayton@gmail.com](mailto:village.clayton@gmail.com)>.

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## MAY HOLIDAYS

May 1st: May Day 

May 5th: Cinco De Mayo 

May 10th: Mother's Day 

May 12th: International Nurse Day 

May 31st: Memorial Day 

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## Upcoming Events for May 2020

**Tuesday, May 5th** - CVV Board Meeting (via Zoom)

**Thursday, May 7th**, Staying Connected Members & Volunteers (via Zoom)

**Wednesday, May 13th**, Explorers Hiking Group

**Thursday, May 14th**, Staying Connected Members & Volunteers (via Zoom)

**Tuesday, May 19th**, Happy Hour Members & Volunteers (via Zoom)

**Thursday, May 21st**, Staying Connected Members & Volunteers (via Zoom)

**Thursday, May 28th**, Staying Connected Members & Volunteers (via Zoom)

[https://claytonvalley.helpfulvillage.com/events/index\\_list](https://claytonvalley.helpfulvillage.com/events/index_list)

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## Community Events



**CLAYTON VALLEY GARDEN CLUB**  
**VIRTUAL PLANT SALE**  
ACCEPTING ORDERS ONLINE BEGINNING MAY 3TH  
[WWW.CLAYTONVALLEYGARDENCLUB.ORG](http://WWW.CLAYTONVALLEYGARDENCLUB.ORG)  
DISTRIBUTION TO BE SCHEDULED BEGINNING MAY 9TH  
FOR ADDITIONAL INFORMATION CALL 925-276-2299



WE HAVE A VARIETY OF LOCALLY GROWN EDIBLES, NATIVES, SUCCULENTS, PERENNIALS PRICED FROM \$3.00 PER 4" SIZE, \$6.00 FOR MOST GALLON, SOME PRICED AT \$8, \$10 PER 2 GALLON PLANT. GARDEN ART PRICED AS MARKED.

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### **A Member Referral** by Sonja Wilkin

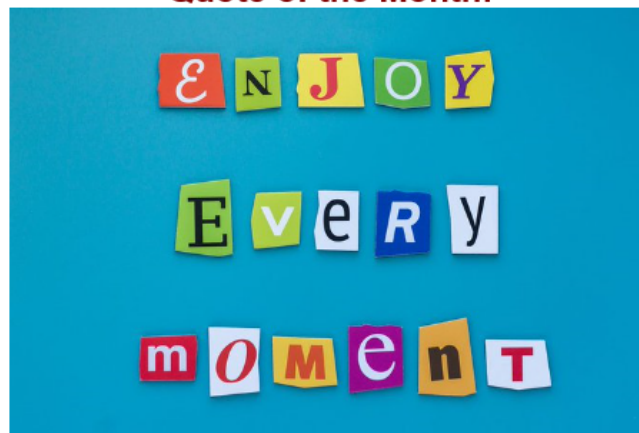
I am a happy camper. Recently in the late afternoon, I was munching on veggies and almonds when I felt a strange object in my mouth. I thought it was my tooth, but it was a gold cap from a molar in the upper back. I contacted my dentist, G. Allen Herrera DDS, at Concord Dental Care on Clayton Road. He returned my call that evening and made an appointment to see me the next day at 1:00 pm. I am so grateful that he was able to fix the gold crown (cemented it for now until it can be replaced later). For me it was an "emergency" but I didn't know if it would qualify. He was working by himself and had sanitized everything before my arrival.

Thank so much, Dr. Herrera! Here's a shout out to you for taking care of me during this challenging time in all our lives.



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### **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 Kathy at <[kgeddes@astound.net](mailto:kgeddes@astound.net)>.

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This is on the Back Creek Trail that we would have taken to see the wildflowers in April and then along came the pandemic. I am sorry to have to cancel once again for May and by June most have dried up or gone to seed so we will have to wait till next year. We will try to come up with something for June maybe around 7:00 pm if it is hot. I hope that things will get back to near normal by then. Any ideas you have would be appreciated. Until then, stay safe.



**CVV Writers Circle is now open for new members.**

Our Writers' Circle has been meeting since last August. We are excited about exploring the art of memoir writing and working on family trees. I invite you to join us with your stories and ideas. Meetings take place on the Clayton Valley Village ZOOM channel the second Tuesday of each month. CVV members and volunteers are welcome!

To sign up, please contact Sue Hummel at: 925-685-7489 or [sue@myhealthoptimizer.com](mailto:sue@myhealthoptimizer.com)



The Bocce Courts are closed until May 3rd, but our mascot is following the masking rules.





## **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

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- The CVV **Events Committee** meets on the last Friday of the month 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 HV Users Group and handles Database Management.
  - The CVV **Communications/Publicity Committee** interfaces with the Tech Committee and handles Website Development, 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 processes new member applications, schedules new member in-home visits, creates, edits, and distributes the Member and Volunteer Handbooks. 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.