

# Our Village VOICE

A monthly publication of Clayton Valley Village  
September 2020 Edition

New features in this month's edition: CVV Village People Reports on how we are staying safe, sane and busy, Health Tips from Kaiser Permanente, FDA Update list on Hand Sanitizers, Favorite Recipes from our CVV Community, Enjoyment from the Web, "Cars on a Mission" from Clayton Rotary Club.

## Did You Know?

### Labor Day: What it Means



The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City. Following the deaths of 13 workers during the Pullman Strike in June of 1894, President Grover Cleveland put reconciliation with the labor movement as a top political priority and Labor Day became a federal holiday.

**THE PIONEER**  
CONCORD CLAYTON

[www.PioneerPublishers.com](http://www.PioneerPublishers.com)

Delivered free to 38,500 homes and businesses in Concord and Clayton

6200 Center St., Ste F

PO Box 1246, Clayton, CA 94517

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## President's Message

*Sue Manning*

Krista Tippet wrote: ***"Not everybody becomes an elder; some people just get old."***

When I think of "elder" I think of an elder of a Native American Tribe: wise, a sage, a master. It sounds way more influential than the word "old." I was reading about how we can become an elder vs. just old, and it has to do with changing yourself, learning something new every day, stretching yourself to think differently and staying engaged with meaningful work. And work on maintaining an outlook of anticipation, planning and hope. Being positive is so much more rewarding than being negative.

Neuroscientist, Daniel J. Levitin, adds to those thoughts: ***"Whatever's going on around you, remember to laugh."***

These are good thoughts for successful aging in the midst of the current turmoil. Here's to better days ahead for all of us!

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

**Carol Hansen Grey**



## **A Positive Attitude Creates a Virtuous Cycle**

As an organization of older or "senior adults" we are all faced with the fact that we are getting older and many of us can attest to the fact that we can no longer take part in many of the physical activities we did when we were younger. However, that doesn't mean that we need to buy into the limiting belief that as we age we will begin to stagnate. We have the choice to think positively about the aging process. In fact, a 20-year study of 660 adults living in Ohio found that positive attitudes about aging extended the typical lifespan by over 7 years. In a Yale study a good attitude seemed to have a greater effect on living longer than not smoking, low cholesterol or a healthy weight. A Mayo Clinic study conducted over decades showed that optimists lived longer than pessimists.

At Clayton Valley Village we strive to create a "**Virtuous Cycle**" that helps to keep our members and volunteers stay positive, feel good, stay engaged and make healthy choices in order to live a long and active life even in the face of this pandemic that requires us to "shelter in place." Through our frequent Zoom get-togethers, our check-in calls and our birthday acknowledgments, we let each other know that they are a valued member of this community.

Hopefully, this helps each member of our community to maintain a positive attitude and to live longer, happier and more meaningful life.



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# *The Mountain*

-By Laura Ding-Edwards

If the mountain seems too big today,  
Then climb a hill instead.

If the morning brings you sadness,  
It's okay to stay in bed.

If the day ahead weighs heavy  
And your plans feel like a curse,  
There's no shame in re-arranging,  
Don't make yourself feel worse.

If a shower stings like needles  
And a bath feels like you'll drown,  
You haven't washed your hair for days,  
Don't throw away your crown!

A day is not a lifetime,  
A rest is not defeat.  
Don't think of it as failure,  
Just a quiet, kind retreat.  
It's okay to take a moment  
From an anxious, fractured mind.  
The world will not stop turning  
While you get realigned.  
The mountain will still be there  
When you want to try again,  
So climb it in your own time  
... and love yourself 'til then.

*(Submitted for inclusion by CVV Volunteer Fiona Hughes)*

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**Clayton Valley**  
**Village People**

**How we are keeping**  
**safe, sane & Busy**  
**during COVID**

**Report from Members Jim Whitfield & Marilyn Wollenweber:**



Immediately after Ken gave his excellent Zoom class on straw bale gardening, we decided to give it a try. After 3 weeks of "seasoning" with water and fertilizer, Ken guided us through the process of herb selection, planting, care and hand-holding. Now, 1 month later, our peppers, chives, oregano, rosemary, parsley and baby watermelon are doing fine. We have not

killed anything - yet!

Marilyn and Jim



**Report from Members Victor and Carol Grey**



After over 4 years in development, Victor's company, [JLINC](#) has launched the first Beta version of their new networking app called [TRU.Net](#).

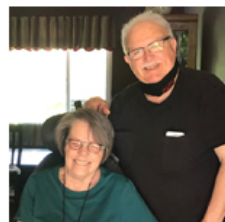
Carol has just released an ebook version of her print book: [Know You Are Loved](#) and she is working on a new ebook with the working title: *Women of Wisdom, Power and Influence through the Ages: A Year of Daily Inspiration*.

**Report from Members Sue & Bill Manning**



Sue has been trimming Bill's hair!  
(it's been 6 months since he's been to the barber!)

**Report from Members Jim Whitfield and the Carrs**



Jim has been regularly delivering food to the Carrs. Both Kathy and Gary are doing well.

Gary has written a play called "Confessional" that competed in a "Playoff" sponsored by the Playwrights' Center of San Francisco.



**Reminders and resources from Kaiser Permanente**  
**Your health is our top priority**

As life during the COVID-19 era continues to evolve, we're here for you. We'll keep you updated on how to help protect yourself, your loved ones, and your communities — and how to get care when you need it.

- **How to help protect yourself** — COVID-19 cases are surging across the country, especially in young adults. People of all ages should continue to practice physical distancing, wear a mask, and wash their hands. For more safety reminders that you can share with your family and friends, visit our "How to protect yourself" FAQs.
- **Mental health resources for families** — As many families prepare to return to distance learning this fall, both children and adults may be feeling stressed or uncertain. Start the conversation about emotional health with your kids by visiting [findyourwords.org](https://findyourwords.org), a Kaiser Permanente resource to help you and your child build emotional well-being and resilience. There's a [depression self-assessment tool](#) for adults, self-care tips, ways to talk with your children, and more.
- **COVID-19 testing** — For the latest information on COVID-19 testing and answers to common questions, see our [testing FAQs](#).

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The FDA is warning consumers to stop using more than 100 hand sanitizer products from 20 manufacturers in Mexico and one in Tennessee that may contain methanol, which can be toxic when absorbed through the skin or ingested. Methanol has a long history of severe toxicity when ingested and/or used topically on the skin. Initial symptoms may include drowsiness, confusion, headache, dizziness and inability to coordinate muscle movement. Other adverse health effects may include nausea, vomiting, and cardiopulmonary failure. For more information and an up-to-date FDA warning list visit: <https://www.aarp.org/health/conditions-treatments/info-2020/methanol-hand-sanitizer-recall.html>

**FDA  
Update  
on List of  
Unsafe  
Hand  
Sanitizers**





### **Watermelon Salad** *(from Diane Berger)*

#### **Ingredients:**

3 cups 2-inch chunks watermelon, seeded  
1 cup crumbled feta cheese  
Coarsely ground black pepper to taste  
1/2 teaspoon red-pepper flakes (optional)

#### **Directions:**

In a large bowl, combine the watermelon, feta, and a few generous grindings of black pepper.  
For a little more zing, add the red pepper flakes, if you like.

\* \* \* \* \*

### **Jalapeno Pepper Jack Cornbread** *(from Diane Berger)*

#### **Ingredients**

1 1/3 cup plain yellow cornmeal  
1 1/3 cup all purpose flour  
3 Tbsp sugar  
1 Tbsp baking powder  
1 1/2 tsp garlic salt  
1 tsp ground cumin  
2 cups shredded pepper jack cheese  
1 large jalapeno pepper seeded and finely diced  
1 small sweet onion finely diced  
3 large eggs  
1 cup buttermilk  
1 cup cream style corn  
4 Tbsp butter

#### **Instructions**

- Preheat the oven to 425° and butter the sides and bottom of a 9 x 9 inch non-stick baking pan. Set aside.
- In a large mixing bowl, sift together the yellow cornmeal, all-purpose flour, baking powder, granulated sugar, garlic salt and ground cumin.
- Add the shredded pepper-jack cheese, diced jalapeno and sweet onion. Mix until evenly distributed.
- In a separate bowl, whisk together the eggs, buttermilk, cream corn and melted butter. Add the wet ingredients to the dry ingredients. Mix until all of the ingredients are fully moistened.
- Spread the batter evenly into the prepared pan. Bounce the pan on the counter a few times to settle the batter and release air bubbles.
- Bake the cornbread for 30 minutes until the top is golden and a toothpick inserted into the center shows moist crumbs. Rest for 10 minutes before serving.

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We hope to eventually publish a Clayton Valley Village cookbook, so we encourage our members and volunteers to share their favorite recipes with us. Also, if you have a story that goes along with the recipe, share that too.

Stories always make recipes "tastier." Simply email your recipe to [carolgrey@claytonvalleyvillage.org](mailto:carolgrey@claytonvalleyvillage.org). **NOTE: The recipes you share must be YOUR recipes and not recipes from a copyrighted cookbook.**

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## From the Web for Your Enjoyment!



Enjoy this amazing 2015 video of the 500 member Kentucky All-State High School Choir singing the U.S. National anthem in a high-rise hotel in Louisville. Each night before curfew, choir members gathered to sing the Star-Spangled Banner from the balconies of the 18-story atrium at Louisville's downtown Hyatt Regency. This was part of the Kentucky Music Educators convention. You can't help but get goosebumps when you hear them sing.

<http://www.chonday.com/Videos/anthofius3>

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## Upcoming Events

**Tuesday, September 1st - CVV Board Meeting**

**Monday, September 7th - Labor Day**

**Friday, September 25th - Stayting Connected Members & Volunteers**

**Tuesday, Tuesday Sept 15th - CVV Happy Hour, Members & Volunteers**



# PAST EVENTS

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## Clayton Valley Village HAPPY HOUR



Another fun Happy Hour. Toasting Marilyn's GIANT zucchini brought lots of smiles and we enjoyed each other's virtual company while we follow the Stay in Place rules. We all miss our in-person events and look forward to the day when we once again can give each other hugs. But for now we're grateful we have the ability to share and laugh with each other over Zoom.

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## Lunch and Learn Travel Tips for Seniors



Our speaker for this very informative and enjoyable Lunch 'n Learn event was Clayton Valley Village member Mariana Behdjet. As an accredited and bonded agent, she led us on a tour of Venice and Istanbul. She also gave us very important travel tips in how to safeguard your passport, credit cards and money, the best way to exchange money, how to travel with medications, how to cope with unexpected delays, how to tip, and so much more! Thank you Mariana for sharing your time and expertise with us. You can view a recording of this presentation at [claytonvalleyvillage.org/lunch-learn-presentations](https://claytonvalleyvillage.org/lunch-learn-presentations)

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## CVV Explorers Hike - Monday Aug 10th by Sonja Wilkin

CLAYTON VALLEY VILLAGE



There were eight of us enjoying our 4-1/2 mile hike on the San Francisco Bay Trail (see sign), the George Miller segment in Martinez. Dorothy and Kathy explored and planned our special outing that included members, volunteers and guests.

There were scenic views showing the Carquinez Straits, goats and sheep working and grazing together, even a train traveling below. Everyone was masked and walking at a safe distance .... for many of us a first time experience which rejuvenated us all!





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## Rotary Club of Clayton Valley/Concord Sunrise Cars on a Mission



Cars2ndChance is the vehicle donation fundraising program of the Lamorinda and Clayton Valley-Concord Sunrise Rotary clubs. Different from other vehicle donation programs in two distinct ways, Cars2ndChance allows vehicle donors to choose the recipient of their car's sales proceeds, and all donated cars are inspected and their condition documented at the D&H Enterprises auto repair shop in Concord owned by Cars2ndChance volunteers and Rotary members Mary and Dave Kemnitz.

Cars2ndChance works with vehicle donors to direct a portion of sales proceeds to organizations of their

choosing. This allows vehicle donors the opportunity to move a car along that they no longer need, and to fund something that they care about in the process. Among the dozens of charity partners is the Cars 4 Paradise program of the Chico Rotary club. In addition to proceeds from vehicle sales, 70 cars have been provided to victims of the devastating wildfires that destroyed the town of Paradise, California in November 2018. Similarly, charity partner Contra Costa/Solano Food Bank in Concord has had 55 cars donated on their behalf since May 1, 2020.

The administrative tasks of the donation process are handled by Cars2ndChance volunteers. "They make it easy," said Dianne Wilson of Moraga Rotary. Donors provide the vehicle's title documents and some preliminary information, and the Cars2ndChance volunteers take care of the rest. Following some very simple steps, an unused vehicle can be transformed from a burden to a resource. "Unused vehicles have a mission in improving lives, and we can help get them on their way," says Mary Kemnitz, co-chair of Cars2ndChance.

Whether you're looking to let one go or to pick one up, with Car2ndChance you'll move on and do good all at once. Click on the graphic for more info.



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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)>.



### **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 as needed 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.