

# Our Village VOICE

A monthly publication of Clayton Valley Village

November 2020 Edition

Featuring In Memoriam for Bill Manning, Voting reminder and link to Pros & Cons on CA Ballot Initiative, short Thanksgiving history, Annual Fundraising Report, CVV Travelogue, Favorite Recipes from our CVV Community, Upcoming events, and more.

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*IF YOU HAVEN'T DONE SO ALREADY,*

## **REMEMBER TO VOTE!!**

**If you need it, here's a REFRESHER TO CHECK OUT THE  
PROS & CONS: BALLOT INITIATIVES, CALIFORNIA POLITICS**

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



## Did You Know?



**Thanksgiving**  
**Thursday, November 26, 2020**

Thanksgiving is a federal holiday in the United States, celebrated on the fourth Thursday of November. It originated as a harvest festival, and to this day the centerpiece of Thanksgiving celebrations remains Thanksgiving dinner. [Wikipedia](https://en.wikipedia.org/wiki/Thanksgiving)

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## CVV Annual Fundraiser



For the first time in seven years Clayton Valley Village was unable to hold our annual Sunday Supper & Silent Auction fundraiser 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 hosted several educational "Lunch & Learn" presentations via Zoom, a number of virtual "Happy Hours" and "Staying Connected" online gatherings. We also held a mail-in fundraiser where we raised \$2,555. We thank each and every one of our supporters (listed below) for their amazing support:

Bev Adams, Betty Armes, Margaret Bachman, Pete Bardea, Mariana Behdjat, Diane Berger, Jeanne Boyd, Nancy Boyle, Dorothy Bradt, Neil Brennan, Yonnie Bushnell, Susan Elliott, Kathy Geddes, Liz Hansen, Carol and Victor Grey, Carol Herrington, Arlene Lewandowski, Sue Manning, Linda Pinder, Walt Rogers, Anita Stranik, Glendoris Sargent, Ken Struder, Joanne Vanis, Joanne Wasak, James Whitfield, Sonja Wilkin, Marilyn Wollenweber, Maria Xiaris



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## IN MEMORIAM

In Loving Memory of Bill Manning  
Clayton Valley Village Founding Member  
and Treasured Friend



December 22, 1939 - October 1, 2020

Bill was born and raised in San Francisco and after working for 30 years for the San Francisco Sheriff's Department, he retired in Clayton. He was a loving husband to Sue for 52 years, a devoted father and grandfather to his children, John and Kara and grandchildren AJ and Alexa.

We all will miss his wonderful smile and his quiet sense of humor.

Donations can be made in Bill's name to the [Alzheimer's Association](#) or to [Autism Speaks](#).



*Dear CVV Members & Volunteers:*

*So many good thoughts and prayers were received for my husband Bill's recovery but sadly, he passed away at home October 1. We always talked about the great life we had together, and now I've got great memories. Thank you all for everything you are and for the support you have given me. ~ Sue Manning*



## President's Message

*Sue Manning*

Have you had enough of COVID, of campaigning and wildfires? Real life is a real challenge. That is until you talk with someone who is 90 years young, who lived during the Great Depression, who survived the polio epidemic, and experienced Vietnam protests, and yet is still upbeat about his life. I read about this wonderful man who said "I learned a long time ago to not see the world through the printed headlines. I see the world through the people who surround me. I just choose to write my own headlines: Husband Loves Wife Today! Old Man Makes New Friend! Neighbor Provides Fresh Vegetables from Her Garden!"

We must keep in mind those basic kindnesses and focus on the sweetness of life. Thanksgiving Dinner will undoubtedly be different this year, but when grace is said at your table-for-two (rather than 14) give thanks for the things that matter so much.



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

**Carol Hansen Grey**



November is the month when many of us take time to be with loved ones and celebrate Thanksgiving around a table filled with delicious food, fun and laughter. This year, unfortunately, it will be different for many of us as we continue to shelter in place and avoid in-person gatherings that may have been a lifelong tradition. So, instead of bemoaning the fact that I won't be celebrating with friends or family this year, I decided to explore all the things for which I am truly grateful. I find that the simple act of writing down my gratitudes, lifts my spirits and fills me with a profound sense of well-being.

One of the things I am most grateful for is Clayton Valley Village and the community we've built in the past few years. I've been a member of many organizations in my relatively long life but have never participated in one where caring for one another is so apparent. It's truly a remarkable experience and one that fills my heart with gratitude! Thank you!



*My Heart is Filled with Gratitude*

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## **My Introduction to Vitality Society**

by Sonja Wilkin

I first learned of Vitality Society at the 3rd and last session of the Virtual National Village Gathering on October 20th.

Meredith Oppenheim, Founder & CEO of Vitality society gave her presentation on "Be the Best Version of Yourself: for those young at heart who want to remain that way". Meredith has been working with older people for over 30 years and since graduating from Harvard Business School in 2001 has worked in the senior housing industry.

In January 2020 she launched the online platform Vitality Society after two years of primary research applying her new paradigm on aging. The presentation itself was compelling as was the offer of a free month for the Villages. The four of us who attended the National Gathering signed up for it.

I attended 4 classes in the last week (Nia Dance Party, Latin Dance, Beauty Identity, Strength & Flexibility Training).... there is a monthly calendar posted and an email each morning on classes for the day with zoom invitation.

My overall impression is that it is extremely well run and organized, offering a multitude of activities that relate to their mission of combining health and enrichment, sustaining your vitality and looking at exciting new challenges. Their technology is superb as is the communication.

I found... that in each class, the instructor is highly qualified, very friendly, and creates a very warm environment for groups to form. Meredith herself as well as Ana, the coordinator/concierge tech support, have been able to foster a community within each activity - people come from across the country but get to know each other as share the activity plus can stay afterwards for a little social interaction through the Zoom platform.

Because there are so many classes offered, the challenge is to pick and choose those that fit into your lives. The intention is to be an "add on". Especially during the pandemic, Vitality Society can be a gateway to the outside world.... give it a try!

### **Important information:**

Website: [www.vitality-society.com](http://www.vitality-society.com)

Get a complimentary month when you sign up at the Virtual Village Group: [bit.ly/vsvillagefreemonth](https://bit.ly/vsvillagefreemonth)

Concierge: Ana Adriano - [ana@vitality-society.com](mailto:ana@vitality-society.com)

The price is \$19.99/month but will be \$24.99.mo on 1/1/21.

***Can cancel any time.***



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# Members on the CVV TRAVELOGUE

## Member Dorothy Bradt Travels to Utah



While in Utah to attend my granddaughter's wedding, my son and I hiked Antelope Island's Frary Peak Trail, the highest point on the island, at 2,000 elevation gain in 3 miles. We passed buffalo, antelope and coyotes. The view was spectacular! *(Note to Village Explorers: We should do this next spring (just kidding, unless you are interested. If that's the case, contact me. I would go.)*



## Jim & Marilyn Travel to Back to Michigan

Jim and Marilyn were born in Petoskey, on Little Traverse Bay, Lake Michigan. Jim lived nearby on Walloon Lake and they attended kindergarten together in Petoskey. Each year they return to this trappers cabin on Walloon Lake, courtesy of her cousin Bill Stone and wife Jane.



Walloon Lake



Trappers Cabin



Petoskey harbor on Little Traverse Bay, Lake Michigan. The opposite shore is Harbor Springs MI, a thriving summer resort area and one of the Midwest's largest winter ski resorts.



Maple color at the Petoskey Waterfront Park. Marilyn and I walked the waterfront trail toward her former home in Petoskey.



During our trip we sampled wines and ciders (hard and natural) from 3 of the 14 wineries within 15 miles of our cabin. Bill and Jane Stone joined us for this sampling that had outdoor live entertainment. We sampled white and red wines developed by U. Of Minnesota and Michigan State U. Schools of agriculture that are able to survive and thrive the cold winters and short summers.

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# ADVERTISE

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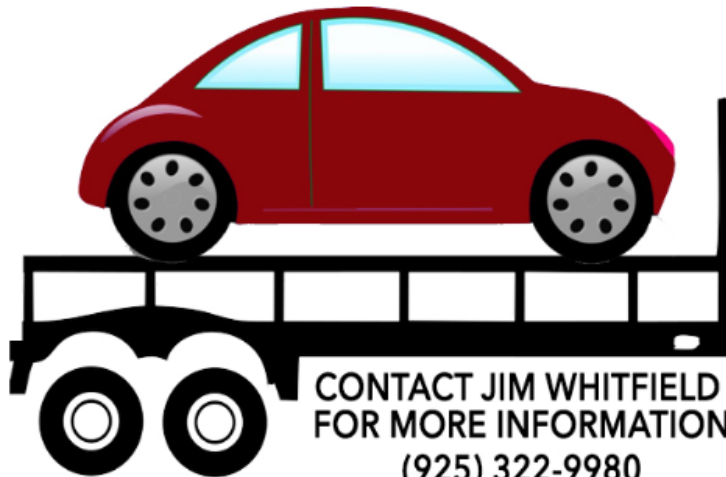


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For more information on advertising in our newsletter visit: <https://www.claytonvalleyvillage.org/newsletters>

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& ROTARY BY DONATING YOUR CAR**



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





## Sweet Potato Casserole

by Diane Berger



You'll love this healthy sweet potato casserole recipe! To make it ahead, prep the topping and filling separately. Then, assemble and bake when you're ready to eat.

### Ingredients:

- 5 large sweet potatoes
- 1 tablespoon extra-virgin olive oil (more for drizzling)
- 1-¼ cup almond milk (more if necessary)
- 1 teaspoon ground ginger
- ½ teaspoon sea salt
- ⅛ teaspoon black pepper
- ½ cup fresh sage leaves

### Crumble Topping

- ½ cup whole rolled oats
- ⅓ cup pecans (more for garnish)
- ¼ cup walnuts (more for garnish)
- ½ garlic clove
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon dried thyme leaves
- ¼ teaspoon minced fresh rosemary
- 1 teaspoon sea salt
- ⅛ teaspoon black pepper

### Instructions

Preheat oven to 425°

Line a baking sheet with foil and brush an 8x11-inch baking dish with olive oil

Use a fork to poke a few holes into the sweet potatoes.

Place on dish on baking sheet and roast until very tender (about 60 minutes)

If you have a favorite recipe you'd like to share, please email it to [carolgrey@claytonvalleyvillage.org](mailto:carolgrey@claytonvalleyvillage.org).





## Upcoming Events

Tuesday, Nov 3rd - Voting Day  
Tuesday, Nov 10th - CVV Board Meeting  
Tuesday, Nov 17th - Zoom Happy Hour (Members and Volunteers)  
Friday, Nov 20th- CVV Events Committee  
Thursday, Nov 26 - Thanksgiving

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## PAST EVENTS

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### Lunch in Park with CVV Friends



A last minute get together to have lunch in the park. It was great to get together.



## Creating Designer Birdhouses with Judy Disbrow

We all enjoyed the great Lunch & Learn Zoom presentation by Clayton Valley Village member, Judy Disbrow. Below are a few pictures from the presentation. To view the entire video presentation (as well as all our other Lunch & Learn presentations) click on the link below:

<https://www.claytonvalleyvillage.org/lunch-learn-presentations>

NOTE: Judy will be offering a class in Saturday, November 7 on Creating Designer Birdhouses. You will go home with your own decorated birdhouse (or Christmas ornament). The class is being offered for \$20 (includes all supplies), will be held in her covered backyard patio (weather permitting) and will be limited to 6 people so that social distancing can be observed. All participants will be required to wear masks. If you are interested in signing up for this class contact Judy at [JudyDisbrow@gmail.com](mailto:JudyDisbrow@gmail.com).





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## CVV Explorers' Hike

CVV Explorers went to Heather Farms and along the Contra Costa Canal Trail for their hike. Kathy O'Toole and Sonja Wilkin were the co-leaders with Kathy providing some history of the area. Many in our group had never been to Heather Farms so the Garden Center, Rose Garden, Centennial Grove, lagoon and wildlife were all visual treats. We had our own "Fanny Bridge" when watching several turtles!



Thanks, Kathy, for planning our hike. Dorothy was on a trip to Utah but will co-lead our December hike.



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# Clayton Valley Village HAPPY HOUR



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.

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## Quote of the Month!

# Happy November!

*~ November is the  
month to remind us to  
be thankful for the  
many positive things  
happening in our life. ~*

“At times, our own  
light  
goes out and  
is rekindled  
by a spark from  
another person.  
Each of us has  
cause  
to think with deep  
gratitude  
of those who have  
lighted the flame  
within us.”

– Albert Schweitzer



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

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- 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.



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***Our Village Voice*** is a free, electronic publication of  
Clayton Valley Village.

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<https://www.claytonvalleyvillage.org>

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Clayton Valley Village or Our Voice Newsletter**

**Email:** [Village.Clayton@gmail.com](mailto:Village.Clayton@gmail.com) **or Phone:** 925-626-0411