

Our Village VOICE

A monthly publication of Clayton Valley Village December 2020 Edition

Featuring a short history of Christmas, messages from our President and our Executive Director, recruitment for our new Program Development Committee, Favorite Recipes from our CVV Community, Our new Creative Wellness Lunch & Learn Series, Upcoming Events, and more.

Did You Know?

The first official mention of December 25 as a holiday honoring Jesus' birthday appears in an early Roman calendar from 336 A.D.



*What is the
History of
Christmas?*

Christmas is celebrated on December 25 as both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of

Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December 25–Christmas Day–has been a federal holiday in the United States since 1870.

[Click here for more information in the history of Christmas.](#)



President's Message

Sue Manning

It's been a pet peeve of mine to read a newsletter message that starts out "where has the time gone?" So I won't begin that way. What I will say is that this year did NOT turn out the way I envisioned; it didn't turn out the way YOU thought it would either, I'm sure.

I had hoped 2020 would bring lots of opportunities for Clayton Valley Village to get the word out about our wonderful community. Our Executive Director, Carol Hansen Grey, and I had plans to speak to various groups and organizations as we started the year with the expectation that we would grow our membership roster and our crew of volunteers. Although we did increase our membership by a few new members, we also lost one or two due to various reasons. But you know what I like about the end of one year and the start of the next? A chance to try again. A new beginning. We are still going strong with the most caring members and volunteers one can imagine, with interesting programs via Zoom, for now, and with the possibility of gathering in person again soon.

Our board of directors under the helm of President, Marilyn Wollenweber, begins the new term January 1. Thank you all for your continued support in these unprecedented times. It's been my pleasure to serve you.



December is the month when we all look backward and forward... we look back over the year that is coming to an end and look forward to a new year with anticipation. Victor and I have never enjoyed going out to New Years Eve parties. So, instead, we created a New Years Eve ritual that we've been doing for over 15 years. We go to our meditation room, light our New Year's candelabra that only comes out once a year and take out a special journal that we only write in on New Year's Eve.

In this journal we write down any significant world events and extended family events that happened over the year. We note changes we've made in our lives, all the new things we've learned, all the events we've participated in, all the new people we've met and all the friends we've lost, all the places we've traveled, all the personal and business goals we've accomplished (and the goals we failed to accomplish), all the goals we hope to accomplish in the coming new year, and we end our entries with what we are most grateful for.

Before we begin writing, we take a trip down memory lane as we look over what we wrote the previous years. As you can imagine, we have filled several of these journals over the years and they are cherished possessions.



Wishing you all a blessed Christmas and a healthy, joyfilled and prosperous New Year.



We're Forming a New
**Program Development
 Committee**

...and we're looking for volunteers!

Clayton Valley Village is interested in developing community based programs and we are looking for volunteers to serve on an exploration committee. The purpose of the committee will be to develop priorities in pinpointing educational and social programs that we, as an organization, may be able to develop to serve the greater Clayton/Concord communities. The committee would meet once a month through Zoom starting in February. If you have experience in developing programs and/or an interest in doing some research into what programs other Villages are offering, please consider volunteering to serve on this committee. If interested or need more information, please contact Carol Hansen Grey by email at carolgrey@claytonvalleyvillage.org.

Currently in the works is a brand new "**Creative Wellness**" Lunch & Learn Series slated to start in January. Please visit <https://www.claytonvalleyvillage.org/events> for more information.



1.

The first in our series will be held on Thursday, January 7 @ Noon when we will welcome Feng Shui expert Nancy Dadami who will present a fun and interactive Zoom event specifically for Seniors to help us all fine-tune our minds to stay sharp!



ZOOM



LUNCH & LEARN

With Feng Shui Expert
Nancy Dadami

**8 SIMPLE WAYS TO FINE-TUNE
YOUR MIND TO STAY SHARP
IN 2021**

Thursday, Jan. 7
Noon-1:30 PST
FREE & OPEN
TO THE PUBLIC
RSVP Required:
https://claytonvalley.helpfulvillage.com/events/index_list or call: 925-626-0411

All our Lunch & Learn Creative Wellness programs are free and open to the public. So, we hope you will join us! Stay up-to-date on all our scheduled events at: <https://www.claytonvalleyvillage.org/events>

IN MEMORIAM

In Loving Memory of Robert Duesing
Clayton Valley Village Founding Member
and Treasured Friend



July 10, 1938 - November 4, 2020

Bob moved to Clayton in 2004 when he married Candy. He always enjoyed life to the fullest which included buying his first Harley Road King at 70! Bob leaves a living legacy

of blended family of 6 children, 14 grandchildren, and 3 great grandchildren. His greatest joy came from his family.

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LOCAL RESIDENTS
FOR ONLY \$25!**

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

**RECEIVE A TAX WRITE-OFF AND
SUPPORT CLAYTON VALLEY VILLAGE
& ROTARY BY DONATING YOUR CAR**



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



Lorraine's Open-Faced Cheese Sandwiches (or snacks)

by Carol Hansen Grey

This is an original recipe my mother concocted back in the '50s that became one of our family favorites to eat on Friday nights with tomato soup. The recipe is really flexible as you can make it for one sandwich or for several. Leftover sandwich mixture can be refrigerated for up to a week for a quick snack. I also have used this mixture for hors d'oeuvres served on sliced up baguettes. These snacks can be made in advance to be served later. (As an aside: Packaged shredded cheese wasn't available in the 50's, so my job was to grate the block of cheddar with the old-fashioned, rectangular cheese grater... which was lots of work that often resulted in bloodied knuckles!)

Basic Cheese Mixture:

1-2 cups shredded sharp cheddar

1 small onion chopped

1-2 Tablespoons Worcestershire sauce

Mayonnaise (enough to make the mixture spreadable -- about a cup)

Optional additions

Chopped Jalapeno peppers

Chopped Ripe or Green olives

Chopped pastrami or ham or crumbled bacon

Instructions:

Toast one side of bread in toaster-oven (or broiler)

Remove from broiler and spread mixture on un-toasted side of bread

Place cheese-topped sandwiches on a cookie sheet

Broil sandwiches until cheese mixture starts to bubble & turn slightly brown
(usually about 2-3 minutes)

Remove from broiler and serve with soup and/or salad for a nice light meal or place mini-sandwiches on a serving dish and serve as hors d'oeuvres. They can be served at room-temperature -- they don't have to be hot to be enjoyed!

**If you have a favorite recipe you'd like to share, please email it to
carolgrey@claytonvalleyvillage.org.**



Upcoming Events

Tuesday, Dec 1st - CVV Board Meeting
Monday, Dec 14th - CVV Explorers Hike
Tuesday, Dec 15th- Zoom Happy Hour (Members and Volunteers)

January 19: 4:00-6:00pm
Greg Tamblyn & CVV Benefit Concert
An Evening of Musical Mirth & Conscious
Comic Relief

Come support Clayton Valley Village and have lots of fun doing so!

Greg Tamblyn is a multi-award-winning singer, songwriter, humorist and author. He helps people see the best in themselves, and laugh at the rest of themselves. His current mission is "Saving the world from whiny victim love songs." Preview his songs and video clips at GregTamblyn.com

Admission is by donation to Clayton Valley Village.
The Zoom login information will be emailed to you two days prior to the concert.

RSVP at: <https://claytonvalley.helpfulvillage.com/events/1384>
See the flyer below for more information.



Clayton Valley Village
in collaboration with
Greg Tamblyn. N.C.W
(No Credentials Whatsoever)



Multi-Award-Winning Singer, Songwriter,
Humorist and Author!

cordially invite you to

ZOOM

your way to a healthy dose of
Conscious Comic Relief
in a benefit concert for Clayton Valley Village

Get a comedy hangover that lasts all week!

"Greg Tamblyn is a contemporary Mark Twain..."
(Dr. Larry Dossey, MC, author)

"The cleverest musical take on modern life!"
(Yoga Journal)

Award-Winning Songs

Lifetime Achievement Award in Positive Music

Admission by Donation to Clayton Valley Village
Tuesday, January 19, 2021 4:00-6:00pm (PST)
RSVP Required:
<https://claytonvalley.helpfulvillage.com/events/1384>

RSVP and purchase tickets <https://claytonvalley.helpfulvillage.com/events/1384>

Clayton Valley Village Hike - Dec 14th



We will meet at the Grove Park near the children's play area on December 14th at 10:00. **Please wear masks.** We are going to walk the Black Diamond Way trail starting at the Grove Park. This is a 3.5 mile out and back level hike

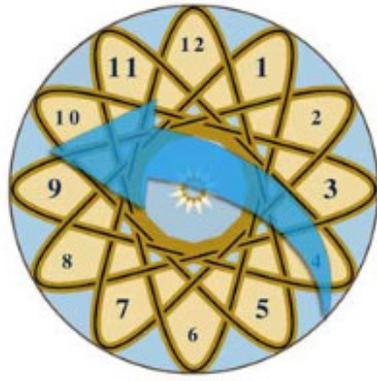
with a possible extension up a hill for views. We have selected a tree where we can hang ornaments or bird seed bells. If you would like to bring an ornament you no longer care to hang on your tree or buy something for the birds to enjoy, please bring it. We should get back to the Grove Park about noon. Bring your sack lunch to eat at the park. Light rain may change location to blacktop trails in Clayton but same gathering spot at Grove Park. **Don't forget to wear a mask and we will be socially distancing 6 ft. apart on our walk.** Heavy rain cancels hike.

RSVP - <https://claytonvalley.helpfulvillage.com/events/1394>



At Hope Walk, Concord Vietnam Memorial on Sat 10/1/7/20, in support of Cancer Support Community (CSC)



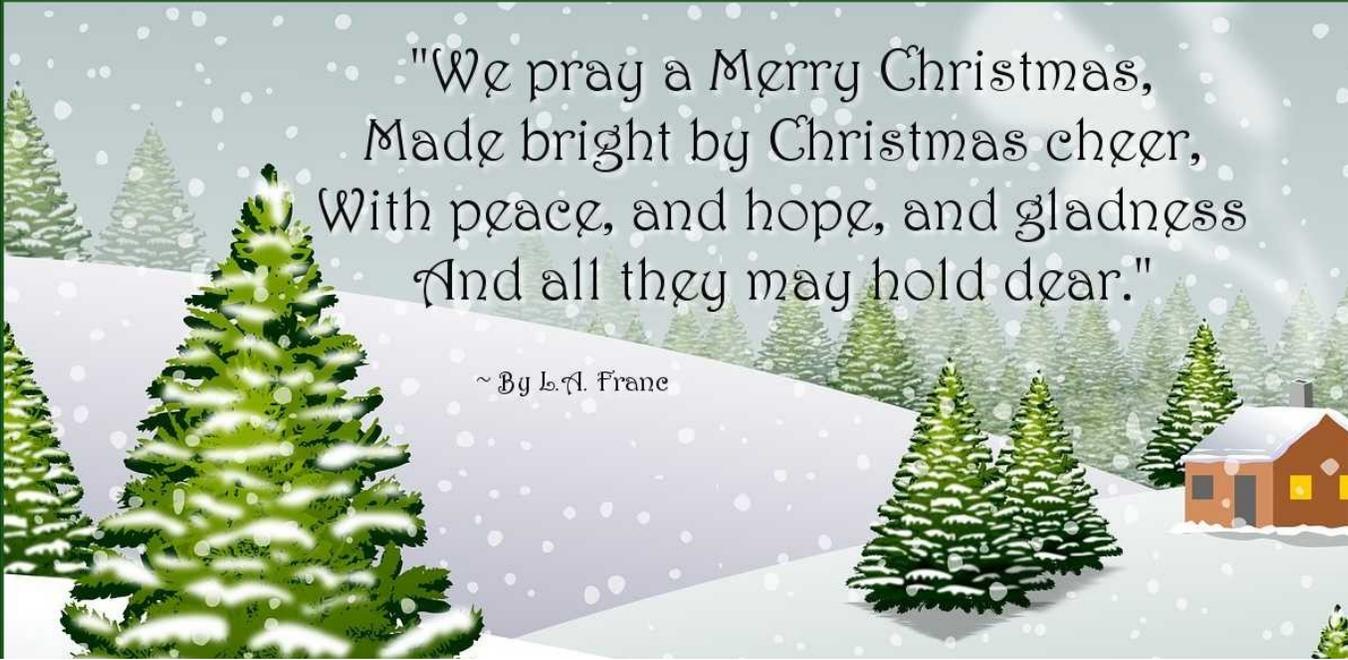


PAST EVENTS



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. Our friend Betty who is in rehab called in and we were happy to see her. She is an inspiration to all of us.

Quote of the Month!



"We pray a Merry Christmas,
Made bright by Christmas cheer,
With peace, and hope, and gladness
And all they may hold dear."

~ By L.A. France



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)

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)
Carol Hansen Grey (Executive Director)

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

-
- 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.

Editors: Carol Hansen Grey & Diane Berger

Email: Village.clayton@gmail.com.

The editors welcome all submissions and reserve the right
to include or edit all material. Unless otherwise specified,
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<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

