

# Our Village VOICE

## A monthly publication of Clayton Valley Village March 2021 Edition

Messages from our President, Check out our Events held in March, Our Creative Wellness Lunch & Learn Series, Article from our Volunteer Fiona Hughes, Upcoming Events, and more.

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 Let the  
SHENANIGANS  
BEGIN   


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**CVV Executive Director - Carol Hansen Grey**

**THANK YOU and Best Wishes**

Our much-valued Executive Director, Carol Hansen Grey, has decided to discontinue her role in that position. Carol is looking forward to refocusing on her primary love, which is reengaging with her path of spiritual growth, both for herself and Victor as well as her work with numerous other spiritual organizations.

During her tenure, Carol played an integral role in setting up and hosting our numerous Zoom events, including our highly successful Lunch and Learn programs, kept our web site up to date and provided us with beautiful graphics both for flyers and for the newsletter. She was also responsible for working with local businesses to advertise in our newsletter and designing our very impressive logo highlighting Mount Diablo.

We send our heartfelt thanks to Carol and truly appreciate her contribution to the success of our village.

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**President's Message**

*Marilyn Wollenweber*

Can you believe it's March already? When I think about March, I think of St. Patrick's Day and leprechauns and also wonder if it will come in as a lamb or a lion. Looking at our weather forecast, it looks like March will come in like a lamb. Did you know that March 1 is National Peanut Butter Day and March 2 is Dr. Suess' birthday? One of the highlights of March is it is the month that begins our season of Spring on March 20. That is a happy note, I think. Oh, and don't forget to move your clocks forward on March 14., the beginning of Daylight Savings Time.

It's another month filled with happy times. Keep your eye out for those little leprechauns and don't forget to get your COVID vaccines. Stay healthy and watch our trees pop with white and pink blossoms and the hills sport that lovely green. Check your CVV calendar and join us for the Lunch and Learn on March 4 and other activities posted on our website.

Look forward to seeing you on our Zoom!

Marilyn

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## Did You Know?

If you missed previous Lunch & Learn presentations, they are available on our website [www.claytonvalleyvillage.org](http://www.claytonvalleyvillage.org) Just click on **Media** then **Lunch & Learn Presentations**

Why not enjoy all of them ?

**Energy Medicine for Dementias & Pain**

**8 Simple Ways to Fine-Tune Your Mind to Stay Sharp**

**Decorating Designer Birdhouses**

**Travel Tips for Seniors**

**COVID-19 SCAMS and HEALTHCARE FRAUD**

**Straw Bale Vegetable Gardening**

**Container Gardening**

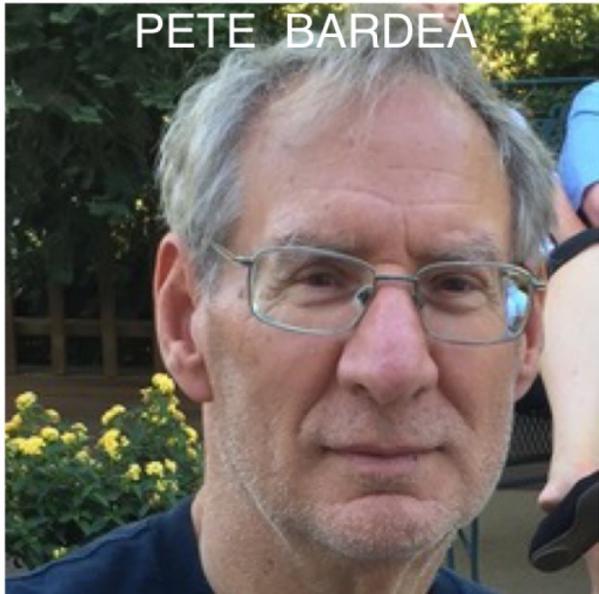
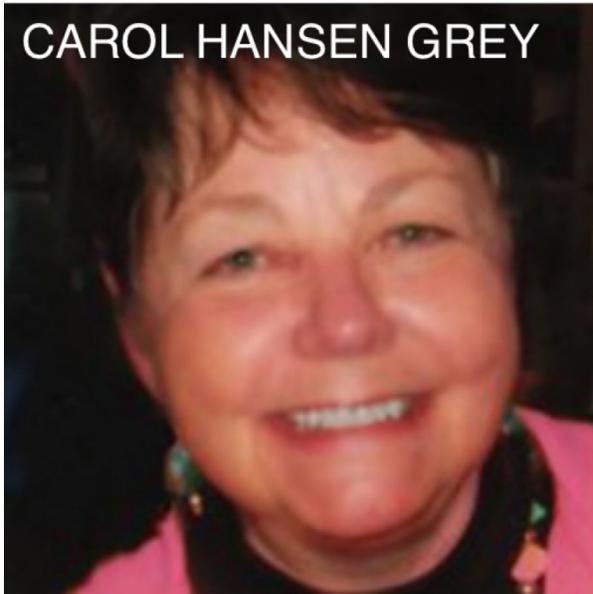
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*Welcome*  
*to our New Member!*

Robert Logan



The members of CVV voted Fiona Hughes, Diane Berger, Carol Hansen Grey and Pete Bardea as our **2020 Volunteers of the year**. They went above and beyond to help out our members and village. They were given Safeway gift cards for their great work.



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*Life Experience*  
Stories by CVV Members & Volunteers

**Living the Life in America!**  
**By Fiona Hughes**



In my early twenties, and within my first month of arriving in America, I received a phone call unlike any I'd ever experienced.

My name had apparently been selected in a drawing for a boat. My prize winnings all hung in the balance of one final quiz question, announced the organizer. Oh boy! I exhaled deeply and nibbled my lip nervously. A lover of TV quizzes such as 'Mastermind', and 'Who Wants to Be A Millionaire', I knew my luck lay in the balance of a single response.

"Who was the first President of the United States?" came the question. I gasped. Wait a minute... I think I actually KNOW this one! Smiling smugly now at the memory of the dreary American History class in my Welsh grammar school, I felt it was finally going to pay off big time.

I breathed my response, "George Washington?" Bingo, I was the big prizewinner, the man announced, and congratulated me heartily. He provided the prize-giving ceremony address for the following weekend, and I fervently confirmed I'd be there, along with my partner, and yes, actually, he does own our home.

I couldn't believe my luck and was on cloud nine. Yes! What a wonderful country of opportunity America is!

Of course, I couldn't wait to share this splendid news with my father in the UK, whom I'd accompanied around many a boat show over the years. An avid yachtsman, his pocket book restricted him to a subscription of "Yachting Monthly" magazine, however, rather than ever having owned a boat himself.

“Well, darling, your ship has finally come in!” he exclaimed down the phone line, sounding as thrilled and proud as I felt.

Saturday eventually came. My partner and I arrived at the designated hotel in Galveston, where the award ceremony was scheduled to take place. Several dozen couples were already settled around tables in a conference room, and a nice young man courteously guided us to our seats, as an introductory film was starting. Yep, this glamorous lifestyle would soon be mine, and I pictured our marina parties and the salt-water whipping my hair.

But boy, did it go ON a long time. After hours of films and talking, it became clear our young man had an ulterior sales agenda. Exasperated, having firmly pushing back repeatedly, we told him we needed to take ownership of my prize-winning boat and leave now.

His persuasive charm evaporated, and from under the table the man drew a large cardboard box, while muttering, “Here’s your prize”. My boyfriend collapsed in laughter at my confused and horrified expression - upon being handed a child’s inflatable yellow boat!

Experience is a wonderful teacher, they say, and I now can’t believe my crestfallen naivety. My family and I shared some great laughs over my ‘winnings’. I still have two photos that make me smile at the memory. One is of me, sweaty and red-faced, puffing as I inflated it, then another of me sitting, holding little blue oars, my knees around my ears, in my tiny prize boat, paddling around our swimming pool!



**Carol Gardner's grandson Derrek flew her over San Francisco.**

**It was so much fun !!! I'm so proud of him.**

Downtown San Francisco, the Golden Gate Bridge and Alcatraz were among the highlights



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# CREATIVE WELLNESS Health Tips!

## MORE REASONS TO EAT FRUIT!

 <p>Cherries help calm your nervous system</p>	 <p>Grapes relax your blood vessels</p>
 <p>Peaches are rich in potassium, fluoride and iron</p>	 <p>Apples help your body develop resistance against infections</p>
 <p>Watermelon helps control your heart rate</p>	 <p>Oranges help maintain great skin and vision</p>
 <p>Strawberries can potentially fight against cancer and aging</p>	 <p>Bananas are great for athletes because they give you energy</p>
 <p>Pineapples help fight arthritis</p>	 <p>Blueberries protect your heart</p>
 <p>Kiwis increase bone mass</p>	 <p>Mangos protect against several kinds of cancer</p>



## Upcoming Events

Tuesday, Mar 2nd - CVV Board Meeting  
Thursday, Mar 4th - Lunch & Learn - Vitality Society

**Sunday, Mar 14th - Daylight Savings Time Begins**  
**Tuesday, Mar 16th - Happy Hour with PNA Village (Members & Volunteers)**  
**Wednesday, Mar 17th - St. Patrick's Day**  
**Friday, Mar 26th - Events Committee Meeting (Members and Volunteers)**

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# Save the Date!

**March 4th 12:00 PM PST**

## **CVV "LUNCH AND LEARN" - FOCUS ON WHAT'S VITAL WITH VITALITY SOCIETY**



### **CLAYTON VALLEY VILLAGE "LUNCH AND LEARN" FOCUS ON WHAT'S VITAL WITH VITALITY SOCIETY™**

Thursday, March 4 at 12 – 1:30 pm PT  
12 pm Introduction  
1 pm Nia Dance Party

Meet Meredith Oppenheim, founder and CEO of Vitality Society, an online community focused on keeping people 60 and better to be at their best.

Learn 8-tips to "living vitally" to realize a lifestyle of strength and growth.

Enjoy and experience one of the most popular Vitality Society classes Nia Dance Party with Caroline Kohles.

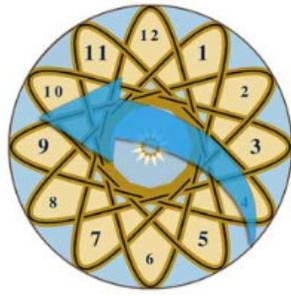
RSVP at [bit.ly/vsclaytonmar](http://bit.ly/vsclaytonmar) to receive the Zoom link and a complimentary month of over 70 fitness, wellness and enrichment classes.



**RSVP at <http://bit.ly/vsclaytonmar> to receive zoom link and a complimentary month of over 70 fitness, wellness and enrichment classes or call 925-626-0411.**

**There is NO OBLIGATION to continue after the free month.**

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# PAST EVENTS

## "Lunch and Learn" Energy Medicine for Dementias & Pain

Lunch and Learn - Dr Len Saputo presented valuable information about using light to treat many conditions where pain is difficult to manage.



## CVV Explorer Hike

Our February Hike got Rave Reviews - Awesome, refreshing, and good conversation! Beautiful day with sun, fresh air and real people! BEAUTIFUL day for a hike! Fabulous as always !



## **Valentine Treats for CVV Members and Volunteers** **It was so thoughtful, and delicious. Thank you Event's Team !**

Clayton Valley Village Event's Team got together and celebrated Valentine's Day for our members and volunteers. Arlene initiated idea, baked, packaged; Sue wrote and addressed Valentine cards for all CVV members and volunteers; Gloria and Betty set up the bags; Bonnie, Fiona, Jeanne and Sonja delivered them all. The whole Events Team supported this great idea and added Valentine treats and some personal contact too around our community.

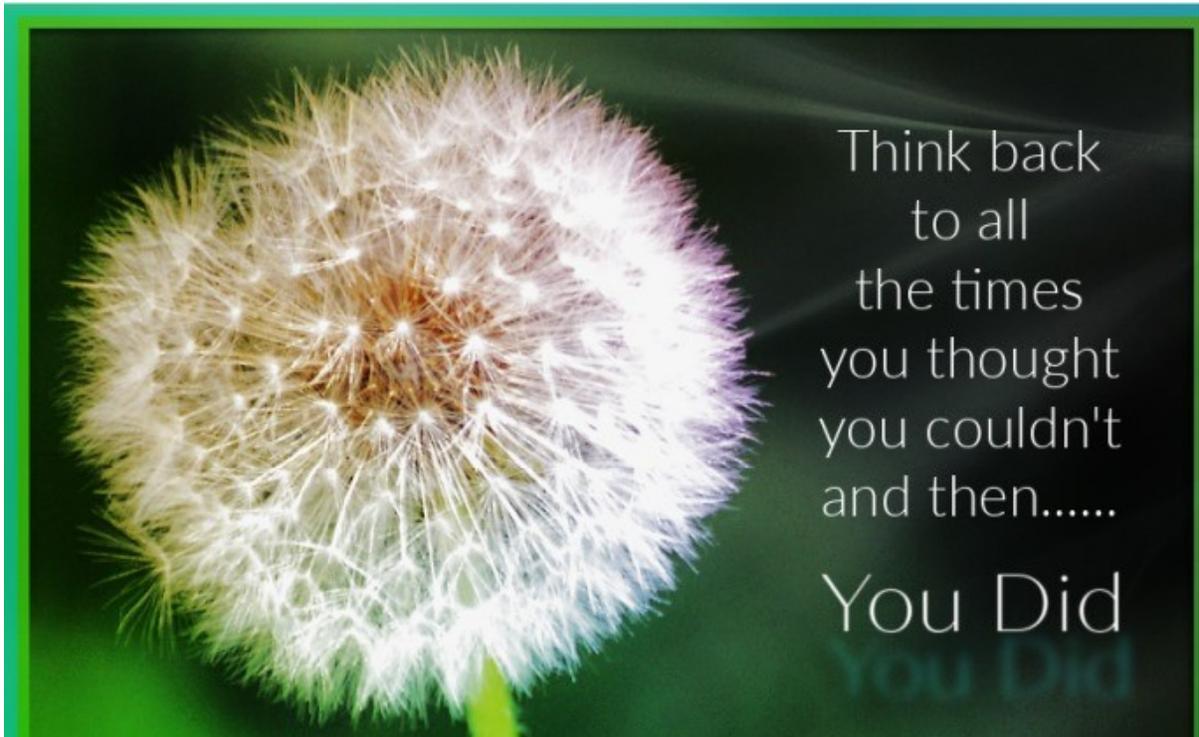


**Another Happy Hour was enjoyed on Feb 16th**



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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 Sue at [suemanning121@gmail.com](mailto:suemanning121@gmail.com)

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### **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)

##### **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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- 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  
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