

Our Village VOICE

A monthly publication of Clayton Valley Village
May 2021 Edition

A Message from our President. Check out our Events held in May, Upcoming Events, and more. Also in this issue, we present the next installment of the Girl with the Topaz Ring, a story by CVV member Gary Carr, as well as an essay on Local History in Concord by Fiona M. Hughes.



Join or Renew Your Membership



CVV has lowered their membership dues. Couple membership is \$660 and Single membership is \$480. If you are interested in joining CVV call (925) 626-0411 and we will send you an application or go the web and download the application <https://www.claytonvalleyvillage.org/member-application>.

Welcome

New Members
& Volunteers!



Merwyn Powell



Margaret McCarty



Roberta Powell

Advertisers



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President's Message

Marilyn Wollenweber

Welcome to May! The flowers are blooming, you can get outdoors more, and it's the National Smile Month in the UK! I think we should join in and celebrate this month with them..

I read an article on the internet by Mark Stibich, PhD (his name makes me smile!) entitled, Ten Top Reasons to Smile Every day. Are you ready? Start smiling because: (1) Smiling helps you live longer, (2) It relieves stress, (3) A smile elevates your mood, (4) It's contagious (try it, it's true!), (5) It boosts your immune system, (6) It may lower blood pressure, (7) It can reduce pain, (8) It makes you attractive, (9) It suggests success, and (10) It helps you stay positive. To top that all off, the best reason to smile is that May also celebrates National Buttermilk Biscuit Day. Now, that should bring a huge smile to your lovely/handsome faces!!

Keep on smiling and check out what CVV and the community has in store for you.

If you participate in supporting the Cancer Community Hope Walk, remember to smile as you pass by people. I bet they'll smile right back.

Did You Know?

If you are planning to fly and leave your car at the airport, here are a few things you may want to do.

- Leave your garage door opener at home
- Take your car registration with you

If someone breaks into your car, the scoundrels will not only know where you live, they will also have a non-detectable way to get into your house.

Travel smart and be safe!

The Girl with the Topaz Ring, a story by CVV member Gary Carr. Watch for more in succeeding issues!



The Girl with the Topaz Ring
by Gary Carr

Chapter Two

The story so far

Josh Furemsky receives a graduation card from his father, whom he has never met. Inside the card is money for Josh to fly from San Francisco to Houston. Drawn by a raging sense of anger and curiosity, Josh is on a plane to Houston the next afternoon.

Josh pulled out of the rental car lot and told Siri the address his father had scrawled on the back of the envelope. He headed north from the airport on a narrow road that threaded along a winding bayou. In half an hour, Siri told him to turn right onto Wintergate Drive, and that "238" would be on the left.

The house lay back from the road, nearly hidden behind a grove of tall pines. Josh turned into the circular driveway and stopped behind an old green Jaguar parked out front. No one seemed to be around as he trudged up the gravel walk past the two stone lions to the front door. He pushed aside a cascade of ivy to find the doorbell button.

Footsteps inside grew louder and the door opened. The woman blinked in the sunlight. She was tall with blonde hair pulled back into a ponytail. Josh figured her to be in her mid-fifties.

"I guess you're Josh."

"Yes, I'm here to see my father."

"I'm Elise. Come on in."

She shut the door behind them and motioned for Josh to go into the living room. His eye caught the antlered head of an elk hanging above the fireplace. In a corner, a stuffed bear reared up on its hind legs.

Josh felt no surprise that his father would be a big game hunter.

"Your father is in the hospital. The ICU. He's been ill for several weeks, and now he's failing, but he told me to bring you right away. We can take my car."

"What's wrong with him?"

"He's old. He's 82, What can I say?"

Elise floored the Jag as she turned down the bayou road. Josh saw her as an attractive woman, but not one to be messed with. She was not wearing a wedding ring.

"You a friend of my father?"

"A longtime friend. And in case you're wondering, a friend with benefits. Now I'm his caregiver."

"Lucky man."

Elise pulled the Jag into a handicap space next to the hospital entrance. She stretched across Josh's lap to open the glove box and pull out a red handicap placard. Josh felt her cheek brush his chest. "Fathers and sons?" he asked himself. Elise hung the placard on the mirror, flipped her ponytail out of her collar, and got out. Josh followed her into the hospital and over to a bank of elevators.

It was the first time Josh had ever seen the man who fathered him, now a withered husk hooked up to a machine by an array of tubes and wires. Straw-colored wisps stuck out from each side of his otherwise bald head.

"Hello, Frederick. I'm Josh." Josh could not get himself to call this gaunt scarecrow Father or Dad.

Josh did not flinch as his progenitor stared into his eyes. The old man motioned to the tray table beside the bed, which made Elise spring to life and retrieve the white envelope leaning against the pink water pitcher.

"He wants you to have this," Elise whispered as she thrust the envelope at Josh.

Only then did Josh disengage his eyes from his father's stare. The envelope was not sealed, and he pulled out a color photograph of a red-haired young woman posing in her graduation cap and gown. High school or college, he could not tell. The old man raised a hand and bent two fingers toward himself.

"He wants to say something to you," Elise said.

Josh stepped forward and bent close to the old man who smelled of disinfectant and cologne. The strength of the old man's voice surprised him as his father pointed to the photo.

"You have a sister," he said.

Next time, Chapter Three. Who is this young woman, and whose child is she?

Learning Local History - Part I of 2: Don Salvio Pacheco and Early Concord

By Fiona M. Hughes



On a rainy, pre-Covid Sunday afternoon I took a delightful, guided tour around the Galindo House, on Amador Ave., Concord. It's a handsome, grey Victorian house I've driven past many times, idly wondering what its story was, and yesterday was a good day to find out, since they are open from 1-4pm on Sundays only.

Presumably because I was their only visitor, three docents generously guided me through the house, engaging me with interesting facts about the house, the Galindo family who lived there, and how it correlated with Concord's early history. Anyone familiar with Concord and surrounds will recognize the family names of Salvio,

Pacheco, Galindo, Amador, and Bernal, all of which featured in the proud history of the Galindo family.

Here I learned that one of Concord's founding fathers was Don Salvio Pacheco, born in Monterey, CA in 1793. Don Salvio was the son of a Spanish Army officer who had arrived with the Anza expedition of 1776, and settled in San Jose. Don Salvio himself enlisted in the Army at age 17, did a stint at the SF Presidio, married and raised a family of five children, and later became the mayor of San Jose.



In 1834, Don Salvio Pacheco petitioned for, and was awarded by the Spanish/Mexican government for his service to Spain, a land grant of 17,921 acres of land. In what is now Contra Costa County, was then known as Rancho Monte del Diablo. This means 'thicket of the devil', referring to the area's willow thickets (hmmm, Willow Pass, anyone?!). The granted lands ran from Walnut Creek east to the Mt. Diablo foothills, present day Concord and Pleasant Hill and up to the Carquinez Straits.

Don Salvio was a generous and prudent man, and astutely recorded and re-recorded his land grants (sensible, since the USA was about to take over California). Because of his mayoral duties in San Jose, his son, Fernando, was sent immediately to establish a rancho on the grant, hire men to run cattle and develop the rich agricultural land.

Below is the map showing the “Rancho Monte Del Diablo”, and on the right, Don Salvio Pacheco, in his senior years.



Join us next month, for part 2 of this article in which we follow Don Salvio's story as he founded what is now downtown Concord, and discover the history behind more familiar names and places we know and love in Concord.

A Job Well Done

Seeking an opportunity to get out and do some good, a team of Clayton Valley Village folks answered a request on Nextdoor to assemble a backyard play structure. The request was from a pregnant mom with a 17 month-old son, whose husband had just been deployed.

The team consisted of Jim Whitfield, Linda Pinder, Larry Long and Pete Bardea.

Collectively, they logged over 85 hours over a 12 day period to complete the project. During construction, the little guy was more excited with the box it all came in rather than the actual play set. But once completed, he warmed up to it.





Health Tips

Tips for Healthy Living

Super Healthy Spices

OREGANO
helps soothe stomach
muscles



Thyme
relaxes respiratory
muscles

MINT
can ease hiccups



TURMERIC
anti-cancer

GINGER
anti-nausea remedy



BASIL
can relieve gas and
soothe stomach
upsets

GARLIC
natural antiseptic



BLACK PEPPER
help relieve indigestion

FENUGREEK
helps flush out harmful
toxins



CAYENNE
can stop a heart
attack

Fennel
can reduce bad breath
and body odor



CINNAMON
helps lower blood
pressure

CLOVE
anti-microbial



Dill
treat heartburn,
colic and gas

SAGE
antiseptic and
antibiotic



Rosemary
antioxidant



Upcoming Events

Tuesday, May 4th - CVV Board Meeting

Wednesday, May 5th - Cinco De Mayo

Saturday, May 8th - Clayton Valley Garden Club Plant Sale

Sunday, May 9th - Mother's Day

May 9th to 15th - 2021 HOPE WALK

Tuesday, May 18th - Monthly Mixer Oakhurst Country Club

Wednesday, May 19th - LUNCH AND LEARN - LEARN HOW TO MAKE A
CHARCUTERIE BOARD

Friday, May 28th - Events Committee Meeting (Members and Volunteers)

Monday, May 31st - Memorial Day

Save the Date!



Supports the
2021 Virtual Hope Walk
May 9-15, 2021



CLAYTON VALLEY VILLAGE SUPPORTS
The 2021 HOPE WALK - May 9-15, 2021

Clayton Valley Village is pleased to support the 2021 Hope Walk by the Cancer Support Community (CSC), San Francisco Bay Area, taking place May 9-15, 2021.

The Hope Walk is in its 7th year, raising awareness and critical funding for CSC programs which have been offered **FREE** to Bay Area cancer patients and their families for 30 years.

This year the event will be virtual, meaning that participants can walk from anywhere. The event goals are 1,000 walkers and \$200,000 raised for programs/services.

Clayton Valley Village has registered a team with fundraising being done individually by team members, and donations gratefully accepted from supporting friends and family. The CVV Walking Team's Captain is Sonja Wilkin, who can be reached at atsonjawilkin@gmail.com for more information.

CVV members and volunteers who wish to make a donation to our team can do so as a donor. If you would like to become a registered walker on our team, please register (see below)

Donations can also be made by check to the following address, and should also reference 'Sonja Wilkin, CVV Team'.

Cancer Support Community
Attn: Hope Walk
3276 McNutt Avenue Ave
Walnut Creek, Ca. 94597

To donate, either:

1. Register to walk by joining the Clayton Valley Village Walking Team. Just go to: www.hopewalkbayarea.net Click "Register to Walk", and pay \$25. For more information on the CVV walking team, contact: SonjaWilkin@gmail.com
 2. Donate directly at Sonja Wilkin's CVV fundraising page for CSC: <https://cancersupportcommunityhopewalk.rallybound.org/SonjaWilkin> Just enter the amount you would like to donate and answer a few questions.
-

**"Lunch and Learn" Learn How to Make a Charcuterie Board
Wednesday May 19th at 12:00 PM PST**



Laurie Bushell and Michelle Haan, daughters of Joanne Vanis a CVV member, will demonstrate from Michelle's kitchen in Tiburon how to create a Charcuterie Board. If anyone would like to create their own board, let us know by email and we will forward the grocery list.

village.clayton@gmail.com or call the CVV office at 925-626-0411

RSVP: [CVV Calendar, Charcuterie Board, 5/19/2021](#)

Clayton Valley Garden Club Plant Sale
May 8th - 9:00 AM to 1:00 PM

CLAYTON VALLEY GARDEN CLUB
PLANT SALE

May 8TH, 2021 9A.M.—1 P.M.

ENDEAVOR HALL PARKING LOT

6008 Center Street, downtown Clayton



\$3 for 4" plants or 2 for \$5

\$6 for one gallon

\$10 for two gallon

Other items priced as marked

Taxes are included in price.

Clayton Valley Garden Club grows plants near downtown Clayton.

For more information go to www.ClaytonValleyGardenClub.org

Or call 925-276-2299

A wide variety of plants including Abutilons, Calandrina, Carex, Daylilies, Epiphyllums, Hostas, Iris, Lilyturfs, Lotus, Mallows, Natives, Turks Cap, Wire Vine, Perennials, Plectranthus, Polygala, Salvia, Scented plants, Succulents, Tomatoes, Vegetables. Also succulent gardens, color bowls and Garden Corner section with gently used items, bird houses, bat boxes, Miracle of Monarch book with free *Asclepias speciosa* (milkweed) start with book purchase to help Bring Back the Monarchs. We will also have a Bargain Table.





PAST EVENTS

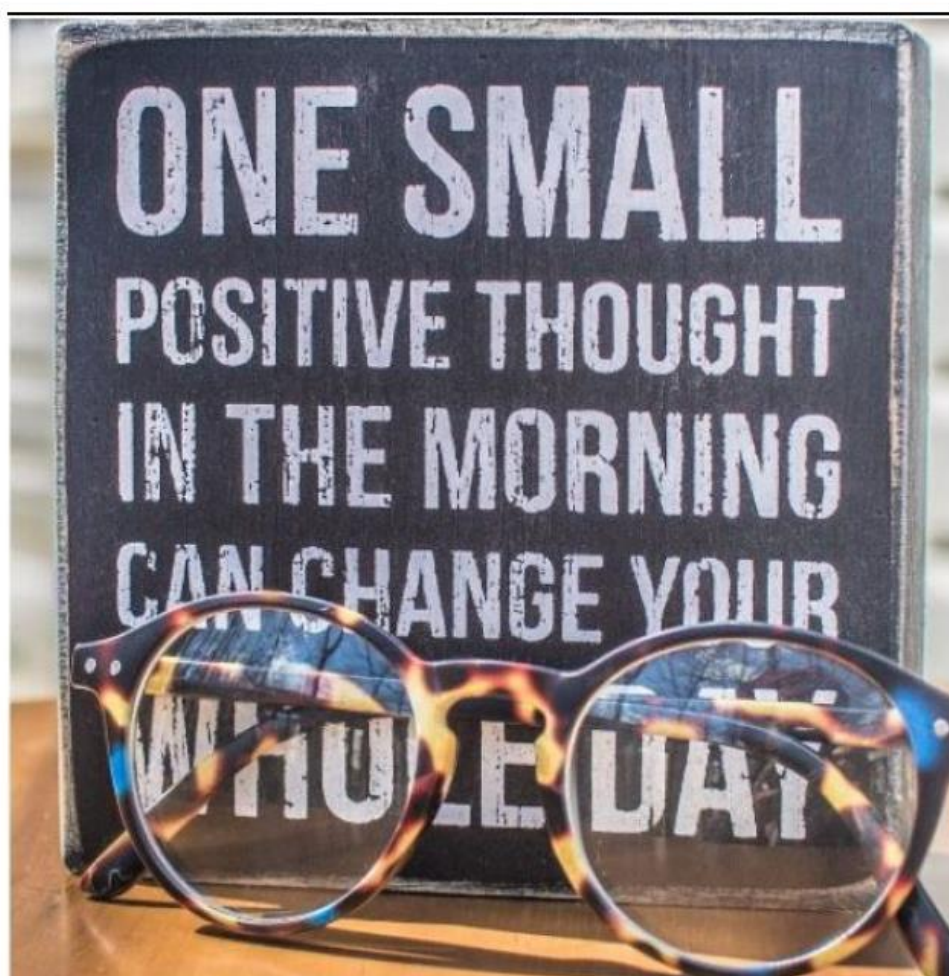
The CVV Explorers hiked up the Back Creek Trail on Mt. Diablo
in search of wildflowers. Look at these beauties !



Another fun Happy Hour celebration via zoom on April 20.



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



Spring Bocce

The Spring Bocce league starts on May 2nd. There are lots of Covid-19 protocols in place. New electronic scoring allows teams to keep score using a smartphone, tablet, laptop, or any device with a web browser.

Spring Team:
Joanne Vanis - Capo
Helene Billeci
Pete Billeci
Kim Bernal
Gary Carr

Shirley Elsberry
Mary Rogers
Walt Rogers
Joanne Wasak
Maria Xiaris



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

Committees

- 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.

Co-Editors: Diane Berger and Bev Adams

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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Donations are tax-deductible and welcomed.

<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

