

Volunteerism Keeps our CVV Family Strong

By Barbara Balke

There has been much written about the tradition of volunteerism in our country from its earliest days. Colonists formed support groups just to survive in the New World. I read that Benjamin Franklin developed the first volunteer firehouse. There are still many communities that rely on volunteer firefighters.

In the 19th century formal charitable organizations such as the YMCA and the Red Cross were started. The 20th century was when mainstream volunteerism began to flourish. Perhaps some of us got our early experiences in the Boy Scouts or Girl Scouts which began in America in 1910 and 1912.

I had a chance to ask some of our members about influences from their childhood. Dick achieved the rank of Eagle Scout in high school and watched his mother always active in their small community. During the Depression, even though they were poor themselves, he saw her sharing food if a hobo stopped at their house. Mary Alice said her mother always helped the elderly in their community. Bev said her mother watched out for the next-door neighbor who had poor health.

It seems like ever since I was in high school, I was volunteering, and many times that led to a position of



leadership. My husband and I ran leadership training courses in a couple's faith-related group. I served as a PTA president as did Nancy H, and we both gained valuable management experience. I had leadership positions on the local and state levels of the American Cancer Society.

In 1978 I signed up to volunteer in a hospice pilot program for the Visiting Nurse Association of Los Angeles. Staff asked me to grow the volunteer program, which I did first as a volunteer and then as paid staff. That was the start of a 25-year career, of which I am very proud. I retired in 2003 but continue to be a hospice volunteer.

My husband died in late 2015, and in 2016 I began reading about the creation of a Village in the Conejo Valley. I offered my support at that time and worked closely with Lois Barberio in readying the volunteer program for CVV opening in April of 2017. In 2018 I joined the Board as the Director of the Care Program. CVV has provided a much-needed focus in my life, has kept me

active, and I have witnessed its value in the senior community.

We are proud to say we are an all-volunteer village. Many in our community contributed much to the early formation of CVV and its development. The board recognizes the need to develop new leadership, so we have a continuing presence in the Conejo Valley.

Whether we are vetted volunteers, members or member volunteers, we value each other and our time together, as a group and one-to-one as services are provided. We can provide friendship and wisdom to those we share time with.

I encourage anyone who may be interested in volunteering to contact a Call Manager at (805) 372-1826 for more information. There are many rewarding ways to support one another in the Village. Let's continue to make our chosen "family" strong.

**Join our Pre-4th
Firecracker
Potluck!**

Thursday, June 30th

5-7 pm

See Insert for Details

See Insert for
Upcoming Events

Reconnecting & Exploring



DESTINATION:

FUN!



May was a great month to get out and about for CVV. We had a fun, casual lunch at the Conejo Creek park to reconnect and visit with friends. On May 18, about 30 villagers spent a beautiful day enjoying museums, art, gardens and other cultural and historical wonders at the **Huntington Botanical Gardens and Library** in San Marino. A lively bus ride and lunch in Old Pasadena rounded out the day of exploring!



Photos courtesy of Nancy Healey and Lori Bliss

Congratulations to CVV's Walking Team participating in the Love Run on **Sunday, June 5th!** We are thrilled to support Senior Concerns' Meals on Wheels program!



LOVE TO TRAVEL? Have a great destination to share? Let us know and we'll feature your experience in *Village Connections*!



Gail D

Nick F

Iris I

Carol K

**Happy
June
Birthdays!**

Sherry L

Tom M

Bill R

Myrna M



Afflicted with the Travel Bug!



Sampling beer in Belgium

By **Bunnie Roach**

Sandra Cherry was bitten by the Travel Bug early in life, and she is still suffering from it. Her first trip at age 25 was for one week. This served as a learning experience, best described as, "If it's Tuesday, it must be Belgium." She learned she loved to travel, but that going forward she would

allow enough time to experience the essence of each country. Cities are interesting, but the important thing is to learn how the people live and to experience their culture. A favorite place to go are grocery stores.

When her son was 7, her husband was working in Europe for the summer. Sandra was able to borrow a company car, and she and her son went on an adventure, visiting England, Wales, and Scotland, learning to safely drive on the left in a right-hand driven car.

She once asked a man for directions, but he had never left his village and was unable to help her. Another time Sandra stopped for directions at a gas station, only to find that no one spoke English. Most of the time if there are language barriers, she learned to make herself understood using arm gestures.

Favorite destinations include several safaris in Africa, Egypt because everything is very old, but intact, and Israel, where she marvels at how people managed to climb almost 1,500 feet up a rocky mesa and inhabit Masada to escape the Romans.

When asked what destinations are still on her bucket list, her answer is "nothing", as she has traveled everywhere she has wanted to visit. Her experiences all over the world have been amazing and unforgettable.



Picking tulips in Holland

ERT Info Series: Keeping Important Documents Safe

Note: This is the first in a series of articles by our terrific Emergency Response Team (ERT) with tips related to emergency preparedness. Thank you, ERT!

By **Jeni Gordon**

One question many people have during emergencies is how can I keep my important documents safe. If you have a bank deposit box, you can store some there. But be aware that during an emergency you may have trouble accessing the box.

Another great idea is to make duplicate "red files" by making two copies of the following:

- Birth certificate (yours and family members)
- Marriage license (and/or final divorce paperwork)
- Death certificates (family members)
- Professional certifications and licenses
- ID (drivers license, ID card, and passport)
- Home documents (mortgage, deed, and insurance information)
- List of important home contents (may be needed for insurance purposes)
- Final papers (trust and/or will)
- Medical documents (Medicare card, insurance information, living will, or other hospital documents relat-

ed to medical decisions)

- List of financial accounts, including their location, for checking, savings, and other investments
- Car title and insurance
- There may be security issues, but if you are comfortable, include a list of passwords for your various accounts
- List of important emergency contacts, including names, email, and phone numbers
- If you have pets include contact information for your veterinarian and any other vital information regarding your pet.

Once you have all your documents and papers gathered, you put one set in your fire safe. The other copy (minus the password list) is sent to someone you absolutely trust. This person should not live too close to you. Distance will help prevent both of you losing everything you hold dear in the same emergency event.

Some things, such as the list of important home contents could also be put on a flash drive. However, when you evacuate your home, you may not have access to a computer so I would think of this as an extra back-up of your important documents. However you do it, the important thing is to prepare in advance!



P. O. Box 3162
Westlake Village, CA 91359

Phone: (805) 372-1826
Email: cvv@conejovalleyvillage.org
Website: www.conejovalleyvillage.org

The mission of Conejo Valley Village is to help seniors remain independent in their homes and stay active in our community.

Place
Stamp
Here



Neighbors Helping Neighbors Stay Independent, Active and Connected



**Remember
to Vote
Tuesday,
June 7**



Place Address Label Here

Conejo Valley Village is a nonprofit tax-exempt organization under IRS Code Section 501(c)(3). Donations are tax-deductible.

VILLAGE CONNECTIONS

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Volunteers: Please email your total volunteer hours estimated through the end of the month by the 25th to volunteerhours@conejovalleyvillage.org. Thanks for all you do for CVV!

More Info

New Outdoor Watering Restrictions



Effective May 24, the City of Thousand Oaks adopted Level 4 conservation measures restricting outdoor residential watering in our severe drought conditions. This action was taken to meet reduction goals set forth by the Metropolitan Water District and other local water agencies and to hopefully avoid a future "No Outdoor Water Use" mandate.

All residents who receive their water from the city, Cal American Water or Cal Water Service are limited to outdoor watering once per week. Watering must be done between 6 pm and 8 am, on Saturdays for odd numbered addresses and Sundays for even numbered addresses. Sprinklers are limited to 15 minutes per irrigation zone and hand watering is al-

lowed for trees and shrubs. Traditional sprinklers must be converted to low volume by July 31, 2022. Any leaks that are not fixed or excessive runoff are subject to enforcement. For more info and other requirements, go to toakswater.org.

The Las Virgenes Municipal Water District (also part of the Metropolitan Water District) which provides water to the City of Westlake Village adopted similar conservation guidelines effective June 1. Watering must be done once per week, on Thursdays for odd numbered addresses, and Tuesdays for even numbered addresses. For full details and other requirements go to <https://www.lvmwd.com/your-water/water-supply-conditions>.

Both of these websites provide excellent information and resources for outdoor and indoor water conservation. Learn what you can do to help save water.