

# NOV Newsletter -- November/December 2014



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## North Oakland Village

## Monthly Newsletter



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#### UPCOMING EVENTS

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#### >> The Walking Group

#### >> Monthly Potluck

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#### >> French Class

#### COMMUNITY EVENTS

### Happening in Nov. & Dec.

Monday Menders      Nov. 3, 10, 17, 24  
Dec. 1, 8, 15

November Potluck      Nov. 23

Walking Group      Nov. 5, 12, 19  
Dec. 10, 17

Bridge Game      Nov. 13,  
Dec.-to be  
determined

Holiday Singalong      Dec. 12

Office Closed for      Nov. 26-28 (Wed.  
Thanksgiving      through Friday)

Office Closed for      Dec. 22-Jan. 5  
Winter Holidays

### President's Letter

I hope this has been as good a year for you as it has been for me. As we approach the "busy" season (and you know what that means!) it's always good to look back and reflect upon where we've been and what we've done. A year ago we were still in our office at 51st and Broadway and wondering what would be our last day there and where would we go. Now, here we are, happily ensconced in the First Congregational

>> Sing for Your Life

>> Movie Night!

>> Coming Attractions

## Monthly Potluck

5:00 to 7:00 PM

November 23, 2014

NOV Headquarters  
First Congregational Church  
25th at Harrison

Need a ride? Call  
510/547-8500

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Church in a charming room that we have quickly made "ours." The church is rapidly becoming a center for non-profit organizations, of which Stagebridge is one. The place is always humming with activity, and it's fun to be here.

The Village is thriving; our members are keeping busy, and they are keeping our volunteers busy. There have been several excursions to the theater, to Alcatraz and to a bridge group. The move from the old office to the new was a marvel of cooperation of the volunteers. Linda, our office manager, is our greatest asset. She is now handling most of the requests, as well as most of the daily office tasks. I, on the other hand, would love to have more people come in on Mondays with sewing needs.

The office will be closed for Thanksgiving from the 26th through the weekend, and for Christmas the last two weeks in December.

I hope you all are looking forward to the holidays, and that it is a time of renewal for everyone. This is my last letter of 2014. In our family we celebrate the whole month of December as a Season of Light. All of the major religions celebrate the return of the light at this time of year, and in each religion's written texts there is a reference to "the Light" as the guiding principle of life. Also, all of the major religions have a core teaching parallel to The Golden Rule: "Do unto others as you would have others do unto you." Celebrate Light, the Season and a new opportunity to dedicate life to the creation of Peace on Earth.

## October Potluck



Ruth Palmer, Paul Shepard & Judith Coates

A witch, a chorus girl and a mysterious, impossible-to-identify fellow attended the October potluck on October 26. So close to Hallowe'en, some people could not resist appearing in costume, and delighted us all with their disguises.

Arranged and hosted by Judith Coates, the food as usual was ample and delicious. But way too many desserts were hard to resist for those of us trying to cut down on our caloric intake.

After dinner, Marv Tripp serenaded us with "A – You're Adorable" and Paul Shepard led us as we sang familiar songs. Then he also soloed with a novelty tune. NOV is fortunate to have so many talented musicians in its midst.

It was a great fun night as we



Member, Bernard de Sam Lazaro

chatted with people we already knew and a few newcomers. This gathering, as all our potlucks are, was a great way to celebrate NOV and build community. If you missed it, be sure to mark your calendar for the next one. It will be on November 23. Who knows what or who will show up?

– Ruby Long

## Holiday Office Closings

As noted above the North Oakland Village Office will be closed on the following dates:

Wednesday, November 26–28 for the Thanksgiving Holiday

The phone will be checked for messages up until 2:00 PM on Wednesday the 26th.

Monday, December 22–Friday, January 2 for the Winter Holidays –  
Office will reopen on Monday January 5.

NOTE: Services for members will continue during the December Holiday closure. The office phone and e-mail will be monitored during the winter break (except for weekends and actual holidays).

Remember that many volunteers will be celebrating with their families so planning ahead and allowing extra time to request rides is a wise idea.

– Linda Joslin, Office Coordinator

## Annual Volunteer Meeting

The annual North Oakland Village all-volunteer meeting took place on November 6th in the NOV office. Approximately 25 of us attended, and we began with re-introductions and followed with conversational feedback from fellow volunteers about how to enrich and improve the volunteer experience.



After more than an hour of discussion, at times intense, at times humorous, we enjoyed a delicious buffet luncheon provided by Sandra Coleman with Judy Sorey's and Linda Joslin's assistance. We left the meeting wondering why we don't do this more

often!

– Patte Bishop

## Member Meeting Coming in January

In January North Oakland Village will have a meeting for all of its members. Just like the volunteer meeting we hope to have a really good discussion and get lots of feedback from the members.

So mark your calendars for January 25th. The monthly potluck will immediately follow the Member Meeting.

Look for the January newsletter for all of the details. We would love to see all of you there.

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## A Collection (unsolicited) of Advice for Resolving Marital Discord





Article Author, Marv Tripp

After 68 years of marriage, may I offer the following to anyone starting out?

You've made two choices : 1. To forgo independence and, 2. Enter a relationship with a partner. This requires collaboration. Your ideas about how life should be lived may be questioned by your partner and old habits may require adjustments. Remember, it's not about "you", it's "us." Symbiosis will occur if you let it.

1. In disagreements, it's natural to attempt to persuade your partner you are right. Generally fruitless. Best to find a comfortable middle ground. Perception can change over time, so be flexible. You may unthink things you thought before.
2. Something's wrong if one person is making most of the decisions .
3. Withholding affection is passive aggressive. It stinks !
4. We all make mistakes, so take responsibility. "I'm sorry" is best when accompanied with "I was wrong."
5. Chores are divided or shared. When somebody's getting worn down, the balance may need to be reviewed.
6. Stress may rear its head: from the job, home, neighbor, etc.. When you observe this from your partner, it's time to be warm and fuzzy.
7. Validation is an important ingredient in our lives. It is pretty sweet when one's attributes and accomplishments are recognized and appreciated. Validation brings confidence and security to your partner. In happy couples, it is frequent. But don't be a sponge for praise; know your own worth .

– Marv Tripp

[ED NOTE: Heck, these suggestions are useful even if you are not just starting out!]

## **Upcoming Special Presentation**

### **Holiday Singalong**

**Sunday, December 12**

**7:30 to 9:00 PM**

**St. John's Episcopal Church  
1707 Gouldin Road  
Oakland**

**Sara Evinger will play and lead singing of sacred  
and secular music**

**Refreshments will be served**

## **An Evening Out With Carol Channing**

George Hickman spent his early years in San Francisco when his father was responsible for the contracts to provide the heating plants for the War Memorial Opera House and other large government buildings being constructed in the city. He has many wonderful memories of the years he attended Commodore-Sloat Elementary School and Aptos Middle School in San

Francisco.

During his visits with George, NOV volunteer John Stull learned that one of George's classmates during those years was Carol Channing. When John learned that Miss Channing was going to be at the Curran Theater in San Francisco it was a given that they make a night of it.



On Saturday 08

November, John and

George between his daughter Sally & volunteer John Stull

his partner Rob drove with George and his daughter Sally Mathews into the city. Dinner was at a wonderful Mexican restaurant, Colibri, where George tried Chili Relleno for the first time resulting in a thumbs up. At dinner there were stories of George being in a class play, "Robin Hood" with Miss Channing. He was Don of Dorchester and she, for an unknown reason it being Sherwood Forest, was a Spanish dancer complete with castanets.

Another time they were on the same side debating whether the USA should interject itself in China as other countries were doing in the early 1930's. Then to the theater, where they all enjoyed seeing Miss Channing tell stories of starting in San Francisco and her career on Broadway and Hollywood. Capping the evening, she reprised the finale from "Hello Dolly". Everyone totally enjoyed seeing not only a Broadway Legend but, even better, seeing an old classmate. A fun and memorable evening for everyone.

- John Stull

## **Ai Wewei @ Large on Alcatraz**

On October 30, four Village members visited the @LARGE exhibit by Chinese artist Ai Weiwei, on Alcatraz. On a sunny, windy day, the boat from Pier 33 was packed with tourists from all over the world. The exhibit was not too crowded, so most were there to see the famous





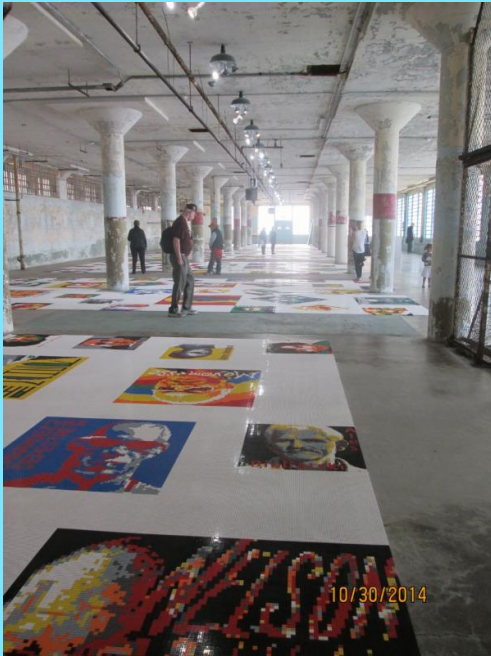
prison.

The stark ruins on Alcatraz may not be an obvious choice for an art exhibit, but they are the perfect site for Ai Weiwei's art focused on the struggle for freedom. The artist, who was detained by the Chinese government for speaking out about human rights abuses in 2011, and still is not free to travel outside the

country, uses a surprising variety of materials, including silk kites, lego blocks, solar panels and porcelain bathroom fixtures, to create his images. In a bleak building once filled with prisoners doing industrial work under armed guard, a gorgeous silk dragon and bird-shaped kites hang from the ceiling and wind around the columns, powerful symbols of the contradiction between freedom and restriction. In the next room, 170 portraits made of lego blocks line the floor, representing people from all over the world who have been imprisoned or exiled for their beliefs, most of whom are still not free. In the former prison hospital intricate sculptures of white porcelain flowers fill old sinks, a toilet and bathtub, a striking juxtaposition of beauty and ugliness. The art, and Alcatraz itself, made me appreciate my ability to be "at large" in the world, and remember those who aren't.



The exhibit is open until April 26, 2015, and admission is included in the price of the Alcatraz boat ticket, which is \$28.25 for seniors. Alcatraz is a steep hill. There is a tram from the boat dock to the main buildings, but visiting the exhibit would be difficult for those with mobility issues because of distance, stairs and some narrow corridors.



## **A Last Celebration for Let's Speak Spanish Group**

The Let's Speak Spanish (and eat) group has had a wonderful run, thanks to delightful hostess Nancy Wright. In October the last official meeting of the group was held – though some will join Nancy and some of her Spanish class for a special gathering or so.

Due to the timing of the last meeting they had a special De los Mueretes altar. Everyone is especially grateful to host Nancy Wright who gave everyone months of great fantastic meals with great conversation while we practiced our varying degrees of Spanish while chopping vegetables. Thanks also to her husband Ollie, who let us intrude and once in awhile actually joined us for a delicious meal.



Alicia Gonzalez, Franco Giunta, Sylvia de Trindad & Ruby Long enjoy the day

## **Don't want to Cook? Try these food delivery options**

There are times when for one reason another you are unable to or just do not want to cook. Over lunch at the recent volunteer meeting this was a topic of conversation and a number of options for having food delivered was a hot topic. We decided to share our ideas not only with each other but with everyone.

Here are 3 options you might want to try.

### **The Munchery**

Sandra Coleman turned me onto this service. The Munchery provides food cooked by local chefs to provide tasty and healthy meals.

You can order the same day or days ahead. If you order by 3:00 you can get your food the same day. It is delivered to your front door at anyone of 3 times that you choose: 4:00–5:00, 5:00–6:00, 6:00–7:00. The meals are ready to heat in the oven or the microwave (heating instructions included).



The website provides information on how the dish is prepared and a listing of all the ingredients. They have many dishes that are gluten and nut free.

If you want to give them a try – contact Sandra Coleman or Linda Joslin – if someone refers you they get a \$10 credit and you get a \$10 discount on your first order. Most entrees are around \$10.00 They also have soup, side dishes, drinks and dishes geared to children.

phone: 888-458-5376 website: [Munchery](#)

Give them a try – Linda Joslin

## Home on the Range

Home On the Range offers a choice of 3-4 freshly prepared entrees daily (Monday thru Friday), plus a variety of weekly soups and salads and desserts. The offerings change weekly.

2773 Telegraph Ave, Oakland, 94612.

Phone your orders before 1 p.m. and they deliver between 3 & 6 p.m.

510-452-1787 or 510-251-8030

web site [Home on the Range](#) and ask for a monthly menu.

I can thoroughly recommend them. – Sheila Pearce

## SpoonRocket

This is for those of us who have a need for last-minute delivery of a hot dinner.

According to their website you order when you are hungry and they will make sure your meal is delivered while it is still hot. They advertise a 10 minute delivery time.

You cannot order or see the menu in advance. They source the freshest ingredients daily which then inspire the chef to decide daily specials.

This is for those of us who decide at the last minute we need food. Food is ready and available from 10:00 am to 12:00 am. The website shows the meals costing around \$8. Go here [Spoon Rocket](#).

This service is something we have only heard about however:

-- I've never tried it, so I am not vouching for (or against) them. – Alan Winson

So if you try it let us know your thoughts on it.

Hope this info helps you out with those times you need to have someone bring you a meal!

## Upcoming Events

### Monday Menders

#### **Sewing with Sandra Coleman Mondays**

**November 3, 10, 17, and 24  
December 1, 8, and 15  
11:00 AM to 1:00 PM**

Just drop by with your sewing, quilting, crocheting and other stitchery projects.

A fun way to get that project done while spending time with other folks.

Also, bring any mending you need help with. We do not provide actual instruction, but do offer support, advice and good company.

#### **NOV Office**

**First Congregational  
Church of Oakland  
2501 Harrison Street  
@27th  
Oakland, CA 94612  
510/547-8500**

### Walking Group

**Led by Linda Joslin  
Wednesdays**

#### **NOV Office**

**First Congregational  
Church of Oakland**



**November 5, 12, and 19  
December 10 and 17  
9:00 AM**

40–45 minute walk for exercise.  
Meet in front of the Church.  
Everyone welcome

If you are interested in a group of walkers who would just like to stroll and visit, we will start one. Group will not meet the last week of November or the 1st week of December – Leader on vacation.

Contact the office.

**2501 Harrison Street  
@27th  
Oakland, CA 94612  
510/547-8500**

## **Monthly Pot Luck**

**The Monthly Potluck  
Theme: Thanks  
Sunday**

**November 23  
5:00-7:00 PM**

Come join us in our new space for the return of our monthly potluck.

**Nov Office in the Gallery**

Members please call the office if you need a ride - 510/547-8500

## **Bridge Group, Players Welcome**

**Bridge Group  
Organized by Paul Shepard**

**November 13  
December date to be determined**

Looking for an entertaining way to socialize? Join

**At members home**

Call Paul at 510/547-4575 for time and address

our Bridge Game.

You do not have to be a great player.

## **French Class, Anybody?**

Are you interested in a French Conversation class? Some of us are hoping to put together a class early in the new year and we welcome all who "parler un peu de Francais." If you are interested, please call the office and leave your name with the receptionist or on the answering machine."

**NOV Office**  
**First Congregational**  
**Church of Oakland**  
**2501 Harrison Street**  
**@27th**  
**510/547-8500**  
**Oakland, CA 94612**

## **Community Events**

### **Sing for Your Life!**

**An all day Community Singing Celebration**

**One Voice CircleSingers and FCCO Present this Thirteenth Annual Sing along – Led by SoVoSo & Friends**

**Tuesday, December 30, 2014**  
**Noon–Midnight**

**First Congregational Church of Oakland, 2501 Harrison Street (across from Whole Foods).**

**Sing out the old year, & dream up the new one in a nonstop community choral improvisation.**

- Sing or listen – no experience necessary
- All are welcome – a family-friendly event
- Come and go or stay the whole time
- Interactive altars by Community artists
- Light dinner by East Bay Food Not Bombs

Suggested donation: \$15 and up, no one turned away for lack of funds

Volunteer! An hour or two of your time at the event. Email [volunteer@circlesing.org](mailto:volunteer@circlesing.org)

Website: [circlesing.org](http://circlesing.org)

Facebook: OnVoice Circle Singers

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## Movie Night!

November 21

Friday

Doors open 6:00 PM – Event starts 7:00 PM

Collins Chapel

First Congregational Church

**FREE MOVIE! FREE POPCORN! FREE PRIZES!**

Enter through the blue door from back parking lot.

Ronnie Casey hosts a movie night at the First Congregational Church of Oakland on the 3rd Friday of each month. This is a great time for NOV Villagers to meet people from the other organizations who share space with us.

This month's presentation: What's Love Got to Do With It – With the theme of Grace & Gratitude for the month of November, Movie Night presents this sensational bio-pic of one of the world's most celebrated icons.

Experience for yourself the powerful true-life story of Tina Turner– rock'n'roll's remarkable and talented superstar. It is an amazing uplifting story of one of the world's most exciting, high-energy entertainers.

**Coming Attractions**

## Musical Concert Shades of Gray

January – date to be arranged  
North Oakland Village

## What to Do with What's Left

February – date to be arranged

A panel discussion of end of life options: traditional burial,  
cremation, body donation and green burial

Watch this space for details on these and more upcoming events.

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*Try it FREE today.*

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