

# NOV Newsletter -- May 2016



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## North Oakland Village

## Monthly Newsletter



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### Happening in May

Monday Menders May 2, 9, 16, & 23

Outing to Oakland Museum May 6

Handability Group May 9

Exploring Oakland Walk May 14

Member Salon May 16

Presentation on hearing loss & relationships May 18

A Time to Talk May 20

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Potluck May 24

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### President's Letter

May is "Older Americans' Month" and the city of Oakland celebrated by having an "Older Americans" Fair at Frank Ogawa Plaza on Wednesday, May 4. From 10:00 to 2:00 there was an array of booths set up to display all that Oakland has to offer its senior citizens.

## &gt;&gt; Member Salon

## &gt;&gt;Time to talk

## &gt;&gt; Monthly Bridge Game

## &gt;&gt; Non-Fiction Book Group

## COMMUNITY EVENTS

Earthquake Governor at Pardee  
Home Museum

## COMING ATTRACTIONS

Of course, NOV was there. We shared our booth with Handability, gave out flyers and jar openers and answered any questions that people had about NOV. It was also an opportunity for us to visit the other booths to learn what is available in Oakland to enrich the lives of Seniors. Of course, I was there, and several of our volunteers also helped with staffing our booth.

I always look forward to these opportunities to learn more about the community, meet others who are also committed to providing the best possible environment for seniors, and celebrating the enhancement of our "golden years." I don't use the term "golden years" lightly because I know that for many people they don't seem so "golden," but I have found that great wisdom comes with maturity and with that wisdom and maturity come an attitude of gratitude and an openness to new possibilities for learning, reflecting and teaching.

– President Sandra Coleman

## Monthly Potluck

5:00 to 7:00 PM

Sunday

May 22

**Note: due to the  
Memorial Day Holiday will  
be one week earlier  
on Sunday, May 22**



NOV Headquarters  
First Congregational Church  
27th at Harrison

Members:  
Need a ride? Call  
510/547-8500

## Memorial Day Office Closing

The North Oakland Village office will be **closed** for the **Memorial Day Holiday**

**on Monday, May 30.**

**We will reopen on Tuesday, May 31.**

Members who need *rides or other services*, please keep the holiday in mind, and *make your arrangements for Monday, May 30th through Thursday, June 2nd no later than Wednesday, May 25th*. This will provide us with enough time to do our best to make certain you have rides when you need them.



## Travel Anyone?

As summer approaches, you may be making plans for a trip. One of our NOV members recently attended a family reunion at a resort out of the country. In her haste to pack, she forgot some important medicine, and they were miles from a city and a pharmacy. She made do without the medicine for the week, but I thought this might be a reminder to all of us to *have lists that we check at least twice prior to departure*.

Her daughter, Sylvia, has a wonderful Travel Packing List, which she is happy to share with anyone interested. If you want a copy, you can let the office know, or email her at [detrinidadsylvia@gmail.com](mailto:detrinidadsylvia@gmail.com), and you will receive this comprehensive list. And in these days of travel delays due to weather, it is always important to bring an extra couple of days of medication with you in your carry-on luggage (if you are flying), or in your luggage if you are traveling by car or train. Have a wonderful trip with all the necessities.

– Joan Hall-Feinberg

## A SKUNK FELL IN THE WELL (conclusion) Part 2

[Previously: Grandma said, "A skunk fell in the well last night and the only water we have is what's in that bucket." . . .]



I listened in as the adults tried to figure out why the skunk had taken his dive. My aunt Margaret, who had a flair for drama, drove over with my uncle Evert to check out the situation. She had an idea. "Maybe it thought the well was a creek, leaned over to take a drink, and fell, plop! into a lake with sides too steep to

climb, doomed to a watery death," she suggested.

My grandfather made a sour face at her and said, "Maybe it was a skunk with rabies. It could have lost its sense of direction and fallen." That scared me. We couldn't take a chance, so we were on immediate water rationing. Besides, the water smelled so bad no one wanted to drink it.

Some men came, on the same day as the discovery, with a net on the end of a long pole. They fished around in the water till they retrieved the skunk corpse. I found out later they were from a county health agency. Everyone in the family was happy to get the skunk's body out of there. But it took a long time before the water stopped smelling stinky.

Meanwhile, our water came from the skies. My uncles showed up to help my grandfather put wooden barrels under the lowest points of the roof. When it rained, which was often, water flowed down the roof into the barrels. Those barrels became our temporary well, the place where we filled our buckets with water.



We put away the tin washtub/bathtub and took sponge baths. We didn't change our clothes very often. When we ran out of clean clothes, the dirty ones were taken to the laundromat in town. We managed this way until the well water became clear again and didn't have that skunky smell.

It took about three months, and seemed much longer, for the well to recover. But at last enough fresh water had flowed into the well to flush out the stinky stuff.

Finally, my grandfather said, "We can start using water from the well again."



What a wonderful day it was. Pure water came out of our pump. We drank glass after glass of it. And what a relief to take a real bath after all those sponge baths. I never again complained about taking a bath or not having a real bathtub.

– Ruby Long

## Member Outing to the Oakland Museum



Our member outing to the Oakland museum is really happening.

Join us there. We will explore the California History exhibit. Several of us have memberships with guest passes, so we can get some of you in on a **free guest pass! Let's make use of those.**

After the exhibit, those who are interested can get together for coffee, a snack or lunch in the museum cafeteria. Or, if the day is sunny and warm, you can choose to bring your lunch or coffee outside and we can just sit and enjoy each other's company for awhile. This part of the outing is optional.

## Friday, May 6. Meet at the check-in desk at 11:10 AM.

There are ramps and elevators, so we should be able to accommodate anyone who has a walking issue.

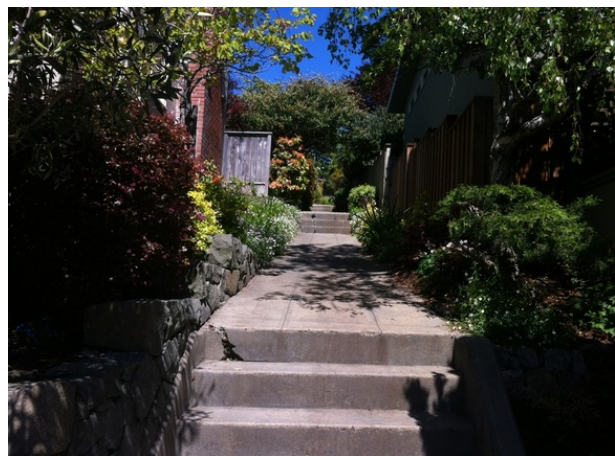
This event is for North Oakland Village Members (all levels of membership welcome) and volunteers who are willing to be car pool drivers (volunteer drivers will be high on the list for guest passes).

If you are interested in attending, *please contact the office and let us know if you need a ride, or can give one.* Contact us by e-mail at [info@northoaklandvillage.org](mailto:info@northoaklandvillage.org) or phone: (510) 547-8500.

## Oakland's Paths and Walkways

### Saturday, May 14

North Oakland Village members join us (meaning Ruby Long & Linda Joslin) as we explore paths and walkways near the NOV office and learn some history about the area. Lots of up and down.



About 2 miles. Easy pace.

This is not the actual path we will be on,  
but it gives you the idea.

**Meet in parking lot behind NOV at 10:00 AM.** The lot tends to have quite a bit of parking available at that time.

Might be good to let us know you are coming so you do not get left behind.

## MONTHLY PRESENTATION

### Living with Hearing Loss, Yours and Others Avoiding divorce, murder and mayhem

Wednesday, May 18

2:00 PM

NOV Office

Do you live with someone who has hearing loss? Do you repeatedly ask people to repeat what they said?

If either is true, this program is for you. Audiologists Dr. Susanna Storm and Dr. Elise Gregoire will discuss the personal and social issues for people with hearing loss and those with whom they interact. They will offer advice on handling this frustrating, and possibly dangerous, health problem.

Questions? Call the NOV office at 547-8500 or me at 595-9514.

**Open to the Public – all are welcome**

Members if you need a ride please let us know

– Ruby Long

*Ed Note: This is part of our regular Third Thursday program, but is being held on Wednesday this month.*

**A Time to Talk, our new monthly informational gathering**



Come to the North Oakland Village monthly informational gathering to help introduce people to the Village and answer questions, while sharing coffee and tea and light snacks.

Anyone who wants to learn more about the Village in general, and membership or volunteering will find this meeting very helpful. Members and volunteers are welcome to drop in and let folks know about your experience with the Village.

## Next Meeting: May 20, 2016

The meeting takes place **every month from 10:30 to 11:30 AM in the NOV office at 2501 Harrison Street.** *If you are interested in attending, please let us know.*

To ask questions, or to let us know you are coming, contact us by e-mail at [info@northoaklandvillage.org](mailto:info@northoaklandvillage.org) or phone: (510) 547-8500.

## May Member Salon

### Longing for great conversation?

This should be a good one. The new topic is **"If I had it to do over..."**

Associate Members, this is a great way to meet and get to know other members in North Oakland Village. All of our members are welcome and encouraged to join us.

**Monday, May 16 from 3:00-5:00 PM**  
at **Norma Harrison's house.**



Due to space limitations, this gathering is *for members only*. *All membership levels* are encouraged to attend. Please confirm with the office if you are planning to join in. Members, if you need a ride, please let us know.

## Volunteer Provides help on Streaming Media



On April 20th, **Larry Hannah** taught a class of 10 NOV members on the particulars of installing streaming video into their homes. We learned that an indoor antenna is probably the best investment you can make if you want to shed the expense and complications of the Comcast XFINITY contract. You need to consult with him about your own system if you are looking to change.

You don't need to take his class. Larry is very willing to come to your home to help you and any other member if you get to the point where you want to do something.

Linda Joslin can attest to the help that he can provide to NOV members. She had him help her to install an inside antenna, and is happy with the results. Larry also spent a great deal of time helping member Julia Curtis. With his help she has been able to completely remove herself from cable services.

– Jaki Jepson

## Volunteer Meeting Recap

On **Friday, April 22nd from 11:00–12:30** North Oakland Village had a volunteer meeting.

The office was brimming with people and ideas.

There were so many good ideas that **Jo Studer** made a list, and we are working to bring as many of them into being as we can. Have a little patience with us – many of them require some time, but we are committed to putting them into action. Okay, we can't create parking spaces, but we can give you parking passes.



Thank you all for coming. We are hoping to have a jovial gathering in your honor sometime in the coming months.

## Upcoming Events

### Handability Group

**Knitting and Crocheting in Good Company**  
**2nd Monday of the Month**  
**May 9**  
**10:30 AM-12:00 PM**  
**For Members and Volunteers**

Supplies, instruction and support will be provided by the Handability leaders, *free of charge*.



### Monday Menders

**Sewing and Other Handwork with Sandra Coleman & Alyce Zacco**  
**Mondays, May 2, 9, 16 & 23**  
**12:00-1:00 PM**

Just drop by with your sewing, quilting, crocheting and other stitchery projects. Bring any mending with which you need help. We do not provide actual instruction, but do offer support, advice and good company.

### Member Salon

**Member Salon**  
**Contact: NOV Office**  
**Monday, May 16**  
**3:00-5:00 PM**

A group of 8 or 9 people who get together at a member's home to discuss interesting topics and enjoy one another's company. Group size is limited, so you must register with the office in advance. This is a members only event. All levels of members are welcome.

May's Salon will be held at **Norma Harrison's home**. Address will be sent to you when you register.

## Time to Talk

**Led by NOV Ambassadors**  
**Contact: NOV Office**  
Friday, May 20  
**10:30-11:30 AM**  
North Oakland Village Office

This is a monthly informational session to introduce people to the Village concept, and North Oakland Village in particular. It's an opportunity to get all of your questions answered. Join us, and bring potential members or volunteers. Coffee, tea and snacks provided.

## Monthly Bridge Game - New Players Welcome

**Monthly Bridge Game**  
**Organized by Norma Harrison**  
**Third Friday of the Month**  
Friday, May 20  
**2:00-4:00 PM**

**Members and volunteers**, are you looking for an entertaining way to socialize? Join our bridge game. You do not have to be an experienced player, but you do need to know the basics. New players welcome. Held at a member's home.

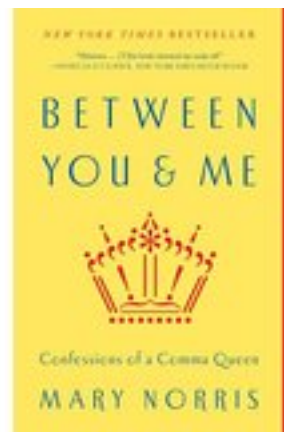
**Call Norma at 510/479-1054** for location of this month's game.

## Non-Fiction Book Group

**Non-Fiction Book Group**  
**Contact: Front Office**  
**Last Friday of the Month**  
Friday, May 27  
**2:00-4:00 PM**  
**North Oakland Village Office**

**Members and Volunteers**, the group meets at the Village office. The April meeting was lively with discussion. This month's book is *Between You and Me: Confessions*

*of a Comma Queen* by Mary Norris.



## Community Events

For Art Lovers:

**April 21, 2016 to June 11, 2016  
12:00 PM-5:00 PM**



SLATE contemporary is pleased to present Luminosity, featuring new paintings by Elise Morris, Carol Lefkowitz, and Audra Weaser. A fitting welcome to spring, Luminosity showcases three artists' attempts to capture the elusive element of light in nature – a largely intangible sensory experience – through the medium of paint. The result is a survey of paintings that appear as though they are glowing from within, each with its own mysterious light source.

**Cost: Free**

**Location: SLATE Contemporary**

**473 25th Street, Suite A, Oakland, CA**

**Phone: 510-652-4085**

Contact e-mail: [info@slateart.net](mailto:info@slateart.net) Website: <http://slateart.net/Home/Portfolio/524>

## Coming Attractions

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## Watch your e-mail for information about new events

There are lots of exciting activities coming your way:

**More exploration of Oakland's walkways,  
an afternoon A's game and  
an outing to the the Lake Merritt Bonzai garden (perhaps in June)**

Pay close attention to your e-mails  
for announcements of these and other events in the works.

*Watch this space for information on this and more upcoming events.*

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North Oakland Village, 2501 Harrison Street (at 27th), Oakland, CA 94612

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