

NOV Newsletter -- February 2017



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North Oakland Village

Monthly Newsletter



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President's Letter

Before I introduce myself as the new President of North Oakland Village's Board of Directors, I'd like to say a few words about **Sandra Coleman**, our immediate past President (for 4 terms, not to mention her service for a year or two on the NOV Board before that), who left very big shoes to fill. I'm sure you all know her – her cookies, her hospitality at celebrations for NOV volunteers, her "Monday Menders" and Handability handwork group, not to mention her warm, inspiring letters each month. She's the one you see loquing around (with

>>Time to talk about NOV

>> Monthly Bridge Game

>> Member Salon

>> Non-Fiction Book Group

COMING ATTRACTIONS

COMMUNITY EVENTS

Mindful Drumming Workshop

Monthly Potluck

5:00–7:00 PM

Sunday

February 26



NOV Headquarters
First Congregational Church
27th at Harrison

Members:

Need a ride? Call

510/547-8500

husband Michael's help) signs, brochures, newsletters and food to carry the message of NOV to events for Seniors in Oakland, the one who always helps with setup and cleanup for Pot Lucks and one of those who make regular phone calls to members just to check in with them. And this list just scratches the surface. This tireless lady fundraises, brings in new members and advances the mission of our organization in every imaginable way. She has led our hands-on working Board for years, and thankfully, is staying on the Board as President Emerita. Next time you see her, please say thank you!

I am Susan Pierpoint, a relatively new member of NOV and of the Board, but I've been a volunteer for about 5 years as Clerk of the Board – attending



meetings, taking notes and writing them up for review and approval as the official record of NOV business and attending various NOV functions, and became an NOV member and a member of the board a year ago. I'm a retired attorney, having worked for the University of California for almost 30 years and before that in private practice. I've also worked as a consultant in board governance, and now spend my time serving on nonprofit boards for organizations with missions I believe in – like NOV – and being a new grandmother! I am deeply honored to serve the members of North Oakland



serve the members of North Carolina Village as an officer of its amazing board (and very grateful to have Sandra Coleman as a mentor for the role of President).

We have two new board members who were elected at our January meeting, and we are excited and happy to welcome Joanne Devereaux, a paid service provider for NOV for over 2 years and now a new member, and Maria Distler, a member for 1 ½ years who has experience running nonprofits and in grant-writing! Please see their Bios in this newsletter.

Looking forward to a great year for NOV in 2017!

– Susan Pierpoint

Member Profile: Bernard de Sam Lazaro



When Bernard de Sam Lazaro was born, India was experiencing the newness of independence. After 89 years of British rule the country was still working out the challenges and trials of self-rule. Bangalore, the town of Bernard's birth, became the capitol of Mysore state, now Karnataka. But threatened by Mao Tse Tung's possible takeover of that area, in 1972, he left to come to the U.S.

Next to the youngest in a family of 12, Bernard had seen all but one of his siblings leave India and come to either the US or England to live. So when sister Devi Jameson offered to sponsor him for immigration, he came here and settled in Richmond.

This move meant he missed the changes the Information Technology industry brought to the Bangalore area after Mao was no longer a threat. Now known as the Silicon Valley of India, Bangalore has become a boom town, the fourth largest city in India, with a population of more than 8 million. Information Technology is its largest industry.

After several years in Richmond, Bernard moved to the Grand Avenue area. "More to do there," he says. Also, he found work as a teacher's aide at Lakeview School and was able to visit Lake Merritt frequently. After a few years, when Bernard's mother also immigrated, Bernard gave her his apartment and moved to a condo near the Rockridge Center.

That move put him closer to the Downtown Oakland Senior Center, where he has found activities he enjoys. He especially likes Bingo and actually won once. Unfortunately, someone else also won that game and he had to share the prize. But he's still a regular, hoping each time for another lucky card.

His neighborhood is near the Broadway/Pleasant Valley site currently undergoing complete reconstruction. Very convenient for shopping and interesting to watch such a huge building project from the ground up, but difficulties with his knees these days are keeping him close to home much of the time. At the time of this interview, Bernard was looking forward to acupuncture treatments that will increase his range of motion and ease some of the pain.

Bernard is a regular at the North Oakland Village potlucks. Be sure to say hello to him at the next one.

– Ruby Long

Introducing New Board Members

Joanne Deveraux

Joanne Devereaux is an Oakland resident married to a native Californian she met in Boston 20 years ago. She was introduced to NOV through a neighbor and saw firsthand the benefits it provides the senior community. She is owner of



Joanne Devereaux

Mindful Transitions a senior move management business, which supports families during downsizing and home moves.

Prior to Mindful Transitions, she had a successful career as an architectural photographer. Joanne is the parent of a High School-age daughter attending Bishop O'Dowd.

She knows how to both knit and play bridge.

Maria Distler

Maria Distler was born in Vienna, Austria, and lived for several years in Tahiti while growing up. She has lived in Oakland for

decades and learned about North Oakland Village from her longtime friend Sandra Coleman who she met in the 70's while their children were in nursery school. She joined North Oakland Village 1 and 1/2 years ago.

Maria brings long years of nonprofit experience with her to the Board, both as an Executive Director (E.D.) and Board member for the Stepping Stones Growth Center serving individuals with developmental disabilities and their families. In addition to running the organization, Maria wrote grant proposals. She also served on the Board of the Regional Center for the East Bay.



Maria's background in grant-writing and fundraising will enable her to pursue her interest in those areas with the NOV Development Team.

Farewell to another friend

June Brady Hyde, MD

October 19, 1929 – January 6, 2017

Once again we must say goodbye to another of our dear friends at North Oakland Village.

June passed away at home with her family by her side at the age of 87. She was

born in Birmingham, England. June loved life and lived it to the fullest across five continents; her deepest concerns were for the poor, the disenfranchised and suffering children everywhere.

June met her husband Dr. George A. Hyde, Jr. while skiing in Austria. They married in 1958 celebrating 52 years of marriage until his passing in 2011. They raised three daughters, Sandra, Karen, and Wendy. June set up the first neonatal intensive care unit (NICU) at San Francisco General Hospital (SFGH) and then was the Director of Nurseries at Children's Hospital in San Francisco for 24 years.



June and George were invited to teach at the medical school at the University of Nairobi, Kenya in 1987, and in 1990, they joined the medical faculty at the University of Zimbabwe, where she worked in pediatrics and HIV/AIDS. She and George returned to the Bay Area in 1999, where they spent their time traveling, skiing, and camping with their daughters and grandchildren. During their retirement, she and her husband worked as medical humanitarians and consultants in Equatorial Guinea. June continued working as a volunteer at SFGH teaching hundreds of medical students how to examine well babies.

June is survived by a large extended family. She was enjoyed greatly by the members of the Village, and she will be missed.

Most of the information in this article came from of the obituary in the *Chronicle*. To see the complete obituary, click on this link:

[June Brady Hide obituary in the Chronicle](#)

Member Salon

NOV's Salon, which meets every month, has been described by at least two regulars as "one of the best things the Village offers."

Participants, who must be NOV members, discuss such wide-ranging topics as, "If I had it to do over again . . ." "What is art?", issues around immigration, "Roots of my political beliefs," and spirituality. At each meeting the topic for the next month's gathering is chosen, with everyone having input, so members have a month to think about it.

Salon time is spent in serious discussion, not social chit-chat



and those who attend get to know each other on a deeper level than they would by going to a social function or attending one of our informational programs.

As word gets around about these discussions, more people want to take part, but to give everyone an opportunity to talk about

their experience and/or belief, group size is limited to 8.

The current Salon is at capacity for members, but if you'd like to belong to a new one, call the NOV office at 547-8500. They'll put you in touch with other interested members.

- Ruby Long

Need some stress relief? Relax with us and free your inner artist.

Join us at The North Oakland Village Art Group on Wednesday, February 8 at 2:00 PM in the NOV Office. Come and play with a variety of art materials around the theme of Love and Valentines. Materials are provided.

Neither experience nor particular artistic talent are necessary. Artists, beginners & those with ten thumbs will all enjoy this. Those who have attended have found the time together to be very calming, something we all need a little of these days.



January art group used leaves and other natural materials to create art

It is fun and easy – you'll have a great time.

Members, if you need a ride, give us a call. Members and volunteers free. For the public, a donation of \$10 is requested to help cover expenses.

Singalong with Sara

Members & Volunteers - New Singing Group



Singing is one of the best ways to raise our spirits, singing as though no one's listening, for the joy of it. Would you enjoy getting together to sing with a group of your fellow villagers, just for fun, no requirement to have a good voice or read music?

Sara Evinger has offered to host monthly singalongs at her home, starting **Thursday, February 9 at 10:30 AM**. The first meeting future dates and themes will be decided.

Please let the office know if you are interested in participating.

Due to the level of interest, if you have not signed up already and wish to participate you will need to be a volunteer or member. So if you have been hesitating about becoming a member or volunteer, this would be a good time to call the NOV office.

Contact the NOV office: phone 510-547-8500

Email: info@northoaklandvillage.org

GAMES GAMES GAMES!



Ruby Long ponders what to do with that mess of tiles while Vicky Lepell waits her turn

The games group meets every third Saturday morning at 10:00AM at the NOV office.

Come to play table games, like Boggle, US Bingo, Quiddler, or bring your own favorite to share.

Attendees take turns deciding what games to

try.

Members and volunteers, if you would like to join in but the day or time do not fit your schedule, let us know. We will see if we can work something out.

**Next meeting: Saturday, Feb. 18 – 10:00 AM
at the NOV office**

Celebrating Community and Choice A Conversation with Dr. Atul Gawande

Dr. Gawande to speak at Beacon Hill Village's 15th Anniversary Event which will be simulcast to 150 Villages Nationwide

North Oakland Village is pleased to announce that we will be hosting a gathering for the simulcast of renowned surgeon, public health researcher and writer Dr. Atul Gawande, the guest speaker at the 15th Celebration of the founding of

Beacon Hill Village and the subsequent Village Movement their innovative model inspired.

His conversation, entitled "Being Mortal's Villages: The Value of Community and Choice as we Grow Older," will be moderated by Robin Young, host of NPR's Here & Now, and feature a discussion on aging, living life with purpose, and how we can transform the possibilities for the later chapters in everyone's lives.



Dr. Atul Gawande

North Oakland Village will be meeting at a members home to join in the broadcast. There are space limitations so you **MUST RESERVE A SPACE IN ADVANCE**. At least half of the spots are filled, so members and volunteers, if you are interested, contact the office as soon as you can.

Note: this is a live streaming event and will not be recorded so this will be the only opportunity to hear this talk.

Monday, February 13, 2017. We ask that you arrive by 1:30 PM. *Please note the NOV office will close at 1:00 PM for this event.*

Location information will be given upon registration.

Special Book Discussion

With Author: Ellyn Kaschak

"Sight Unseen: Gender and Race Through Blind Eyes "

Professor Kaschak will be speaking to us about her recent book *Sight Unseen*, a close look at how the ideas of gender and race and sexual orientation form in our eyes before we can access language. It is a study

of many adults who have been blind since birth and how they and the sighted form their ideas differently.



Ellyn Kaschak, Ph.D. is *professor emerita* of psychology at San Jose State University, as well as the editor of the journal *Women and Therapy*. Ellyn is an internationally acclaimed and award-winning psychologist, author and teacher. She is well-known as a speaker, workshop leader, human rights advocate and a public intellectual. She also happens to be a resident of North Oakland!



Thursday, March 2
2:00 PM

at the North Oakland Village Office

Everyone welcome!

Members, if you need a ride, give us a call.



Wouldn't you like to spend some time with this special group of volunteers?

Volunteer Party - it was a good one!

On Friday, January 27, the North Oakland Village Volunteers gathered together once again in the fabulous dining space at Michael and Sandra Coleman's. The Coleman's live in co-housing in what used to be Swan's Market, and Michael helped design the kitchen space.



Group photo and collage courtesy of Sara Evinger

It made a wonderful place for some "mighty fine dining," as a friend of mine used to say. With a variety of sausages, beer and lemonade and the most unusual and tasty coleslaw ever, we spent a wonderful evening together.

The collection of volunteers included the founders of the village, our newest volunteer, Joe Nance (who did his first member drive that morning) and many people in between.

Sara Evinger managed to somehow get everyone to stop visiting long enough to take a group photo. If you are not volunteering for us yet, you are missing out on

getting to know an interesting and fabulous group of people. So you may want to contact the office and get in on all we do.

– Linda Joslin

January Village Potluck

The January potluck turned out a full house, with lots of incredible food and even better conversation as members, volunteers, relatives and lots of visitors came together for the evening.



People were so involved in their discussions at their tables that we were reluctant to interrupt for even our short group discussion.

A lot of heartfelt suggestions were given as ways to be happy and constructive in this new year.

We all stayed and chatted longer, and are looking

forward to the February potluck on the *last Sunday of the month, February 26.*

Upcoming Events

Handability Group

Knitting and Crocheting in Good Company & for a Good Cause
2nd Monday of the Month
February 13
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, February 6, 13, 20 and 27

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.

Time to Talk about NOV

Led by NOV Ambassadors
Contact: NOV Office
Friday, February 17
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, February 17
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.

Member Salon

Member Salon
Contact: NOV Office
Monday, February 20
3:00-5:00 PM

A group of eight 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 group is currently full.*

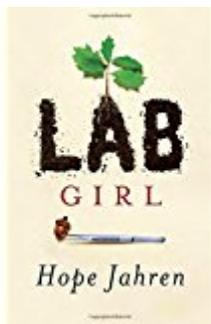
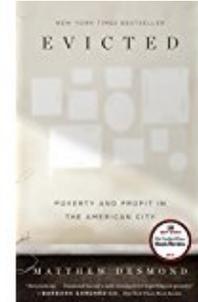
If you have come to a salon or two and enjoyed it, please let the front office know, and we will help get a second group started. *The salons are for members only. All levels of members are welcome.*

Non-Fiction Book Group

Non-Fiction Book Group
Contact: NOV Office
Last Friday of the Month
Friday, February 24
2:00-4:00 PM
North Oakland Village Office

Members and Volunteers, *the group meets at the Village office.*

February discussion will be led by June Brumer. The book will be *Evicted* by Matthew Desmond.



For those who like to plan ahead, In March, Patte Bishop will lead the discussion for *Lab Girl* by Hope Jahren.

Members and volunteers if you would like to join us please do, we would be happy to have you join us. You can come and give us a try and see how you like it.

Coming Attractions

Watch your email for information about upcoming events

*Men's Group and New Discussion/Salon groups
are in the process of being formed*

*We are also planning new outings and presentations. Please
share with us your ideas on speakers, outings and other
activities you would like to see at North Oakland Village*

Community Events

Community Event:

Mindful Drumming Workshop for "Mishe" Happiness, facilitated by Kokomon Clottey*

Saturday, February 18, 3:00–6:00 PM



Kokomon Clottey

Attitudinal Healing Connection, 3278 West Street
Mindful Drumming is an ancient indigenous technology that uses the twin realities of rhythm and sound grounded in West African Ghanaian traditions. Its focus is to bring about an alignment of body, mind and spirit. Mindful Drumming is a path to pure joy, wellness and happiness. This experience will open a connection to the ancestors and their timeless wisdom that is needed now more than ever. Join in to experience the twin concept of rhythm and sound and understand that sound vibration is meditation. Together, we will experience diverse healing rhythms through the drum.

www.ahc-oakland.org or 652-5530

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