NOV Newsletter -- APRIL 2017



North Oakland Village

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Monthly Newsletter

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Happening in April

Potlucks	April 2 and 30
Monday Menders	April 3, 10, 17 & 24
Singing with Sara	April 6
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Concert	April 30
April Potluck	April 30
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President's Letter

Dear Members and Friends of NOV, Spring has really sprung in our fair city >>Time to talk about NOV

>> Monthly Bridge Game

>> Non-Fiction Book Group

COMING ATTRACTIONS

COMMUNITY EVENTS

Tall Ship Tours

Monthly Potluck

5:00-7:00 PM Sunday Note: March Potluck Moved to April 2



Maria Distler & Sandra Coleman enjoy a visit at a NOV potluck photo courtesy of Sara Evinger

NOV Headquarters First Congregational Church 27th at Harrison

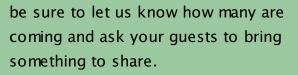
Members: Need a ride? Call

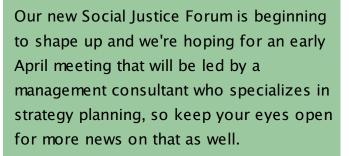
510/547-8500

and in our energetic Village as well! I suggest you call another member of NOV – perhaps someone you'd like to get to know better – and invite her or him to take a walk with you, or to sit in the sun, breathe deeply and drink tea. Flowers are blooming like mad near Lake Merritt and in the lovely Mountain View cemetery at the top of Piedmont Ave.

North Oakland Village is blooming too, with new ideas, presentations, musical events and a singing group, meetings with the Mayor's Commission on Aging, updating our website (keep checking it out - new pages continue to arrive!) grant applications and some pretty cool special stationery that will be available for a modest price to our members and friends at the next potluck! NOV is becoming a presence and a catalyst in the quest to help Oakland become an "Aging Friendly City" with Board member Bill Sadler talking about Senior Playgrounds that are accessible and fun. I'm looking forward to the day when we'll have teeter-totter challenges available for the courageous, and when I can play beside my little grandchildren in the same place. In the meantime, would you like to see our city government in action? Come to see NOV make a presentation to the Committee on Life Enrichment (part of the Commission on Aging) at 4 pm April 11 on the first floor of City Hall, Hearing Room. All are welcome!

There will likely be a very special musical offering at the April 30 Potluck, so watch for further information on that and do consider inviting friends and family to join you for the concert and the potluck! Just





See you at our next Potluck on April 2 at 5:00 pm. Be there or be square!

- Susan Pierpoint President

Please note: We have 2 potlucks in April

The first potluck is Sunday, April 2nd, the second is on Sunday, April 30th. We hope to see you at both.

Bring yourself and a friend and join us.

For information contact the NOV office: phone 510-547-8500 Email: info@northoaklandvillage.org

Member Profile: Joanne Deveraux





Joanne thought she had found paradise when she first visited California. An East Coaster, she met her husband Don Keeley in Boston when they were both working there. On their first trip to visit his family in the east bay she knew she wanted to live here. A professional photographer, there were landscape shots everywhere she looked. A hiker, trails beckoned at almost every turn. So, in 2000, when Don was offered a job transfer to the Bay Area, they began packing, with no discussion or argument.

Joanne's photography training at Syracuse University had been in large format images, of which

Ansel Adams received national attention, and she loved it. As a freelancer she had many patrons, among them the National Park Service. If you stop in a gift shop at most any of our national parks, you'll find books with her work in them.

But photography was changing. Large format cameras were being replaced by other equipment, and Joanne's life was changing as well. In 2001 she became pregnant, and her focus turned more to motherhood. Also, with new territory to explore, she was on the trails a lot. With Don as her trail companion, Half Dome was conquered, as well as the Dipsea trail. While exploring the Marin coast, they found West Point Inn, a membership facility built in 1904 for avid hikers. Now members, they spend many of their weekends there, hiking and participating in work parties. Photography has taken a back seat, at least for now.

Since moving west, she and her husband have both become pilots and, in addition to exploring the terrestrial terrain, are checking out the aerial landscape as well. Using both the established trails and the sky, they have covered a lot of California. Their daughter, now 16, often accompanies them on these airborne and earthbound trips.

About four years ago, Joanne, seeing herself moving from stage to stage of motherhood as she found her daughter moving from childhood to adolescence, began thinking about refocusing her energy. Her business, Mindful Transitions, that helps retirees downsize from family homes, grew out of that intention. She had another of her own transitions to make when her husband retired last year, and had learned enough from her own experience to be a valuable resource to him. North Oakland Village first met Joanne when she came there as a service provider. But when then president Sandra Coleman invited her to become a Board member, she accepted. We're happy to have her, her expertise and her unique perspective as a part of our leadership.

- Ruby Long

Singing for the Free at Heart



Singing with Sara

Members & Volunteers Singing Group

April 6 10:30-11:30

Since this is at a member's home, size is limited. If you are a member or volunteer and are interested in joining but have not signed up please contact us to find out if there are still spaces available.

For those already signed up we welcome suggestions for songs ahead of time so that we can have large-print words and/or music for all.

We will meet the *first Thursdays in April and May from 10:30-11:30 AM* at **Sara Evinger's home**. Currently for members and volunteers only.

Contact the NOV office: phone 510-547-8500 Email: <u>info@northoaklandvillage.org</u>

French conversation group is returning!



At the request of previous participants, **Antoinette Constable** has agreed to once again lead a French Class series, which will *begin Friday, April 7*. It will run from *11:00 AM until 12:00 PM*.

As many of you know, Antoinette is a native French speaker who kindly led this group when it was last offered.

This class is being held *at the home* of **Joe Evinger**.

lf you are a member or volunteer who

wishes to participate, please sign up with the NOV office as soon as possible.

Currently we have room for 2 more people maximum.

You do not need to be fluent, but need to have at least some experience with speaking the language.

Art Group - Let your inner artist play.

Join us at The North Oakland Village Art Group on Wednesday, April 12 at 2:00 PM Location: NOV Office.

The teacher for the April session will be **Cybele Gerachin**, who teaches at the Jr. Center for Art and Science*, but also works with older groups.

Cybele will present a project of three dimensional sculpture in the style of Joan Miro, the Spanish artist of the 1900's. She will provide the pre-cut pieces for assembly and painting by the group. She plans on perhaps a little more than an hour.

For this group, neither experience nor particular artistic talent is 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 these days.



"I try to apply colors like words that shape poems, like in music." - Joan Miro

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.

* The Junior Center for Art and Science: Junior Center faculty design and present programs which support and enrich the K through 12 art and science curriculum in over 300 elementary and secondary school classrooms throughout Oakland and the East Bay. An annual exhibit program for elementary school students, after school and summer art and science courses for children and teens, and drop-in activities for visitors of all ages are offered throughout the year.

Monthly Board Game Group

Third Saturday of the Month Saturday, April 15 10:00 AM NOV Office

Members and volunteers, you are invited to join us playing different types of board and card games – Quidler, boggle, scrabble, hearts, whatever type of game you want to play.



Currently held in the NOV office on the 3rd Saturday of the month. If you

want to have some fun with others and would like to join the group but the day and time don't work for you, just let us know – if enough people want to, we can be flexible on day, time and location.

Men's Monthly Gathering for Members

Men, the group you have been asking for is now up and ready to go. Come and work out with **Bill Baerlocher** exactly how you want the group to work.



If you have not talked to Bill about joining yet now is the time to do so.

Date: Wednesday, April 19, 2017 Time: 1:30 PM-2:30 PM Place: Bill Baerlocher's

- Bill Baerlocher

NOTE: If you do not have contact information for Bill, please contact the NOV office, and we will be happy to help you.

Volunteer Meeting

Wednesday, April 26 10:30 am - 11:30am Location: NOV Office 2501 Harrison Street

We will share information, questions, concerns, and ideas. Social time is

planned, so you will have an opportunity to meet and visit with the new volunteers as well as catch up with those you already know.



Snacks will be available.

Parking will be very limited, so carpooling, walking, biking, and taking public transportation are encouraged. We already have several people offering rides, so if you would be willing to come as a passenger, contact us.

If you have not already done so, please let us know if you can attend: (510) 547-8500 info@northoaklandvillage.org.

Saluting the Volunteers of North Oakland Village



This is you - a potential Volunteer

North Oakland Village is blessed with a group of wonderful volunteers. Without them the Village would be unable to serve our members. I should know, as I'm the only person around the village who gets paid to actually

do everything; everyone else is here because they believe in the Village and just like to help other people.

So all of those people you encounter on the phone, in the office, coming to your door to help etc. are all volunteers (many are members who also volunteer). They are the ones who make North Oakland Village into a real community.

While our volunteers perform incredible acts of service for others because they are generous, kindhearted people, they do reap some benefits. According to a report by Canada Volunteers: "Volunteering provides health benefits to older adults. It offers them significant physical, emotional and cognitive or brain health benefits. It also enhances social support, social inclusion and civic engagement."

Interested in joining this great group of people? Come to Time to Talk on **Friday**, **April 21**, and we will happily answer any and all questions you have. *We have a place saved just for you here at the Village.*

– Linda Joslin

NOV Book Group - Liveliest People Around

The March 31st NOV non-fiction book group was a "wild" ride of an afternoon.

Eleven of us gathered to discuss *Lab Girl* by Hope Jaren. All of the regulars were there, plus the irregular folks who drop in and Judy Sorey's sister, who was visiting from Nevada.

Before we officially started, we had an animated conversation about wildflowers.

Patte Bishop led what was probably one of the liveliest discussions we have had. Since trees were a big focus of the book, Patte appropriately showed up in green. She also passed around a bag with leaves for identification (Japanese Maple, as it turns out). She gave us some very interesting



information on how Portland, Oregon discovered how useful moss is (it is a long story having to do with air quality.) There was even a pop quiz on photosynthesis.

Hottest topic of the discussion was: why did Hope never actually get together with Bill? Shows that science was really not at the top of our agenda.

We ended with checking out the beautiful photos that **Judith Coates** took when she visited the desert to look for Spring wildflowers last week. This brought the group full circle.

But the wildest part was trying to pick our next book. We had several "criteria"; things like: preferably a book that is out in softcover, uplifting, and short. In the end we came up with a few selections. Ultimately, in April we will be reading the book by May's speaker, Steve Early. Check out the article immediately following for details. It does not meet all of our criteria, but in addition to be being about Richmond, CA it has the virtue of being not overly long!

Members and volunteers, join us in April for another spirited meeting.

– Linda Joslin

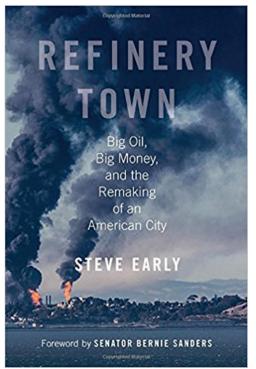
Special Presentation

Making Things Happen - Turning a Town Around

Thursday, May 11 2:00 PM Location: NOV Office 2501 Harrison Street

Steve Early will tell us what he did to change Richmond from a petroleum-based offshoot of a major industry into a people-friendly community. You might want to read his book *Refinery Town* before the meeting.

Everyone welcome – members, volunteers and the public. There is **no charge** for this presentation. Members, if you need a ride please give us a call.



Visit the Oakland Zoo

Pat & John Sullivan were kind enough to share with us the summer schedule for free days for seniors at the Oakland Zoo.

They would love to go on one of these days, and would like to share the experience with some NOV friends. If you are interested, let the office know, and we will hook you up with the Sullivans.

Of course, you can also attend on your own or with your friends on any of the free Mondays below.

Oakland Zoo in partnership with Oakland Council President Larry Reid present:

Oakland Zoo's 8th Annual Senior Summer Free Days



FREE Zoo admission for seniors (age 65+) who currently live in Oakland

2017 dates:

- Monday, June 19
- Monday, July 17
- Monday, August 21
- Monday, September 18

What you need to know

- Oakland Zoo is open 10:00am 4:00pm.
- Bring Oakland resident identification.
- Parking is free for seniors (age 65+).
- All other guests pay regular admission.
- AC Transit line 46 serves Oakland Zoo.
- Check actransit.org for a full schedule.



Upcoming Events

Handability Group

Knitting and Crocheting in Good Company & for a Good Cause



2nd Monday of the Month April 10 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, March 3, 10, 17, and 24 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 This group is currently full. Monday, April 17 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 anothers' company. Group size is limited, so you must register with the office in advance.

March topic; how individuals contribute to building better societies.

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

Time to Talk about NOV

Led by NOV Ambassadors

Contact: NOV Office Friday, April 21 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, April 21 2:00 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 510/547-7530 for location of this month's game.

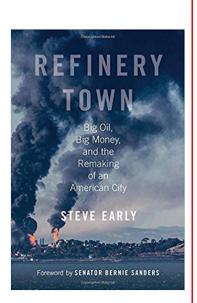
Non-Fiction Book Group

Non-Fiction Book Group Contact: NOV Office Last Friday of the Month Friday, April 28 2:00-4:00 PM North Oakland Village Office

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

In April we will be reading *Refinery Town* by Steve Early.

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



Coming Attractions

Watch your email for information about upcoming events

A Social Justice Forum should be coming in April

many new programs are in the process We are also planning new outings and presentations. Keep an eye on your e-mails for more details

Community Events



Tall ships are back in the Bay Area offering **walk-on tours** while docked in between their cruises.

Dockside Tours Dockside tours are \$5 (for donation). Schedules and ships are subject to change so <u>always check the schedule</u> first before heading out. Or call **1**-800-200-5239 to confirm tour dates.

Maritime history comes to life to life aboard the Lady Washington and Hawaiian Chieftain, the two historic vessel recreations from the Grays Harbor Historical Seaport Authority, an educational non-profit sailing up and down the West Coast to introduce the public to these amazing time capsules. Crews typically are on hand in period costume to answer questions and tell stories.

Oakland (Jack London Square (March 30-April 16, 2017)

1 Broadway & Water Street, Oakland, CA 94607

April 2 (Sunday) - Vessel Tours: 10 a.m. to 1 p.m. (\$5 donation) (Hawaiian Chieftain) April 3 (Monday) - Boats closed to the public
April 4 (Tuesday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 5 (Wednesday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 6 (Thursday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 7 (Friday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 8 (Saturday) - Vessel Tours: 10 a.m. to 1 p.m. (\$5 donation)
April 9 (Sunday) - Vessel Tours: 10 a.m. to 1 p.m. (\$5 donation) (Hawaiian Chieftain)
April 10 (Monday) - Boats closed to the public
April 11 (Tuesday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 12 (Wednesday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 13 (Thursday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 13 (Thursday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 14 (Friday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 13 (Saturday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 13 (Thursday) - Vessel Tours: 4 p.m. to 5 p.m. (\$5 donation)
April 14 (Friday) - Vessel Tours: 10 a.m. to 1 p.m. (\$5 donation)
April 15 (Saturday) - Vessel Tours: 10 a.m. to 1 p.m. (\$5 donation)

About the Tall Ships

Lady Washington is a replica of an 18th century sailing ship, and has appeared in several television shows and movies, including "Pirates of the Caribbean," as Captain Hook's ship from "Once Upon a Time," and as the pirate ship from Macklemore's music video "Can't Hold Us."

<u>Hawaiian Chieftain</u> has a fascinating history originating in Hawaii. She's a swift topsail ketch that has visited Tahiti, the Atlantic Ocean, and once sailed out of Sausalito, Calif.

Upcoming Historic Pirate Ship Tours Events

Sat 4/8 <u>Pirates of the Caribbean Ship Tours | Oakland</u> Sat 4/15 <u>\$5 Pirates of the Caribbean Ship Tours: Final Weekend | Oakland</u>

Cost: FREE* *Dockside tours are technically free, but a donation of \$5 is appreciated. Sailing tickets start at \$39

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