

NOV Newsletter -- January 2018



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North Oakland Village

Monthly Newsletter



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President's Letter

As I write this, we've just concluded our holiday concert and pot luck celebration with great attendance from the North Oakland Village community, new friends and possible new members who came to check us out. Looking out at the audience, I felt a warm wave of gratitude for the founders who created this intentional community comprised of members and volunteers and a good many folks who are both!



volunteers and a good many folks who are both...

>> Handability

>> Member Salon

>> Monthly Bridge Group

>> Non-Fiction Book Group

COMMUNITY EVENTS

Celebrate 5 Years of Movie Night
with Ronnie Casey

COMING ATTRACTIONS

January Potluck

January 28

5:00-7:00 PM

NOV Headquarters
First Congregational Church
25th at Harrison

Need a ride? Call
510/547-8500

Looking over last year is a fun exercise that reminds me of who we are and what it is that we do together in this Village community. We create and attend programs, reading and singing groups, salons, knitting and clean-up-our-city groups, we volunteer to drive, garden, visit and mend for each other, we eat together in a grand monthly potluck, we attend workshops, go on outings to the zoo, A's games, the Commonwealth Club & museums, and look for ways to get Oakland on the path to designation as an Aging Friendly City as defined by the World Health Organization. We have fun. We give back. We hold each other's hands in the hard times.

Last year we wrote the world's shortest-but-powerful one year strategic plan designed to lead us into financial sustainability now. It's an important year where we'll call on the members of our community to share time, talent, expertise and funds to help make it happen. As you reflect on the past year and anticipate a great year in 2018, consider how you'd like to be a part of this group effort. The intent of this call to action is to assure that we can support the efforts of our members and volunteers in doing things and making contributions that make you happy. No drudgery allowed!

To help us make all this happen, we are very fortunate to be able to introduce our newest volunteer Danny Weaver who will serve as NOV's Volunteer Coordinator. Danny responded to our ad in Volunteer Match late last Fall and after rounds of interviews and rave reviews from references, he was trained by Linda Joslin and has begun doing regular volunteer work for awhile in order to meet other volunteers and members and to learn about all the volunteer work going on currently as we plan to undertake a few new things as well. Danny has experience as a volunteer coordinator with an international



nonprofit. He lives in Oakland and we are very much looking forward to having him on our team. Please keep your eyes open for Danny, and welcome him to our community!

Warm wishes for the best year ever in 2018, and I'll see you at the Village!

– Susan Pierpoint, NOV Board President

Martin Luther King Jr. Day Closing

The North Oakland Village office will close for MLK Jr. Holiday Monday, January 15, and will reopen Tuesday, the 16th.

Please be aware that e-mails and phone calls will NOT be monitored during that day. Members, please plan ahead for service requests.



Member Profile: Maria Distler



Maria Distler

At eight years old, Maria Distler could converse in German, French, Tahitian and Chinese. Born in Vienna, her parents took her, as a baby, with them when they fled to Tahiti to escape the Nazis. Her Jewish grandmother, who stayed behind, died in Auschwitz.

Maria's mom home-schooled her and made sure she learned the same subjects as kids who went to school. And, living in this nation in the middle of the Pacific Ocean, Maria doesn't remember a time she didn't know how to swim.

Tahiti was not the paradise the family had hoped for. Her German dad, an attorney, had difficulty building a career in the French colony. So, as soon as the war was over, her parents began looking for a way to leave. When her mom read in *Look* magazine that the U.S. was accepting refugees, she wrote for information about how the family could be included. As a result, they became passengers on a ship full of war brides bound for San Francisco.

So, Maria, at eight years old, already knowing four languages, began to learn English. Enrolling in a San Francisco elementary school and settling into American life sped the process; by 1951, the family had bought a home in Oakland and Maria was in Oakland schools. She graduated from Fremont High School and spent a year at Mills College, then enrolled at San Francisco State to study art.

But she was still in high school when she met Luther, a couple of years older than she, at a Quaker gathering. The Quakers had helped get her family resettled, and she continued to be involved with them. A conscientious objector, Luther was drafted not long into their friendship, and they stayed in touch while he did two years alternate service in Arizona. Upon his return they resumed dating and were married while they were both in college. After a few years, they had a son and then a daughter.

It was when the children were in pre-school that her connection with NOV began. Another mother whose children went to the school was Sandra Coleman. Maria and she have stayed in touch through the years. Meanwhile, when the children got older, Maria pursued a career working with children with disabilities until she retired, but still pursues her interest in art – both producing and collecting.

Shortly after joining NOV, Maria became a member of the Board. While a bad back limits her activities, she continues serving on the Board, participates in the Salon and usually attends potlucks.

– Ruby Long

Alyce Zacco, a Tribute

A light went out in North Oakland Village and the quilting world this week with the passing of Alyce

Zacco. An avid reader of mysteries, up-to-date on politics and current events, Alyce at 87 had her marbles, lots of sewing notions, and still a decent amount of fabric. Well traveled, a former resident of several US cities before coming to Oakland, Alyce could stuff, label and stamp an envelope with the best of them. She was a regular at Monday Menders and Handability. The quilt in the center of the collage, we made together. The others are



Alyce with some of her quilts
– collage courtesy of Sara Evinger

lap robes for new moms at Highland Hospital which she seemed to whip up in no time with odds and ends of fabric and an experienced eye. I expected her to live a lot longer because she wasn't very "old."

– Sara Evinger

Alyce will be missed at the office, and her work will be missed by the babies who slept under the quilts that she made both here and in Austin, Texas, where she started a quilting group to make baby quilts for hospitals.

– Sandra Coleman

Getting the New Year off to a good start:

North Oakland Village is starting 2018 with some great new programs.

Check out the new groups and presentations in the following articles. If you have ideas of activities and events, do let us know; we are always open to new ideas.

A little volunteering can make a big difference

If you have attended any of our recent NOV potlucks, you will be aware of how much fun they can be.

But the magic does not just happen. Every month people volunteer to help with original ideas for decorating and a small program for us to enjoy. They help set up for the potluck and the clean up afterwards. It is a great way to spend some time with and get to know other people in the NOV community.

Are you willing to step forward and help out? You need to commit to only one potluck and offer to be the person to lead the group or be one of the two or three people to assist. The office staff will work with you to make certain all needed supplies are available and aid with ideas.

For a couple hours of effort you can help make a wonderful night for everyone. *Contact the front office and sign up to help with the potluck* in January – or February, March, or any other month.

Healthy Aging: How to Live to Your Full Potential

Thursday,
January 4, 2018
2:00 to 3:00 PM

At the NOV office, we will hold an informational session facilitated by Sally Hunter and Joan Hall-Feinberg (both NOV volunteers and retired social workers).

The group will meet monthly on the second Thursday of the month from 1:00–3:00 PM, location to be determined at the January 4th meeting.

All NOV members are invited. If you need a ride, please call the office. Hope to see you there.

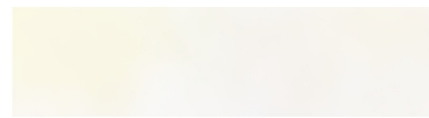
Move With Ease!

"Move with Ease" is a new class where members and volunteers meet once a month on a Saturday morning. We will begin with quieting the mind with Mindfulness Meditation, ease into some chair yoga, and possibly do some walking meditation or a regular walk.



You may not control life's
circumstances, but getting to
be the author of your life
means getting to control what
you do with them.

Atul Gawande
PICTUREQUOTES.COM



PICTUREQUOTES

New Volunteer Susana Renaud, who teaches yoga and mindfulness, will be leading the group. All members and volunteers, please join us at the NOV office on Saturday, January 6th, 10:00 AM to 11:15 AM.



Village Visitors

Beginning in 2018, the Village is inaugurating a new program for **Village Service Members**. An NOV-vetted volunteer will be matched with interested members and visited every other week in a member's home. This is geared toward those members who desire more social contact. *Call the office for more information on this new program.*

Feeling 50 Shades of Gray - and not in a sexy way?

Special Presentation

Thursday, December 11, 2018

2:00 PM

North Oakland Village Office

Presenter: Dr. Josephine Withers,
Life Coach

For over 10 years Dr. Josephine has been helping women transform their lives from predictable routine to lively adventure. An Art History Professor at the University of Maryland for over 30 years, she taught feminist and contemporary art history. Since then she's been trained and certified as a Life Coach with CTI (TheCoach Training Institute).



Having trouble figuring out the big "next" in your life?

In this lively interactive presentation you will

- * Learn how limiting beliefs keep them thinking "small"
- * Say "no" to the shoulds in your life
- * Say "yes" to the fun-filled juicy life that awaits you

Social Action Forum - by Judy Sorey

Friday, January 12

2:00 PM

North Oakland Village Office



We are planning "Sharing Community" reception/luncheon for all the non-profit organizations at the First Congregational Church who use the church for their offices and/or activities. Our idea has been received with enthusiasm by many of the groups. The reception at the church will be held in early February. We will keep it simple with light snacks and provide a setting for good conversations and sharing of information as we develop a thriving community. Members and volunteers please join us in making this happen.

Our social action forum is also exploring ways to contribute to issues affecting senior housing and downtown Oakland planning.

We're looking forward to working with all you to make our social action forum a successful venture.

Best Holiday party ever ever



On Sunday, December 17, the Rockridge Chorale again presented a lovely and fun concert for North Oakland Village. This year we had quite of number of musicians accompanying the chorus. In addition to the piano and flute, we had 2 violins, a guitar and percussion. As usual, there were a variety of Christmas and Hanakah songs both lovely and fun. Who knew there were so many ways to sing Fa La-La-La-La!

While everyone raved about the concert, everyone (especially the men) loved the sumptuous potluck meal that followed. It appears that the Village family and their friends made a special effort for this meal. One if

the main hits was the persimmon pudding, which had a lot of folks clamoring for the name of the person who baked it as well as many requests for the recipe. If you are the person who made this gem, please contact the NOV office.



With wonderful music, amazing food and wonderful conversation, North Oakland Village 2017 ended the year which more than one person declared "the best ever."

time to talk – about NOV

Interested in learning more about North Oakland Village or the Village movement? Come to one of our Informational meetings. You may ask all the questions you want about North Oakland Village, the Village movement, membership or volunteering.

Members and volunteers are welcome to drop in to let people know about your experience with the Village.

The meeting takes place the 3rd Friday of every month from 10:30 to 11:30 AM in the NOV office at 2501 Harrison Street.

Next meeting: Friday, January 19.

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

Ongoing Events

Singing with Sara

Singing group for members and volunteers
1st Thursday of the Month
January 4th, 10:30 - 11:30 AM
For Members and Volunteers

Gather together to enjoy a morning of singing.
Members and volunteers, if you are interested, contact the front office.



Monday Menders

Sewing with Sandra Coleman

Mondays January 8, 22 & 29, 12:00 to 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. A way to get that project done while spending time with other folks.

Handability

Knitting and Crocheting in Good Company & for a Good Cause

2nd Monday of the Month

January 8th, 10:30 AM-12:00 PM

For Members and Volunteers



Supplies, instruction & support provided by the Handability leaders, *free of charge*.

In photo is a sample of the items they have knitted for local hospitals.

Member Salon

Contact: NOV Office

Third Monday of the month

January 15th, 2:30-4:30 PM

For Members only

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. *This group is currently full.*

We would like to start a second group. If you are interested, let the office know.

Monthly Bridge Group - New Players Welcome

Organized by Norma Harrison

Third Friday of the Month, January 19, 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.

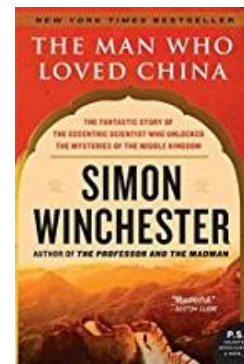
Call Norma at 510/ 547-7530 for location of this month's game.

Non-Fiction Book Group

Contact: NOV Office
Date: January 28
2:00-4:00 PM
North Oakland Village Office

Members, the group meets at the Village office.
 Men and Women are both encouraged to attend.

This month's book will be: *The Man Who Loved China* by Simon Winchester.



Community Events

Celebrating 5 years of Movie Night with Ronnie Casey



Friday, January 19, 2018

Movie Starts at 7:00 PM – Please Arrive on time

Collins Chapel, First Congregational Church
 Enter through the Blue Door from the back of the parking lot.

FREE MOVIE! FREE POPCORN! FREE PRIZES!

Come and enjoy a great movie classic with others from the church and the non-profits who share the space in this beautiful old building.

Should be a great time. Ronnie is a good friend of the village so let's celebrate his generosity for working to build community in Oakland for the last 5 years.

A reception & refreshments to follow the film!

Coming Attractions

Want to go to the Lindsay Wildlife Museum in Walnut Creek, or local museums? There are plans for many new cultural outings and other activities in process for the Village in 2018.

We would like to invite and encourage everyone to share your ideas and talents with the village so together we can evolve into a stronger, more vibrant village.

Contact us at: info@northoaklandvillage.org or give us a call at: (510) 547-8500. Watch your e-mails more upcoming events.

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