



NEWSLETTER

Letter from Susan Pierpoint

Greetings to our Members, Volunteers
and Friends!



The morning of our NOV trip to the Cornerstone Gardens in Sonoma, my 4-year old granddaughter had a meltdown as we were leaving to walk to preschool. I'm lucky to live in Oakland in a sweet little house that is all my own, located just 20 feet or so away from my older daughter and her husband and their two little ones. My granddaughter bounces to my house most mornings for breakfast together and a nice walk to her preschool nearby. It's great, being a grandparent and not having to rush in the morning to get to work. But the bus was supposed to leave at 9:30 and this little one, like the rest of us who are all grown up (and then some) after a bad night's sleep, was a bit fragile that morning and of course I was rushing her so I could get to the bus.

Thanks to technology, I texted Joanne Devereaux and said I'd be a few minutes late and was on my way by 9:23. The cheerful group of NOV adventurers on the bus waited and as I ran onto the bus, there it was again: that feeling I was 12 and on my way to Girl Scout camp on a bus. So cool.

Cornerstone is the new location for Sunset Magazine's experimental gardens. It was so beautiful and full of surprises. I marveled at the knowledge and familiarity of our NOV group – everyone seemed to have not only a favorite flower or tree, but a lovely story about backyard gardens in their youth. Ruth Palmer, about to celebrate her 100th birthday, was particularly drawn to a special type of apricot tree she cared for as a child. We asked where we could buy starter plants and the gardener said there was nothing available but she invited us to take a slip of something we like and she cut a little "Chef's Choice" rosemary for me that is on my window sill in water. (No roots yet, but I'll keep you posted).

After leisurely walking through the gardens, we gathered in the shade of outdoor tables and ordered delicious lunches. A relaxing and fun meal in the gorgeous, perfect weather of the day left only a few minutes for shopping in the cute little shops around the courtyard. Then a little walk back to our bus (and our favorite driver – the same lady who drove us to the Monet Exhibit last month) and we were on our way home. Unlike the Girl Scouts, we didn't sing all the way home. Most of us chatted quietly with friends and a few dozed peacefully.

Watch your email for the next field trip (not planned yet, where do you want to

go?) and join us.

Warmly, Susan Board President North Oakland Village

MAY CALENDAR

- **Each Monday - Menders/Handability members & volunteers**
- Wednesday 1st, 10-2:00pm- **Older Americans Day**, Frank Ogawa Plaza **all welcome**
- Thursday 2nd, 9:30-2pm- **Japanese-American Incarceration exhibit outing**, The Presidio **members & volunteers**
- Tuesday 7th, 2:00pm- **Memoir writing group members**
- TBD 1:30pm- **Play Reading**
- Wednesday 8th, Noon- **Lunch Bunch**, Holly's Mandarin Fine Chinese **members & volunteers**
- Wednesday 15th, Noon- Healthy Aging, **members**
- Tuesday 14th, Newsletter Submission deadline
- Friday 17th, 10:30am -**Time To Talk** learn about NOV **all welcome**
- Monday 20th, 2pm- Salon, **members**
- Tuesday 21st, 2pm- Memoir Writing Group **members**
- Sunday 26th, **Potluck** 5 -7:00 PM **all welcome**
- Tuesday 30th, **Board Meeting** 4:00 PM **members & volunteers**
- Friday 31st (last Friday), 2:00 PM Non-Fiction **Book Club members & volunteers**
- Friday 31st 10am-4pm, In Newport Beach CA: Village Movement California convenes **"The Age of Leadership"** for more information: www.villagemovementcalifornia.org

The Board Column:

The NOV Board continues to discuss long-term financial sustainability for our Village. We are fortunate to have a generous grant from the Brenner foundation secured by 3 board members that helps to underwrite costs of operations for the next couple of years. We share this not to cause concern but to invite conversations and ideas. We are persuaded that NOV is a wonderful, viable organization and that its vitality will enable us to move forward positively.

The last 2 field trips using the City of Oakland's very reasonable bus service program have been extremely successful. Please share ideas for places you might like to go on one-day trips.

We're looking forward to celebrating our Volunteers at the gathering on Saturday, April 27 and also the next day at our April potluck.

NOV was represented at a recent local conference on "The Art of Healthy Aging." You'll be glad to know that the experts believe being active in our Village life and embracing creativity is just what it takes!

Member Profile: Ruth Palmer



Ruth Palmer's Story

Musing as I reach 100 years:

By Ruth Palmer

"Houses aren't the only things that may need a spring cleaning. Sometimes our minds can find themselves in the same condition - unnecessary clutter that may be bogging us down."

Put a stain remover on gossip and lies.

Scrub away procrastination. Throw out bad feelings. Put on a fresh coat of positive attitude. Open the windows of the mind. Substitute challenging new interests for bad habits

Ruth Palmer: Ruby Long

When it was time for Ruth to be born in 1919, her mom and dad walked the two blocks to Alameda Hospital, at the edge of the bay. The next evening young friends of the couple set off fireworks on the beach so her mother could see them from her room. A joyous welcome to the tiny one.

By the time Ruth was four years old the little family had moved to Fruitvale. But she missed one of the Alameda neighbors, a somewhat surrogate grandmother, so her mother often put her on the streetcar and she'd make the trip alone. (Yes, dear reader, four).

Mom called the friend and Ruth was met at the right stop in Alameda. At the end of the visit, the process was reversed.

During the Depression of the 1930s, Ruth's dad had a garden where he grew kale. He traded the kale for eggs with neighbors who had chickens. There was also an orchard and he traded some of the fruit with

neighbors, too.

Ruth graduated from Oakland High in 1936 and immediately began looking for work. Her first job was at San Francisco Federal Reserve Bank. She took the streetcar again, this time to the Grand Avenue train which ended at the ferry - no bridge yet - and got on for the ride to "the city" as many East Bay folks called San Francisco. While at the bank she took evening classes at The American Institute of Banking, adding to credits she had earned at what was then known as Merritt Business College. But she had to leave the bank job in 1940 when she married. Married women were not allowed to hold bank jobs in those days.

Her husband, a butcher and delicatessen owner, loved to cook and had more experience at it than Ruth, who had lived at home up to then. The kitchen became his domain.

She found a job at Cal State Hayward, which was still being developed, that hired married women. The executive staff, including the president, four deans and eight support staff, had their offices in an abandoned high school building. As the university grew, Ruth continued to work full time as well as study Economics.

In 1951 she and her husband bought the home in Montclair where she has lived ever since. After sixty-eight years, it's a tight knit neighborhood with other long-term residents who watch out for each other and have regular contact.

She and her husband lived there in 1989 when the Loma Prieta earthquake did damage to the house. They moved back in and supervised the necessary repairs. During the 1991 firestorm, evacuation was mandatory. They closed doors and windows before leaving, but forgot about the fireplace dampers. When they returned the house was intact but filled with smoke and its residue. It took months and endless scrubbing to get it back to normal.

The most recent housing issue Ruth had to face was an attempt to replace her pink toilet, original to the house. "No one makes them anymore," she was told. Disappointed, she had to put in a white one. But she's still looking.

This piece has barely skimmed the surface of what Ruth has experienced and remembers. So smart and with a memory better than most of us, Ruth is a treasure trove of information about an earlier Oakland. If you ask her just about anything about the last hundred years of local history, she'll probably be able to tell you. We're fortunate to have her in our midst.

The Importance of Friendship

William Chopik

In a pair of studies involving nearly 280,000 people, William Chopik, assistant professor of psychology at Michigan State University, also found that friendships become increasingly important to one's happiness and

health across the lifespan.

According to the first study, both family and friend relationships were linked to better health and happiness overall, but only friendships became a stronger predictor of health and happiness at advanced ages.

The second study also showed that friendships were very influential—when friends were the source of strain, participants reported more chronic illnesses; when friends were the source of support, participants were happier. “There are now a few studies starting to show just how important friendships can be for older adults. Summaries of these studies show that friendships predict day-to-day happiness more and ultimately how long we’ll live, more so than spousal and family relationships,” he says.

Chopik says, “If a friendship has survived the test of time, you know it must be a good one—a person you turn to for help and advice often and a person you want in your life.”

Upcoming Events

Older Americans Day

Wednesday May 1st

North Oakland Village has been invited again to participate as a Community Partner with the City of Oakland's Older Americans Month Event & Information Fair titled

"Connect, Create, Contribute." We will have a table there with information about our Village and an art project, courtesy of Judith Coates. "Just Elders," a social justice and action group with many NOV members may share the table with us. The event will be from 10 until 2 on May 1, 2019 at City Hall Plaza.

Get a green North Oakland Village shirt (just \$15 at the office) or wear whatever you want and join us! It's a fun day to walk around and see all the offerings for seniors from City and County services as well as vendors, and we normally help to pack lunches in the City Hall kitchen and then hand them out to everyone there.

Programs will include:

- Senior Services Information Tables
- Popcorn Tables
- Art Exhibits
- Dozens of Vendors and Community Senior Organizations



Trip to Presidio

JAPANESE-
AMERICAN
INCARCERATION
EXHIBIT:

You are invited to join
us in a visit to this

exhibit at the San Francisco Presidio on Thursday, May 2nd. We will leave the Church parking lot at 9:30 AM.

Member Chizuko Omori will be with us to provide information and answer questions about the exhibit. The exhibit is free.

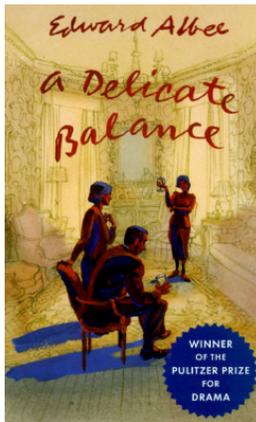
We can have lunch at a nearby restaurant which has reasonable prices.

We will be picked up at 2 PM to return to the Church.

There is space for one wheelchair with a maximum of 12 people.

Please let the office or Norma Harrison know if you would like to participate.

Norma, 510-547-7530 Office 510-547-8500



Play Reading: TBD

Newcomers are always welcome to the NOV playreading group. We gather in the NOV office at 1:15 to begin the reading at 1:30. Next up on Tuesday May 1 is Edward Albee's "A Delicate Balance". It was his first of three Pulitzer Prize winners and was his second Broadway hit following the caustic "Who's Afraid of Virginia Woolf?" which was too controversial at the time to win a Pulitzer. Wikipedia's entry for "A Delicate Balance" offers an oversight of the play's plot, characters, themes and production history:

[https://en.wikipedia.org/wiki/A_Delicate_Balance_\(play\)](https://en.wikipedia.org/wiki/A_Delicate_Balance_(play))

The acting edition is available at samuelfrench.com for \$9.95. There are roles for 2 men, 4 women. We allow three hours to read an entire play and have a few stretch breaks. Phone or e-mail me if you would like to come break a leg with us! - Paul Shepard, (510)547-4575, fromshep2u@gmail.com

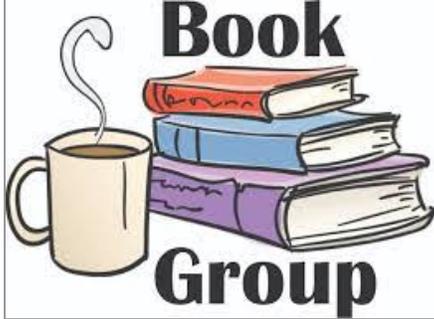
Lunch Bunch

Wednesday, May 8 Noon

The lunch bunch will meet at Holly's Mandarin Fine Chinese Cuisine; 4080 Piedmont Ave, Oakland, CA 94611.

Please call Norma Harrison 510-547-7530, or let the office know.





Non-fiction Book Group

Friday May 31st, 2pm

This month, The book group will meet to discuss, "The library book" by Susan Orlean

Yet to come!

Bird Watching at Lake Merritt

NOV members Janet Bertram & Will Dvorak will organize a group to go birding down by the Lake on a date to be determined. As the Lake is connected to the tides of the Bay, it attracts all different kinds of shorebirds and seabirds, both seasonal and permanent. With the city's efforts to encourage more nesting, (the fake bird sounds from the speakers are very quickly noticeable) it should be a wonderful outing that shouldn't be missed. Stay tuned for when the date is set!



In Case you missed it....

Trip to the Cornerstone gardens in Sonoma



Volunteer Appreciation

Volunteer Appreciation day was a huge success! Despite a last minute change of venue, we had a lively event with good food, fun, and conversation. We got to welcome a new volunteer to the village, and say goodbye to one who is leaving. Thanks to everyone who came!



COMMUNITY EVENTS

Greek Festival Oakland

May 17th, 18th 10am-11pm
May 19th 11am-9pm

It is that time of year again when the wonderful aromas of Souklavia and Loukoumades waft through the air and the sounds of traditional Greek music and shouts of OPA! resonate in the hills of Oakland. Now in it's 47th year, the festival is a stage to share the vibrant Greek culture and savory food.

Address: Greek Orthodox Church of the Ascension. 4700 Lincoln Ave.
Admission: \$6 Adults, Kids free Sunday 5-9 free



New groups: Movie Group and Community Garden

Movie Group: Jeri Ryan really likes movies and has agreed to coordinate these outings if there is interest. Jeri will research movies and recommend a good one for each outing. The group can decide on a regular time (for example, once a month on the 2d Thursday at 4:00 or 4:30). If you're interested in being a part of this group, please call Jeri and let her know: (510) 459-0767.

Community Garden: NOV has been given a small plot of garden in the Community Garden located across from Fairyland near Lake Merritt. We are looking for a site coordinator to lead our gardening group! If you like the idea of gardening with friends, please add your name to the signup sheet in the office on the Bulletin Board or call the office to join the group.

VOLUNTEER OPPORTUNITIES

VOLUNTEER OPPORTUNITY

FARMERS MARKET

Help needed for Saturday/Sundays at local markets. Fun time talking to people about North Oakland Village.

Great for folks who enjoy outreach.

contact: judysorey@gmail.com

VOLUNTEER OPPORTUNITY

DRIVERS OPPORTUNITIES

Great way to meet and help our members
You pick your availability

contact: NOV office

info@northoaklandvillage.org

VOLUNTEER OPPORTUNITY

POT LUCK Helpers

Our popular Pot Lucks could use additional help before and after the dinner. March 31st + April 28th

Contact: judysorey@gmail.com

VOLUNTEER OPPORTUNITY

NOV OFFICE TASKS

Assembling Member/Volunteer Folders
Friday, April 19th at 1-2:00

contact: judysorey@gmail.com

"Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul"

-Samuel Ullman

North
Oakland
Village



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