



NEWSLETTER

October CALENDAR

**ALL EVENTS MEET AT NOV OFFICE UNLESS OTHERWISE
INDICATED- See Upcoming Events for details**

- Each Monday 10:30 - **Menders/Handability**, **members & volunteers**
- Tuesday 1st 2:00 - **Memoir writing group**, **members**
- Tuesday 8th 11:30 - **Technology Help Workshop**, **members and volunteers**
- **No Playreading this month** **members and volunteers**
- Wednesday 9th Noon - **Lunch Bunch**, Bacheesos Mediterranean Restaurant, 2650 Telegraph Ave. at Derby, Berkeley, **members & volunteers**
- Thursday 10th 2:00 - **Bookmaking Art/Craft**, **members and volunteers**
- **Singing with Sara is on hiatus for the month of October**, **members & volunteers**
- Sunday 13th 3:00 - **Walk by the water**, **members**
- Tuesday 15th 2:00 - **Memoir writing group**, **members**
- Wednesday 16th 2:30 - **Healthy Aging**, **members** currently full
- Thursday 17th 2:00 - **BRAVO (Bay Regional Association of Village Organizations) meeting**, **all welcome**

- Friday 18th 10:30 - **Time To Talk**, learn about NOV **all welcome**
- Friday 18th 1:30 - **Bridge**, call Norma Harrison (510) 547-7530 **members**
- Monday 21st 2:00 - **Salon**, meets at member's homes - currently full **members**
- Thursday 24th 2:00 - **Presentation on Fire Safety**, **all welcome**
- Friday 25th - **Newsletter submission deadline, NOON**
- Friday 25th (last Friday) 2:00 - Non-Fiction **Book Group**, **members & volunteers**
- Sunday 27th (last Sunday) 5:00-7:00 - **Autumn Potluck**, **all welcome**
- Tuesday 29th 12:30 - **Newsletter Review Committee**
- Tuesday 29th 4:00 - **Board Meeting**
- Wednesday 30th 10:00 - **Outing**, Oakland Zoo, **members and volunteers**

Upcoming Events:



Technology Workshop Round Four: October 8th 11:30

Alan will focus primarily on smart phones for the next technology workshop, as everyone seems to be eager to learn more about their phones, the constant updates, and how to utilize all the features offered. Bring your phone!

Lunch Bunch

Wednesday, October 9th Noon

Bacheesos Mediterranean Restaurant
2650 Telegraph Ave., (at Derby St.)

Berkeley

It is close to Oakland, has a parking lot, and has very good, reasonably priced food. It is even quiet enough to allow conversation.

Please join us!

Email or call Norma Harrison, (510) 547-7530,
betnorh@sbcglobal.net



Book Making

Thursday, 10th 2:00

Craft/maker event: Hand made little books, Thursday, October 10, 2:00

At this hands-on workshop, learn to make hand-sewn small books with card stock covers like the ones in the photo that you can write, draw, paint, collage in, fun to make and great gifts. Instructions and materials provided.

Call Judith Coates for further details at (510) 593-4174.



Walk by Water

October 13th

SUNDAY STROLL to Lake Merritt Wildlife Refuge and Lakeside Park Gardens.

Meet 3:00 pm at North Oakland Village parking lot. We will walk 3 blocks to

Lakeside Park, visit the Gardens, the

Exhibition Hall and the Wildlife Refuge for bird watching. Wheelchair accessible. Dinner at a local restaurant afterwards optional.

Janet Bertram and Will Dvorak, cell phone 510 914 2330. Home phone 510 339 3356.

What is BRAVO Anyway?

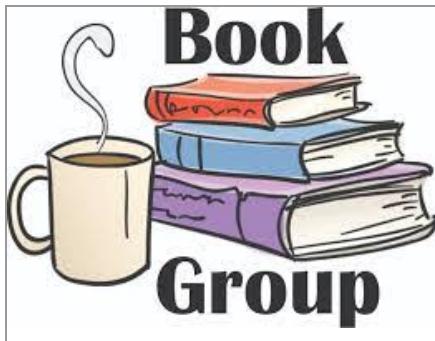
Maybe you noticed the calendar entry on October 17 for lunch and a meeting of BRAVO. The Bay Regional Association of Village Organizations (BRAVO) was founded by a small group of the founding members of North Oakland Village 6 or 7 years ago. We hosted a lunch and gathered together villages from all over the Bay Area with the notion we could learn from each other - what works, what doesn't - and have some fun together too. It was a huge hit and the group has been meeting periodically ever since. It's also grown by leaps and bounds! A few members of our Board go to these meetings whenever possible but ANYONE from our community is welcome to attend. The next meeting will be in beautiful Sausalito, jointly hosted by Sausalito Village, NEXT Village (SF) and Marin Villages. If you'd like to come, I still have 2 seats available in my car so please call the office. If someone else would like to take a carload of North Oakland Villagers, that would be great

too. There is usually a small charge for lunch. Here are preliminary details:

DATE: Thursday, October 17, 2019

TIME: 9:30am - 1:30pm

WHERE: Edgewater Room and Patio, downstairs in the Sausalito City Hall
-Susan Pierpoint



Non-fiction Book Group

Friday October 25th, 2:00 pm

NOV Office

Friday the 27th 2:00, The book group will meet to discuss, "*Deer Hunting with Jesus*," by Joe Bageant

Zoo Outing

October 30th 10:30

Save the date!

There will be a 1-1/2 hour tour beginning at 10:30, led by zoo docents. A cart for 5 people who need mobility assistance has been arranged.

A picnic spot can be found if the group would like to enjoy lunch together. Admission is free for those over 80.

Please watch for more details to come.



Staying Alive

You're reading this newsletter because several NOV members and Danny, our Operations Coordinator, made it happen. Articles are written by members and the final effort is edited by members. Regulars at the monthly editorial meetings include Judith Coates, NOV president Susan Pierpoint and Anne Fitzmaurice. New members to the group are welcome. Last Tuesday of the month, 12:30.

But there would be no newsletter without activities to announce, or events to report on and Danny, NOV's only staff person, there to organize and produce it. The newsletter keeps us all informed about the many activities NOV offers its members.

For instance, the monthly potlucks, currently coordinated by Judy Sorey. They have been a staple of NOV life almost since its inception and are a great place to renew old acquaintances and meet new folks. Judy carries on her tasks without much notice, promoting the Village at farmer's markets, handing out Village brochures in many places where people gather and generally letting the public

know what we do. She can always use more help with both these tasks. Let her know if you'd like to co-host a potluck or go to the farmer's market with her.

The same for the monthly luncheons in cafes organized by Norma Harrison. She's the one to call about playing bridge, too. Then there's Sandra Coleman's every Monday handcraft group at the NOV office to help you with sewing, knitting, crocheting, stitchery and other handcrafts.

For those who like to talk, the Salon, now led by Patte Bishop, meets every month to discuss a wide range of topics. Each person speaks without interruption to express their opinion about that month's subject. The current Salon has as many members as it can accommodate, but with enough interest and energy a new one could emerge. Patte is also the person to call if you need a ride. She's the one who matches drivers and riders, making sure everyone gets where they need to go, with a trusted driver. Plus, she's the chair of the Membership Committee, where she coordinates a number of things you might not have noticed.

One example, that friendly voice that calls every month to see how you're doing and if there are any issues or problems the Village can help with or services it can provide. Team members include Sandra Coleman, Patte Bishop, Sara Wood Kraft, Judith Coates, Sally Hunter and Joan Feinberg. In addition, Joan Feinberg and Sally Hunter, both of whom have a wealth of resource information and years of experience as social workers, lead the monthly Healthy Aging groups.

Sara Evinger's house is open once a month for those who want to gather around the piano and sing familiar songs. From childhood, perhaps or traditional folk music, songs from Broadway musicals or Pete Seeger or Woody Guthrie tunes.

Lots more happens at North Oakland Village. For a fuller picture and some behind the scenes activities you might not know about, check out the next issue of NOV News.

Ruby Long

Letter from our President

The season of Goblins arrives, as it always has,

sooner than expected. The excitement already afoot with the small children in my life causes me to ponder again the benefits of mixing generations. It motivates me to decorate the house a bit and to use the beautiful tea towel of autumn leaves that I picked up at our Swap Meet event on September 14. There wasn't a lot of "swapping" that went on there. Many of our members contributed wonderful items but were so glad to have reclaimed some space in their homes that they took next to nothing that was on offer. Maybe next time we do this we can open it up to more people, including those who are raising families and could use a few free household items. As it was, the nice donations made a worthy charity happy so there is good reason to believe that everything brought in will find a home and be used.



We had a wonderful and well-attended program by Sarah Oswald from Silvernest on September 19th about home-sharing and our conversation there also turned to mixing generations – or not – as one of the options for this choice. Four of our lucky service members also had a great experience in early September when a small team of mainly 30-somethings from Uptown Rotary came to their homes, turned mattresses, changed light bulbs, gardened and hung pictures. I spoke afterward with our members who were visited and also with these lovely young Rotarians and it's hard to say who enjoyed it more.

Then there is our annual Intergenerational Picnic that is a huge success year after year – see the photos in our last newsletter! These are all part of the mosaic of North Oakland Village that enriches and expands our lives – not to mention the time we spend with each other, laughing, planning, going, learning, eating and sharing. It's such a good way to live in these beautiful autumn years.

Warmly, Susan Board President North Oakland Village

In Case you missed it....

Helping Hands -- Rotary Volunteers

After a visit from the Rotary volunteers one of our members reported, "A really nice, helpful, efficient group of young folks gathered at my home to rake, trim



and fill a green can, and more. They were a happy, fun, bunch to be around. I'd love to have them anytime."

Silvernest Presentation

Thanks so much to Sarah Oswald for showing us the wonderful opportunities available for building community through home sharing. Please stop by the office to pick up some information if you weren't able to make the presentation. If you are interested in Silvernest, please go

to <http://silvernesthome.com/NorthOakland> and you can use promo code **COMMUNITY** at checkout to receive 20% off their first month of membership.



COMMUNITY EVENTS



Oakland Library October events

The Oakland Library has a constant list of events at its different locations throughout the fall. Here are a couple that might be of interest to our community:

Here are two happening on Oct 5

Free AARP Smart Driver Safety Course 10:00am Dimond Branch

Hiking the Camino de Santiago 1:00pm Lakeview Branch

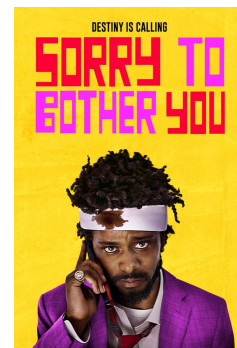
Ronnie's Movie Night

Sorry to Bother You

Friday October 18th 7:00 pm

2501 Harrison, Oakland, CA

In an alternate reality of present-day Oakland, California, telemarketer Cassius Green finds himself in a macabre universe after he discovers a magical key that leads to material glory. As Green's career begins to take off, his friends and co-workers organize a protest against corporate oppression.



Quick heads up!

If your doctor recommended you should have a "senior" flu shot, go

soon. Kaiser has advised there will likely be delays in the national supply chain for this particular one. Plus, it takes 2 weeks to be effective!

Museum visit, Garden, A's game



Outing at Saint Mary's College Museum



Future NOV Member at our community garden



Take me out to the Ball Game - A's outing

"Make your interests gradually wider and more impersonal, until bit by bit the walls of the ego recede, and your life becomes increasingly merged in the universal life. An individual human existence should be like a river — small at first, narrowly contained within its banks, and rushing passionately past rocks and over waterfalls. Gradually the river grows wider, the banks recede, the waters flow more quietly, and in the end, without any visible break, they become merged in the sea, and painlessly lose their individual being." — Bertrand Russell

North
Oakland
Village



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