



# NEWSLETTER

## Letter from Susan Pierpoint

Greetings to our Members, Volunteers and Friends!



It was so much fun, our Village Field Trip to San Francisco for the Monet and Gauguin Exhibits. I was 12 again, stepping on the bus full of people who were smiling despite the rain because it felt like we were headed to Girl Scout camp all over again – there was that much energy in the air. But we weren't Girl Scouts – there was Ruth in her elegant hat, Bob and Susan behind me, Elizabeth Anne, Janet and Will, several more, Bill Sadler the Camp Director for the day, and our bus driver named Shy.

Josephine Withers, who should get a medal, stood at the front of the bus and gave an excellent lecture on the last phase of Monet's long career, sharing photos of certain works from her Ipad whenever she wasn't holding onto the seat for dear life. The exhibits themselves were beautiful, arresting, thought-provoking. We went through at our own pace and then met up in groups for lunch before heading off to the Gauguin wing.

I had no idea Gauguin was such a scamp and came out of the exhibit wondering about disliking an artist and still loving his art. Art, like life, is complicated sometimes, but bus rides aren't. The sun was shining that afternoon, the views amazing and some of us napped a bit anyway. I think I loved the rides over and back as much as the exhibits!

It was such a successful outing that the Board in its meeting a few days ago started brainstorming other field trips. With the blessing of the Program Committee, we have gotten confirmation for a bus trip to Cornerstone Garden in Sonoma – a beautiful garden, level for walking around, with a restaurant and shops. Please let the office know if you are interested on joining us April 16 for what should be a wonderful trip! The bus holds 20 people plus 2 people who are wheelchair users. See more about this garden here: <http://www.cornerstonesonoma.com/>.

May your garden bloom in April, and may the sun shine steady for awhile now!

Warmly,  
Susan

*Warmly, Susan*

Board President North Oakland Village

# APRIL CALENDAR

- **Each Monday - Menders/Handability members & volunteers**
- Tuesday 2nd, 9th 2:00pm- **Memoir writing group members**
- Wednesday 10th, Noon- **Lunch Bunch, Montclair Golf Course members & volunteers**
- Monday 15th, 2:00pm- **Member Salon, "The changing role of women in society" members**
- Tuesday 16th, Newsletter Submission deadline
- Tuesday 16th, Trip to Cornerstone Garden in Sonoma **members & volunteers**
- Wednesday 17th, Noon- **Healthy Aging Group members**
- Friday 19th, 10:30am -**Time To Talk** learn about NOV **all welcome**
- Friday 26th (last Friday), 2:00 PM Non-Fiction **Book Club members & volunteers**
- Saturday 27th, afternoon - Volunteer appreciation Dinner
- Sunday 28th, **Potluck** 5 -7:00 PM **all welcome**
- Tuesday 30th, 2:00pm **Presentation** Judith Coburn, NOV office, **all welcome**
- Tuesday 30th, **Board Meeting** 4:00 PM **members & volunteers**

## The Board Column

The NOV Board meets at the office on the last Tuesday of the month 4:00 - 6:00 pm and every member of our community, both members and volunteers, is invited to come.

1. North Oakland Village has been approached by the Oakland Uptown Rotary who would like to volunteer their services a couple of times a year to



our service members who could use a little help on the home front, with tasks such as flipping mattresses, changing bulbs, lifting, moving things, hammering, tinkering, and technology – on computers or smart phones. Rotary in San Francisco offers this service to members of NEXT Village SF and it's been a very successful program. We'll keep you posted on developments as we explore this further with our local Uptown Rotary group.

2. North Oakland Village has been invited 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, which we'll share with "Just Elders" and the event will be from 10 until 2 on May 1, 2019 at City Hall Plaza.

Get a green North Oakland Village shirt 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.

## Letter from Linda Joslin

### Tiny Houses

I know I've been out of touch for a long time, but life in Ajijic has taken a new turn.

Well along the way down here is a community geared to older people who are interested in a place where we can grow old without being priced out of the market in a place that is becoming very popular.



NOV paid provider, Kerri Moon, has helped lay the groundwork for a way to affordably age in place. Here is the link to an article that gives details with what is happening.

<https://theguadalajarareporter.net/index.../53018-tiny-houses-when-less-can-be-more>

I am going to be one of the new occupants of this community, and it looks like we will be able to move in sometime in the next 2 or 3 months. It is fun to have the chance to choose what we want in our new homes and meet the group of wonderful people who will be in our small community. The best thing is we will still all be involved in the larger community of Ajijic.

This is turning out to be a new version of the Village movement for those of us who live alone.

Included is a photo of me with Kerri Moon (in the back), some of my future

## Upcoming Events

### Triad of Ageism Presentation at potluck

**Sunday March 31,  
7pm**



Maggie Lawson, a volunteer at NOV, is a visual artist and chef. Her work is about healing, ancestry, and intergenerational trauma and wisdom. You can see more here: [www.maggielawsonart.com](http://www.maggielawsonart.com) and here [www.theheirloomchef.com](http://www.theheirloomchef.com)

She is currently working on a project titled, *For Another Maggie* in Cincinnati, Ohio. The project's goal is to challenge the "triad of ageism" coined by Khun, where older people are seen as useless, mindless, and sexless. By showcasing the creative talents and portraits of her older collaborators in the Wave Pool space she hopes to collectively combat and grapple with how we relate to our own aging and the aged.

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## Lunch Bunch

**Wednesday, April 10 Noon**

The lunch bunch will meet at Montclair Golf Club; 2477 Monterey Blvd, Oakland, CA 94611.

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



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## Judith Coburn

**Tuesday April 30th 2pm**

Journalist Judith Coburn has covered war and its aftermath in Indochina, Central America, and the Middle East for the Village Voice, Pacifica Radio, Mother Jones & the Los Angeles Times. She co-anchored (with David Gelber) Pacifica Radio's live, gavel-to-gavel coverage of the Watergate hearings.

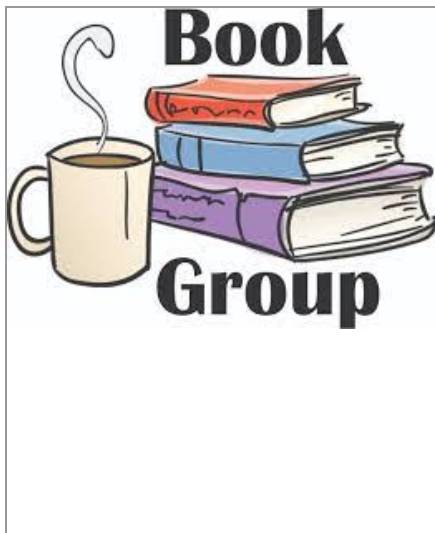
She became a Private Investigator, working on cases where accused murderers were headed to trial, with attorneys opposed to the death



penalty. Most recently, she teaches at OLLI, Osher Lifelong Learning Institute in Berkeley.

She is working on a memoir about Vietnam and the 1960s.

The Program Committee is eager to have a large crowd to hear what should be a fascinating story. Please join us



### **Non-fiction Book Group** Friday April 26, 2pm

The group is still in the decision process, with suggestions including "The Men we reaped" by Jesmyn Ward, and Michelle Obama's "Becoming" for its April meeting. The book group regularly meets at the NOV office at 2PM on the last Friday of each month. Come join us, we love to welcome new readers.

## VOLUNTEER APPRECIATION

### **Volunteer Appreciation: April 27 Saturday 3-6 pm**

Saturday, April 27th, will be our volunteer appreciation event. Last year's was a big hit, and a great chance to meet everyone who keeps the village running. More details to come!



## Yet to come!

### **Bird Watching at Lake Merritt**

Sometime in the future, NOV will organize a group to go birding down by the Lake. 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 Monet Exhibition at The De Young Museum



The trip to the De Young Museum was a huge success! Almost twenty people joined the group, and the reviews of the exhibit have all been great! We are happy to have such outings for our community, and are grateful that it was so well received.

Thanks so much to Bill Sadler and Josephine Withers for helping out and presenting information about the exhibition.

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## Scams and Seniors!

Trusting souls that we are, Seniors are 5 times more likely to be victimized by fraudulent scams than the rest of the population. We had a terrific presentation by Assistant DA Cheryl Poncini March 26th and she left us with several brochures and good pointers for avoiding this problem. One of the most important is to start talking about this with each other. Share stories and if you are ever tempted to send money to someone as the result of a phone call or email, talk about it with friends, family and financial advisers BEFORE doing it! Even if the sender or caller claims to be your favorite nephew or a grandchild.

The Federal Trade Commission (FTC) is one of the best agencies working to address this problem and you can learn more at [ftc.gov/PassItOn](http://ftc.gov/PassItOn). Our own Alameda County DA's office can also help: 510-272-6222.

## COMMUNITY EVENTS

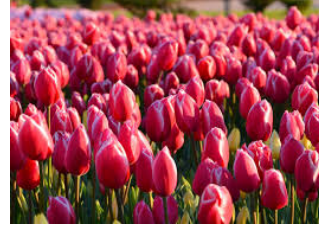
### Mountain View Cemetery activities

If you missed the 14th annual Tulip exhibition the end of March do not worry, they are still in full bloom in



April and our very own Ruby Long leads a tour Saturday April 13th 10am which also highlights the people, architecture, beauty and history of Mountain View Cemetery.

May 26, Visit the graves and hear the stories of transportation pioneers who, among other feats brought the railroad to California, developed an excellent streetcar system and sailed out of San Francisco bay in search of fish and fortune.



## New groups: Movie Group and Community Garden

Movie Group: It's so nice to have companionship to see a movie, so how about getting together with other members of our NOV community to go see a movie from time to time? Jeri Ryan is a member who really likes movies and has agreed to coordinate these outings if there is interest. The group can decide on a regular time (for example, once a month on the 2d Thursday at 4:00 or 4:30). Jeri will research movies and recommend a good one for each outing. If you're interested in being a part of this group, please call Jeri and let her know: (510)459-0767.

Community Garden: Do you miss digging in the dirt? NOV has been given a small plot of garden in the Community Garden located across from Fairyland near Lake Merritt. 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.

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## 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](mailto: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](mailto: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](mailto:judysorey@gmail.com)

### **VOLUNTEER OPPORTUNITY**

#### **NOV OFFICE TASKS**

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

contact: [judysorey@gmail.com](mailto:judysorey@gmail.com)

*"We need to do a better job of putting ourselves higher on our own 'to-do' list."*

*-Michelle Obama*

**North  
Oakland  
Village**



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**510-547-8500**