



NEWSLETTER

Letter from Susan Pierpoint

Summer Vacation

Dear NOV Friends,

Summer vacation! A time to rest, relax, enjoy nature perhaps or see something new. I'm just back from a week in the Sierra mountains that was none of those things and yet it was wonderful, memorable. Ok, also exhausting. My two daughters and their husbands have produced 4 grandchildren in 4 years, my nephew and his wife also have a little one so we were "vacationing" with 3 toddlers, a 6 month old infant and a 4-year old. It was intense. Chaotic. Hilarious.



My 18 month old grandson is an early riser, up usually around 5:30 am. It was a chance to have some time with him by himself and I found myself up and with him almost every morning. I didn't know before how funny he is – a little imp who loves to play jokes and who will take a dare every time. Between romps he checks in frequently for a cuddle. Our biggest toddler is 2 & ½, already showing a passion for music and he was usually next up, grabbing his little ukulele and singing the ABC song to me. Next up would be the precious baby, a grinning little guy who smiles and coos with incredible charm and then would spit up all over me. And it was worth it!

We hiked and waded in the lake, wiped tears, laughed and sang and then napped in the afternoons for at least a little while. But the moment I'll remember best was in the dead of night when my 4 year old granddaughter got up in the room we shared and then in the deep black dark of the cloudy night started whimpering when she couldn't find her bed. Yanked out of a sound sleep, I was instantly ready to play super grandmother and save her. I couldn't find her in the dark and when I finally did I took her hand, reassured her, and promptly walked into a wall. In the end, she climbed into bed with me and full of trust, fell instantly asleep in my arms. I will always cherish that moment of proof that it's possible to be a klutz and still to be loved and trusted.

This aging gig is really not for sissies, but full of amazing and wonderful new things to learn.

Warmly, Susan Board President North Oakland Village

ALL EVENTS MEET AT NOV OFFICE UNLESS OTHERWISE INDICATED

- Each Monday - **Menders/Handability**, **members & volunteers**
- Sunday 4th 3:00 - **Walk at Emeryville Marina**, **all welcome**
- Tuesday 6th & 20th 2:00 - **Memoir writing group**, **members**
- Sunday 11th 11:00-3:00 - **Inter-generational Picnic**, Lake Temescal, (Big Rock Site-our usual) **all welcome**
- Tuesday 13th 11:30 - **Technology Help Workshop** **members and volunteers**
- Tuesday 13th 1:30 - **Play Reading**, "Beyond Therapy," **members**
- Wednesday 14th Noon - **Lunch Bunch**, Crepevine, 4184 Piedmont Ave **members & volunteers**
- Friday 16th 10:30 -**Time To Talk**, learn about NOV **all welcome**
- Friday 16th 1:30 - **Bridge**, call Norma Harrison (510) 547-7530 **members**
- Monday 19th 2:00 - **Salon**, meets at member's homes - class full **members**
- Tuesday 20th **Newsletter Submission deadline**
- Tuesday 27th 12:30 - **Newsletter review**, **all welcome**
- Tuesday 27th 4:00 - **Board Meeting**, **all welcome**
- Friday 30th (last Friday), 2:00 Non-Fiction **Book Club**, **members & volunteers**

Member Profile: Ruby Long

Song of Myself

And the Village.



I was there in the beginning, when we met in Judith's kitchen, when we chose a name and elected officers. And it was Judith and I who met Sandra Davidson at Starbuck's on Pleasant Valley to talk about joining forces. Sandra, wanting to organize an Oakland village, heard about us, we met

and decided to become one.

NOV's first office, a storefront just down the sidewalk from Starbuck's on Pleasant Valley Avenue was a roomy space, and when it had furniture, I saw the potential to build community by getting people together over food. Thus was born our ever popular and still monthly potlucks. And when Linda, our then office person, began producing a monthly newsletter, I started a regular column, interviewing a different member or volunteer each month. The last count of these columns was over eighty.

Several years ago, I decided to plant a vegetable garden in an unused part of our apartment complex property, but I wanted raised beds so I didn't have to do much stooping and bending. I put in a call to the Village for someone to help, Bob Field brought his station wagon, drove me to the lumber yard, opened the back so my purchase could be loaded and drove me home. Then he unloaded it and hauled it to my patio. My son built the boxes when he came for a visit and now I have fresh vegetables almost year-round, with little bending involved.

A couple of years after that I had a series of orthopedic incidents that kept me on crutches and in need of various kinds of assistance. There were rides to the physical therapist, to the ortho fellow for checkups and other medical attention, almost all of which the Village provided. My limited mobility made it almost impossible to get dirty clothes up the stairs to the laundry room. Patte Bishop from NOV came over and did it when my neighbors weren't available. Without her help I would have been stinking and with low morale.

One day, when I was back on my feet, I noticed some old 4 x 4s in the yard were being replaced and saw the potential for more veggie beds, so I hauled them to my patio. Judy Sorey and a fellow from Ashby Village arrived

with a power saw and cut them into appropriate size for an additional box. We assembled most of it on my patio. Then each took a load and lugged it to the garden area for reassembly. This year I have ten tomato plants. I never buy supermarket tomatoes or zucchini. And I have fresh beans and peas all winter.

I could go on about other kinds of help: Sally Hunter, for instance, who actually listens in our monthly phone calls and helped me with a difficult personal problem. And, of course, Alan Winson, who knows everything there is to know about computers. Then there's the Salon, and more. But I've reached my word limit so I'll stop. Watch for revised editions, though, as I continue my relationship with NOV.

Upcoming Events:



Walk by the Bay

August 4th

Join Village members Will Dvorak and Janet Bertram for a Sunday afternoon walk by the Bay at the Emeryville Marina on the first Sunday of the month. We will meet at 3pm at the roundabout

one block behind Chevy's Restaurant at Powell Street and I80 (address 1890 Powell st), enjoy an easy, level walk with great Bay views and, optionally, have dinner together afterwards at Chevy's or another nearby restaurant. If you have trouble finding the group, feel free to phone Janet Bertram at (510) 914-2330.

Inter-Generational Picnic

Sunday, 11th 11-3

Lake Temescal (Our Usual Big Rock site)

It's full blown summer again, which means it's time for the inter-generational picnic! Last year's event was one of the high points of the summer, so make sure to come join us for this years event! Same location as last year, at Lake Temescal, hope to see you there!

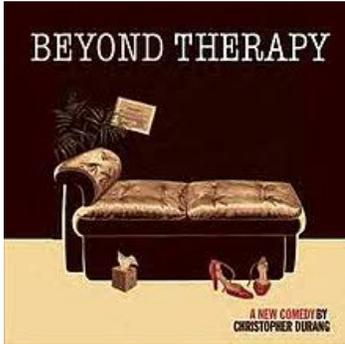


Technology Workshop Round three: August 13th

Alan has said that he will be open to discussing anything from the following list, depending on the needs/interests of those attending:



Desktop navigation, Opening apps, Multiple windows and the next Windows update. If you are interested in any of these topics or have some of your own, there is no sign-up required, just come in with your device and questions!



Play reading
August selection, "Beyond Therapy"
by Christopher Durang
Tuesday 13th, 1:30 by Paul Shepard

Christopher Durang has won several major playwriting awards. The lead roles in "Beyond Therapy" are Bruce and Prudence, a couple deeply into therapy. Prudence's macho therapist is urging her to be more assertive, while Bruce's wacky female therapist wants him to meet women by placing a personal ad. She does not fully comprehend that Bruce has a male lover who is not pleased by Bruce's desire to date a woman. Bruce doesn't know how to handle poor, nervous Prudence, and Prudence doesn't know what to make of her unpredictable new boyfriend. They do learn to live beyond therapy in this delightful romp, an Off Broadway hit that moved successfully to Broadway starring John Lithgow and Dianna Wiest.

HOW TO ORDER THE PLAY: on the Amazon.com website, you can buy the play as a separate edition. Or get "Christopher Durang Explains It All"

Lunch Bunch

Wednesday, August 14 Noon

The last lunch bunch was such a hit that it will meet again at Crepevine 4184 Piedmont Ave.

Please call Norma Harrison 510-547-7530, if you plan to attend.



Save the Date and Prepare!! Nov Swap

On September 14 we will gather in the room where we have our potlucks with reusable castoff linens, cookware, dishes, glassware and working tabletop appliances for what is intended to be the first NOV Swap Day. Bring something, leave with something.

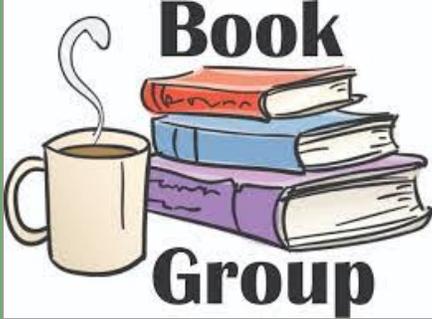
NO JUNK OR TRASH WILL BE ACCEPTED. ITEMS TOO BIG TO BE CARRIED BY ONE PERSON WILL NOT BE ACCEPTED.

Anything left at the end of the event will be donated.

Hours: 1 to 4. Anyone arriving earlier will have to wait.

Volunteers welcome. Call Ruby Long at 316-4032 or email at rplong145@gmail.com to volunteer.

Watch NOV News for more information on this event.



Non-fiction Book Group

Friday August 30th, 2pm

Friday the 26th 2:00, The book group will meet to discuss, *Sound: A memoir of hearing and loss* by Bella Bathurst

Movie Group

TBA

The movies for August have not yet been decided, stay tuned!

In Case you missed it....



Recycling Follow up

Our recent presentation about recycling encouraged us to explore for more information that might be helpful.

WEBSITES:

Visit California Against Waste website for detailed and current information, news articles and house and senate bills to support

www.cawrecycles.org

Visit the website regarding the At Store Recycling Program to find stores you can take your plastic bags, wraps newspaper bags, zip lock bags, dry cleaning bags, etc.

www.plasticfilmrecycling.org

TIPS:

- 1) Buy smarter, try not to purchase non-recyclables.
- 2) Sort carefully, only put clean and dry items in your recycle bin.
- 3) Remember soiled paper, paper towels, napkins, cardboard and all food waste go in the green compost bin. (hint: freeze meat/fish waste until pick-up day to avoid smelly trash.
- 4) Learn more about Assembly and Senate bills – especially SB54 (Ben Allen, D, Santa Monica and AB1080 (Lorene Gonzalez, D, San Diego), titled California Circular Economy and Plastic Pollution Reduction Act..

California is the 5th largest economy in the world and has a responsibility to help solve the plastic problem. We need to stop exporting our waste and pollution to families and communities in other nations.

We can be proud to have passed bills that ban single use plastic bags and plastic straws but there still is a lot more to do.

Architecture Tour

Thanks to Michael Coleman for leading the tour at the Oakland Museum and to everyone who came!



Helpful hands and the July Potluck

Our Potlucks just keep getting better and better! Our July potluck on the 28th was masterminded by Super-Volunteer Judy Sorey, who with Paul Shepard, inspired a bunch of energetic volunteers to help with setup AND cleanup. Then there was the food, the fun, and our special guests the Uptown Rotary whose members came bearing the gift of a service program they will offer to NOV members. They introduced themselves and shared suggestions of ways they could be helpful to our NOV

members! More on this in a moment.

The food. Two quinoa dishes, samosas, fried chicken, summer salads loaded with fresh vegetables, lasagne, tri tip roast, and many other hearty choices, homemade biscotti by Martha Anderson, homemade pineapple upside-down cake by the Tynes, a blackberry pie and homemade cupcakes by retired Judge Lise Pearlman of Uptown Rotary.

The fun: Gab Fest!

The Uptown Rotary Club: Brad gave an overview of Rotary International, what it is, who they are, how they started, some of the many things members do in their immediate communities and across the globe. Individual members introduced themselves, told us where they work Monday-Friday, and said a few words about their areas of expertise. Don't worry too much about expertise - if you're lucky to have a visit from a couple of these folks, they will undertake to be helpful however it would be helpful to you. Below see how the program will work. Feedback is encouraged and we'll make alterations in the design as needed.

All members are welcome to sign up for a Rotary Club Helpful Hands visit, with service members given priority.

Date: September 7, 2019

Time: 10 am-noon

They will come to your house and chat to learn how they can be of assistance. They will stay to do chores like turning mattresses, pulling weeds, moving light furniture or assistance with your computer. They can cook or maybe even help to plan a party. At noon they are done.

Please call the office to get on the list for a visit!

Watch this space for the next opportunity to sign up for Helpful Hands!

COMMUNITY EVENTS



Mountain View Cemetery Events

August 10th -

5000 Piedmont Avenue, Oakland, CA

Exploring Mountain View Cemetery: Highlighting the people, architectural beauty, and history of Mountain View Cemetery. A free docent led tour by Ruby Long.

August 11th- Bay Area Guitar Master Series, Yuri Liberzon. Yuri has received amazing critical acclaim in the past year for his new album "Acentuado" and this year's program will unfold yet another new chapter in Yuri's repertoire.

Ronnie's Movie Night

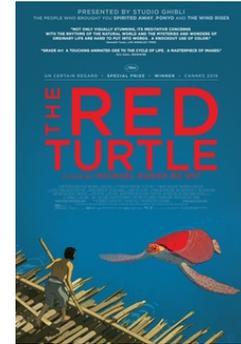
The Red Turtle

Friday August 16th

7:00

2501 Harrison, Oakland, CA

The Red Turtle is a beautifully animated film whose deceptively simple story boasts narrative layers as richly absorbing as its lovely visuals. Without dialogue, this meditative fantasy tells the story of a man shipwrecked at sea who becomes stranded on a beautiful but desolate island. He learns to live in isolation, seemingly tormented in his efforts to escape by an enormous red turtle.



Community Garden Update





Volunteer Opportunities

MANY HANDS MAKE LIGHT WORK

Thanks to all the volunteers who help to make our monthly potlucks so successful and enjoyable. The food is always bountiful and delicious, the drinks and wine are abundant and the conversation is engaging. A special thanks to those who sign up to captain and crew our potlucks.

There is no potluck in August!

Sign up and lend a hand for the Inter-Generational Picnic August 11th.

North
Oakland
Village



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