



North Oakland Village

Monthly Newsletter



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Happening in February

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President's Letter

It's February and of course one's thoughts turn to matters of the heart. My first and biggest Valentine goes to the tireless league of volunteers who keep North Oakland Village running, whose energy, time and resourcefulness are the stuff of legends and who consistently fish this hapless board president out of pickles.



I'd like to start with our amazing and hard-

>> Non-Fiction Book Group

COMMUNITY EVENTS

Lunar New Year Celebraton

COMING ATTRACTIONS

February Potluck



February 28
5:00–7:00 PM

**Join us to celebrate a
late Valentines Day**

**NOV Headquarters
First Congregational Church
25th at Harrison**

**Need a ride? Call
510/547-8500**

working Board of Directors. There are governance geeks like me who enjoy board work, but for most folks, it's a labor of love with deadlines, meetings, problem-solving and a few headaches. Still, they show up, volunteer to help where needed and work hard with remarkable good cheer to sustain and grow our Village.

There are also faithful volunteers who drive, who serve on committees, who help in the office, who lead workshops, who go to farmers' markets to hand out information about the Village, and who organize or show up to set up and clean up for special events. This isn't all, of course, because there are also those treasured folks who pitch in to help out with single requests or those who have a way of just seeing what needs to be done and offering to do it.

And then there is Linda, our Office Coordinator who volunteers as a member of the Village well beyond the time covered by her modest salary. Our volunteers are the very heart of the Village. We appreciate you so much and look forward to celebrating your service with you this month!

If you're not a member of this team of doers, would you like to be? We have a spot for you: new opportunities on board committees, in the office, working on the newsletter or for single tasks like writing thank you notes. Talk to our new Volunteer Coordinator, Danny Weaver. He and Linda can get you started!

With heartfelt appreciation,

– Susan Pierpoint, Board President



The North Oakland Village office will close for Presidents' Day Monday, February 19, and will reopen Tuesday, February 20th

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

NOV - An International Community by Ruby Long

The name North Oakland Village is really a misnomer. A leftover from the early days, it once described the geographic boundaries of our organization. It doesn't describe the current international membership and volunteers, however. A short profile of some of the NOV folks who came here from other countries follows.



The numbers following their name indicate the NOV issue in which you can find an interview with them.



Julia Curtis, (10/16), for instance, is a long-term member who came here from England. As a child she experienced World War II firsthand, frequently from an air raid shelter. After living in London, France and New York, where she co-produced an off-Broadway play, she came to Oakland and became one of NOV's early members.



Devi Jameson (2/16), was born in Goa, India, but grew up in Singapore. We all know her as the leader of the Rockridge Chorale that has performed for us on several occasions. She came to San Rafael for college and stayed. Through her, several family members, including brother Bernard de Sam Lazaro, also a NOV member, have immigrated to the U.S.



Renate Sadrozinski, whose story you'll read in a later edition of NOV News, is a volunteer driver who was born in Eastern Germany. Her father was killed in WWII when she was one year old and her family moved to Western Germany to live in a city that was 80% destroyed by the war. Many of her friends and classmates shared similar stories. After college and a career in Europe, she came to the U.S. twenty-five years ago.



Alicia Gonzales (5/15), came to the U.S. from Nicaragua, as a 29-year-old bride not knowing any English, and raised two daughters in San Francisco. Now 99 and living in Oakland, her daughter Sylvia usually brings her to NOV potlucks.



Charles Tynes (11/17), husband of versatile and stalwart volunteer Lin, was born in the Bahamas and doesn't remember a time he didn't know how to swim. He learned to sail when he was five or six and rode a horse to elementary school. In Florida, where he attended college, a classmate encouraged him to move to the Bay area.



Maria Distler (1/18) came here from Austria by way of Tahiti, where her family fled to escape the Holocaust. She learned English, her fourth language, at age 8 when they relocated to San Francisco after the war.



Born in Karnatka, India, **Bernard de Sam Lazaro**, (2/17), like his sister Devi, grew up in Singapore. Eleventh in a family of 12, he left India when Devi sponsored him to come to America.



Jo Studer, the NOV's Tuesday morning receptionist, came here from a rural area in the South of England. She, her husband and two preschool children expected to stay for three years. Six years later, both kids are in school, and Jo spends a lot of time volunteering for a wide range of organizations. Attempting to expand her community beyond moms of elementary school students, she looked for a group serving seniors and found our Village. You'll read her interview in a later edition of this newsletter.

Word length prohibits us from including some others. If you are one of them, our apologies. Contact NOV and we'll make sure your story gets included in our next story on NOV's internationality.

Social Action Forum hosts its first event

Under the able lead of Judy Sorey, the Social Action Forum has pulled together a gathering of all the various non-profit groups that share the use of the First Congregational Church of Oakland where North Oakland Village is located.

Members and volunteers, don't forget to RSVP if you are coming to the Sharing of Community reception on **Thursday, February 8th from 11:30 am – 1:30 pm**. Contact the NOV office for details.



The next gathering of the Social Action Forum for members and volunteers will be held on **Friday, February 9 at 2:00 pm** in the NOV office and will be a good time to assess how everything went and what our next step will be.

Members and volunteers: "Move With Ease"



The first "Move with Ease" group went very well. We spent time practicing being really present, focusing on centering and breathing. We did some chair yoga, some walking meditation and some

standing gentle exercises. We hope to move into some outdoor walking once Spring comes.

New Volunteer **Susana Renaud**, who teaches yoga and mindfulness, leads the

group.

All members and volunteers, are welcome. Please take part in the next session at the NOV office on **Saturday, February 10, 10:00 AM to 11:15 AM.**

VOLUNTEERS, PLEASE JOIN US FOR A PARTY TO
CELEBRATE YOU!

FRIDAY FEBRUARY 16



The Volunteers' Appreciation Party

Friday, February 16 from 6:00 to 8:30 PM
Hosted graciously by Sandra and Michael Coleman

Volunteers, if you have not received your special invitations with directions on how to obtain entrance to the event, please contact the office right away. We want to see as many volunteers there as possible. The meal will be provided. You only need to come and enjoy.

Feel free to bring your family



[RSVP](#)

DANNY WEAVER, NOV'S VOLUNTEER COORDINATOR IS AN EXCITING NEW MEMBER OF North Oakland Village. In his own words Danny explains how he came to volunteer. We are happy to have him on board.

"I became interested in NOV because I have always been passionate about volunteering and have been working in community development abroad, and I wanted to return to being more involved in my own community here in Oakland. NOV appealed to me both because I am interested in learning about the senior community, and because I love working with other volunteers and having a team around me. I am excited to learn about the activity and efforts of NOV, and be a part of its development"

What to do on a rainy day

On January 18, 2018, a group of North Oakland Village members went to the Legion of Honor in San Francisco to see the special exhibit:

Klimt & Rodin: An Artistic Encounter.

This intrepid group did not allow rain or heavy traffic deter them, though they were very glad they decided to all meet up and take Lyft instead of driving. This will be just one

several outings for the Village this year. Hopefully we will encounter rain and light traffic on our other journeys. But if you are up for a little adventure, these are the folks to have as companions.

Members and volunteers if you have an outing or activity you would like to share, let us know, better yet join the Program Commit



Back row: Shirley & Robert Warwick, Maria Distler & Judith Coates. In front: Chizuko Omori. Photo by: Patte Bishop

Sheila Pearce saves the day!



Sheila is shown here with her kumquat, mandarin orange and ivy centerpieces

Everyone agreed the whole room was beautiful. Many thanks to Sheila.

She will be back in February to help us with a valentine potluck. Everyone is welcome. Just bring a dish to share.

Volunteer Sheila Pearce has graced our potluck tables many a time with beautiful and creative decorations. In January she went above and beyond. When the person in charge of the potluck became too ill to take charge, Sheila enthusiastically came in and took over. She really saved the day (or more correctly – the night!).

Not only did she create beautiful centerpieces, they were mostly edible so everyone who wanted could take some home and enjoy them.



shared *by Chuck Baroo*

PG&E offers a free energy upgrades and improvements program to homeowners and tenants. The only requirements are you be 65+ y/o and have a Medicare card. Upgrades may include:

Door weather- stripping	Natural gas assessment test
Microwave replacement	Halogen Torchiere Floor lamp replacement
Hot water pipe insulation	Broken glass and minor wall repair
Smart power strip	Attic Insulation
Message shower head	AC tuneup
Kitchen & bathroom faucet aerators	Refrigerator replacement
LED ceiling light fixtures and bulbs	

To be scheduled for a free in-home qualification and energy assessment call JOY 510- 417-9821.

– 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, February 16.

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

First Thursday of the Month

February 1, 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 February 5, 19 & 26, 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

Second Monday of the Month

February 12, 10:30 AM-12:00 PM

For Members and Volunteers



See? "Real men" do knit

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

February 19, 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, February 16, 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

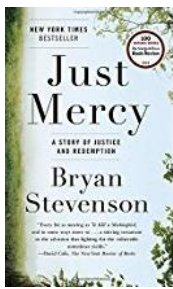
Contact: NOV Office

Last Friday of the Month: February 23

2:00-4:00 PM

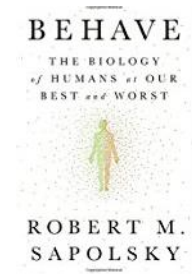
North Oakland Village Office

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



February's book selection is *Just Mercy* by Bryan Stevenson. Dorothy Black will lead the discussion.

For March we will read *Behave* by Robert Sapolsky; this discussion will be led by Linda Cleveland.



Community Events

COMMUNITY EVENT



Lunar New Year Celebration and Other Asian Traditions: Year of the Dog

Sunday, February 25, 2018, 12:00-4:30 PM

Join Oakland Museum of California (OMCA) for the 17th annual Lunar New Year celebration, a fortune-filled family-friendly event to welcome in the Year of the Dog. Enjoy live performances and an array of Asian traditions in arts, crafts, food, demonstrations, and so much more. Explore connections between the diverse Asian cultures represented in California, including Chinese, Tibetan, Korean, Vietnamese, Malaysian, Japanese, and other Asian cultures.

Watch spectacular lucky lion and dragon dances by Developing Virtue Secondary School, a magic show by illusionist Calvin Kai Ku, Japanese imperial court music and dance by Northern California Gagaku Group, a colorful Philippine dance by American Center of Philippine Arts, a martial arts demonstration by Vovinam America, and Chinese yo-yo tricks, as well as traditional music, dance, drumming, and modern K-Pop dance by Korean Performance Group.

Experience cooking demonstrations and hands-on activities all day long. Learn how to drink *Gong Fu* tea and make Vietnamese spring rolls, make a Tibetan prayer flag with Thangka painting master Jamyong Singye, and create your own *Bok Jumoni*, a traditional Korean lucky bag with artist Youngmin Lee. Don't miss a chance to play *I Ching* games and win prizes with School of Yimutology, and to get your fortune told!

Families will enjoy a visit from live farm animals with Little Explorers Petting Zoo and, to honor the Year of the Dog, the Family Dog Rescue will be onsite with adoptable dogs.

Enjoy a delicious Asian-influenced menu from Blue Oak café, as well as a selection of Asian-influenced food trucks from Off the Grid to make a whole day of your visit.

All activities are included with Museum admission.

All visitors are encouraged to use public transportation. OMCA is conveniently located one block from the Lake Merritt BART station. Limited flat rate parking will be available during the event for \$7. [Get more information on directions and parking at *museumca.org*.](#)

Coming Attractions

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.