



## North Oakland Village

## Monthly Newsletter



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### Happening in January

Monday Menders Jan. 9, 23 & 30

Handability Group January 9

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A Time to Talk January 20

Bridge Group January 20

Book Group January 27

Volunteer Party January 27

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### President's Letter

Happy New Year to all! This will be my last president's letter since my term of office is up in mid-January.

**Susan Pierpoint** will be the new president; most of the board members will remain, and there will be a couple of new board members -- **Joanne Devereux** and **Maria Distler**. I have enjoyed, immensely, being the president, and I want to thank the rest of the board members who have been so supportive and helpful. **Bob**

>> Monthly Bridge Game

>> Non-Fiction Book Group

COMING ATTRACTIONS

COMMUNITY EVENTS

Free movie night at the Church

## Monthly Potluck

5:00–7:00 PM

Sunday

January 27



NOV Headquarters  
First Congregational  
Church  
27th at Harrison

Members:

Need a ride? Call  
510/547-8500



**Field** stepped in as vice-president and ran the board meetings last year, as well as heading up the ambassadors committee. **Susan Pierpoint** joined the board and headed up the fund-raising committee. **Joe Evinger** has a masterful way with numbers, and has kept us solvent and up-to-date with all our bills. **Paul White** has kept us focused and led a great retreat a few months ago. **Sandra Davidson, Judith Coates, Bill Sadler and Dorothy Black** have all been in there cheering us on and making wise recommendations.

We go into the new year with enthusiasm and optimism for our Village. Let's also think about our country and the world with enthusiasm and optimism. Let's ask ourselves what we can do to contribute to an atmosphere of love and kindness that is free of hatred and antagonism. Change starts with the individual, and that means each and every one of us. ME not YOU.

My New Year's wish for you all is good health, and a life motivated by hope, goodness and love for all mankind.

– Sandra Coleman

Martin Luther King Jr. Day Closing

The North Oakland Village office will be closed for the Labor Day holiday on **Monday, January 16.**

We will reopen on Tuesday, January 17.

Have a fun and safe holiday.



## Member Profile: Vicky Lepell



Although several North Oakland Village members are fluent in more than one language, it's doubtful that any of them share Vicky Lepell's second language. Born of deaf, mute parents, Vicky began learning ASL, otherwise known as American Sign Language, at the same time she learned to talk. When she was a baby, one of her brothers slept in the bed with their mother so he could wake her if Vicky cried. Both of her brothers knew ASL and used it exclusively to communicate with

their parents. She has never known a life without it.

Each time Vicky's mother was nearing time to give birth, her own mother moved in with the family temporarily. This not only gave help to Vicky's mom, but got the children used to hearing spoken language. And before Vicky's oldest brother started school, she moved in again, spending an extended time with him, making sure his verbal language was good enough for the classroom and playground. Since he was six years older than Vicky, by the time she was old enough for school, living and talking with him had made her fluent enough that she was on a par with her schoolmates.

Vicky is a native Californian raised in the Los Angeles area, but she left home at 19 to go to nursing school in Minnesota, where several of her aunts had gone. As soon as she had her RN, though, she returned to California, largely for the

warmer winters, and has been in the Bay Area for about 50 years. Eventually she added P.A. for Physician's Assistant and N.P for Nurse Practitioner to the RN. During her nursing career, she had a variety of responsibilities, but particularly enjoyed working in the emergency room, being as she puts it, another pair of hands for the surgeon. She retired from Kaiser several years ago.

In addition to her involvement with NOV, Vicky has recently taken on a non-NOV volunteer job: she is in training to be a receptionist at the Alameda County courthouse. At other times, you can find Vicky at the monthly NOV games group, or frequently, at the Monday Menders handiwork meeting. A skilled handicrafter, she loves creating tapestry, knitting, needlework and mosaics.

If she sits next to you at the potluck, be sure to ask her about her dog.

– Ruby Long

## Men of NOV, 2017 is your year to get up and join in

Our male members and volunteers are an essential part of the North Oakland Village community.

Often men are reluctant to come to an activity because they worry they will be the only man attending. (Ever hear of a self-fulfilling prophecy?)

In 2017, resolve to participate in more NOV activities and invite some of the other men to join you. Below are just a few of the activities you might just find that you would really enjoy.



*Time to get up out of that hammock*

- A men's group that will start some time early in 2017.
- Ongoing groups for various interests: non-fiction books, art, bridge, games
- Cultural and sport outings

Check out the rest of the newsletter for details on these and other upcoming activities at North Oakland Village.

**BEST IDEA:** JOIN A COMMITTEE – Our committees can use some fresh ideas, and they all have other men already participating. It is a good way to meet other incredible people, while helping to create the Village you want. We can use your help. Just contact the Front Office.

### Some Committees to join:

- Ambassador's Committee
- Strategy Committee
- Development Team
- Program Committee

Committees not your thing? Lots of our members are also volunteers, we can always find a way to use your abilities.

I WANT TO SEE ALL OF YOU PARTICIPATING THIS YEAR – after all it's a New Year – you can't make new friends or find new interests just by laying in that hammock – besides, doctors say that languishing there is not good for you. So, while it is good to relax sometimes, it is good to get out of that hammock for awhile and join in!

**Volunteers** may participate in most of these activities and on all of these committees (**same is true for the women**), so please, we encourage all of you to join us and make 2017 your best year ever.

– Linda Joslin

## Holiday Choral/Reception Celebration

Early in December, NOV volunteer Devi Jameson and the Rockridge Chorale treated the Village to an afternoon of wonderful music followed by a reception. See article later in the newsletter for details.





Devi Jameson and the Rockridge Chorale led us in singing along

## North Oakland Village Volunteer Party!!!!

**When:** Friday, January 27

**Time:** 5:30 PM

**Where:** at Sandra  
and Michael  
Coleman's home



Time to get together and celebrate all you have done for NOV throughout the year and enjoy the company of your fellow volunteers.

Share **TACOS AND BEER**, relax and visit. New volunteers are encouraged to come and get to know our community.

Let us know if you are coming! Invitation with address will go out soon.

Let us know if you can attend – your partners and young children welcome.

**Good way to expand your view of life in 2017:**

# Get creative and have fun doing it!

## Join us at The North Oakland Village Art Group

No experience or particular artistic talent are necessary. Artists, beginners & those with 10 thumbs will all enjoy this. A variety of techniques are explored.

2nd Wednesday of every month

### Next Meeting:

Wednesday, January 11

2:00-4:00 PM

North Oakland Village office

### January theme: Printing With Plants led by Ruby Long

We'll use actual flowers and leaves to create images on your T-shirts, pillow cases, table-cloths, napkins, yardage, whatever, making them your own and unique.

Paints, brushes and flowers are provided. You bring a white or solid-color garment, or something else you want to transform. This process can be messy, so consider bringing an apron.



*Judith Coates using a leaf to create*



*Ruby Long displays a finished project*

It is fun and easy – you'll have a great time.

*Members, if you need a ride, give us a call. Members and volunteers free. For the public, a donation of \$10 is requested to help cover expenses.*

## Special Presentation

The Good, The Bad and The Best Way to Get  
Organized,  
(or, as we say at the Village - how to live like a  
Virgo)



From this . . .

Thursday, January 19

Joanne  
Devereaux

2:00–4:00 PM



to Virgo.

at the North Oakland Village Office

Have you sometimes dreamed of organizing your home, kitchen, office, or dining room to serve you better? Have you considered rearranging your space? Join us as **Joanne Devereaux** owner of Mindful Transitions – [mtransitions.com](http://mtransitions.com) – leads a productive discussion on creative, simple solutions to improve spaces in the home. If you like, bring a photo of the space you dream of improving. Joanne provides options to make organizing simple and fun, while improving safety in your homes.

*Members, if you need a ride, give us a call.*

## GAMES GAMES GAMES!

The games group meets every  
third Saturday morning at 10:00





Ruby Long ponders what to do with that mess of tiles while Vicky Lepell waits her turn

AM at the NOV office.

Come to play table games, like Boggle, US Bingo, Quiddler, or bring your own favorite to share. Attendees take turns deciding what games to try.

We are taking a break in January. Members and volunteers please join us in February.

**Next meeting: Saturday,  
Feb. 18**

See you there.

## He's Baaaack!

Prof. William Jaquist, noted researcher of the aging brain, from U.C. Berkeley, has agreed to make a second appearance at North Oakland Village. He can tell us the difference between normal changes due to aging and anomalies like Alzheimer's. He can answer questions like: "I looked and looked for my car keys the other day, and finally found them in the bathroom. Am I losing it?" "I forgot my wife's birthday this year. Is this the beginning of Alzheimer's?" "I've been really good at spelling all my life, and now I find myself reaching for the dictionary all the time. Should I worry?"



Prof. Jaquist's previous visit, three or four years ago, was informative, entertaining and reassuring, and we're fortunate to have him return.

The date for the meeting hasn't been set, but watch the NOV News and your e-mail for it. You don't want to miss this presentation.

Want to know more about North Oakland Village?  
Interested in becoming a member or volunteering?

## Join us for Time to Talk About North Oakland Village

Come to the North Oakland Village monthly informational gathering to help



introduce people to the Village and get the answers to all of your questions.

Anyone who wants to learn more about the Village in general, membership or volunteering will find this meeting very helpful. Members and volunteers are welcome to drop in and let

people know about your experience with the Village.

### Next Gathering: Friday, January 20

The meeting takes place every month from 10:30 to 11:30 AM in the NOV office at 2501 Harrison Street. *If you are interested in attending, please let us know.*

To ask questions, or to let us know you are coming, contact us by e-mail at [info@northoaklandvillage.org](mailto:info@northoaklandvillage.org) or phone: (510) 547-8500.

## Holiday Concert, a wonderful evening

On December 3rd, volunteer **Devi Jameson** and the Rockridge Chorale gifted us with a phenomenal holiday concert. With piano, flute and light percussion



accompaniment, they took us through a wonderful selection of music that included Christmas, Hannakuh, and non-holiday songs.

There was an unusual and lovely version of Ave Maria, along with Leonard Cohen's Halleluiah. The concert closed with the

audience participating in the singing of Silent Night while sitting in the dark.

Following the concert, there was a reception where the choir mingled with the large audience. The general feeling expressed by more than one person attending was they found the concert soothing to the spirit, which is what was needed in each of us that day. It was a wonderful way to participate in all of the holidays celebrated at this time of year.



## Upcoming Events

### Handability Group

**Knitting and Crocheting in Good Company & for a Good Cause**  
**2nd Monday of the Month**  
**January 9**  
**10:30 AM-12:00 PM**  
**For Members and Volunteers**

Supplies, instruction and support will be provided by the Handability leaders, *free of charge.*



### Monday Menders

**Sewing and Other Handwork with Sandra Coleman & Alyce Zacco**  
**Mondays, January 9, 23, and 30**  
**12:00-1:00 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.

## Time to Talk about NOV

Led by NOV Ambassadors  
Contact: NOV Office  
Friday, January 20  
10:30-11:30 AM  
North Oakland Village Office

This is a monthly informational session to introduce people to the Village concept, and North Oakland Village in particular. It's an opportunity to get all of your questions answered. Join us, and bring potential members or volunteers. Coffee, tea and snacks provided.

## Member Salon

Member Salon  
Contact: NOV Office  
Monday, January 16  
3:00-5:00 PM

A group of 8 people who get together *at a member's home* to discuss interesting topics and enjoy one another's company. Group size is limited, so you must register with the office in advance. *This group is currently full.*

If you have come to a salon or two and enjoyed it, please let the front office know, and we will help get a 2nd group started. The salons are for members only. All levels of members are welcome.

## Monthly Bridge Game - New Players Welcome

Monthly Bridge Game  
Organized by Norma Harrison  
Third Friday of the Month  
Friday, January 20  
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.*

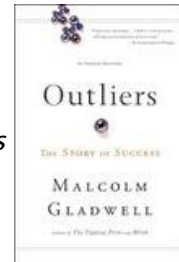
Call Norma at 510/479-1054 for location of this month's game.

## Non-Fiction Book Group

Non-Fiction Book Group  
Contact: NOV Office  
Last Friday of the Month

Friday, January 20  
2:00-4:00 PM  
North Oakland Village Office

Members and Volunteers, *the group meets at the Village office.*  
January discussion will be led by Carmella Roy. The book will be *Outliers*  
by Malcolm Gladwell.



## Coming Attractions

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Watch your email for information about  
upcoming events

*The Program Committee would like to have your ideas as we plan for 2017. Is there a group, activity, outing or speaker you would like us to offer? A topic you would like to explore together, something fun that you'd like to share with others? Please email or call the office with your suggestions to make 2017 the most engaging and enjoyable yet!*

## Community Events

[Come, join in the fun with a free movie.](#)

Friday, January 20, 2017  
Hosted by Ronnie Casey  
at the First Congregational Church of Oakland  
2501 Harrison Street (@27th)  
doors open at 6:00 PM





I found out that the movie this month is the delightful adventure in this animated movie. It is bound to make us feel a little better this new year.

The movie is free, and so is the popcorn. It is a great time to get together with our neighbors in the church and just enjoy ourselves. So join me for a lighthearted evening.

Just down from our office. Come through the blue door from the back parking lot.

– Linda Joslin