



NEWSLETTER

Letter from Susan Pierpoint



As you read this, I am anxiously awaiting the birth of my grandson. It is magical to hold a newborn.

It's a powerful moment I've learned from holding my three prior grandbabies in the first minutes of their lives. Time stops. He will slip, as each of the others have, right into the heart space that waits for him and then he'll shape it. Someday soon, I'll bring him to one or more of our potlucks and for sure, he'll come to our Intergenerational Picnic in August along with his mother, my younger daughter, and her husband. I'm wondering today what his name will be.

There is a back bedroom in my little house that has a crib, a lot of toys and also a comfortable hide-a-bed so it doubles as a nursery and a guest room. Twenty feet away, my older daughter, her husband and two children live in the larger front house. We bought this property in Oakland together a year and a half ago, plunging into the experiment of a multi-generational family compound. So far, we've been astonished by how well it works.

I've been thinking a lot the last few days about home. Home for the Holidays. Bringing the baby home. Our Village is all about whatever we call home and seems to me it's nice that "home" can mean different things to different people. Whatever it is or has been, I've always been happy to get back to it after a trip. I want to grow old(er) here. Pretty much every older adult feels that way and everyone for sure in our Village. Thanks for being on this journey with me, where home matters and we have the community, the friendship and the support to make it not just possible, but wonderful!

Warmly, Susan

Board President North Oakland Village

January Calendar

- Jan 7, 14, 21, 28 - Monday Menders/Handability (Sandra is back!) **members**
- Jan 10th - Volunteer meeting 2 pm in office **volunteers**

- FREE Movie Friday Jan 18th- NOV Church " Singing in the Rain" **all welcome**
- Jan 15th - Tuesday, Noon Lunch Bunch @ Montclair Golf Course Restaurant. 12 noon **members & volunteers**
- Jan 18th - Friday, 10:30 AM-Time To Talk learn about NOV
- Jan 19th - Women's March!
- Jan 23th - Play Reading with Paul Shepard, 2-5 PM NOV **members & volunteers**
- Jan 25th Wednesday - Trip to OMCA Museum Eames Exhibit (tentative) **members**
- Jan 25th (last Friday), 2:00 PM Non-Fiction Book Club **members & volunteers**
- Jan 27th Sunday - Potluck 5 -7:00 PM **all welcome**
- Jan 29th Tuesday - Board Meeting 4:00 PM **members & volunteers**

Overcoming the Overwhelming- By Ruby Long

North Oakland Village has a number of volunteers who continue to make extraordinary contributions despite physical issues that would daunt most of us into giving up. Today we cite two of them.

As one of the founding mothers of NOV, Judith Coates has been there from the beginning. The earliest gatherings met in her roomy kitchen and when it became a formal organization, she was our first president. Her ideas and energy have helped guide and broaden NOV. Her continuing service on the Board provides first hand knowledge of the organization's history and experience with successful and not-so-successful programs. An avid crafter, she sometimes leads workshops in repurposing. For instance, making Xmas tree ornaments or greeting cards from last year's Xmas cards. She's a regular member, sometimes leader, of the Salon discussion group. She lends her voice to Singing With Sarah. She's on the Program Committee and part of the play reading group.

At any of the gatherings, you'll find her with her magnifier in hand because of the macular degeneration that has affected her vision. But it hasn't stopped her from hosting her annual New Year's gathering at her home, or from extensive travel.

She continues to be involved with her grandchildren, three of whom live in Tunisia and her local family as well. She spends frequent time with those in Alameda and when the Tunisian family can't come here in summer, she goes there.

Judith can almost always be found at NOV's potlucks and is frequently seen in the office, attending a meeting or leading an activity. Her leadership and other contributions have been and continue to be important to NOV's success.

Joan Feinberg is another one whose contributions to the community are remarkable. She has a back condition that incapacitates her three or

four times a year, but in the meantime she maintains a staggering schedule.

As a musician, she's always at the monthly East Bay Pickin' and Fiddlin' gatherings. And she, with a partner, often provides the music for Baby Café that meets at Piedmont Gardens every month. She belongs to two book clubs and the memoir writing group NOV is reviving. She ushers for four performance venues: San Francisco Symphony open rehearsals, Aurora theater, Cal Performances and Berkeley Rep.

She is always a volunteer in the music department of the Oakland Museum White Elephant Sale. And she's been a docent at the Oakland Zoo for twenty-one years.

Some of the energy for all this activity is generated from her five day a week exercise regimen - three water aerobics and two Feldenkrais classes.

For NOV, she's one of the member outreach group - maintaining monthly phone contact with seven members and acting as a resource person who can direct them appropriately if they need a referral. She also interviews potential new members - making sure they understand what NOV is about and contacts them again on their yearly anniversary.

These remarkable people can serve as models of dedicated service to our organization, showing us how to make a physical challenge into an inconvenience. Thank you.

THE NEW BOARD COLUMN:

Keeping Our NOV Community Up to Date on Board Work

- North Oakland Village will *not* be joining together with Ashby Village. Our talks were cordial and informative, but in the end we are an OAKLAND Village and did not wish to join Ashby as a neighborhood of Berkeley. We're sticking to our roots here and following up on some exciting initiatives right here at home in our own city.
- Members and volunteers: you are invited to attend Board meetings anytime you wish! If there is something on your mind, we will make time in the agenda to hear from you. Our meetings are generally on the 4th Tuesday of every month, 4:00 – 5:30 (Sometimes meetings last until 6:00) in the Office. Parking is easy at that time. Meetings will also be listed in the Newsletter Calendar every month. See you there!
- Oakland initiatives we're working on now:
We're partnering with the City of Oakland to qualify as an Age-Friendly City under requirements of the World Health Organization.
 - Part of those requirements is a survey of older adults in Oakland to determine how things are right now, so we'll shortly be sending out the City's survey to all our members and volunteers. Please take time to do the survey if you can. It will be a service to Oakland Seniors now and in the future!
 - The First Unitarian Church of Oakland asked to develop a partnership with NOV and we are working on that too. We hope it will bring in some new

members for our Village and some new volunteers as well. Our partnership will be a pilot and may serve as a model for other villages in California.

· We're wrapping up our Annual Fund campaign and sending out thank you's and tax deduction info to all who sent in donations. It's not too late to send a donation now!

· There is a new Bulletin Board in the office over the water dispenser, courtesy of Board member Joanne Devereaux! Need a cat sitter? Looking for a walking partner? Post notices!

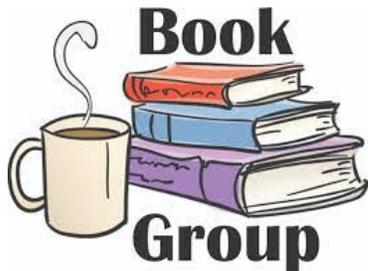
· We are still looking for new Board members for 2019, more volunteer drivers, and new members. There is a seat on the Board reserved for a representative of the volunteers. We'd greatly appreciate help finding qualified candidates for all these spots!

Events for the New Year!

In addition to ongoing groups such as the nonfiction book group, bridge group, monthly salon, Healthy Aging, play-reading, Singing with Sara, lunch bunch and monthly potlucks, the Program Committee is planning some new programs and events for 2019. An author event with writer, attorney and singer Sheldon Greene is scheduled for January 15. A Memoir group will begin on February 5, a monthly opportunity to remember and write and read your story, led by Katherine Harris with topics and questions to stimulate your memories. Other program ideas include:

1. Fall prevention training
2. CORE 1 Emergency preparation training
3. Outings to the Islamic Fashion exhibit at the de Young Museum and The World of designers Charles and Ray Eames exhibit at the Oakland Museum
4. Another smart phone/technology help opportunity
5. Creative Cooking
6. Safe driving as we age and how do I know when it's time to stop driving?

Please call or email the village office to let us know if you are interested in any of these ideas so we can plan and schedule them. We would love to hear other ideas you have for things you would enjoy doing, and we always welcome new committee members to help with making them happen. We meet the first Wednesday of the month at the office, next meeting January 2 at 2PM.



Non-fiction Book Group

After 2 months of lively discussion of Yuval N. Harari's book *Sapiens: A Brief History of Humankind*, the group picked a lighter read for the next meeting on January 25, 2019, Bill Bryson's *Made in America: An Informal History of the English Language in America*. It's a fun read

in his usual fact-packed style tracing how we came to sound like Americans and where we got many of our colorful expressions and place names. 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.

Presentation on Homelessness



Laura Guzman, HUD Continuum of Care Director for Everyone Home, an agency leading the collective effort to end homelessness in Alameda County, spoke to a small group of North Oakland Villagers on December 4 about the current situation of people living without shelter on our streets and in our neighborhoods, the work being done to remedy it and ways we can help.

Homelessness is a complex and growing problem in Alameda County, affecting over 12,000 people a year. On any given night 2000 to 3000 people may be on the streets of Oakland without a place to call home, including families with children and many working people who simply cannot afford the cost of housing. This level of suffering affects us all.

Ending homelessness requires resources, most obviously more affordable housing—homes end homelessness! Contrary to what we may believe, nobody wants to live on the street. While some may object to shelters because of safety concerns or difficulty following rules, everyone wants a home. Homelessness itself is a trauma which can cause or worsen mental illness and addiction issues, so supportive services are needed to transition from the streets to permanent housing.

Playreading!



NOTES FOR THE NEXT
PLAYREADING, "THE
IMPORTANCE OF BEING
EARNEST"
"by Paul Shepard

"Earnest" is considered
by audiences and critics
to be THE best English
comedy ever written - take

that, Shakespeare! It is totally frivolous, has no "deep" meaning, except as a satire of the behavior of the upper class at the turn of the 20th century, first performed in London in 1895. Penned by Oscar Wilde, a literary giant of his

era, the comedy is famous as a display of Wilde's gifted use of language. He was a journalist who wrote essays, short stories, dialogues and epigrams. "The Picture of Dorian Gray" is a masterpiece novel. His many comedies and dramas were theatrical hits, including the scandalous "Salome" with its Dance of the Seven Veils, adapted by Richard Strauss into an opera which is still popular. He wrote a spiritual autobiography, "De Profundis", in the form of letters written in prison to his lover Lord Alfred Douglas, whose father had Wilde convicted for "gross indecency" with men, i.e., homosexuality, which was illegal in England until 1970. Wilde was sentenced to a torturous two year imprisonment of hard labor which emaciated him and led to his impoverished life and death in Paris three years after his release at the age of 42. His last work, the poem "The Ballad of Reading Gael [Jail]", commemorates his harsh prison life. Very few writers other than Oscar Wilde have lived the gamut of human emotions expressed in such a variety of literary forms.

News to share...



New Volunteer Coordinator

Susan and Joanne often have walking meetings as they both enjoy the early morning brisk quiet of the Mills College campus.

To start off 2019 I am taking on the position of Volunteer Coordinator. I hope you can join all the volunteers

who are working to make the village what it is. **KICK OFF meeting January 10th at 2pm at our office.**

Over six years ago I became aware of North Oakland Village through a neighbor. Slowly, the mission and the people behind the mission caught hold of me. When Sandra Coleman called and asked me if I would consider serving on NOV's board, I said "yes", not understanding fully what was expected of me. I have learned quite a bit about the Village Movement, and appreciate the great effort and wisdom behind maintaining this Village that was created a decade ago. What makes it work? The short answer is the people.

Lunch Bunch

Back by popular demand, the lunch bunch will continue at the Montclair Golf Course Restaurant on Tuesday the 15th, at Noon.



There is plenty of parking next to the driving range. Please call Norma H 510-547-7530, or Let the office know.

Rockridge Choral

The December Concert was a huge success!

Many thanks to the Rockridge Choral for their concert! We had a very good turnout from NOV and everyone had a wonderful time. It was truly a great way to celebrate the Holiday season and get the community in a festive mood!



Helpful Volunteers!



Thank you to the Baerlochers and the Eagle Scouts for building us a planter box outside the Church!

As a non-profit, we depend on our volunteers. Thank you for all For those of you who drive, host in your homes, make food each month, and answer the office phone, we could not be what we are without your help!

"I don't want the heart to go out of the village"-

-Judith Coates

North
Oakland
Village



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