



NEWSLETTER

Letter from Susan Pierpoint

Many, many years ago I read somewhere that the two most beautiful words in the English language were “summer afternoon.” I thought at the time that was true and I still think so today. The phrase evokes for me those lazy sweet moments of lying on my back in the grass and imagining lively stories populated by animals, people and monsters comprised of clouds in the sky. Chasing fireflies in the early evening to the soft rumble of grownup voices chatting, laughing – just “visiting” as my mother called it. There were no pernicious, ubiquitous blue light screens around back then, and I wonder if the grandchildren will ever know the slow, sweet pace of a summer afternoon or evening, so familiar to us.



We capture a little of that magic every year in my favorite event, the North Oakland Village’s Intergenerational Picnic, scheduled early next month on August 11. We’ll gather near Lake Temescal and the fire safety gods permitting, there will be hot dogs and other summer delights, including children playing and the sweet sound of grownups visiting, laughing. More details to come!

In the meantime, we will have our usual July potluck on July 28, where we’ll be joined by some special guests! Several months ago, Oakland Uptown Rotary got in touch with our office and expressed interest in doing some volunteer work for North Oakland Village. This energetic group of young people is part of the international Rotary Club that offers some 45 million volunteer hours to the world in a typical year, according to a Johns Hopkins study and they are motivated to help make a difference in their community. They have offered to emulate a program already in place for NEXT Village San Francisco where the SF Rotary group offers once a quarter or so to visit the homes of members to do some of the things that can be difficult for those of us who are called Seniors. This can include turning mattresses, changing light bulbs, pulling weeds, maybe even rearranging some furniture or helping with computer tech stuff! I can guarantee that you’ll be inspired by them when you meet them. Now that I’ve come to know this group pretty well, I feel there are competent, generous folks in the next generation who are actively committed to the common good.

Come to our next Potluck, invite a friend or two and enjoy good food, hearing from the Rotary group, visiting and laughing on a summer evening!

Warmly, Susan Board President North Oakland Village

JULY CALENDAR

All events meet at NOV office unless otherwise indicated

- Each Monday - **Menders/Handability**, **members & volunteers**
- Tuesday 2nd & 16th 2:00 - **Memoir writing group**, **members**
- Thursday 4th - **Office Closed**
- Sunday 7th - 3:00 **Walk at Emeryville Marina** **all welcome**
- Wednesday 10th Noon - **Lunch Bunch**, Crepevine, 4184 Piedmont Ave **members & volunteers**
- Thursday 11th 1:00 - **Recycling facts, myths, what to do with this?** by Arthur Boone **all welcome**
- Monday 15th 2:00 - **Salon**, meets at member's homes - class full **members**
- Wednesday 17th 2:00 - **Healthy Aging**, **members**
- Friday 19th 10:30 - **Time To Talk**, learn about NOV **all welcome**
- Friday 19th 1:30 - **Bridge**, call Norma Harrison (510) 547-7530 **members**
- Tuesday 23rd **Newsletter Submission deadline**
- Wednesday 24th 11:00 **Architecture Tour**, Oakland Museum **members & volunteers**
- Friday 26th (last Friday), 2:00 Non-Fiction **Book Club**, **members & volunteers**
- Sunday 28th **Potluck** - 5:00-7:00 **all welcome**
- Tuesday 30th 12:30 - **Newsletter review**, **all welcome**
- Tuesday 30th 4:00 - **Board Meeting**, **all welcome**

Member Profile: Sandra Davidson



Sandra Davidson is one of the founding mothers of North Oakland Village.

Among other important achievements, she and Judith Coates put their energy and their heads together to write the application for non-profit status. She was one of our first presidents and an energetic and visionary leader.

Raised in a small Wisconsin community, she learned to drive at twelve, learned how to be self-reliant and independent and has always been drawn to outdoor life. When she came to the Bay Area for college, the coastal hills beckoned. Bob, whom she met at UC Berkeley and eventually married, shared this love of nature and hiking and it became an important part of their life.

Almost two years ago, on a Mount Tamalpais trail, Sandra was struck down by a minuscule critter - a tick that carries Lyme disease. Although protected by long sleeves, high-necked shirt and pants tucked into socks, one of the little devils got next to her skin, burrowed in and infected her. The doctor she saw the very next day treated her with antibiotics, the traditional Western approach, which was not effective. Sandra does not give up easily and the idea of being a semi-invalid the rest of her life was not appealing to her, so after seven months she began, with the support of her doctor, searching for ways to regain her former energetic life, including looking at alternative ways of treatment. That quest led her to a practitioner of Asian medicine who recognized the symptoms as Lyme disease. Finally, there was a name for what she had and a treatment plan. A daunting plan, but one with some direction and some hope.

Diet became all important so as not to feed the Lyme bacteria- no sugar, no wine, no gluten, and no dairy. Can you imagine someone from Wisconsin going without dairy? Choice of vegetables was narrow, too. No nightshades, to begin with. That meant no potatoes, tomatoes, peppers or eggplant. By paying close attention to how she felt after

eating, she began to sense which foods were best for her, which gave her energy and which ones didn't. That fall, she also added the expertise of an LLMD - a Lyme literate medical doctor.

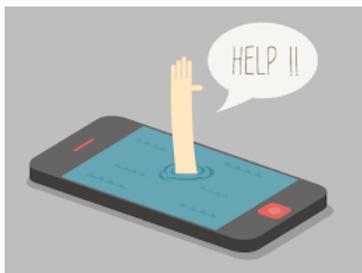
Sandra had good support during this difficult period. Bob, of course, her daughter and son, the shared walks group that she was now on informal leave from. But much of her time was spent resting and paying attention to messages from her body.

Gradually she began to have more strength and energy. But again, she listened to her body. She'd go to church, for instance, but arrive late and sit in the back, ready to leave immediately at the end of the service, not spending time on well-intentioned, but energy draining socialization.

It's been a long journey, but Sandra and her medical support team see progress. She now stays longer at church, she comes to some NOV activities, gets out for an occasional walk and sometimes has visitors. Little by little she is introducing more variety to her diet, including some things she used to enjoy and had to give up.

Her story is one of happenstance, of persistence, of adaptation without surrender. NOV commends her and thanks her for hanging in there. We'll be delighted when she's able to be back with us on a regular basis.

Upcoming Events:



Technology Workshop Round two: July 16th

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
For keyboard: hold shift, alt, and ctrl as appropriate;
then tap the final key, Switching apps with keyboard,

Modal windows & how to get rid of them, Unwanted windows and how to get rid of them, Dragging windows, changing sizes, double click on top bar, Browsers, Address bar: URLs and searching within browsers, Going back and forth in browser history, Links, Browser Tabs, In browser: ctrl-shift-T, Navigating within text using keyboard, Select, cut, copy, paste, Selecting text with mouse: dragging; multiple clicks, With keyboard: select word, part of line, all, etc. Between apps, Clipboard for non-text things, even with no menu option, Password managers
Some of what's coming in iOS 13.

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!



Arthur Boone talk on Recycling

Thursday 11th, 1 o'clock

Are you confused about what piece of plastic goes where? Come to the presentation in July. Arthur Boone is a recycling expert, former President of The Northern California Recycling Association. He will help you navigate all those bins both at home and when you're out and about

Architecture Tour: Oakland Museum

Wednesday, 24th 11am

Come join us in learning about the history of Architecture at the Oakland Museum and its acclaimed designer, Kevin Roche. The museum was the first of many commissions by Roche and his company, and is emblematic of mid-century modernism and the integration of indoor and outdoor spaces. Roche won the Pritzker prize in 1982, and is known for many important designs, including the Ford Foundation building in New York, and parts of the Metropolitan Museum and the Bronx zoo. Michael Coleman will be leading the excursion.



Walk by the Bay

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.

The walk will be July 7th, hope you can join us!

Please call the office to sign up so we know to expect you.

Lunch Bunch

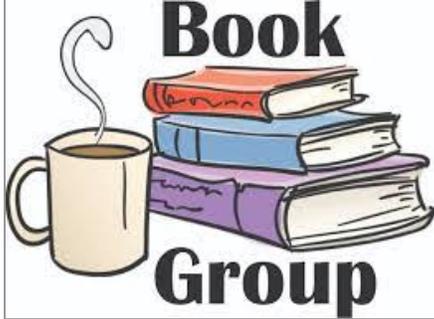
Wednesday, July 10 Noon

The lunch bunch will meet at Crepevine 4184 Piedmont Ave.

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



Non-fiction Book Group



Friday July 26th, 2pm

Friday the 26th 2:00, The book group will meet to discuss, "The world without us" by Alan Weisman

Movie Group

TBA

The movie for July has not yet been decided, stay tuned!

In Case you missed it....



Transportation Presentation

Despite some technology shortcomings, our presentation on how to get around with and without a car went very well, thanks so much to all of our presenters! We now have a large amount of information and flyers at the office for anyone who

wasn't able to attend.

North Oakland Village Community Garden

by Joanne Devereaux

A few mornings ago I stopped to water North Oakland Village's community garden plot nestled along a beautiful stretch of Lake Merritt. I heard a woman call out, "can you help me?" I went over and immediately saw the problem, a little sparrow was caught in the netting protecting her plot. I held the bird while she cut the netting and we set him free. After she thanked me she asked about North Oakland Village. I explained what NOV does and she said, "I'll have to remember to come to your potluck."



She thanked me and asked about our garden. Then she asked what was North Oakland Village. I explained briefly what NOV does and she said, 'I'll have to remember to come to your potluck.'

It was reading Michelle Obama's book, Becoming, early in the year, which inspired me to explore a community garden for NOV. Sure, I have a garden at home, many of us do. However, most nights a family of deer takes a romp around and nibble at whatever they chose so an off-site vegetable garden

appealed to me. Andy Young, our newest board member, offered to submit the paperwork to complete the process and we were given a plot in April. Andy and I worked together to shovel fresh soil (ohhh my aching back) on a rainy morning to get our garden off to a good start.

It may be the combination of the high-quality soil and these extra hot days but the vegetables we planted are growing amazingly well. We have all met nice people and become part of a new community. I'll plan on sharing and maybe even make my famous gazpacho for one of our late summer potlucks.

Technology help

After the big turnout for our technology help workshop, we want to inform everyone about another local technology resource: The Center for Accessible Technology in Berkeley has a program called Senior Connects.

Senior Connects is an open lab that offers hands-on support and training. People 50 or older can bring their own devices (laptops, tablets, smartphones) or use our computers, and get individualized assistance to develop their skills.

*Senior Connects Open Lab hours are: Monday and Thursday
12:00 - 3:00 PM*

No appointment is necessary, just come in! Participants are helped on a first-come, first-served basis.

COMMUNITY EVENTS



Artist Curated exhibition

June 28th - August 10th
Creative Growth Art Center
355 24th st. Oakland

For an opportunity to learn about the Creative Growth program and the outstanding

work they are doing, plan to visit:

An Artist-Curated exhibition which will open at 11 a.m. Friday, June 28 with an artist led tour. The exhibit will be open until August 10.

There is no charge for this and you will find it a heart warming experience

For more information e-mail Renate Sadrozinski at- sadro2@sbcglobal.net

Oakland heritage Alliance

Summer walking tours

Come explore a new part of Oakland, or visit a favorite spot and gain a fresh perspective. There are **NOW 16** different

tours to choose from, each led by knowledgeable guides. Tours are held Saturdays and Sundays in July and August, begin at either 10:00 am or 1:00 pm and generally last about 2 hours. Limited spaces are available so reserve your spot now!



Cost: \$10 for OHA members, \$15 non-members

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. Our champion hosts for June are Lin and Charles Tynes. Not only have they hosted many potlucks, they are always willing to help at the end of the evening to clean up and fold tablecloths.

We need volunteers to host our July 28th potluck. Sign up and lend a hand.

Judy Sorey
Potluck coordinator

Also, we have a sign-up sheet in the office from our most recent volunteer meeting with various opportunities, including gardening, outreach, and committee positions. If you are interested, stop by and check them out!

"None are so old as those who have outlived enthusiasm" -Henry David Thoreau

**North
Oakland
Village**



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