



North Oakland Village

Monthly Newsletter



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President's Letter

It can be hard to get excited about a month like February, especially with March around the corner and the promise of Spring that often comes with it. But looking back a bit, February was really a terrific month for North Oakland Village, rich with all the usual programs and activities like Handability, Book Group, Salon, Healthy Aging group and many more, but also 2 very special events.



COMMUNITY EVENTS

Bonsai Exhibition

COMING ATTRACTIONS

March Potluck

**March 25
5:00–7:00 PM**

**Come help us celebrate
a 100th birthday**



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

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

The Social Action Forum hosted a gathering of the interesting, exciting nonprofits who are our office neighbors here at the Nonprofit Center at the First Congregational Church. We learned a good deal about each other and hope to be able to share some of what we learned by short features of our neighbors' good works in future newsletters. Judy Sorey, a well-organized volunteer and member of the Social Action Forum, headed up this effort and did a terrific job herding cats to get us together and organizing the program and refreshments.

Shortly after the Nonprofit Gathering, Sandra and Michael Coleman once again generously opened their home and common space at Swan's Co-Housing for a dinner party honoring our wonderful, intrepid, hard-working and caring volunteers who are the very heart of North Oakland Village. It was a fun way to say "Thank you" and to acknowledge the ongoing contributions of all these special people.

I missed both parties, due to a personal encounter with flu & pneumonia, but sure heard a lot about them. For me, March holds the promise of some terrific webinars through the Village-to-Village Network, some work with the Statewide Village Coalition, and followup with City and County officials on possible funding sources for NOV's sustainable future. Also watch for a very special Pot Luck coming up at the end of March where we just may be celebrating another BIG birthday!

– Susan Pierpoint, NOV Board President

Member Profile: Martha Anderson

When Martha had her 100th birthday last year, she received a letter of congratulation from the Mayor. For the first eight years of school, Martha traveled by horse and buggy. The house she grew up in,



itself more than 100 years old, is only three blocks from Goose Lake in North Dakota. Her parents, who immigrated from Sweden separately, each bringing only a trunk with them, had come to the U.S. in 1908 and 1911 and settled there. Still in the family, her niece lives in the house now.

Martha Anderson

After training to be a nurse at St. Alexis Nursing School, in Bismarck, Martha took a job with the Mayo Clinic for \$68 a month. But when she heard she could make \$225 a month at Merritt Hospital in Oakland, she headed west. In a short time she had become assistant supervisor of the orthopedic ward. It was there that she heard the announcement about the beginning of World War 2. She continued nursing for the next forty plus years, and finally retired after 17 years at Herrick, also in Oakland.

Meanwhile, she and her husband had bought a house in Berkeley and raised two sons. After her husband died, Martha had a house built in the Montclair district. When it burned in the 1991 fire, she was delighted to find that the architect still had the plans for the original one, making it possible to reconstruct it.

One would think that forty years of hospital work would be enough, but for ten years after retirement, Martha continued to spend time at Summit Hospital as a volunteer intermediary between the medical staff and patients' families. At the same time, she worked at the thrift shop in Berkeley's Congregational Church. In her spare time, she did some serious ceramic work, creating pieces and firing her own kiln for almost twenty years.

Martha heard about North Oakland Village from her then neighbor, Ruth Palmer, who has since moved. She's a regular at NOV's potlucks and a dedicated member of NOV's Bridge group. One of her requirements in rebuilding the house was that there be a room big enough for two card tables and eight chairs.

- Ruby Long

Singing with Sara!

Members and Volunteers gather to enjoy a morning of singing. The only

qualification you need is the desire to sing.

If you are a member or volunteer and would like to join the group contact the front office or Sara Evinger.



This group is held at a member's home the first **Thursday of the month from 10:30 to 11:30 am**. Upcoming schedule:

March 1, May 3 and June 7. There will be a break in April. Meeting time 10:30 AM.

Stay Healthy and Move With Ease!



Getting to the end of your walk or exercise class and realizing you don't even remember what you have done or where you have been?

Join us for our third "Move with Ease" class. Those of us who attend every month are finding we really enjoy it and are much more attentive as we move through life. This month we will focus on improving our balance. We do some meditative exercises, as well as various types of stretching and meditative walking.

NOV Volunteer **Susana Renaud**, who teaches yoga and mindfulness, leads the group. All members and volunteers, please join us at the NOV office: Those of us who are attending love the class and hope you will join us.

Saturday, March 17, 10:00 AM to 11:15 AM

time to talk – 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, January 19**

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.

Invitation to a 100th Birthday Celebration



In March longtime NOV member **Alicia Gonzales** turns 100! We will be celebrating her birthday at the **March 25th potluck**, so this is one party you'll want to put on your calendar.

Come help us celebrate this very special woman and help make it a joyous evening for Alicia. If we are lucky, we may even have some background music from her homeland.

If you grew up in the 1920's and 30's come prepared to share a bit about what it was like to grow up in those days.

The monthly potluck is from **5:00-7:00 PM**— just remember the last Sunday of the month, **March 25**. Be there!

You won't want to miss all of the fun.



Alicia Gonzales

Sharing of Community

The First Congregational Church of Oakland has become a center for non-profits in the Oakland Community. North Oakland Village has had its office in this space for four years now.

The NOV **Social Action Forum** decided it was time to bring these groups together to see how we can aid each other in our efforts to make Oakland a

good place for everyone.

Through the mighty organizing efforts of **Judy Sorey**, and help from other Forum members, all of the organizations that have offices or use the church space for their activities were invited to a reception that was held on Thursday, February 8th.



Our thanks go to the many groups who attended and spoke about what the work they are doing in the community and spent time getting to know each other:

In addition to several North Oakland Village members, there were representatives from:

- ~ Creating Freedom Movements
- ~ East Bay Children's Book Project
- ~ First Congregational Church of Oakland
- ~ Genesis
- ~ Stagebridge
- ~ Vukani Mawethu

As Judy said, "It was a nice start at opening up communication and cooperation among all of us." At the next Social Action Forum we will discuss our next step.

2018 Volunteer Party



Our well-fed, happy volunteers

On Friday, February 16, volunteers convened at **Sandra and Michael Coleman's** co-housing dining room for a dinner of a wide variety of Thai food dishes.

Not only was the food excellent, but the company was also. The Coleman's offered a tour of their co-housing home to those who had never been there before and everyone introduced themselves. There were a lot of interesting conversations going on, and everyone had time to meet someone new.

There are never enough words to say how much these people are appreciated for all the hours they put into taking care of Village members, but also just for being the delightful people they are.

Many of our volunteers participate in a number of NOV activities, so come join them and take time to get to know them. It would be difficult to find a better group of people to spend time with.

February potluck observations and collage courtesy of Sara Evinger



Fun potluck, yummy food, lots of newer folks. **Sheila Pearce's** camellias as gorgeous as ever. And she read some cute, funny love quotes. **Ruby Long** read the Senility Prayer (see below). A great time had by all.

AARP Smart Driver Course
offered at Downtown Oakland Senior Center - Shared by Yvette



Hash

Take the AARP Smart Driver Course and you could save on auto insurance.

LOCATION: Downtown Oakland Senior Center, 200 Grand Ave, Oakland.

Upcoming schedule – 2–day course:

Friday March 23, 9:30 am and Friday, March 30, 9:30 am. Space is limited.

Reservation Required. call (510) 238–3321.

Ongoing Events

Healthy Aging Group

**Healthy Aging: How to Live to Your Full Potential
Thursday, March 1, 1:00-3:00 PM at Members home
For Members Only**

A short–term group led by volunteer retired social–workers focused on maximizing our functioning and living to our full potential as we age.

Since this is a short–term group, it is limited to those who are currently participating.

If you are interested in such a group, let the NOV office know, and we will let the leaders know there is interest in a second group.

Monday Menders

**Sewing with Sandra Coleman
Mondays March 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



2nd Monday of the Month

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

For Members and Volunteers

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

March 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.*

The topic for March is: **"Our attitudes toward death and dying"**

Monthly Bridge Group - New Players Welcome

Organized by Norma Harrison

Third Friday of the Month, March 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.

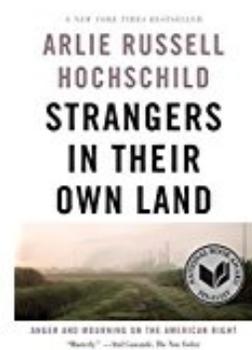
Non-Fiction Book Group

Contact: NOV Office

Date: March 30, 2:00 - 4:00pm
North Oakland Village Office

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

This month's book will be: *Strangers in their Own Land*. The discussion will be led by **Judith Coates**.



Social Action Forum

Group dedicated to projects to help the Oakland Community

2nd Friday of the Month

March 12, 2:00 PM

For Members and Volunteers

A group formed by members and volunteers to work on projects to help the Oakland community with an emphasis on supporting seniors.



This month we will discuss the February reception and the next steps in that project.

In addition, we will discuss other projects that have been researched and perhaps talk about selecting a new meeting time. Members and Volunteers meet at the Village office.

Community Events



Bonsai Exhibition

Bay Area Bonsai Associates'

37th Annual Bonsai Exhibit

March 24th & 25th, 2018

At Lakeside Park Garden Center

666 Bellevue Avenue, Oakland, CA 94610

Exhibit Displays, Plant Sales, Dr. Bonsai, Demonstrations and Benefit Drawing,
Demonstration by Bill Castellon, Gordon Deeg and Jim Gremel

Saturday, March 24th, 5:00 PM – 9:00 PM

5:00 pm – 6:30 PM: Exhibit, Plant Sale and Dr. Bonsai areas open, followed by a light dinner

6:30 pm – 9:00 PM: Demonstration by club members, followed by a raffle of the demo trees (Winning ticket must be presented.)

Sunday, March 25, 12:00 noon – 4:00 PM

12:00 noon – 4:00 PM: Exhibit, Plant Sale and Dr. Bonsai

Coming Attractions

A lot will be happening in the next few months:

- April Potluck will highlight North Oakland Village's own artists
- Another Spring Concert by the Rockridge Chorale is in the works
- New presentations

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.