



North Oakland Village

Monthly Newsletter



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President's Letter

We had a great Potluck last Sunday celebrating Fall. That should actually be Autumn, since we don't want ANY of us falling. I hope you are all taking precautions to prevent a fall. That's just a

COMING ATTRACTIONS

COMMUNITY EVENTS

Review of September
Presentation on the End of Life
Options Act

Monthly Potluck

5:00–7:00 PM

Sunday

October 30

We encourage you to
wear your Halloween
costumes



NOV Headquarters
First Congregational
Church
27th at Harrison

Members:
Need a ride? Call
510/547-8500

little aside, and not what I really want to write about.

The thing that I am most enthusiastic about right now is my time as office staffer on Mondays. I started out offering "Monday Menders" when I first "signed on" to be the Monday volunteer; I like to sew, and I do a lot of other kinds of work with needles, so I thought that was one thing I could offer to do for people who needed some help with mending or a knitting project that had gotten stalled. The first year or so there were a few people who dropped in to ask for help with knitting, or to bring something that needed to be mended. We had the beginnings of a nice "sewing circle."

Then, we changed offices; a few people brought in things to be mended; Alyce, my co-worker, often had a quilt that she was working on; but it still remained mostly just the two of us. Then, Handability began; people came to knit for babies in need, and the idea of a time and place to work on projects took off. Now, on Mondays we have a small, but always growing, group that comes to the office to work on a special project with the camaraderie of others who love the same kind of projects. You are all welcome to join us; bring a pair of socks that need to be darned, if you remember how to darn a sock. Bring pants that need to be hemmed, a button that needs to be sewn on. A piece of lovely fabric that you aren't quite sure what to do with. You'll find friendship, inspiration and good advice at Monday Menders. The more the merrier!

– Sandra Coleman



Julia Curtis

How many of you had an air raid suit when you were little? Julia did, made by her mother, and she'd climb in and zip it up when the sirens sounded. Then she and her parents raced to the nearest shelter and stay till they heard the all clear.

Lots of excitement for a little kid. But her parents worried that she wasn't sleeping enough, and life in the London suburb where they lived was getting too dangerous for their only child, so they found a boarding school in the country and sent her there, leaving the air raid suit behind. Julia like living in the country, but when her parents noticed that she was beginning to sound, to their horror, like a country girl rather than the urbane child they sent away, they found a school for her in the south of England.

She stayed there till custom and class demanded that, at 16, she leave school and attend domestic training so she'd learn how to run a household and make a good wife. That school was housed in a building erected in 1588.

The domestic training completed, Julia moved to Paris to be an *au pair* for a preschool boy, and she spent the summer in the countryside with the family. By the time that job ended, she knew she wanted to stay in France, so she lied about her age in order to qualify for a job with a multi-millionaire oil tycoon. Soon it was her responsibility to collect reports from his offices all around the world and summarize them for her boss. She never told him her actual age.

Eventually, Julia was ready for another adventure, and she went to work for UNESCO (United Nations Educational, Scientific and Cultural Organization). It was that job that brought her to New York.

When the UNESCO job came to an end, she contracted with a temp agency, barely getting by financially but having a rich cultural life as she got in with a theatrical crowd. One of the temp agency clients was Random House; Julia met people with names you'd recognize through her work there. Caught up in a play written by someone she knew socially, she felt it had to be staged, so set about finding others who shared her enthusiasm and were willing to support it financially. In 1967 the play ran for more than a year off-Broadway with Julia as co-producer.

Julia has put all this behind her now and has been living the same North Oakland

house for more than forty years. One could say it's a very stable neighborhood. The woman in the house next door died at 100 after having lived there her entire life.

For what happened after she came West, and what brought her to Oakland, it's up to you to corner Julia next time you see her at NOV potluck or other gathering and ask her for the rest of the story.

– Ruby Long

Very Special Presentation

The League of Women Voters Pros and Cons of the Ballot Measures

October 6
2:00 PM
North Oakland Village Office

With the election looming and 22 ballot measures in California, representatives of the League of Women Voters will be here to help us sort through the quagmire.

The League of Women Voters is an organization of women and men who want to make a difference in the political future of our country. They are a diverse, non-partisan, political group with a long-standing tradition of educating voters.



We will have a discussion of the pros and cons of the various ballot measures so that we may all be better informed when we vote.

This event is open to everyone. LIMITED SPACE AVAILABLE. MANY SPACES ALREADY FILLED. Contact the front office and let them know you are coming. People who have reserved space will be given priority.

Members, if you need a ride please let us know.

For further information, contact North Oakland Village at info@northoaklandvillage.org or (510) 547-8500.

Art Group helps us to get in touch with our creativity!

September saw the beginning of a new group at North Oakland Village that focuses on exploring different methods of unleashing our creativity.

For our first group we invited Elisa Reutinger of Craft a-La-Carte who has



Sandra Coleman, Judith Coates, Linda Joslin & Dave Dench, show off their one of their designs.

extensive experience with helping and teaching seniors to find their own inner source of creativity to lead us.

She taught us how to make make greeting cards using collage. She supplied all the materials and we dived right in and with her guidance learned the fine arts of layering and glueing (yes there is actually a better way to glue!). We all went home with 2 or 3 cards that we made.

Next group meeting:

Wednesday, October 12, 2:00-4:00 PM in the NOV Office

In October we will try something totally different. Judith Coates will guide us in experimenting with "Wet on Wet" watercolor painting. Do not be intimidated – *you do not have to have painting or drawing skills*. We will play with the flow of color and see what patterns and unexpected images result. Relax, this process is very freeing, fun and can be done by those of us who think we have no talent.

Play Reading Group Starting Up!

October will bring a new play reading group to North Oakland Village. The first gathering will be on **Thursday, October 20**, from **2:00–4:00 PM** in the **NOV office**. The group will be led by Paul Shepard.



Paul, saddened by the recent death of Edward Albee, is looking for others who appreciate that playwright's works in the 1960s' and would like to bring them back to life by doing readings.

Albee was famous for his absurdist plays: notably, "Who's Afraid of Virginia Woolf?" and "The Goat, or Who is Sylvia" that played successfully in New York and in theaters across the country. Paul was the first to direct a college production of the Albee's Pulitzer Prize Winner, "A Delicate Balance," so has the experience and enthusiasm to lead the group he wants to gather to read "**The American Dream.**"

In the first meeting, the details of what you want out of the group, the best time and frequency to meet, as well as casting, will be determined.

If your thespian tendencies are fired up by this idea, contact the front office and let them know if you will be coming so we know how many to expect. You may just show up, but please be on time. If you want to read and cannot make this first day, e-mail us with your contact information and which days of the week are ordinarily clear at 2:00 PM for future meetings.

Time to Talk about NOV An informational gathering

Come learn more about North Oakland

Village. Anyone who wants to learn more about the Village membership and/or volunteering, or just wants to know

more about the nationwide Village movement, 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 Information Meeting: Friday, October 21

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 or phone: (510) 547-8500.

Special Presentation

Author, Mary Mackey

Discusses her new book: *The Village of Bones: Sabalah's Tale* (Earthsong Series)

Tuesday, October 25

2:00-4:00 PM

at the North Oakland Village Office

Open to the Public *Members, if you need a ride give us a call.*

Mary Mackey is the bestselling author of fourteen novels, including The Earthsong Series – four novels which describe how the peaceful Goddess-worshipping people of Prehistoric Europe fought off patriarchal nomad invaders (*The Village of Bones, The Year The Horses Came, The Horses at the Gate, and The Fires of Spring*). Mary's novels have been praised by Marion Zimmer Bradley, Pat Conroy, Thomas Moore, Marija

Gimbutas, Marge Piercy, and Theodore Roszak for their historical accuracy, inventiveness, literary grace, vividness, and storytelling magic. They have made *The New York Times* and *San Francisco Chronicle* Bestseller Lists, been translated into twelve foreign languages and sold over a million and a half copies. Mary has also written seven collections of poetry, including *Travelers With No Ticket Home* and *Sugar Zone*, winner of the 2012 PEN Oakland Josephine Miles Award and finalist for the Northern California Book Awards. Garrison Keillor has featured her poetry four times on "The Writer's Almanac." Learn more about Mary at <http://marymackey.com>



Mary Mackey

Let's play games!



Want to play Scrabble, Monopoly, and Rummy again? How about other board or card games? Hopscotch anyone?

Call Ruby Long at 595-9514.

If enough people are interested, we'll start a one or twice monthly games group.

Members and Volunteers, let's get together.

Men's Group for Village Members - Interested?



Some of the men in North Oakland Village have expressed an interest in

California's New End of Life Options Act:

Everything you need to know about medical aid in dying

They would meet in a member's home, select their own topics for discussion and perhaps even do an occasional outing together.

On September 8, 2016, Francie Hornstein, LCSW, a volunteer for Compassion and Choices, spoke to North Oakland Village members about California's new End of Life Options Act (EOLOA). This law became effective this summer. It allows for terminally ill people to request medical aid in dying from their doctor. *The plan is to have it up and going early in the New Year.*

Key provisions in the law include:

- Must be over the age of 18
- Must be a resident of California
- Must have a medical diagnosis, confirmed by two physicians, of an illness that will likely result in death within 6 months
- Person requesting the prescription must be mentally capable of understanding the law and all of its implications.

While few people can be sure what their decisions would be if/when faced with a life-limiting illness, many support this law because they want the option of ending their life if things get too difficult.

Talking with family members AND YOUR PRIMARY PHYSICIAN about end-of-life planning are important. If you would consider using this new law, find out if your physician is participating in the EOLOA, if he/she would write a prescription for medicine that will cause death or, in the event they are not participating, would refer you to a participating physician. Writing an advance health care directive, discussing your wishes with your health care decision-makers and your family is an important first step in end-of-life planning.

There are many resources to help you to begin thinking and planning for the

end of life. Planning for a serious illness and the normal aging process can make the end of our lives less stressful for both the aging/ill person and their family and friends.

For information, check out these web sites:

endoflifeoption.org

compassionandchoices.org

deathcafe.org

Call Compassion and Choices California at 800/247-7421.

Upcoming Events

Handability Group

Knitting and Crocheting in Good Company & for a Good Cause
2nd Monday of the Month
October 10
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, October 3, 10, 17, 24 and 31
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.

Member Salon

Member Salon
Contact: NOV Office
Monday, October 17
3:00-5:00 PM

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. Group size is limited, so you must register with the office in advance. *This is a members only event. All levels of members are welcome.*

Men and women are both encouraged to attend.

Topic for October: *How do you keep an open heart living in this world?*

The September Salon will be held at **June Brumer's home**. Space is limited so please let us know if you are coming. Address will be sent to you when you register.

Monthly Bridge Game - New Players Welcome

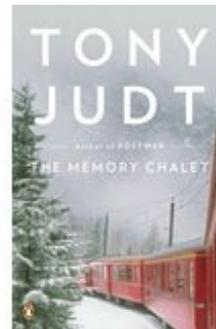
Monthly Bridge Game
Organized by Norma Harrison
Third Friday of the Month
Friday, October 21
2:00-4:00 PM

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

Non-Fiction Book Group
Contact: NOV Office
Last Friday of the Month
Friday, October 28
2:00-4:00 PM
North Oakland Village Office



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

September discussion will be led by June Brumer. The book will be *The Memory Chalet* by Tony Judt,

Coming Attractions

Watch your email for information about new

events

There are lots of exciting activities coming your way:

New Presentations and Special events
Another exploration of Oakland's walkways coming soon

Pay close attention to your e-mails
for announcements of these and other events in the works.

Community Events

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Mountain View Cemetery presents:

11th Annual Pumpkin Festival
Saturday, October 29, 2016
12:00 noon - 3:00 PM

Celebrate Halloween at our fun-filled pumpkin patch meadow, with free pumpkins, activities, and treats for the kids.

Our long-standing Halloween tradition continues this year and immediately follows the Piedmont Avenue Merchants Association's annual Halloween parade, which is part of a daylong celebration that includes trick-or-treating at participating stores on the avenue.

To join in the fun, head down to the end of Piedmont Avenue after the parade and proceed into the cemetery to the pumpkin patch meadow. Children can choose a free pumpkin (one per child) and enjoy lots of other activities, including: several "jumper" inflatable fun houses to jump around in, a hay-bale tunnel, a clown balloon artist, face painting, and a craft area to decorate pumpkins, masks, and treat bags. Food truck vendors will be onsite.

