

# *skyline'64.new Snote. 3.16*

See what y'all missed!



As Mrs. Fields says, "Always eat dessert first".



**Kaspers on March 7 12:30  
And March 28 and April 4**

The mail box was quite empty this month; hoping this means everyone was tres busy and enthralled with their life.



Once again, Cheryl Barrett Lugo sets the pace.

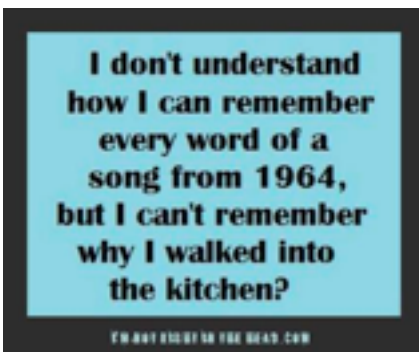
Lisa Wallace and daughter

**Gate Greats!**

**Deanna McLemore on tour....**

<https://www.youtube.com/watch?v=7oRb9-mypxg>  
California Girls – The Beach Boys

<https://www.youtube.com/watch?v=DudeBcpLITQ> I  
Feel Good - James Brown and the Famous Flames



<https://www.youtube.com/watch?v=4V1p1dM3snQ>  
Louie, Louie – The Kingmen

Tom Simpson, Grateful 1964 S.B. Pres.



**Golden**



## BIRTHDAYS

### March

- 01 Al Newman
- 01 Diana Robinson
- 03 Martha Gooby Micks
- 04 Mildred Caldwell Swafford
- 04 Judy Card
- Dennis Bushell

- 04 Delsa Pauletich Ham
- 05 Sharlyn Brennan Tucker
- Doug Bartman
- Tina Illick Coolahan
- 08 Michael McGarry
- 10 Renee Cameto
- 11 Roy Langridge
- Jim Tompkins
- 21 Diane Cecil Laspina
- 23 James Pashayan
- 25 Randy Silver



- 27 Gary Caso
- Larry Helzel
- Roger Kientz
- 28 Dennis Bruns
- Ben Leet
- 29 Patty Marshall Monson
- Karen Boswell Palmer



### April

- 1 Barbarah Uhlig Harbidge
- 3 Kathy Costa Rocco
- 5 John Briggs
- 8 Linda Barkas
- 9 Don Sarver
- (Kathy Ray Pittlick)
- 11
- 13 Cindy Gibbs Parker
- 16 Gerhard Brostrom
- 18 Carol LaDolce Donato
- 18 Judy Long Lofing





- 19 Sharon McWalters
- 20 Melissa Silverman Willaby
- 24 Gary Montgomery  
Sherri Gribben Hester
- 25 David Niemand  
Mark Kamena
- 27 Gary Caso
- 28 Ben Leet

**Subject: God's Plan for Seniors** (from Nancy Klinkner Mulligan)

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things requiring them to bend, reach & stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

**Nine Important Facts To Remember As We Grow Older**

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have 2 motivations: hunger and hanky pankie, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today may be a **burning issue** tomorrow.

Don't ignore this message.  
This is your only warning.

:Also from Nancy (great way to start your day

Bull Fight. Great <https://www.youtube.com/embed/tzgRw6V252s>

**FEELING OLD?**


- Guns N' Roses was formed 31 years ago
- Scooby-Doo made his first TV appearance 47 years ago
- The movie E.T. was released 34 years ago
- Cyndi Lauper will be 63 years old this year
- The first Compact Discs were sold 34 years ago
- The TV series Laverne & Shirley started 40 years ago
- Hands Across America took place 30 years ago
- Pac-Man was released 36 years ago
- The first Walkmans were sold 37 years ago

WWW.FACEBOOK.COM/EIGHTIESMUSICFOREVER

**STILL FEELING OLD?  
DON'T WORRY, SO DO I...**

#### AS I GET OLDER I REALIZE:

1. I talk to myself, because sometimes I need expert advice.
2. Sometimes I roll my eyes out loud.
3. I don't need anger management. I need people to stop pissing me off.
4. My people skills are just fine. It's my tolerance of idiots that needs work.
5. The biggest lie I tell myself is "I don't need to write that down, I'll remember it."
6. When I was a child I thought nap time was punishment. Now it's like a mini-vacation.
7. The day the world runs out of wine is just too terrible to think about.
8. Even duct tape can't fix stupid, but it can muffle the sound.
9. Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller?
10. "Getting Lucky" means walking into a room and remembering why I'm there.



IT'S CALLED  
**READING.**  
IT'S HOW PEOPLE  
INSTALL NEW  
SOFTWARE INTO  
THEIR BRAINS.

When I was a kid,  
I wanted to be older...  
This shit is not  
What I expected.

#### ***A Creative Calendar from a Retirement Home.***

***What a fantastic idea! I'll just bet they had a ball.***

A German Retirement Community did a calendar where seniors amazingly recreated famous movie scenes.

The Comitia Retirement Group in Essen, Germany, made what is probably the best calendar ever with a few of their seniors.

According to German press, 5000 calendars were printed. And they were given out to residents of the Senior Centre, along with relatives and staff.

The calendar models were interviewed about the project and said it was a ton of fun to dress up as their favourite actors.

The shoot was done with professional stylists and photographers to make sure everything looked as cool as possible.

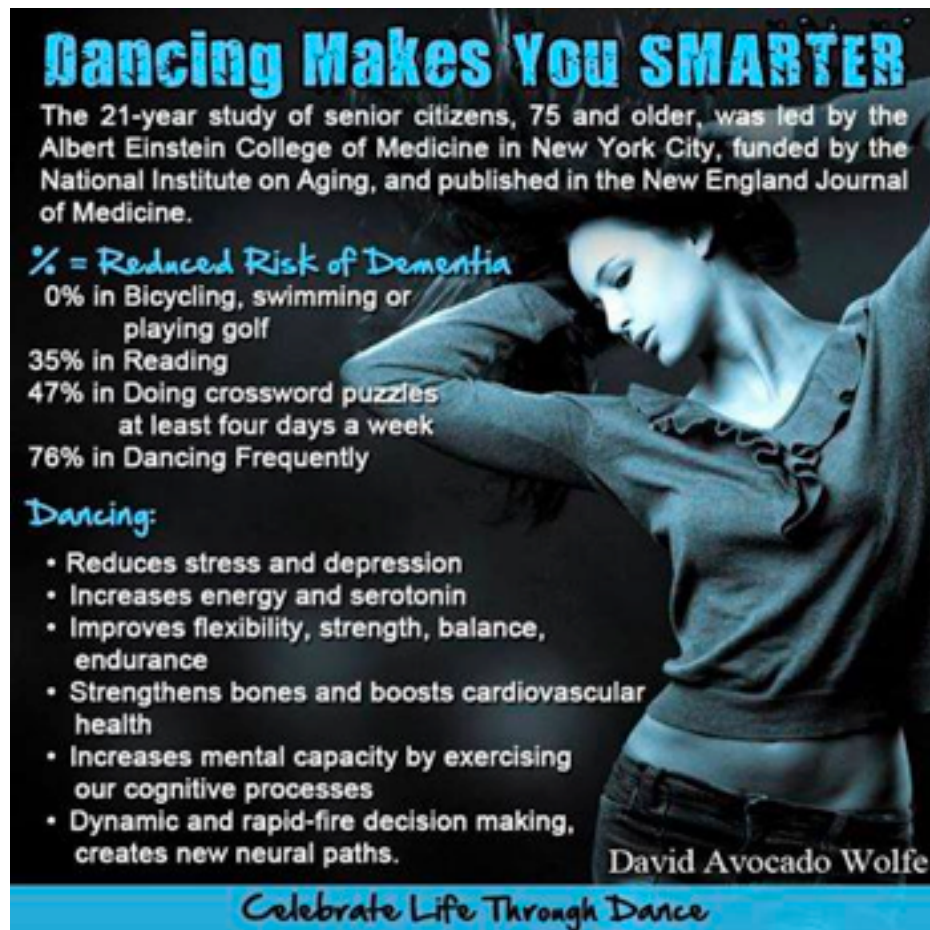
The oldest senior involved with the calendar was 98 years!

*Here are the pics, unfortunately without the names/month.....but you can guess the movies.*

Attachments: [image001.jpg](#) [image002.jpg](#) [image003.jpg](#) [image004.jpg](#) [image005.jpg](#) [image006.jpg](#) [image007.jpg](#) [image008.jpg](#) [image009.jpg](#) [image010.jpg](#) [image011.jpg](#) [image012.jpg](#) [image013.jpg](#) [image014.gif](#)

*Would it be too much to suggest that someone organize/shoot a calendar for our 55th?!*

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**Dancing Makes You SMARTER**

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

**% = Reduced Risk of Dementia**

- 0% in Bicycling, swimming or playing golf
- 35% in Reading
- 47% in Doing crossword puzzles at least four days a week
- 76% in Dancing Frequently

**Dancing:**

- Reduces stress and depression
- Increases energy and serotonin
- Improves flexibility, strength, balance, endurance
- Strengthens bones and boosts cardiovascular health
- Increases mental capacity by exercising our cognitive processes
- Dynamic and rapid-fire decision making, creates new neural paths.

David Avocado Wolfe

*Celebrate Life Through Dance*

Growing up is a weird notion to wrap your mind around. As you go through life, your perspectives on almost everything will change. How you define success will change as well. Things that you thought were important at the age of 35 will be useless when you're 65. You may not realize it now, but everything will shift.

**Don't believe us?**

**At age 4, success is not peeing in your pants.**

**At age 12, success is having friends.**

**At age 16, success is having a drivers license.**

**At age 20, success is having sex.**

**At age 35, success is having money.**

**At age 50, success is having money.**

**At age 60, success is having sex.**

**At age 70, success is having a drivers license.**

**At age 75, success is having friends.**

**At age 80, success is not peeing in your pants.**

**It all comes full circle, whether you like it or not.  
Share this hilarious truth about life with others.**

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*Two Facebook groups, Oakland History and Oakland now are providing pages of pictures and background.....please spend some time there; these pages only offer a small glimpse. sdc*

[Bennett Hall to Oakland History](#)

Our new start-up group Oakland Now! is growing since last Saturday's launch - join in if you are interested in today's issues - trending topics:

- Development of the 16th Street Station & how it is being marketed
- Urban Farm and its roots with the Black Panthers
- Concerns related to Oakland losing its 'artistic soul' to gentrification & migration from San Francisco

Bay Area Bites gets a first look at [Sunset Magazine's](#) cool new home in the Bay Area's hippest city.

[Sunset Magazine Opens Hip New Headquarters in Oakland](#)

[ww2.kqed.org](http://ww2.kqed.org)



Rumors of another restoration project:



[loveoakland](#) Oakland - Two boys put a boat on Grand Avenue after a terrific downpour flooded basements and suspended traffic (year ~ 1926). Source: Oakland Tribune Staff Archives

[#oaklandtribune](#)

Lower left pic, circa 1930 from Grand Ave

Lower right pic, circa 1962 from Lakeshore Ave

[#grandaveoakland](#) [#lakeshoreaveoakland](#) [#lakemerritt](#) [#staydry](#) [#oaklandrain](#) |





[#waybackwednesday #oaklandhistory #oakland](#)

**\*Contact Public Works if you ever need free sandbags or plastic sheeting.**

We Love Oakland posted these great historical pics of flooded Grand Ave and Lakeshore Ave to instagram today.

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<https://www.facebook.com/nationswell/videos/549360071900146/fref=nf>

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**Bennett Hall to Oakland History**

Happy Valentines Day Oakland!

As your group leader for Oakland History, what better day than Saint Valentines Day to launch a new group focused on today's Oakland.

Are you part of our extended Oakland community? If so, please click through, join, and give it up with all the Oakland Love you can muster. It does not matter whether you are a property owner or renter, business owner, employee, Montclair or East Oakland, you name it - if you have a passion for this City, please bring it on.

Our strategy launching this is to form a place for civil engagement on contemporary issues that concern our community, not limited to history, covering all topics as Oaklandish as possible, good and bad, controversial or not.

This group is being launched by locals for locals. As community stakeholders who want to make a difference we are asking you to join us to contribute ideas to help build a better City.

**Ken Katz to Oakland Now!** I just finished up a couple of documents that I want to distribute this afternoon for a 4 o'clock tour of the Kaiser Convention Center (nee: Oakland Auditorium) and also at the meeting of the Oakland Landmarks Board. You don't have to concur on the specifics but, if you want public access preserved, please like and share. <http://www.katzpjs.com/CoverPage.pdf> <http://www.katzpjs.com/LakeMerrittFlyer.pdf> [www.katzpjs.com](http://www.katzpjs.com)

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**Rockridge Neighborhood Heritage & Walking Food Tour [Website](#) | [Facebook](#)**

This fun and educational walking tour takes locals and visitors through Oakland's neighborhood of Rockridge to learn more about the area's history, experience its present-day excitement, and taste its growing food culture:

- \$45 (\$60 value) for admission for one to a three-hour guided walking food tour
- Features six tasting locations with food samples and demonstrations
- Tours are held on Thursdays at 2 p.m. and Sundays at 11 a. m.

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[https://scontent-sjc2-1.xx.fbcdn.net/hphotos-xta1/v/t1.0-9/12565634\\_1239810186047416\\_1917992929995188079\\_n.jpg?](https://scontent-sjc2-1.xx.fbcdn.net/hphotos-xta1/v/t1.0-9/12565634_1239810186047416_1917992929995188079_n.jpg?)

[oh=d710e6ad80e703638efbd7c9b19f8abb&oe=5741665A](https://www.facebook.com/nationswell/videos/549360071900146)

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### **Tool Lending Library Branch Address**

5205 Telegraph Avenue      Oakland, CA 94609    (510) 597-5089

### **About the Tool Lending Library**

The Oakland Tool Lending Library currently offers over 5,000 tools available for loan, as well as books and how-to videos and DVDs. The tools can be used for a variety of purposes, including home improvement, remodeling and repairs, gardening and landscaping and seismic retrofit. This is a free service to Oakland, Emeryville, and Piedmont residents and property owners.

### **Using the Tool Lending Library**

Before visiting the Tool Lending Library for the first time, please review the following guidelines and registration instructions.

**[For a complete list of tools and lending guidelines, click here.](#)**

**[For registration instructions/policies, please click here.](#)**

### **Occasional Workshops**

The Tool Lending Library (TLL) offers workshops based on the interests and needs of our patrons. Past classes have included plumbing repairs, power tool safety, working with the router, basic tiling, and basic electrical repairs.

For upcoming workshops, check the Library's calendar of events. If you'd like to suggest a new class, feel free to call us at (510) 597-5089 with your suggestion.

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**[http://www.slate.com/articles/news\\_and\\_politics/history/2015/02/gentrification\\_in\\_oakland\\_a\\_new\\_arrival\\_digs\\_deep\\_into\\_california\\_s\\_history.html](http://www.slate.com/articles/news_and_politics/history/2015/02/gentrification_in_oakland_a_new_arrival_digs_deep_into_california_s_history.html)**

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**[NationSwell](#)**      This big-hearted man is **building miniature homes for West Oakland's homeless**.    Watch the full documentary here: **<http://nationswell.com/gregory-kloehn-homes-on-wheels-for-.../>**

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**<https://www.facebook.com/nationswell/videos/549360071900146>** **fref=nf**

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**[City of Oakland Montage ronaldhellums](#)**

**[Oakland, California 1920s - Sailing Ships, New Biplane Airmail, Car Manufacturing - Silent Historia - Bel99TV 680 views](#)**

February 14, 1872

Lake Merritt, a large tidal lagoon now surrounded by parks and neighborhoods in central Oakland, became the first official wildlife refuge in the U.S.

**<http://thisweekincaliforniahistory.com/>**

more on Lake Merritt: <a href="http://www.oaklandmofo.com/blog/lake-merritt-facts" rel="nofollow">[www.oaklandmofo.com/blog/lake-merritt-facts](http://www.oaklandmofo.com/blog/lake-merritt-facts)</a>

[Lake Merritt Photos History Info - 2016](#)

Lake Merritt is man made. How many miles around Lake Merritt? The distance around the lake is 3.1 miles.... oaklandmofo.com

[Oakland's rebound](#)

Oakland, Calif., is a city in renaissance. One of the most ethnically diverse cities in the country, it has recently become a tourist destination and a hub for tech companies seeking an alternative to San Francisco's high prices and Silicon Valley environment. The reigning NBA champion Golden State Warriors yahoo.com

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**Oakland, California: "Our City" circa 1954 Oakland Junior Chamber of Commerce Urban Renewal 12min      [Jeff Quitney](#)      Published on Jul 6, 2012**

more at <http://news.quickfound.net/cities/san...>

Color film from the early to mid 1950s shows Oakland, CA slum dwellings and discusses efforts at urban renewal.

Public domain film from the Library of Congress Prelinger Archive, slightly cropped to remove uneven edges, with the aspect ratio corrected, and mild video noise reduction applied. The soundtrack was also processed with volume normalization, noise reduction, clipping reduction, and equalization (the resulting sound, though not perfect, is far less noisy than the original).



*Just in from Maureen Sarment:*

**Jane Cornwell Darling** my gf from third grade and also my sister Kathleen who was a class ahead of us .