



# ACCENTS

FORTNIGHTLY PUBLICATION - NOV 20 — DEC 3, 2015

## CVM Christmas Fund



*Just a reminder!*

### The Employee Appreciation Fund JUST EIGHTEEN MORE DAYS!

Thanks to all who have already put their envelope in the box at the Front Desk  
For those still to be heard from, Write that check today!

*We all Remember...*

Our caring staff who do so much throughout the year to make our lives at the Manor so comfortable and pleasant. When was the last time you paid a plumber's bill? When did you last go to the hardware store for a light bulb?

This is our only chance of the year to show our staff how much we appreciate all they do for us.

So hurry, while there's still time!

Make your non-deductible check payable to the

**CVM EMPLOYEE APPRECIATION FUND**

Put checks in your envelope, and drop them in the box by the desk by  
December 7th

**Important! You must begin the pay to line with CVM, otherwise the bank will not accept it.**

All gifts are completely confidential.  
Questions; Call Dot or Gerry Williams 4805

## EVENTS

### **MON NOV 23 MONDAY MORNING FORUM – 10:30 –**

#### **MH**

öChina as I see itö details on page 6.

### **TUE NOV 24 MUSIC IN THE LIBRARY – 7:15**

Beginning with Faure: Ballade, Op. 19; Followed by Satie: Two Gymnopedies; and closing with Sibelius: Symphony No. 1 in E Minor, Op. 63.

### **WED NOV 25 MOVIE – 7:15 – MH**

“Omar” A tense, gripping thriller about betrayal, suspected and real, in the occupied territories. A subtle political Palestinian movie that won many awards for the best foreign film of 2015.

### **TUE DEC 1 MUSIC IN THE LIBRARY – 7:15**

Straussø Concert-Suite from öDer Rosenkavelierö; followed by Scarlattiø Piano Sonata in F Minor, with Emil Gilels; and closing with Griegø Piano Concerto in A Minor, with Radu Lupu.

### **WED DEC 2 MOVIE – 7:15 – MH**

“What’s Cooking” You are invited to a tasty Thanksgiving dinner that will all at once transport you to four different worlds and take you home again. Coming together is the theme of this movie.

### **THU DEC 3 HALF FAST WALKERS PLAN TO WALK—9**

Walkers will head to **Monterey Beach**. Sign up on BB. Marty Rosen will lead.

## UPCOMING EVENTS

### **FRI DEC 4 SPECIAL EVENTS – 5:00PM – PL**

Lights on with Anithia Lee Halfmann at the piano, with Christmas music.

### **SUN DEC 6 SPECIAL EVENTS – 3:00PM – MH**

The Monterey Flute Choir will play Christmas music (This is a chance for those from Hillcrest and the Health Center to attend.)

### **SUN DEC 6 DAY TRIPPERS GO TO THE WESTERN STAGE – 1:00PM**

öThe Producersö is an audaciously and sublimely hilarious spectacle filled with songs, gags, gadgets and gimmicks. Bus leaves the Manor at 1:00. Tickets are \$18.00, make checks payable to CVMRCDT, and send to Billie Musante.

### **FRI DEC 11 SPECIAL EVENTS – 10:30AM – MH**

Tularcitos Kindergartners will bring their Angel Band.

### **SAT DEC 19 SPECIAL EVENTS – 7:15PM – MH**

The Manor Players under the direction of Pat Hughes will present Dickensø Christmas Carol with singing.

### **SUN DEC 20 DAY TRIPPERS GO TO THE HIDDEN VALLEY THEATER – 1:45PM**

“The Gift of the Magi” is a lyrical musical setting of one of the most touching short stories ever written, the beloved classic by O. Henry, a tale of giving and receiving. Taking place on Christmas Eve, and set in the run-down urban apartment of Jim and Della. The lovestruck couple endeavor to find the perfect gift for each other, a gift that neither one can afford. Bus leaves the Manor at 1:45PM. Tickets are \$35.00, make checks payable to öCVMRCDTö, and send to Nancy Downey.



#### **NEW/SOON-TO-BE RESIDENTS**

<b>Freya White-Henry</b>	Leon and Sheila Cooper
<b>David and Linda Mackie</b>	William and Julie Obering
<b>George and Josephine White</b>	Ken and Sandy Rich
Lawson and Joan Adams	Jane Uppe
Melvin and Mary Britton	Bob & Charlotte Evans

#### **Happy Birthday**

Nov. 20 ö Dec. 3

Eunice Steelman	Barbara Brooks
Marriott Carlsen	Janet Morse
Susan Low	Marcia Waples
Trudie McEwen	Richard Vaughan
Pat Zanetta	Pat Maurer
Terry Hanson	Pat Taylor





# Thanksgiving

***You need GPS. Geography provides diverse culinary choices and shared experiences of relatives and friends make the day!***

As a child, I loved Thanksgiving. It was a family day and a feast in praise of the gifts of food and survival. Once we got to the table, the celebration began. There were, of course, tasks to be accomplished for days ahead, shopping, getting out extra tableware, calling guests and relatives, and, for a girl, breaking day-old bread into small pieces for the traditional dressing that involved raisins and spice. My brother, who carried things in and out, took great pleasure in finding the turkey's foot, creeping up, and pouncing it on my shoulder. We had a huge menu and it was crowned with dessert. Mother produced pumpkin and mince pie plus plum pudding as an add-on! When the dinner was finished the table was cleared and I did my major job of sweeping crumbs away with a little brush and tray.

My brother and I could have been excused to go out. However, I soon learned that that was when the stories began. Relatives we seldom saw settled at the table with more coffee, tea or wine and shared stories of times gone by in Jersey City, New York or travels afar. These antique people were young once? We heard about friends, squabbles, old furnishings, train trips, success and loss. It was a bond, woven at the table that let us know we were part of the family. Shared experience kept us together.

Moving on was not easy. At Wells, we had a break in mid-October. By late November short term travel could be uncertain. Sometimes the train from Ithaca did not make it through the weather and flights could be cancelled. We developed friendships that have lasted for 66 years and still going strong. This is where the menu begins to expand and the GPS kicks in. Oysters entered the culinary picture as the school's founder had also been responsible for the Pony Express that delivered the goods so fast oysters would stay fresh from Boston as far west as Ohio. Oyster stew was on the Sunday night menu.

I graduated from college a married woman soon to become a mother and determined to be a good Navy wife. I need not have worried. Pensacola and Corpus Christi are the mothers-in-law of Naval Aviation. Help was at hand.

Holidays were very important and we celebrated each, especially Thanksgiving. The food chain was getting heavier and the strong influence of Southern wives was felt in the development of corn bread dressing, with or without ham or bacon. Biscuit became essential and the occasional coconut cake appeared beside the pumpkin pie. Nothing ever disappeared from the menu. Guests did not limit themselves to gifts of chocolate and wine. Specialties like molded cranberry jelly arrived. And, always, friends you could count on were there.

The tradition was, and always has been, to invite anyone whom you know, who might be alone, to share Thanksgiving dinner. Some guests want to contribute a special dish, a family tradition, or even a centerpiece of flowers. This attitude brings more than pumpkin pie spice to season the occasion! No one ever complained that something was missing because it was fun to plan it out ahead of time, talk about traditions, and be creative with the results. Most unusual dishes are either dependent upon the geography, where the food originated, or ethnicity, something served at every celebration. In Maryland there might very well be a stuffed ham (stuffed with watercress) on the menu in addition to the turkey. As for openers, they could be fresh fruit as we see in California. In any coastal area we find seafood, favorites being shrimp or crab imperial. Where there are little children, there is often macaroni and cheese. One friend in New Jersey always serves spaghetti, no matter what else is on the menu. When we joined with my cousin in Virginia for the holiday, we brought oysters for yet another dressing. As we gained all of these new items on the menu, we learned more about the people who brought them. As for dessert, that could well be followed by fruit and cheese and more conversation. Briefly, on Midway Island, we added pralines to the mix. Our Red Cross representative was a wonder and helped many on the island who were overwhelmed. He was from Louisiana so we mocked up pralines with canned pecans and brown sugar. This is not about food; it is about sharing and enjoying the experience of giving thanks.

When we were close enough we took our family, two children, home to be spoiled by grandparents in New Jersey. That was not always possible. Before Thanksgiving one year when we were in Coronado, my husband called me at home and said, "Put a sheet on the bed, put all my clothing on it and I will be home to take it to the ship. We are leaving early." The carrier departed for WestPac within a few days. Gone.

We organized quickly. Bonnie had the biggest house and kitchen; Jeanine had no kids so she could shop. There were four of us and five kids. I don't remember what my culinary task was as this Thanksgiving was difficult for me. I was not yet 25 and the oldest one present. They asked me to say grace. I looked around the table at children and mothers, swallowed the big lump in my throat and managed my school grace plus a fervent prayer for our husbands' safe return. They made it and I am thankful again every year.

We celebrated many more Thanksgivings from Mid-

way to Memphis to Dahlgren Virginia and the state of Maryland. Probably the happiest began at Walter Reed Military Medical Center when the doctor said my husband was well enough to come home. It was late Thanksgiving morning. It took about an hour to rush through the grocery to find a turkey roll and all else and a little over an hour to accomplish dinner. It was just fine.

Our dinner here will be superb. The best part is still the friends and the stories.

ASR

# Thanksgiving

*Fresh Berry Bowl with Whipped Cream*

*Wild Mushroom, Farro and Parmesan Salad with Garlic-lemon Parsley Vinaigrette*

*Persimmon, Pomegranate and Orange Salad with Holiday Pecans and Persimmon Dressing*

*Thanksgiving Free Range Turkey*

*House Gravy*

## *Carving Station:*

*Slow Roasted Prime Rib of Beef Horseradish Cream*

*Fresh Made Cranberry Sauce*

*Traditional Stuffing*

*Creamy Mashed Potatoes*

*Roasted Sweet Potatoes*

*Green Bean and Roasted Pearl Onions*

*Assorted Rolls*

*Pumpkin Pie and Assorted Desserts*





## ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 8-9 Residents' Handbook)

<b>MON</b>	Chair Exercise MH	8:30-8:45AM	<b>THUR</b>	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Table Tennis MH	1:15-3:15PM
	Dominoes (11/30) GR	7:15PM		Bingo (2nd & 4rd) GR	7:15PM
<b>TUES</b>	Chair Exercise MH	8:30-8:45AM	<b>FRI</b>	Chair Exercise MH	8:30-8:45AM
	Council Meeting (2nd) CR	9:30AM		Balance and Stretch MH	9:15-9:45AM
	Adv. Water Exercise SP	9:30-10:15AM		Strength Circuit Training FC	11:00-11:45AM
	Worship Services (1st) H	10:30AM		Bookmobile	12:45-1:15PM
	Communion Service (3rd) HC	10:30AM		(Every other Friday from Nov. 20)	
	Lawn Bowling PG	1:15-3:15PM		Lawn Bowling PG	1:15-3:15PM
	Sing For Fun (1st & 3rd) WP	2:30PM		Social Bridge GR	7:15PM
	Music In The Library L	7:15PM	<b>SAT</b>	Chair Exercise MH	8:30-8:45AM
<b>WED</b>	Chair Exercise MH	8:30-8:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Balance and Stretch MH	9:15-9:45AM		Putting (2nd) PG	10-11:30AM
	Java w/Jane (3rd) (12/16 )PL	9:30AM		Wine Dinner Group (2nd) PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR. (Nov.28)	5:30-7:15PM
	Strength Circuit Training FC	11:00-11:45AM			
	Communion Service (3rd) WP	11:15AM			
	Movie Night (1st, 3rd & 4th) MH	7:15PM			

### LOCATION LEGEND

CR Conference Room(s)	DR Dining Room	GR Game Room	H Hillcrest
HC Health Center	HG Hall Gallery	L Library	MH Meeting House
PDR Private Dining Room	PG Putting Green	PL Pavilion Lounge	SP Swimming Pool
WP West Parlor	BB Sign-up and/or Information on Bulletin Board		

# A Manor Tradition



Since 1963 Manor residents have shared their Christmas greetings with each other by hanging a card on our pear tree— not the original one cut from an orchard adjacent to our property, but a lovely golden tree decorated with pears and a partridge.

Bring your card and place it on the tree as the lights on our festivity begins Friday, December 4th

Please join us to continue this holiday tradition.

*Christmas Committee*

## EXERCISE YOUR WAY AROUND THE WORLD IN EIGHT WEEKS

**CV Manor 2016 Incentive Exercise Program:**  
Starting in January, log in your daily minutes of exercise at the Fitness Center. Any movement activity, even while you are on vacation, i.e. stretching, balancing or any exercise counts. I will put your name onto a world map and minutes into miles and watch you travel around the world.



**Time Period:** January 4<sup>th</sup> February 29

**Goal:** 3 Hours of movement per week for 8 weeks (in accordance with the American college of Sports Medicine). Daily limit is 60 minutes and the weekly limit is 4 hours. Improve the mind and body; as you change your exercise habits, the body and mind will feel better.

**Any Exercise Counts:** like walking, working out at the Fitness Center, extra credit when attending CVM Classes (Shane's 15 min, Chair exercise Class, 15 minute Balance and stretch class, Mercedes' Strength class or Aqua Aerobics, home exercising i.e. balance on one leg, CVM lawn bowling and extra credit for Half Fast Walkers outings).

Loy Vincent

## Monday Morning Forum



General Michael Carns retired from the United States Air Force in September 1994. After retiring from the U.S. Air Force, he served as the Managing Director of a small healthcare firm for one year, followed by over four years as Executive Director of a New York-based policy research firm that specialized in Pacific Rim security in the areas of international capital flows and international energy demands. He is currently the Vice Chairman of PrivaSource, Inc. General Carns will talk to us about China as he sees it.

## First Sunday of Advent Vespers Service

5 p.m. Sunday, November 29  
in the Meeting House

Come and celebrate the start of the season of Advent with a service of readings and carols. Its simplicity is part of the gift. Readers and singers are all our friends here at the Manor and weave for us all once again this very old and beautiful Christmas story.

Kate Lattimer

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