



ACCENTS

FORTNIGHTLY PUBLICATION — NOV 23– DEC 1, 2016

A Note on Thanksgiving

For many, you just have to be thankful and enjoy. Has anyone else noticed how the Thanksgiving menu has expanded over the years? If we stay in the same town new friends arrive and bring one dish that becomes a favorite. We may be home at the family table or visiting relatives in another part of the country. My own experiences have included a table of small children and mothers only, Navy wives in Coronado with children who ask daily, “When is Daddy coming home?” Mom has a calendar nearby.

The menu included an item like macaroni and cheese for the less sophisticated toddlers, at least three kinds of dressing (stuffing if you prefer), openers that were usually fruit in many forms, a take on gravy that was carefully supervised by wives who all had a special ingredient to add, time-honored green bean casserole, potatoes mashed with almost any secret ingredient, corn creamed and delicate, cranberry sauce both jelled and syrupy, applesauce (for Yankees like me), pickles, cranberry sauce that also came in many forms, a huge turkey that would be shared by all and numerous, absolutely necessary desserts.

Ever present were pumpkin, mince, apple or cherry pies. From the Deep South, Pensacola and Corpus Christi, (mother-in-law's of Naval Aviation) came coconut cake. I mentioned three kinds of dressing because that was my favorite acquisition over the years. My family made bread dressing with raisins and cinnamon, I loved corn bread dressing with bits of bacon (Bonnie from Corpus).

Then we moved to Virginia and had oyster dressing from Maryland.

Stirred into all this culinary delight were a mix of accents, home towns both small and urban. Wherever we were, there were friends who shared the basics. Thanksgiving is a favorite holiday

Eat DRINK AND BE THANKFUL

The Dining Room will be open from 11:30am last Seating is 2:00pm

Fall Squash Soup with Crème Fraiche and Chives



Fresh Fruit Cup



Mixed Green Salad with Candied Pecans, Pomegranate Seeds, Crumbled Feta and Orange Segments with Persimmon Dressing



Free Range Roasted Turkey with Fresh Gravy
Grilled Fresh Salmon Fillet with Cranberry-Ginger Sauce



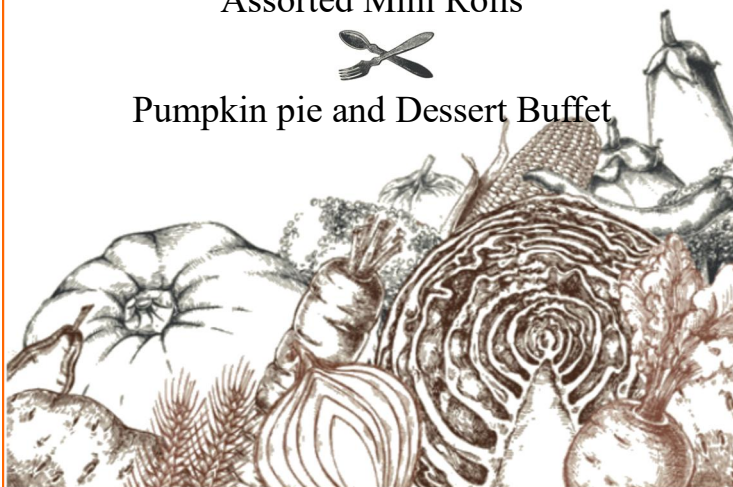
Buttery Whipped Potatoes
House Made Traditional Stuffing
Assorted Roasted Vegetables



Assorted Mini Rolls



Pumpkin pie and Dessert Buffet



EVENTS

TUE NOV 22 MUSIC IN THE LIBRARY – 7:15

Beginning with Paganini: Violin Concerto No. 1 in D, Op. 6; Followed by Grieg: Two Elegiac Melodies, Op. 34, and closing with Tchaikovsky: Overture Solennelle, “1812”

WED NOV 23 MOVIE – 7:15 – MH

“Man Up” A single woman takes the place of a stranger’s blind date, which leads to her finding the perfect boyfriend.

THUR NOV 24 HALF FAST WALKERS PLAN TO WALK—9

No Walk

WED NOV 30 MOVIE – 7:15 – MH

“Vitus” Vitus is a boy who almost seems to be from another planet—he has hearing like a bat, he plays piano like a virtuoso and studies encyclopedias. No wonder his parents begin to anticipate a brilliant future for him. They want Vitus to become a pianist. However, the little genius prefers to play in his eccentric grandfather's workshop. He dreams of flying and of a normal childhood. Ultimately, with one dramatic leap, Vitus takes control of his own life.

THUR DEC 1 HALF FAST WALKERS PLAN TO WALK—9

Walkers will head to **South Bank**. Sign up on BB. Lee Chambers will lead.

TUE NOV 29 MUSIC IN THE LIBRARY – 7:15

Overture from the Magic Flute Wolfgang Amadeus Mozart, the Royal Philharmonic Orchestra, Sir Colin Davis, Director, *Also Sprach Zarathustra*, Op. 30, Richard Strauss, Berliner Philharmonic, Herbert von Karajan, Conductor, *Quiet City*, Aaron Copland, Eastman Wind Ensemble, Donald Hunsberger, Director Wynton Marsalis, Trumpet Phillip Koch, English Horn, *Ce qu’a a vu le vent d’Ouest*, Claude Debussy, Deborah Aitken, Piano

UPCOMING EVENTS

THUR DEC 8 DAY TRIPPERS GO TO A CHRISTMAS POTPOURRI—7:00

All Saints Episcopal Church presents Monterey Symphony Chamber players a one hour performance with intermission. Manor bus will leave the Manor at 7:00pm for a 7:30 performance. Please make your Checks of \$25.00 Payable to “CVMRCDT” and sent to Merry Britton. Deadline is December 1st.

WED DEC 7 DAY TRIPPERS GO TO STEINBECK’S BIRTHPLACE—10:30

Lunch at Steinbeck House (Ready for Christmas) at 11:30AM

Menu: One-half (1/2) BLT on Turkey or Vegetarian Wrap, Salad-Roll-Choice of Beverage (Price includes Lunch, Tax, Tip and Tour with Docent). Manor bus will leave the Manor at 10:30 for Lunch at 11:30, and at 12:45 for the Museum. We will return at 3:45PM. Please make your checks of \$28.00 payable to “CVMRCDT” and send to Mary Krecki by November 22nd. Please call Mary if you have any question’s.

SUN FEB 19 DAY TRIPPERS GO TO CIRQUE DU SOLEIL—11:00

Discover LUZIA, where a waking dream transports you to an imaginary Mexico. Experience a wondrous world that inspires you to explore your senses, enveloped in light and nurtured by rain. Manor bus leaves at 11:00AM. Group price per person is \$61.00 please make checks payable to “CVMRCDT” and send to Jorgen Carlsen. Checks are not refundable but your ticket is transferable



CLINIC CLIPS

WIPEOUT!

That was a song by The Safaris.... But we, at Carmel Valley Manor, have a new meaning when it comes to wipes. Since we have a septic system, the waste material needs to be pumped out on a regular basis. These disposable wipes, as well as the so called “flushable” wipes CANNOT be disposed of in our plumbing EVER. Other items which may be labeled as flushable are not. These items include: baby wipes, cleaning and disinfecting wipes, facial towelettes, polishing wipes, rags, paper towels, hygiene products (incontinence pads) and even dental floss. These items can catch on irregularities or on the build-up in our pipes, causing clogs. In addition, the problem is compounded when thirsty plant roots look for water in the pipes. Their roots create a clog forming network. When the pipes to septic tanks don't flow, they can back up in your home causing many problems and much costly damage. Speaking of cost, just in the month of November, more than \$1500.00 was spent clearing these clogs. So, you can see why it is important to place all of these wipes, pads, or anything other than toilet paper in a trash can which you may keep near your toileting area. If you line the trash can with a plastic bag, disposal can be easy and sanitary.



Connie Hays

NEW/SOON-TO-BE RESIDENTS

Virginia Von Hasseln	Zad and Laela Leavy
Murray and Rena Yeomans	Charles Bancroft
Leslie Geyer	William and Julie Obering
Jean Brenner	Claude “Skip” & Joan Keyzers

Happy Birthday

11/24	Susan L.	11/27	Barbara B.
11/25	Trudie M.	11/28	Dick V.
11/26	Elise H.	11/28	Janet M.
11/26	Pat Z/	11/30	Pat M.
		11/30	Pat T.

Selma 1965

By George Wilson

SENT BY PALO ALTO CHURCH,
I WENT AND KNEW A HOUSE
WHERE ALL WERE GOOD TO ME: ONE
WHOSE ANCESTORS ALL OWNED SLAVES.
MET WITH LOVE, FOOD, REST
JUST BECAUSE I CAME.

GOING WAS STRANGE. FILLED WITH
HATE IN ATLANTA WHERE I WAS
STATIONED, WELCOMED IN WW II.
DARK AND SCARY RIDE TO SELMA,
WORTH THE LIVES OF SOME FRIENDS
OF THOSE WHO DROVE US.

STILL WELCOME OVERWHELMED
EVERYTHING, PRELUDE TO
WONDER FILLED EVENING IN
THE BAPTIST CHURCH OVERFLOWING
WITH A THOUSAND OTHERS FROM
ALL OVER PLUS COURAGEOUS LOCALS
AND MARTIN LUTHER KING HIMSELF
WITH OTHER BRAVE LEADERS.

SINGING, PRAYING, LAUGHING,
WE CLAPPED, SHOUTED, OFFERED
GIFTS FROM ALL OVER, THE CHURCHES
OF BOSTON, SEATTLE, LOS ANGELES,
THE SYNAGOGUES OF BROOKLYN,
CATHOLICS, PROTESTANTS, JEWS,
BLACKS, WHITES, ALL WONDERFUL,
CARING PEOPLE, EVEN AGNOSTICS
AND ATHEISTS, ALL WITH GIFTS,
MOST OF ALL THEMSELVES, MAKING
US ONE THAT WONDER FILLED NIGHT,
SURROUNDED BY PEOPLE HATING US,
UPLIFTED BY PEOPLE LOVING US.

NEXT DAY, OH SO DIFFERENT,
GATHERED IN ROWS OF EIGHT,
WAITING, SURROUNDED BY HATE
FLUNG AT US BY YOUNG AND OLD,
EVEN CHILDREN HURLED OBSCENITIES

URGED ON BY PARENTS AND OLD FOLKS,
WE, HUNDREDS OF US, LINED UP ON
SELMA'S STREETS, SILENT, ALONE
IN A SEA OF HATE.

FINALLY TIME TO MARCH, ME ON
THE OUTSIDE OF MY ROW OF EIGHT
NEXT TO A BEAUTIFUL, GIANT
AFRICAN AMERICAN FROM BIRMINGHAM,
BRAVE LEADERS WHO HAD SUFFERED
ON THE FIRST MARCH, KING, ABERNETHY,
CONGRESSMAN LUIS AND OTHERS UP FRONT.
THE HAIL OF HATRED ONLY MOUNTED
AS WE SLOWLY MOVED TOWARD
THE EDMUND PETTUS BRIDGE. THERE
MY FRIEND FROM BIRMINGHAM SAID,
"LET ME TAKE YOUR PLACE; I AM USED
TO ALL OF THIS." AND THANKFULLY I DID.

ACROSS THE BRIDGE, A MAN ON A WHITE HORSE,
UP ON A RIDGE, WENT SILENTLY BACK AND
FORTH ON WHAT MUST HAVE BEEN HIS LAND.
HIS HATRED AND DESPISING OF US FOR
DESECRATING HIS LAND, HIS SOUTH, HIS WAY
FLOWED FROM HIM AS OTHERS RAILED
AGAINST US. WE WALKED ON, SILENT, AFRAID,
YET SURE BEYOND DOUBT, WE WERE RIGHT.

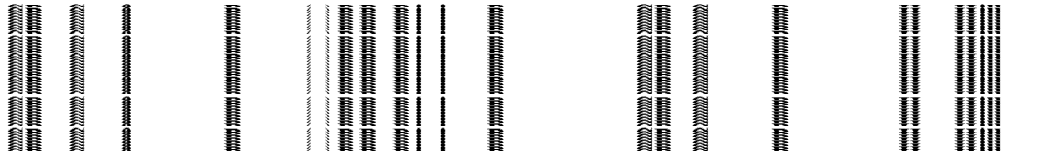


ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*
(C 8-9 Residents' Handbook)

MON	Chair Exercise MH 8:30-8:45AM	THUR	Chair Exercise MH 8:30-8:45AM
TUES	Chair Exercise MH 8:30-8:45AM Music In The Library L 7:15PM	FRI	Chair Exercise MH 8:30-8:45AM
WED	Chair Exercise MH 8:30-8:45AM	SAT	Chair Exercise MH 8:30-8:45AM Adv. Water Exercise SP 9:30-10:15AM

LOCATION LEGEND



THE
ROSE
Our Own Very Special Boutique

INVITES YOU



To a small, elegant jewelry gift show
to welcome in the Christmas season
In the Private Dining Room
on Sunday, November 27
From 1pm ~ 4pm

**CARMEL VALLEY
MANOR**

As a recently appointed Notary Public for the State of California, I am pleased to announce that I will provide Carmel Valley Manor Residents confidential notarial services for the fees allowed by law.

Please note that the signer of any document must appear in person before me with a current, government-issued ID. Cooperation with this requirement is sincerely appreciated. Feel free to contact me directly at ext. 4869 for an appointment.

I look forward to serving you.

Sincerely,

Gina Manansala
Carmel Valley Manor
Business Office

CARMEL CENTENNIAL CELEBRATION



PUBLICATION STAFF

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ADDRESS SERVICE REQUESTED