



FORTNIGHTLY PUBLICATION — DEC 30, 2016–JAN 12, 2017

2016 — an eventful year

The pool was enhanced with a lift.



The front lawn was replaced



with drought-resistant plantings.

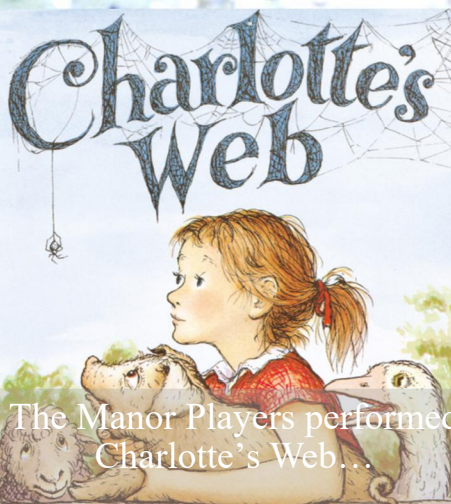


We welcomed a new First Dog – Charlie.



Beverly Cleary turned 100.

Manor-residents mingled with '16 headliners.

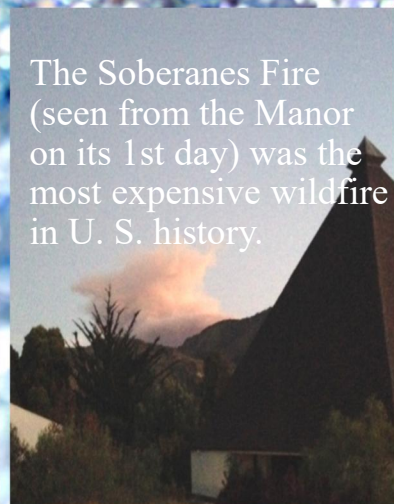


The Manor Players performed Charlotte's Web...



...and A Christmas Carol.

The Soberanes Fire (seen from the Manor on its 1st day) was the most expensive wildfire in U. S. history.



EVENTS

SAT DEC 31



New Year's Eve Gala

5-6:00 Cocktail Reception in PL-- Prosecco and hors d'oeuvres

5:30 – 7:30 Dinner and Dancing -- Jack O'Neil Ensemble

7:15-8:45 Bridge in GR-- George Albright

Games in PL --Kass Schwin and Lynn Kern

9:00 New York New Year's Eve in PL

Champagne Toast to New Year

Auld Lang Syne

TUE JAN 3 MUSIC IN THE LIBRARY – 7:15

Beginning with Schumann's *Concerto in A Minor for Piano*; followed by Borodin's *In the Steppes of Central Asia*; and closing with Beethoven's *Sonata for Violin and Piano No. 5 in F Major*

WED JAN 4 MOVIE – 7:15 – MH

The God's Must Be Crazy is the story of tribal people in a remote African desert who live a happy life, but it is all torn to pieces when a Coca-Cola bottle falls from a plane. With the villagers fighting over the strange foreign object, tribal leader Xi decides to take the bottle back to the gods to restore peace. His journey to the "end of the world" eventually has him crossing paths with a bumbling scientist and a band of guerrillas who take a schoolteacher and her class hostage.

WED JAN 4, THU JAN 5 ART COLLECTING – 10-4

If you have works of art that you are willing to share with fellow residents, please bring them to the Art Room on January 4 or 5, between 10 and 4. The art – one or two pieces from each contributor - will be hung on Friday, January 6. Questions? Nancy Downey, 4522 or Ingrid Austin, 4730



THU JAN 5 HALF-FAST WALKERS PLAN TO WALK – 9

Destination and leader to be determined

MON JAN 9 ART APPRECIATION CLASS – 10:00 – 11:30 - CR

Tory Raggett, our well-known local artist will be back with us to present a lecture and slide presentation of "American Art from the 18th to the 21st Century." *No class sign up is necessary!* We are fortunate to have her as our guest instructor.

TUE JAN 10 MUSIC IN THE LIBRARY – 7:15

Magnus Lindberg, *Trio for clarinet, cello and piano*, Kari Kriikku- clarinet, Anssi Karttunen- cello, and Magnus Lindberg – piano; Kaifa Saariaho, *Amers*, Avanti! Chamber Orchestra under Esa-Pekka Salonen, with Anssi Karttunen, cello; Rolf Riehm, *S- il fiume Sarca for 7 wind instruments and double bass*

WED JAN 11 MOVIE – 7:15 – MH

Sully, directed by Clint Eastwood, is the story of Chesley Sullenberger (Tom Hanks), an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.

UPCOMING EVENTS

SUN JAN15 SPECIAL EVENT – 3 - MH

Returning to the Manor to dazzle us is pianist Fred Moyer. During 30+ years as a full-time concert pianist, Moyer has carved out a career characterized by an exacting approach to music-making and a wide variety of musical interests. His acclaimed debut at Carnegie Recital Hall launched Moyer on a career that has flourished ever since.

SUN JAN15 DAYTRIPPERS GO TO SUNDAY SUPPER ON THE WHARF

Manor bus leaves at 4 for Abalonetti Bar and Grill. Questions? Lari 4818

WED JAN 18 MOVIE – 7:15 – MH

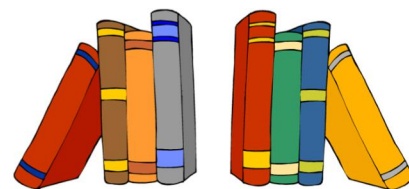
The Beatles: Eight Days a Week

MON JAN 23 WINE RECEPTION AND OPEN HOUSE – 4:30 – 6:00 – L

Exhibits and tours will kick off the Library Book Fair.

MON JAN 23 - JAN 27 LIBRARY BOOK FAIR – L

The Library Committee presents a Book Fair and Open House this week that will feature displays of "good reads" and hidden treasures in our Manor Library.



WED JAN 25 MOVIE – 7:15 – MH

A Man Called Ove.

SUN FEB 19 DAYTRIPPERS GO TO CIRQUE du SOLEIL

Manor bus leaves at 11 for 1:30 performance in San Jose. Questions? Lari 4818

NEW/SOON-TO-BE RESIDENTS

Leslie Geyer
Jean Brenner
Zad and Laela Leavy

Charles Bancroft
William and Julie Obering
Claude "Skip" & Joan Keyzers

Happy Birthday

12/30

Jody M

12/31

Joan S

12/31

Betty H

IN MEMORIAM

12/27 Lawson Adams

12/28 Phyllis Drumm

Place Names in Carmel Valley

Cachagua

One of the hidden gems of our beautiful Carmel Valley is the small community of Cachagua (“ca-SHAU-wah”). This historic settlement is a step back in time. It is situated nine miles up a winding, narrow road that leaves Carmel Valley Road 6 miles above the Village. At an elevation of about 1000 ft. in the Santa Lucia mountains, it is situated in an amphitheater surrounded by the ridges and peaks of the Ventana Wilderness on the south and the Tularcitos Ridge on the north. The Esselen Indian tribe is reported to have been living in this area as long ago as 7000 BC. The name Cachagua has no exact meaning. Some believe it to be derived from an Indian transmutation of the French *caché* (to hide) and the Spanish *agua* (water), referring to the stream (Cachagua Creek) that runs down the little valley to the Carmel River. Another suggestion is that it comes from the Mexican word *cachagua*, meaning “sewer” or “gutter”. Also, the name *Jasshagua* has been found on maps dating to the 1850’s, so who knows the true origin of this unusual name!



In Memoriam

Originally settled by cattle ranchers in the mid 1880’s, the population boomed with the construction of the San Clemente Dam in 1883, built by Chinese laborers to supply water to the then-new Del Monte Hotel. In

1948, the much larger Los Padres Dam brought another boom. Once home for many marijuana growers, the area now boasts a number of well known Monterey vineyards: Heller Estates, Bernardus, Galante, Joulilian, and a few other small plantings. It is also the home of a now-retired giant Comsat antenna that once broadcast the voices and pictures of our astronauts as they landed and walked on the moon.

If you drive up that twisty road, you can stop for a picnic at the Cachagua Community Park, complete with restrooms, etc. You can also hike up the Carmel River and admire the near-silted-in Los Padres Dam, once source of most of our local water supply. There is an all volunteer fire department with three engines, a few mobile homes, decrepit trailers, scattered old houses, kids, dogs, chickens and a small, red wooden building, the former home of Cachagua General Store. Here, on Monday nights, you could have had a dinner as good (and much noisier) as any on the Monterey Peninsula. (Chef Michael Jones and his also-chef son can now be found at Lokal in the village). The folks in Cachagua are no country bumpkins. There is a book club titled, “The Upper Carmel Valley Light Reading and General Soporific Society”. It’s a community of rugged individualists who love their independence and isolation!

So, on a sunny afternoon, fill your gas tank (there are no gas stations past the village), and treat yourself to a drive up and over the ridge to Cachagua, then follow Cachagua Creek east past the vineyards to Tassajara Road. There you cut back to Carmel Valley Road and the lovely drive down to the Village, completing a delightful two hour, 32 mile circle through a unique slice of our local history.

Dick Wheat

A friend of mine has two tickets for the 2017 Super Bowl, both box seats. He paid \$1,700 for each ticket.

He didn't realize when he bought them that this was going to be on the same day as his wedding - so now he can't go.

If you are interested and would like to go in his place, it's at St Peter's Church, in New York City, at 5 pm. Her name is Sally, she's 5'4", about 115 lbs, good cook, makes \$90,000 a year! She will be the one in the white dress....

Mary accompanied her husband, Paddy, to the doctor's office.

After his checkup, the doctor called Mary into his office alone. He said, "Your husband is suffering from a very severe stress disorder. If you don't do the following, your husband will surely die. SEach morning, fix him a healthy breakfast. Be pleasant at all times. For lunch make him a nutritious meal. For dinner prepare an especially nice meal for him. Don't burden him with chores. Don't discuss your problems with him, it will only make his stress worse. And most importantly, no nagging. If you can do this for the next 10 months to a year, I think Paddy will regain his health completely."

On the way home, Paddy asked Mary. "What did the doctor say?"

"He said you're going to die," she replied.

The Microbiome and You

Most people, when they view the stars or read about them, are prompted to think about the magnitude and majesty of the Universe. Few people think that they are the Universe for billions of microorganisms, but some have speculated that micro-organisms (that is to say bacteria and viruses) created, through evolutionary processes, animals such as we, so that they would have a place to live.

In this piece, I won't go quite that far; but I do want to convey the intense and ever increasing amount of attention that is being paid to the micro-biosphere, which is the Universe for microorganisms existing in all our bodies.

It is estimated that our own DNA exists in one trillion cells in our body. Yet we, each of us, have 100 trillion living things - microbes, viruses, and other parasites - living within us. No part of our body can be said to be truly sterile. Even amniotic fluid contains bacteria, so that babies have bacteria even before they are born. The trip through the birth canal constitutes the first heavy bacterial exposure, but Caesarian section only introduces different bugs into the gut. With the first breath, organisms are introduced into the lungs.

These microorganisms are not just living off the "welfare system" of our bodies; they are active participants in our metabolism. Studies in mice, for instance, have shown that if one takes the microorganisms from an "obese" strain of mice and transplants them into "thin" mice, the

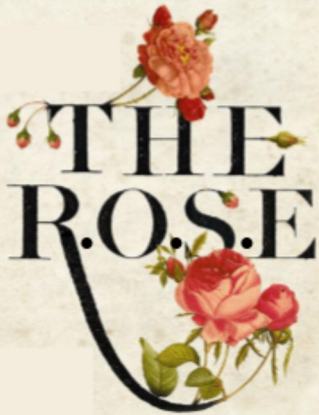


thin mice become obese without any change in diet.

Of course, our immune system interacts with the microorganisms that we encounter. One of our early encounters is with water. "Bad water" (that is to say, water polluted with dangerous bacteria) has been a problem forever. Diarrhea, caused by these bacteria, was THE major cause of death for generations of our ancestors and remains a scourge today.

Another actor that we realize is a potential danger is our good friend the antibiotic. We take antibiotics for good reason, but they do react with our microbiome.

Melvin C. Britton, M.D.



The R.O.S.E closed its doors for the Christmas holidays and a well deserved break from...hmmm... making money.

We treated our volunteers to a festive luncheon to thank them for their faithful service. Four times a week we open our doors and welcome our residents, their families, staff and their friends to come in and do

some shopping. This year we have been most successful. Our coffers are full.

What you see us do in our two shops is a fraction of what goes on to make the R.O.S.E. hum. When donations come in – and there have been many, many this year, they need to be sorted, hung, sized and priced. Not all clothing stays in our shop. Quite a bit goes to the Yellow Brick Road, St. Dunstan's, Goodwill or to other organizations. Recently, we've sent clothing to the CSUMB student store, which provides students with proper clothes to enter the business world. All that needs to be transported. Other donations need to be stored, if they are seasonal, or saved for another time when our stock is low.

When we are so lucky to be overwhelmed with donations – we have "estate sales." They are usually very successful but labor intensive. They need to be staged and the unsold remainders "unstaged." At times we put some items out on consignment, in order to expose our treasures to a larger audience.

In April, you will be pleasantly surprised at the large "bonus" we will give to the Council in addition to the \$1,000 contribution we distribute monthly. This will reduce the annual amount you will be asked to give to the Council to keep all of our committees going.

We thank all the many, very-generous donors for the large role they played in our success, as well as the enthusiastic volunteers who keep the shops attractive and sell our goods with enthusiasm. Special kudos must go to Sophia Gasser, who has done more to increase our sales and add untold hours to the shop's open doors. She was elected "Sales Queen" at our luncheon and crowned with a tiara.

Thank you all and we will meet again on January 9th when we re-open the R.O.S.E.

May Waldroup

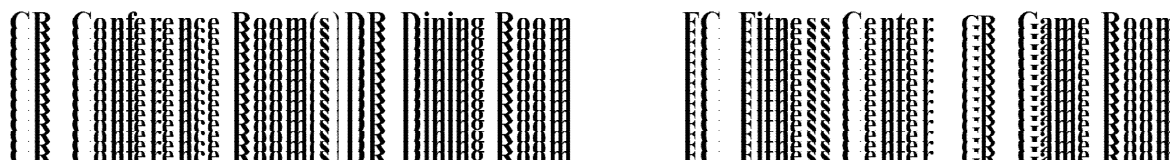


ONGOING ACTIVITIES

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

LOCATION LEGEND



LIBRARY NOTES

BOOKS SELECTED FOR JANUARY 2017

Fiction

NEWS OF THE WORLD Paulette Jiles
DO NOT SAY WE HAVE NOTHING**

SMALL GREAT THINGS Madeleine Thien
NIGHT SCHOOL Jodi Picoult
EL PASO*** Lee Child
CONCLAVE Winston Groom
Robert Harris

U. S. History

PUZZLE PALACE: A Report on America's Most Secret Agency James Bamford
KILLING THE RISING SUN: How America Vanquished World War II Japan*
Bill O'Reilly & Martin Dugard
COMMON SENSE: The Rights of Man* Thomas Paine

Autobiography

FRANKLIN: Autobiography, Poor Richard and Later Writings* Benjamin Franklin

Social Science

THE REVENGE OF GEOGRAPHY* Robert Kaplan

Humor

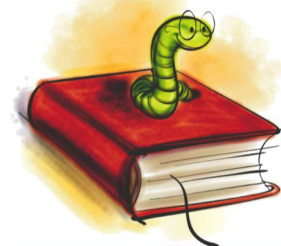
POLITICALLY CORRECT BEDTIME STORIES:

Modern Tales of Our Life & Times James Finn Garner

*Donated **MacCullough Fund***Wagner Fund

DVDs CHOSEN FOR JANUARY 2017

KEEPING MUM
SOME MOTHER'S SON
1916: THE IRISH REBELLION
GOODNIGHT, MISTER TOM
HELL OR HIGH WATER
FROM TIME TO TIME
SONGS MY BROTHERS TAUGHT ME
DON'T BREATHE





Zad and Laela Leavy

One of the more memorable events in Laela's life was her honeymoon. In 1961 she and Zad hopped on a freighter bound for Israel. They then spent five months in Jerusalem, living in one room in the home of a Persian (Iranian) family, while Zad covered the Eichman trial for various publications. The family spoke no English, and they spoke no Persian, so there was a lot of gesturing. It was further complicated by a kosher kitchen. On the way back to the US, they traveled to several European countries. Quite an adventure!

Laela was born in Chicago but spent her youth in Milwaukee. She went to U. of Wisconsin, Madison, and became a speech therapist. She worked in Highland Park, near Chicago. Laela had extended family in California and visited LA in 1960, when the U. of Wisconsin was playing in the Rose Bowl. Interestingly enough, her California aunt was a friend of Zad's mother, and they arranged for Zad to take Laela to the game. Well, we

know what happened after that! After the honeymoon, they moved to Los Angeles. Two children were born there. Laela began weaving in LA, and eventually was selling some of her products in shops and to decorators. She still has her loom at their home in Carmel. She likes to weave, read and walk.

Zad is an LA native. He grew up in Venice, attended UCLA and UCLA School of Law. After Naval ROTC at UCLA, he served on a mine sweeper off the coast of Korea. Fortunately his ship was never hit. Zad spent two years in the DA's office in LA. After he established his own law practice, he first practiced criminal law. Later, after getting a master's degree at USC, he practiced estate planning. In addition to a love of reading, Zad enjoys swimming.

Laela and Zad had enjoyed camping in Big Sur for many years. In 1974, this led to building a house on ten acres in Big Sur, near Ventana. During this process, they lived in a trailer in a campground, while their two children and two dogs slept in a tent. During the winter they were able to live in a unit in the state park. Meanwhile, Zad established a law practice in Carmel. It was an hour commute, at best, each way to work. They moved to Carmel in 1989. They still have the house in Carmel.

The Leavys were leaders in the founding of the Big Sur Land Trust. Zad had been appointed to the California Coastal Commission earlier. The Land Trust was a model for others across the country. It preserved most of the Big Sur Coast.

Please welcome the Leavys to the Manor!

Kay Enbom

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