



ACCENTS

FORTNIGHTLY PUBLICATION - MAY 6— MAY 19, 2016



CINCO DE MAYO



On the fifth of May we celebrate the victory of the struggling Mexican army of 2,000 against the invading French army of Napoleon III, supposedly the best army in the world at the time. The French were well equipped and numbered 6,000. The intent was for the French to establish a Latin empire in Mexico. Napoleon III wanted a Second Mexican Empire. Although his expectation was victory, at the battle of Puebla the heavily outnumbered Mexican army defeated the French. The day is celebrated throughout the Southwest and wherever there is a Latino population.

Wikipedia



We are fortunate to celebrate here with a special luncheon provided in the dining room thanks to Helen White .



MUSIC & MEMORY

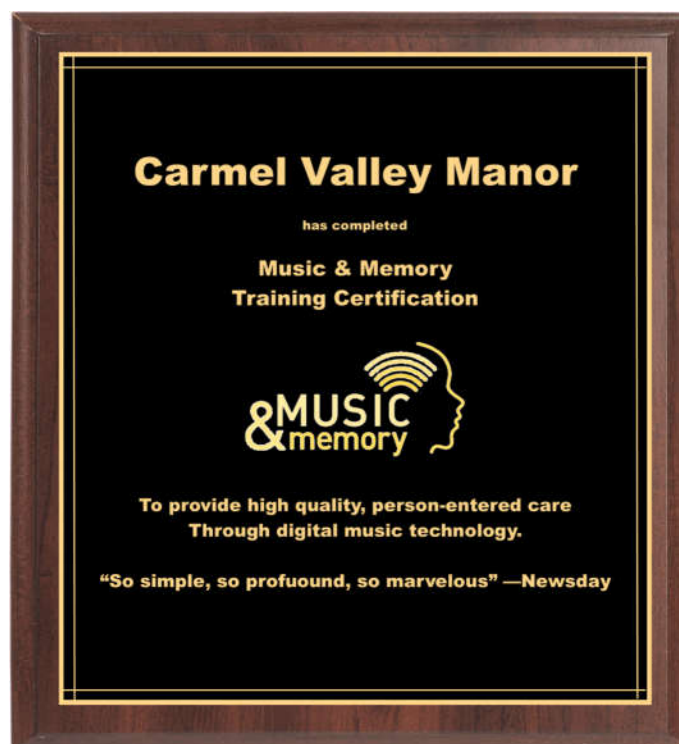
There were 17 staff from the Health Center and residents from Carmel Valley Manor who completed three 90 minute webinar training sessions last Fall that made us eligible to receive this plaque.

Our Music & Memory Team along with TLC members are slowly beginning to launch rewarding personalized music to the residents at the Health Center.

Oh, to witness those smiles and positive emotions go from silent to humming, laughing, and sometimes speaking about their experiences can also be a positive experience for the volunteer!

We have on going training for any who are interested in joining our M&M Team.

Call Ann Wilson for information.



EVENTS

SAT MAY 7 DAYTRIPPERS GO TO ELKHORN SLOUGH—12:30PM

SURPRISE TRIP! Spring at Elkhorn Slough, Tour quiet smooth Elkhorn Slough to see all the new spring baby otters, baby birds, baby seagulls. It's spring at the slough, and the tiny ones are here! The boat holds 25 people. Free bus leaves the Manor at 12:30pm for Moss Landing. The tour is about 2 hours long. We will be back at the Manor by 4pm.

TUE MAY 10 MUSIC IN THE LIBRARY – 7:15

Beginning with Beethoven: Romance for Violin and Orchestra No. 2, in F Major, Op. 50; Followed by 2 Lehár Arias: Die Lustige Witwe – “Es Lebt Eine Vija”, and Zigeunerliebe – “Nur Die Liebe Macht Uns Jung”; Followed by Mozart: Symphony No. 35, in D, “Haffner”; and closing with Prokofiev: Piano Concerto No. 5, in G, Op. 55.

WED MAY 11 MOVIE – 7:15 – MH

“*Renoir*” Set on the French Riviera in the summer of 1915, Jean Renoir, son of the impressionist painter Pierre-Auguste, returns home to convalesce after being wounded in WW 1.

At his side is a young woman who is the elder Renoir's last model and this inspires of some his best known paintings.

THUR MAY 12 HALF FAST WALKERS PLAN TO WALK—9

Walkers will head to **Pinnacles N.P.** Sign up on BB. Mel Blevens will lead.

TUE MAY 17 MUSIC IN THE LIBRARY – 7:15

Beginning with Milhaud: La Cheminee du Rio, The New York Woodwind Quintet; and closing with Dvorak: Symphony No. 9, Op. 95 “The New World”, The Cleveland Orchestra.

WED MAY 18 MOVIE – 7:15 – MH

“*East Side Sushi*” Juana, a working class Latina single mother, lands a job as a kitchen assistant at a local (Oakland) Japanese restaurant and discovers a whole new world of cuisine and culture. A charming, funny and uplifting movie.

THUR MAY 19 HALF FAST WALKERS PLAN TO WALK—9

Walkers will head to **Soberanes Creek**. Sign up on BB. Jack Enbom will lead.

NEW/SOON-TO-BE RESIDENTS

Deanna Woodhour	Jane Upp
Leon and Sheila Cooper	Murray and Rena Yeomans
Bob Evans	Virginia Von Hasseln
William and Julie Obering	Zad and Laela Leavy
	Jean Brenner

UPCOMING EVENTS

MON MAY 23 MONDAY MORNING FORUM – 10:30 – MH

Our speaker this month will be Dr. Tom Bruneau, professor Emeritus of National Security Affairs from the Naval Postgraduate School. Tom is an expert on South America and his topic will be “Current Political Developments in Argentina, Brazil and Venezuela.” This will be a good opportunity to catch-up on events in South America.

TUE MAY 24 DAYTRIPPERS GO TO APTOS—1:00PM

This is your chance to visit a real bamboo jungle, a short distance from home base. The Manor Bus will leave the Manor at 1pm for Aptos, we will be treated to a special tour of this lovely site. Our personal tour will be lead by Vickie. She will show us over 30 different types of bamboo, all growing in this spot. On our way home the bus will stop at Sea Harvest restaurant in Moss Landing for a refreshment pause. **THIS IS A FREE EVENT!**

SUN JUN 5 DAYTRIPPERS GO THE IN-N-OUT BURGER—4:30PM

Find your inner child! Bus trip to the new In-N-Out Burger, Monterey. Burgers, Fries, Milk Shakes and Soft Drinks. Manor Bus leaves at 4:30PM

THUR JUL 21 DAYTRIPPERS GO THE BACH FESTIVAL—8PM

Wonderful concert!!! Beethoven to Broadway. If you wish to buy tickets for this concert, you must call (831) 624-1521. The tickets cost \$71. When you have bought your ticket or tickets, sign up for the bus. The manor bus, will take you to sunset center and return after the concert. The bus sign up is on the bulletin board. Any question please call Lari at 4818

MON-TUE OCT 11-12 DAYTRIPPERS GO TO YOSEMITE—

An initial deposit is required to hold your space. For the Awahnee Hotel the deposit is \$263.00 per person. For the Yosemite Lodge the deposit is \$136.00 per person. Your deposit is fully refundable until 90 days prior to the departure. All costs are based on a minimum of 30 passengers. Be sure to ask about trip cancellation insurance. Final payment is due August 12. Sign up immediately at the Bulletin Board and make your checks payable to “CVMRCDT” and give to Lari. Please direct questions to Lari Newbury. **(SOLD OUT)**

Happy Birthday

5/5	Nancy D.	5/16	Larry R.
5/8	Gayle H.	5/17	Rosemary M



Dr. Leon and Sheila Cooper

Leon, who grew up in Pennsylvania, decided at age 7 that he was going to live in California. Must have been an especially cold day. As a precocious nine year old he decided to become a dentist. Leon grew up in York, PA in a lovely house his parents lived in for 65 years. His grandfather had ice cream concessions at the Jersey Shore and just North of Boston. Leon worked for him during the summer months. He especially enjoyed the location near Boston so he could enjoy museums, libraries and Boston itself. His grandfather, a professor and a Renaissance man, was a mentor to him.

Leon graduated from York College of Pennsylvania, studied a year at Gettysburg College, and then graduated from Temple School of Dentistry. Immediately after graduation, he and his first wife drove to Southern California where he had a job as a commissioned US Na-

vy Dental Officer. After the Navy, he began a practice in Salinas where he met Sheila who was just beginning her career as a teacher of dental assisting. A second home near Yosemite allowed Leon to do some fishing. He also fished in Costa Rica. Once, on a visit to Atlantic City, he met Louis Armstrong.

Leon's interests include science, art, architecture, music, photography and fishing. He likes to paint and travel as well.

Sheila needs to have a special award for raising 3 boys for eighteen years while getting her teaching credentials and subsequently teaching in the dental assistant field for thirty years.

When she was a den mother for Scouts, she took her charges all over Monterey County. Many had never been out of Salinas before.

Sheila and Leon have been married for 24 years and shared their interest in dentistry.

When she first met Leon, he gave her a new rod and reel, and they went fishing. On her first cast, she launched the reel straight into the lake. Sheila and Leon enjoy their families. Sheila also enjoys painting, jewelry design and construction, knitting, flower arranging, reading, travel and cooking. She'll have to give the last one up! Between the two, they have enough interest to keep them very engaged. Please welcome this delightful couple to the Manor.

Kay Enbom

Duplicate Bridge Myth Number One

There are several myths concerning Duplicate Bridge which deserve repudiation but this has to be number one. It is usually expounded in this fashion "The trouble with duplicate is that you have to know all those conventions." **No you do not;** but let us try to define what a convention is as a first step.

Bridge is a partnership game. It has this in common with Doubles at Tennis. Tennis players need to agree before they even reach the court who is going to guard the net and who will work the service.

They need a clear partnership agreement on this to play their best game. Similarly, in Duplicate, we need an understanding with partner if we are to play a good game.

A convention is an item in our understanding and many of the popular bidding conventions are named after their inventor such as Blackwood or Drury. The one used here as an example was actually invented by George Rapee but it was popularized by Sam Stayman in 1945 and his name stuck to it. The Stayman Convention is very popular. It goes like this "Partner, you opened the bidding with One No Trump and I am bidding Tow

Clubs not necessarily because I have Clubs but to ask you to bid a major suit of 4 or more cards if you have one. If you don't have one please bid Tow Diamonds."

This is a convention that can often lead to a better contract but, to repeat the earlier remark you do not need it to play Duplicate Bridge. There is nothing in the Laws of the game which say you must use conventions. On the other hand you cannot expect to win many duplicate games without one or two.

We are so fortunate at the Manor to have a resident expert and charming teacher of Contract Bridge. Did you know that the American Bridge teacher Association rated her an finalist in a recent annual selection of the best teacher in the nation? Watch the notice board.

Gordon Wright

This article is late owing to a backup of work for publication

ASR

CALLING ALL Eagle Scouts



"Were you an Eagle Scout or a Boy Scout Leader?
We want to honor you at our Memorial Day celebration.
Please identify yourself either by email or a note to Mary Kay Crockett: casacrockett@aol.com
Or Extension 4830."



POOL LIFT DEMONSTRATION



Mercedes Abluton, PT, demonstrated the new pool lift following the Water Exercise Class on May 3rd. Char Martin volunteered for the demonstration. The Chair lift system is designed to lift a person from the pool deck into the water (and back) and can be controlled by the person being assisted or by second person on the pool deck. Mercedes asked that person using the lift go through a brief orientation in how to safely use the new equipment. The lift is designed to lift persons weighing up to 300 pounds. We hope this will allow residents access to the pool that are not currently able to go down the pool ladders or steps.

Jack Enbom

ONGOING ACTIVITIES

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

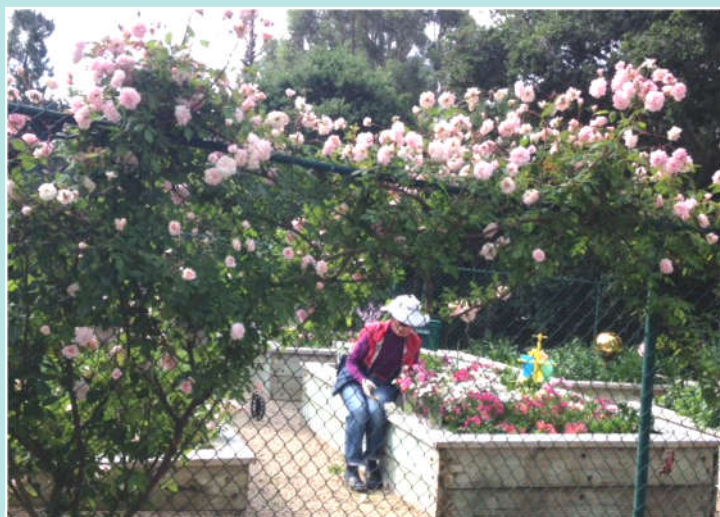
<u>MON</u>	Chair Exercise MH	8:30-8:45AM	<u>THUR</u>	Chair Exercise MH	8:30-8:45AM
	Monday Morning Forum (4th) MH	10:30AM		Half-Fast Walkers	9:00AM
	Advanced Exercise MH	11:00-11:45AM		Adv. Water Exercise SP	9:30-10:15AM
	Duplicate Bridge GR	1:00PM		Table Tennis MH	1:15-3:15PM
	Dominoes GR	7:15PM		Bingo (2nd & 4rd) GR	7:15PM
<u>TUES</u>	Chair Exercise MH	8:30-8:45AM	<u>FRI</u>	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 May 6)	
	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	<u>SAT</u>	Chair Exercise MH	8:30-8:45AM
<u>WED</u>	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) (5/18)PL	9:30AM		Wine Dinner Group (2nd) PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR. (May 15)	5:30-7:15PM
	Strength Circuit Training FC	11:00-11:45AM			
	Communion Service (3rd) WP	11:15AM			
	Movie Night(1st, 2nd, 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



For the 4th straight year, Kass Schwin and Jim Riesenfelf finished the 9-mile walk at the Big Sur Marathon in under 3 hours.



Spring in the Garden

Musical Notes

A Musical Event



Kass Schwinn and Lee Chambers provided the talent for an evening offered by the Events Committee in April. It was described as a presentation of Broadway songs and piano. Always a nostalgia trip for many of us! Lee sang and was amazing in his rendition of "Old Man River". He is a tenor and we tend to remember Paul Robeson as a bass. Lee was super and I will never decide it has to be a given voice again. He also followed through with a song from *Fantastics*, "Try to Remember", a song soft and gentle, seemingly easy to sing and quite difficult. It was beautiful. Kass accompanied elegantly, the two had rehearsed

until they were a team. She gave a performance of Scott Joplin's work in stride piano that was so good we were in the Quarter in New Orleans where it all began. It is not just the technique, it is the spirit that fills the music and they had it. Double time!



Music in the Library

Read the posters. Music in the library is a shape changer. We have selections totally classical then the next week we may find ourselves listening to folk songs or jazz. Everything from Vivaldi to Duke Ellington is in order. (Didn't those two once have a garage band? Just being a little facetious) Residents provide their own favorite music, the group gathers and we sit quietly and enjoy. The number varies, some read and some do puzzles. We are a group and enjoy the music together. All are welcome. The most recent production was by John Hill and Sam MacMurdo. It was called a "Jazz Sampler". It was modern with lots of improvisations- and fun. A few people got up and danced. A couple of Tuesdays ago most of the gang got up and made a sort of conga line doing a cake walk with variations on the Lindy (yes, I know the step commemorates Lindbergh's flight to France in '27 !) Please come and visit and stay a while. You will find that everything from classic, to Copeland to country can be fun to listen to and most enjoyable among friends.

ASR



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