

## CVM WELCOMES 2017



## WATCH OUT! IT'S FRIDAY THE 13th



Several theories have been proposed about the origin of the Friday the 13th superstition. One states that it is a modern amalgamation of two older superstitions: that thirteen is an unlucky number (triskaidekaphobia) and that Friday is an unlucky day.

- In numerology, the number twelve is considered the number of completeness, as reflected in the twelve months of the year, twelve hours of the clock, twelve gods of Olympus, twelve tribes of Israel, twelve Apostles of Jesus, the 12 Descendants of Muhammad Imams, etc., whereas the number thirteen was considered irregular, transgressing this completeness. There is also a superstition, thought by some to derive from the Last Supper or a Norse myth, that having thirteen people seated at a table will result in the death of one of the diners.

- Friday has been considered an unlucky day at least since the 14th century's *The Canterbury Tales*. Black Friday has been associated with stock market crashes and other disasters since the 1800s. It has also been suggested that Friday has been considered an unlucky day because, according to Christian scripture and tradition, Jesus was

crucified on a Friday.

- On Friday, 13 October 1307, the Knights Templar were ordered to be arrested by Philip IV of France. A theory suggests that the Templars went underground among masons in England and later developed into Freemasons. Because a few of the Founding Fathers were Freemasons, it is possible that the memory of that day is preserved in the Friday the 13th superstition in the U. S.

- In 1881, an influential group of New Yorkers, led by U.S. Civil War veteran Captain William Fowler, came together to put an end to this and other superstitions. They formed a dinner cabaret club, which they called the Thirteen Club. At the first meeting, on Friday, 13 January 1881 at 8:13 p.m., 13 people sat down to dine in room 13 of the venue. The guests walked under a ladder to enter the room and were seated among piles of spilled salt. All of the guests survived! Thirteen Clubs sprang up all over North America for the next 40 years. Their activities were regularly reported in leading newspapers, and their numbers included five future U.S. presidents, from Chester A. Arthur to Theodore Roosevelt. Thirteen Clubs had various imitators, but they all gradually faded from interest as people became less superstitious.

# EVENTS

## SUN JAN 15 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 JAN 15 DAYTRIPPERS GO TO SUNDAY SUPPER ON THE WHARF

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

## TUE JAN 17 MUSIC IN THE LIBRARY – 7:15

Prokofiev, *Piano Concerto No. 5*, Kun Woo Paik, Piano, Polish National Radio Symphony Orchestra, under Antoni Wit; Mendelssohn, *Overture to The Fair Melusina*, London Symphony Orchestra, under Claudio Abbado; Liszt, *Hungarian Rhapsody No. 2*, Budapest Symphony Orchestra, under Andras Korodi; Johann Sebastian Bach, *Brandenburg Concerto No. 4 in G Major*, Tafelmusik on Period Instruments, Jeanne Lamon, Musical Director

## WED JAN 18 MOVIE – 7:15 – MH

*The Beatles: Eight Days a Week*: Filmmaker Ron Howard examines the early years of the Beatles, from their club dates in Liverpool, England, to their concert tours in Europe and the rest of the world.

## THU JAN 19 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for **Elkhorn Slough**. Sign up on BB and order your brown bag lunch a day ahead. Marty Rosen will lead.

## MON JAN 23 WINE RECEPTION AND OPEN HOUSE – 5:00 – 6:00 – L

Exhibits and tours will kick off the Library Book Fair – details to the right.

## MON JAN 23 - JAN 27 LIBRARY BOOK FAIR – L

## TUE JAN 24 MUSIC IN THE LIBRARY – 7:15

Gabriel Faure, *Mandoline, Les Roses d’Ispahan, En Priere, and Notra amour*, Kathleen Battle, soprano, and James Levine, piano; Alec Wilder, *Concerto for Oboe, Orchestra and Percussion*, Humbert Lucaretti, oboe, and the Brooklyn Philharmonic under Michael Barrett; Jules Massenet, *Meditation* from *Thais*, Nadja Salerno-Sonnenberg, violin, and the New York Chamber Symphony under Gerard Schwarz; Ralph Vaughn Williams, *Partita for Double String Orchestra*, London Symphony Orchestra under Bryden Thomson

## WED JAN 25 MOVIE – 7:15 – MH

*A Man Called Ove*. Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, Ove has given up on life. Enter a boisterous young family next door who accidentally flattens Ove's mailbox while moving in and earning his special brand of ire. Yet from this inauspicious beginning an unlikely friendship forms and we come to understand Ove's past happiness and heartbreaks. What emerges is a heartwarming tale of unreliable first impressions and the gentle reminder that life is sweeter when it's shared.

## THU JAN 26 HALF-FAST WALKERS PLAN TO WALK – 9

Walkers will head for the **South Bank Trail**. Sign up on BB. Ramona Smith will lead.

# UPCOMING EVENTS

## WED FEB 1 MOVIE – 7:15 – MH

*Little Men*

## WED FEB 8 MOVIE – 7:15 – MH

*Zootopia*

## TUE FEB 14 VALENTINE’S DAY SPECIAL EVENTS – 5 – PL

Gala Celebration – watch for details to follow.

## WED FEB 15 MOVIE – 7:15 – MH

*Loving*

## SUN FEB 19 DAYTRIPPERS GO TO CIRQUE du SOLEIL

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

## WED FEB 22 MOVIE – 7:15 – MH

*Arrival*

## 2017 BOOK FAIR

January 23rd through January 27  
OPENING DAY WINE RECEPTION AND OPEN HOUSE IN THE LIBRARY

January 23, 5:00 to 6:00 p.m.

- Tours
- Displays of good reads
- Hidden gems
- Meet Library Committee members



## YOU DON'T WANT TO MISS THIS!

Mark your calendars—Photo Show at Seaside City Hall



A retrospective of Will Furman photography will be on exhibit in the Avery Gallery in Seaside City Hall during the month of January. An Artist Reception will be held on Friday, January 13th, 7:00 - 8:30 PM.

## 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

1/19	Ann R.	1/23	Gerry H.
1/20	Joan C.	1/26	Mary B.

## IN MEMORIAM

1/5 Mary Lou Ingham

## ONGOING ACTIVITIES

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

<p><b>MON</b> Chair Exercise MH 8:30-8:45AM            Monday Morning Forum (4th) MH 10:30AM            Advanced Exercise MH 11:00-11:45AM            Duplicate Bridge GR 1:00PM            Dominoes GR 7:15PM</p> <p><b>TUES</b> Chair Exercise MH 8:30-8:45AM            Council Meeting (2nd) CR 9:30AM            Adv. Water Exercise SP 9:30-10:15AM            Worship Services (1st) H 10:30AM            Communion Service (3rd) HC 10:30AM            Lawn Bowling PG 1:15-3:15PM            Sing For Fun (1st &amp; 3rd) WP 2:30PM            Music In The Library L 7:15PM</p> <p><b>WED</b> Chair Exercise MH 8:30-8:45AM            Balance and Stretch MH 9:15-9:45AM            Java w/Jane (3rd) (1/18)PL 9:30AM            Advanced Exercise MH 11:00-11:45AM            Strength Circuit Training FC 11:00-11:45AM            Communion Service (3rd) WP 11:15AM            Movie Night(1st, 2nd, 3rd &amp; 4th)MH 7:15PM</p>	<p><b>THUR</b> Chair Exercise MH 8:30-8:45AM            Half-Fast Walkers 9:00AM            Adv. Water Exercise SP 9:30-10:15AM            Table Tennis MH 1:15-3:15PM            Bingo (2nd &amp; 4th) GR 7:15PM</p> <p><b>FRI</b> Chair Exercise MH 8:30-8:45AM            Balance and Stretch MH 9:15-9:45AM            Strength Circuit Training FC 11:00-11:45AM            Bookmobile 12:45-1:15PM            (Every other Friday from January 13)            Lawn Bowling PG 1:15-3:15PM            Social Bridge GR 7:15PM</p> <p><b>SAT</b> Chair Exercise MH 8:30-8:45AM            Adv. Water Exercise SP 9:30-10:15AM            Putting (2nd) PG 10-11:30AM            Wine Dinner Group (2nd) PDR 5:30PM            Music on the Menu DR. (Jan. 14) 5:30-7:30PM</p>
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### LOCATION LEGEND

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

## How I Stumbled Onto Laparoscopy for OB/GYN Procedures

In 1966, during the fourth and last year of my residency in Seattle, one of my colleagues went to Germany to study fetal scalp vein pH as a measure of fetal health during labor. He soon decided that procedure wouldn't fly in the U.S. He became intrigued, however, with the insertion of a laparoscope (a fiberoptic instrument inserted through an incision and used to examine visually the interior of a cavity) directly into the abdomen, as practiced by Dr. Frans Frangenheim. He convinced Frangenheim to give him a scope, which he brought back to Seattle to our program.

At about the time he returned to Seattle, our residency rotation sent him to Harborview Hospital and me to the University Hospital and in possession of the laparoscope, which we were trying to get University Hospital to approve for use. I finally performed a few procedures in Seattle, just before I went into the Army at DeWitt Army Hospital in Northern Virginia.

I was so impressed by the potential of laparoscopy, as opposed to the prevailing culdoscopy (insertion of a scope through the vaginal apex), that I tried to get the Army to purchase a Frangenheim laparoscope from Germany. NO GERMAN INSTRUMENTS ALLOWED IN THE ARMY was the word from above,

but we were able to get approval of a modified cystoscope (a thin tube with a camera and light on the end) from a U.S. manufacturer and were off to the races. The residents working with me at DeWitt were from Walter Reed Hospital and soon convinced their skeptical Chief of Service of the value of Laparoscopy.

I built a teaching model pelvis, complete with a uterus, tubes and ovaries, and gave "show and tell" courses to OB/GYN practitioners in Arlington, Virginia, and elsewhere. In 1969, I chaired the first international course at Virginia Mason Hospital, in Seattle, where I began my practice. The general surgeons were very skeptical at first, but after a few years were using laparoscopy to do gall bladders, as well as hernias and bariatric surgery.



Before I retired in 2000, the Da Vinci robotic control of laparoscopic instrumentation became, and remains, the gold standard for pelvic surgery.

*Mike Smith*

# OUR CARMEL VALLEY

This valley is a small place, just 15 miles in length, the distance from the ocean beach to where the small river flows down to the valley from the Santa Lucia Mountains to the south. Carmel Valley Road leaves our river where the Cachagua Road enters on the right. Here, one can follow Tularcitos Creek and then Finch Creek to the summit, where looking down into the Salinas Valley, one can see as beautiful a byway as any in our land. Thirty-eight miles of lovely winding road with few cars, fewer people and only an occasional ranch house and worn red barn. Small vineyards and green farms give way to oak-studded hills, chaparral and open grasslands. Starting with the mission fields near the river's mouth, this broad fertile valley now includes shopping centers, golf courses and world-renowned resorts, where once stood pear orchards, dairies, and fields of oats and wheat.



The Carmel River was first described by Sebastian Vizcaino, in 1602. He told of, "A river of very good water but little depth ... it was called El Rio de Carmelo, because the friars of this order discovered it." John Steinbeck, in *Cannery Row*, wrote, "The river is a lovely little river. It isn't very long but in its course it has everything a river should have. It rises in the mountains and tumbles down a while, runs through shallows, is dammed to make a lake, spills over the dam, crackles among round boulders, wanders lazily under sycamores, spills into pools where trout live, drops in against banks where crayfish live. In winter it becomes a torrent, a fierce mean little river, and in summer it is a place for children to wade in and for fishermen to wander in ... it is everything a river should be."

In centuries past, the Esselen Indian tribe hunted, fished and collected acorns. Later, vaqueros herded cattle, and

the bright sounds of fiestas filled the air. Now all that is gone, and our valley floor has taken on the conventional trappings of civilization. But once past the village, the Carmel Valley Road narrows and the pace of life begins to slow. The hum of the highway fades, and soon the songs of birds, the rustling of leaves and the whispering of wind enter our lives again.

Nestled between the Santa Lucia range on the West and the Sierra de Salinas on the East, our valley wanders from the ocean to the distant crests. Place names remind us of our long history: Laureles Grade and Laureles Lodge of the once Los Laureles Land Grant. Rancho San Carlos of the Rancho Potrero de San Carlos Land Grant. Tularcitos Creek flows through the Los Tularcitos Land Grant, and there is still the Boronda Adobe where Don Jose Manuel Boronda, first permanent settler in the Valley, once lived. There is Robinson's Canyon, Saddle Mountain, Jack's Peak, September Ranch, Robles del Rio, Cachagua, Princes Camp, Jamesburg, Tassajara Hot Springs, Cahoon Ranch, Poison Oak Hill, Bear Trap Canyon, Chew's Ridge and China Camp to name just a few. Just think, in the early 1900's, 10,000 acres of the valley were offered for sale at \$150,000 and had no takers!

Here the seasons slide easily one to another. Each spring our valley is reborn. Rain and sunshine awaken the sleeping land, bringing fields of lupine, paint brush, shooting stars, wild iris, buttercups and poppies. Then, as the summer sun dries the soil, hills and slopes turn golden brown. Wildlife abounds. The gray fox, bobcats, coyotes, little brush rabbits, mountain lions, (so rarely seen), deer, wild turkeys and wild boar are ever present. High above, lazily riding the thermals, soar the hawks and turkey vultures. Below, the scrub jays and crows tell the world to take notice, while swallows, sparrows, finches and tiny wrens sing us their sweet songs.

So gentle reader, every now and then put your busy life on hold. Open your eyes to blue skies and distant thunderheads, tune your ears to the cries of circling eagles and smell the sweet scent of chaparral. Our lovely Carmel Valley beckons; will you listen to her many voices? Will you heed her quiet call?

*Dick Wheat*

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