



# ACCENTS

FORTNIGHTLY PUBLICATION — FEBRUARY 9 – 22, 2018

## NOT A SPECIAL DAY

September 9<sup>th</sup> was not a special day. Really an insignificant day. not like December 7<sup>th</sup> or the 4<sup>th</sup> of July. Why should it be remembered? Well, it was the day that a lone fellow probably slipped off his horse in the mountains and could not climb back on. He crept down to a bubbling creek and seemed to fall in the water. Who was he anyway? Even if there were a daily newspaper or a TV or radio station---which there were not--- almost nobody would even know his name or care that he was missing. Of course no one knew that he was missing because only a few people knew that he was in town.

He had arrived in late August from out of town, and he was gone before Christmas. But on that day in September, he lay in the creek slowly freezing all alone, as his horse had wandered off. Not a soul was about, and he was too weak to cry out.



Yet, on that day he was to become one of the luckiest men on earth, and we are most fortunate. As fortune or destiny or coincidence or luck would have it, a bear hunter was hunting nearby and probably had wandered over to the creek

for a drink of water. As he walked over, Anson thought that he saw a “black something” lying in the creek.

He knew not what it was, so he took down his rifle: grizzly bears were always near by. He approached the creek carefully with his rifle ready. On closer inspection he made out that it was a man in the shadows, half in and half out of the creek-alone and motionless.

He turned the body over and saw a human face, still barely alive. He ran up the hill to his cabin several hundred yards away and yelled: “Jonathan, Jonathan, there is a body down by the creek, barely alive, but still living. I need help!”

Together the two men raced to the creek and retrieved the body. Their modest log cabin in the wilderness was nearby but not close. But for these two hardy frontiersmen, it was not a huge burden to carry this skinny man up the hill and home. They carried him to their cabin, put lots of grease all over his body, and lay him next to a roaring fire.

After a few hours, they tried to sit him up and get him to slurp down some hot vegetable soup. He was too weak to eat, so they simply let him lay by the fire to see whether

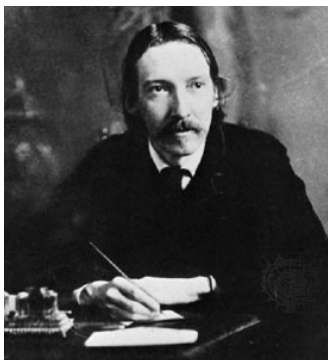
he would live or die. They had no idea who he was except that he was dressed in shabby clothes, seemed to have a bad rash over most of his body, and had heavily stained brown fingers on his smoking hand. He had long, stringy dark hair.

That is how it went for several days. Johnathan and Anson had plenty of other things to do, but the stranger's recovery became their main concern. Finally, after several days, he was able to sit up and sip some hot soup. Barely able to walk, he tried to thank those two strangers for taking him in and keeping him warm. Eventually, the stranger noticed that there were other people in the cabin. Jonathan had several children, but they kept their distance from the stranger. They were curious but quite shy about getting too close to him. Eventually, they were invited over by the stranger who told them stories about animals, pirates, kings, and queens.

After several weeks of kindness and care, the stranger seemed well enough to be taken down from the mountain and returned to where he came from. No, not a penny would these two men accept for his care and keep. Just as well, because the stranger had almost no money.

Today that log cabin is no more. Remnants of the rough, wooden sidewalls are strewn on the grassy slope. Only one thing remains: the stone chimney and fireplace, like a watchtower standing in the poison oak and berry bushes. If you know where to go and look, you can see that today, even though it looks a little different from what it did in September, 1879, when Robert Louis Stevenson was brought back to life by these two frontiersmen, Jonathan Wright and Anson Smith. The site is off what is now Robinson Canyon Rd., in the Santa Lucia Mountains, just a few miles from Carmel Valley Manor.

If these two men hadn't discovered him lying in San Clemente creek, and nursed him back to health he would never have survived to write “*Treasure Island*,” “*The Amateur Immigrant*,” “*Doctor Jekyll and Mr. Hyde*,”



“*Kidnapped*,” or “*The Silverado Squatters*,” or many other wonderful examples of the finest writing in the English language. Not a special day. Really? What makes your day special? (Based on a true story, but not exactly.)

Martin Rosen

## EVENTS

### SUN FEB 11 MOVIE - 1:30 - MH

*Fantasia*. A Walt Disney timeless masterpiece of extravagant sights and sounds.

### MON FEB 12 SYMPHONY PREVIEW -11:00 – L

Dr. Todd Samra will talk about the upcoming Monterey Symphony program. He is always informative and entertaining. Everyone is welcome.

### TUES FEB 13 MUSIC IN THE LIBRARY – 7:15

Hungarian Sketches by Bela Bartok, played by the Chicago Symphony Orchestra, conducted by Fritz Reiner; Scheherazade, Op.35 by Nikolai Rimsky-Korsakov, played by the London Symphony Orchestra, conducted by Evgeny Svetlanov with John Georgiadis, Solo Violin

### WED FEB 14 MOVIE - 7:15 – MH

*Battle of the Sexes*. The 1973 tennis match between Billy Jean King and Bobbie Riggs became the most watched sport event of all time. Smart and well acted.

### THUR FEB 15 HALF FAST WALKERS PLAN TO WALK -9

Palo Corona. Easy/Moderate. Take a lunch. Otto Neely will lead. Sign up on BB.

### SUN FEB 18 MOVIE – 1:30 – MH

*Portrait of Jennie*. A painter (Joseph Cotton) contacts the spirit of a young girl, already dead, and falls in love with her. Strange, but makes a tender love story.

### TUES FEB 20 MUSIC IN THE LIBRARY– 7:15 –L

Broadway Music of Andrew Lloyd Webber, Cincinnati Pops Orchestra, Erich Kunzel, Conductor *Phantom of the Opera*: The Music of the Night, Think of Me, Wishing You Were Somehow Here Again, All I Ask of You, Angel of Music, *Sunset Boulevard*: As If We Never Said Goodbye, The Greatest Star of All, With One Look, *Cats*: Memory, *Jesus Christ Superstar*: I don't know how to love him. *Evita*: Don't Cry for Me Argentina. *Starlight Express*: Starlight Express. *Joseph and the Amazing Technicolor Dreamcoat*: Any Dream Will Do.

### WED FEB 21 MEDICAL ADVISORY COMMITTEE PRESENTS – 10:30 TO 12:00 – MH

There will be meeting by the Medical Advisory Committee on **Disaster Preparation**. A discussion will feature speakers from the State, the local fire district, and Carmel Valley Manor.

### WED FEB 21 MOVIE – 7:15 – MH

*Loving Vincent*. A feature-length, painted animation film, the first of its kind, explores the unusual life and death of Vincent Van Gogh via depictions of his art.

### THUR FEB 22 HALF FAST WALKERS PLAN TO WALK -9

Walkers will head to Rancho Canada. Easy. Marty Rosen will lead. Sign up on BB

### NEW/SOON-TO-BE RESIDENTS

Hersch and Shirley Loomis	Susan Nycum
Martha Danziger	Sylvia Conn
Victoria (Tory) Raggett	John and Ann Mahoney
Bruce and Connie Reeves	Bruce and Harriet Newell
Jean Scholefield	Tom and Sue Masters
Claude "Skip" & Joan Keyzers	James and Susan Gaither

## UPCOMING EVENTS

### MON FEB 26 MONDAY MORNING FORUM-MH 10:30

**WILDERNESS: MEANING and VALUE** presented by Richard Popchak, a veteran executive officer of the Ventana Wilderness Alliance. The Alliance is a nationally recognized group of volunteers, dedicated to protecting the 270,000 acres of wilderness in Monterey county and around the country. Rich will describe the Alliance's effective work in the recent Soberanes fire. Current risks and prevention practices will also be described. A question and answer session will be provided.



## UBER

has come to the Manor

For those of you unfamiliar with Uber, it is a car service not unlike a taxi, only cheaper. Some of us have Uber apps on our phones. If you do not have the app, and need a ride, the Manor can help. Using Uber at the Manor has the same rules as Manor transportation. Going to the doctor or to church is free. If you need a ride after 3:30 (the Manor's latest trip), they will call Uber for you. If you need a ride on Sunday after church, Uber can provide. If the trip is not medical or church, the bill will appear on your statement. You can call the desk for your pick up. They will tell you what the car will look like. You must call the desk when you are ready to return and tell them where you need to be picked up. Uber is very efficient and provides excellent service.

Kay Enbom

## WHAT I OWE THE SUN

I saw the sun  
Saffron itself  
Down in the western sky,  
Through the trees  
Just above the sea,  
And realized it had warmed me.  
Chagrined by its orange goodbye  
I kneel in obeisance,  
Praying it to come again.  
Why have I not worshipped  
This sun all my life?  
Why have I allowed my self  
To be weaned to other gods  
Away from what all ancients knew?  
And how can I repay  
For even one day  
Of its life-giving warmth?

George Wilson

## Happy Birthday

2/9	Helen L.	2/20	Virginia V.
2/18	Lari N.	2/21	Gene B.
2/18	Lorraine S.	2/22	Jorgen C.
2/19	Ingrid A.		



## ONGOING ACTIVITIES

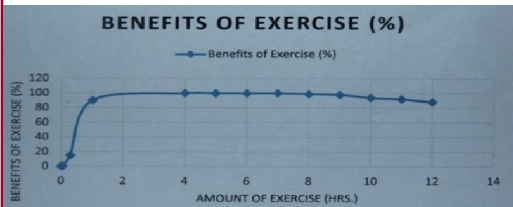
See also *Master Schedule of Ongoing Activities*  
(C 10,11 Residents' Handbook)

<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		Games GR	7:00PM
	Dominoes GR	7:15PM	<b>FRI</b>	Chair Exercise MH	8:30-8:45AM
<b>TUES</b>	Chair Exercise MH	8:30-8:45AM		Balance and Stretch MH	9:15-9:45AM
	Council Meeting (2nd) CR	9:30AM		Strength Circuit Training FC	11:00-11:45AM
	Adv. Water Exercise SP	9:30-10:15AM		Bookmobile	12:45-1:15PM
	Worship Services (1st) H	10:30AM		(Every other Friday from January 26)	
	Communion Service (3rd) HC	10:30AM		Lawn Bowling PG	1:15-3:15PM
	Lawn Bowling PG	1:15-3:15PM		Social Bridge GR	7:15PM
	Sing For Fun (1st & 3rd) WP	2:30PM	<b>SAT</b>	Chair Exercise MH	8:30-8:45AM
	Music In The Library L	7:15PM		Adv. Water Exercise SP	9:30-10:15AM
<b>WED</b>	Chair Exercise MH	8:30-8:45AM		Putting (2nd) PG	10-11:30AM
	Balance and Stretch MH	9:15-9:45AM		Wine Dinner Group PDR	5:30PM
	Advanced Exercise MH	11:00-11:45AM		Music on the Menu DR.	6:00-7:00PM
	Strength Circuit Training FC	11:00-11:45AM		(Every other Saturday from January 27)	
	Communion Service (2nd) WP	11:15AM	<b>SUN</b>	Classic Movie MH	1:30PM
	Movie Night MH	7:15PM			

### 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	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	

## Your Best Friend: The J Curve



plines will see that I have inverted it. The inversion I use is applicable to exercise, as I will try to explain. "If Exercise were a Medicine, we would all take it." That is the mantra of physicians and physical therapists. I believe it to be true for most of the problems over which we have control: excess weight, cardiovascular fitness, more regular bowel action, mental health; you name it, and chances are that exercise was the first "lifestyle" modification that you were given by your therapist.

However, like any medicine, there are caveats, and these need to be discussed. First, there is good news: what the curve says is that the first activity that someone participates in, even for a few minutes a day, brings benefits. What one does is far less important than just doing it. One person bikes, another runs, another swims, another skis. Exercise is best when it fits the individual who is doing it. One size does NOT fit

Those of you who know the quote "J Curve" from Finance and other disci-

all, and that is the most important point I would like to make.

Exercise should be something you don't mind doing, or you won't do it. Notice I didn't say that you must LIKE doing exercises, just that they must be something that you take the time to do. (If you do like running or bicycling or hiking or skiing, so much the better).

As we age, we must reconsider what exercises we are doing and how much. In particular, the older one gets and the longer one has been away from a particular exercise, the more cautious should be one's approach. Getting your heart rate up to 136 may be good if you are 35 and bike to that level most days, but if you are 75 and have just recommenced biking (or cross country skiing), you should be more cautious; the suggested "heart rates" one sees on graphs were not designed for the over 70 age group. If you are over 65 or 70 and are starting a new more vigorous exercise program, you should probably seek the help and advice of your physician and a therapist before you begin. We are fortunate at the Manor that we have a staff willing and able to guide you. So: get up and get going!

Mel Britton

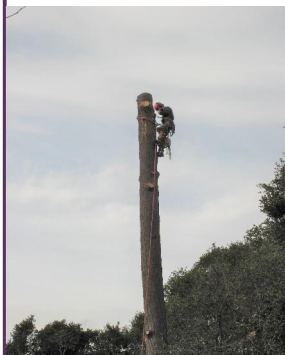
## THE TREE COMES DOWN!



First Daniel removed the small limbs for ease of operation.



Now for the big limbs; the direction of the wedge cut determines the direction that the limb falls



Back to the top, removing sections at a time. Sawing the huge stump into smaller sections



The limbs, bits, and pieces go into the shredder and come out sawdust.



Sawing the huge stump into smaller sections

*Lee Chambers*



**Martha Lynn**

Martha's most interesting time in her life was spent working at the Los Angeles Art Museum. Her focus was 20<sup>th</sup> century decorative arts. When approaching a prospective donor, she emphasized that the gift would be preserved

in perpetuity. It was easy to say "yes" to a donor and very difficult to say "no." Although Martha has a PhD in art history, there is no specific training for decorative arts. You teach yourself, you learn from others in the field, you learn from dealers, and you have an "eye" for the genre. Obviously Martha did.

Martha was born and raised in Marin. She attended Berkeley and USC. In her early career she was project manager for Charles Schwab. When they were planning an office in London, she suggested putting it near Harrods, the famous department store. More walk-ins that way.

By the early '90s' museums began to change from a dilettante activity to a professional activity. Martha worked at the LA Art Museum for sixteen years. She started her professional career in her 30's. She has written seven art books and a number of essays. Her writings have been primarily for museums or academics.

She moved to Carmel Highlands in 2000. She is on the Steinbeck Board, the Monterey Museum of Art Board, the Carmel public library Foundation, and the art committee at CSUMB. She is working on how to bring the Carmel library into the modern tech era. She likes to read, and she stays up with the local art community.

Please welcome Martha to the Manor. She is a very interesting person.

*Kay Enbom*

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