



ACCENTS

FORTNIGHTLY PUBLICATION — MAY 18 – 31, 2018

MEMORIAL DAY

Monday, May 28

We will honor our veterans with music and flags and poetry done by
Manor residents
and our local Girl Scouts from Troop 30610.

Then it's time for root beer floats and watermelon with a buffet in the
dining room.

So put on your red, white, and blue, and join us!

- | | |
|-------|--|
| 9:15 | Putting contest |
| 10:30 | Troop 30610 will bring in the colors with Otto playing his trumpet |
| | The pledge of allegiance |
| | The National Anthem |
| | Poem "Just a Common Soldier" |
| | The Sing for Fun group singing: |
| | <i>Down by the Riverside</i> |
| | <i>Let There be Peace on Earth</i> |
| 12:00 | Lunch with the Girl Scouts and their leaders |
| 1:15 | Bridge in the Game Room |
| 3:30 | Movie: "The Post" |

EVENTS

SUN MAY 20 MOVIE – 1:30 – MH

A Chorus Line. A backstage musical that celebrates the lives and hard times of the dancers who show up for try-outs for Broadway.

SUN MAY 20 DAYTRIPPERS GO TO LA DOLCE VITA – 4:45

Your choice of delicious Italian food from the menu. Street Level entrance for the dining room as well as upper level patio. Bring cash or credit card for your separate check. Please sign up on BB; we need at least 15 to make it happen. Questions? Call Lari or Jane Upp.

WED MAY 23 MOVIE – 7:15 – MH

Call Me By Your Name. A visually stunning coming of age story of first love. Set in beautiful Northern Italy.

THUR MAY 24 HALF-FAST WALKERS PLAN TO WALK – 9

Lovers' Point to Lighthouse. Mel Blevins will lead. Sign up on the BB.

SUN MAY 27 MOVIE – 1:30 – MH

Annie Get Your Gun. A musical tale of the life of Annie Oakley who meets her match in the form of an ace gunslinger.

MON MAY 28 MEMORIAL DAY MOVIE – 3:30 – MH

The Post. A pair of Washington Post employees battle the Federal government over their right to publish the Pentagon Papers. Stars Meryl Streep and Tom Hanks.

TUES MAY 29 MONDAY MORNING FORUM – 10:30 – MH

Ben Heinrich will present "Chasing Water," The Carmel River: How It Beckoned the Pioneers and Shaped This Region. Ben will take us through historic events, from the Esselen Indians to the Spanish discoveries and the more recent influence of Charles Crocker and S.F.B. Morse. "Chasing Water" looks at the Rio Carmelo, who controlled it and how it shaped the Monterey Peninsula.

WED MAY 30 HEALTH ADVISORY COMMITTEE – 10:30 – MH

Dr. Robert Gardener, an Interventional Radiologist from CHOMP will discuss "Code Stroke," a new E.R. code relating to our increasing realization that time is of the essence if someone is having a stroke, and that two hours are critical for Thrombectomy after the stroke occurs.

WED MAY 30 MOVIE – 7:15 – MH

The Man Who Invented Christmas. Tells the story that led to Charles Dickens' creation of "A Christmas Carol." A timeless tale that redefined Christmas.

THUR MAY 31 HALF-FAST WALKERS PLAN TO WALK – 9

South Bank. Easy/moderate. Kay Enbom will lead. Sign up on the BB.

NEW/SOON-TO-BE RESIDENTS

Claude "Skip" & Joan Keyzers	Susan Nycum
Selma Petker	Tom and Sue Masters
Charles and Leslie Snorf	John and Ann Mahoney
Diane Greenlee	Bruce and Harriet Newell

UPCOMING EVENTS

SUN JUN 3 SUPPER – 3 pm BUS DEPARTURE

Historic Holman Ranch, Carmel Valley Village

Tour the 400 acre ranch, visit wine caves, and meet owners Tom and Susan Lowder. Catered sit-down wine dinner at the winery: grilled local vegetables, Salmon, beef tenderloin, and Holman Ranch wines. \$25 per person. Checks to CVMRCDT one week prior.

Recycle, Part 2



After a trip to the Waste Management site, I have a few other things to add about recycling. First, the tour was most interesting. Before we entered their new, 25 million dollar sorting structure, someone noticed that there were no seagulls flying about. That was surprising. Our guide explained that they employed a falconer, and the falcon did an excellent job of keeping the gulls away. They also had three occupied owl houses to keep the vermin population under control.

In terms of recycling, I found out some new things that we should know for our personal disposal issues. Because they are now composting food waste along with yard waste, some things have changed. You may have noticed that some areas in the Pavillion have blue wastebaskets with the recycle symbol on them. You should have them in your housing area. These are for paper, plastic bottles (such as a water bottle), tubs with a triangle on the bottom, glass bottles, cans, cardboard, plastic bags tied up in a plastic bag, and aluminum foil. Now that they are composting, do NOT put cups from the coffee machine or the "clam shells" that we get take out in, into the recycling. Put them in the trash. Any stretchy plastic (Saran Wrap) goes in the trash.

Do not put hazardous materials in either trash or recycling. These include nail polish remover, pesticides, bug spray, paint cans, oil, and oil filters, etc. You can call 1-800-CLEANUP to find a disposal center near us.

The new composting unit came to WM from Germany. It can compost a load in 20 days. It would normally take years. Between the Methane produced from composting, and Methane from the landfill, they power the entire operation and have some left to sell to the power company. They employ about 120 people. We should be grateful for this forward thinking enterprise. Near the beginning of the 20th century, they were still dumping all the waste into Monterey Bay.

Kay Enbom

Happy Birthday

5/27	Shirely R.	5/30	Ruth R.
5/28	Madeleine W.	5/31	Charlie B.
5/28	Kay E.	5/31	Hersch L.

Welcome To Our Private Residents' Website

A MESSAGE FROM AD HOC WEBSITE COMMITTEE

As many of you know through the Residents' Council Minutes and word of mouth, we, the Ad Hoc Website Committee, have been working on the development of a website for the exclusive use of our residents. We realize that not all residents have iPads, laptops, etc. or are interested in connecting to the Internet to view an up to the minute Residents' Photo Album or a Manor Calendar, but there are approximately 170 CVM residents with an email address, so we believe that's enough of a "quorum" to make our efforts worthwhile. Besides, the baby boomers are coming, and they are going to demand such things as a Residents' Website. We'd better be ready.

Before we go any further, let's be clear on a couple of important issues:

1. Our website will not replace anything you are already familiar with. The Bulletin Board will still stay exactly as it is in the Pavilion hallway, the printed Residents Photo Album will still be available once a year, and so on. Our site will merely be in addition to those things we already have and will enhance many of them. If you never look at our site, your life can go on unchanged.
2. Our website will be a private one, accessible only to CVM residents through a secure password. Our website will not be searchable on Google. It will only be accessible by those who know the website address and enter it directly into their address bar or have bookmarked it as a favorite site.
3. We are working hard to keep our website simple, and we will be eager to help you learn how to use our new website. We are planning a series of meetings in the Conference Rooms to demonstrate the website and to answer any and all of the questions you may have about it once it is launched.

We hope to launch our site by the end of May or early June. We'll launch a good site, but not the ultimate site because it will take time to organize and build some elements, for instance the calendar. The residents have never had an all-encompassing calendar, so it will take a while to get all who schedule

activities to develop the habit of getting their activities on the calendar. Once it is routine for Committee Chairs, Department Heads, and others to post their activities on the calendar, the calendar will be a wonderful resource for all CVM residents.



Here is an idea of the pages we intend to have on your CVM Residents' Website.

Notices: *i.e.*, I have two 49ers tickets for Sunday free for anyone who can use them, call ----

Bulletin Board: a copy of most of what's in the hallway

Menus: hopefully with an easy search link that will define each of those foreign terms

Telephone Directory: will be updated the day new residents move in

Residents Photo Album: will be updated the day new residents move in

Staff Photo Album: at least most of the staff with whom we have contact

New Residents Welcoming Page: with photo, bio, phone number, address

Campus Map and a Detailed Pavilion Floor Plan: ever have trouble telling someone how to find the Beauty Shop?

Committee Pages: for the committees requiring advertisements

And More, Including Pages You Suggest

We hope all of this looks good to you. We also hope you will be willing to join us in working on the project. There are only five of us, and there's a great deal of start-up work to do. If you would like to join us, or if you have ideas for additional web pages, just let one us know with a message in our Manor mailbox or by any other means. Thank you.

Ad Hoc Website Committee

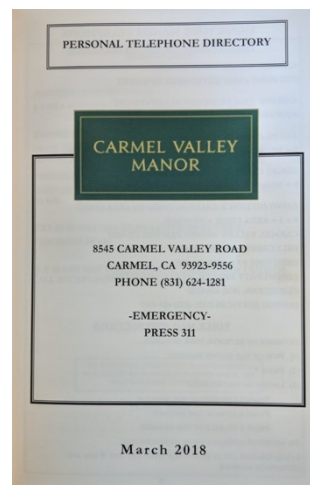
Mary Seiersen

Gene Blattman

Murray Yeomans, Chair

Mary Todd

Rob Cooper



WE NEED A FEW GOOD MEN AND WOMEN

If you like what you see about our Residents' Website and believe you will get benefit and enjoyment out of it, then how about signing up to help others get benefit and enjoyment out of it. You don't have to be a technical wizard to help your neighbor learn to type in our website address to their address bar or to bookmark that address to their favorites. You'll look like a wizard to them, and they'll be forever grateful. We need people who know Macs as well as those who know the Window format. We can teach you everything you'll need to know to help others, but we can't teach you if you don't sign up to volunteer as Website Tutor. Please help us. Please help your neighbors. Each time you get some benefit and/or enjoyment for our Residents' Website, you'll think to yourself, I helped others get this same joy.

To sign up to be a Website Tutor, just send an email to carmelgolfer@hotmail.com.

Thank You!

Murray Yeomans, Chair

ONGOING ACTIVITIES

See also *Master Schedule of Ongoing Activities*

(C 10,11 Residents' Handbook)

MON	Chair Exercise MH	8:30-8:45AM	THUR	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	FRI	Chair Exercise MH	8:30-8:45AM
TUES	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 May 18)	
	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	SAT	Chair Exercise MH	8:30-8:45AM
WED	Chair Exercise MH	8:30-8:45AM		Putting (2nd) PG	10-11:30AM
	Balance and Stretch MH	9:15-9:45AM		Wine Dinner Group (2nd) 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 May 19)	
	Communion Service (2nd) WP	11:15AM	SUN	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	

LIBRARY NOTES

Books Selected for June 2018

Fiction

WARLIGHT***

THE OVERSTORY

THE ESCAPE ARTIST*

MUNICH*

Michael Ondaatje

Richard Powers

Brad Meltzer

Robert Harris

Mystery

I'VE GOT MY EYES ON YOU**

Mary Higgins Clark

THE TWISTED PREY

John Sandford

THE CUTTING EDGE

Jeffery Deaver

Biography/Autobiography

BUNNY MELLON: The Life of an

American-Style Legend*

Meryl Gordon

ENDURANCE*

Scott Kelly

U. S. History

WORLD ORDER*

Henry Kissinger

Politics

FIRE & FURY: Inside the Trump

White House*

Michael Wolff

Classics

COLLECTED POEMS OF EMILY

DICKINSON*

Juvenile:

THE STORY OF BARBAR*

Jean de Brunhoff

SWAN*

Mary Oliver

RED BIRD*

Mary Oliver

*Donated **MacCullough Fund ***Wagner Fund

New DVDs Chosen for June 2018

THE INSULT

THE NIGHT OF

WIND RIVER

THE IRISH REBELLION

LAST FLAG FLYING



IT'S AN EMERGENCY!!

How many of you know what number to call for emergency help from the Health Center? You won't find it in the body of the phone book. It is at the bottom on the back. The number is **311**. You might want to get a Post - It and put the number on your phone.



Selma Petker

It was coming: a dark and stormy night. More than a dark and stormy night! A hurricane. Irma was predicted to arrive in Naples, Florida, Sept. 17, 2017. Selma Petker, a resident of Naples, did not want to stay and watch it come. She made a reservation on Jet Blue to leave three days before. But Jet Blue canceled the flight at the last minute. What to do? Selma says that Collier County has strict codes so she felt that a friend's highrise condo in Naples would be the place to ride out the storm. It was particularly frightening at night, but the building survived and so did Selma. Returning to her home the next day, there was no electricity, no gas, water had to be boiled, and flushing seldom. So what did she do? Her daughter and son-in-law who live in Carmel told her to come to sunny and cool California. So she came for a few weeks, looked around (and at us) and decided this was the place to live.

After 18 years living in Naples, no more hurricanes, no more hot humidity. California was the answer. "The weather here is just perfect." She sold her house after the first open house to another Floridian who loved her courtyard and orchids. Saturday, the 28th of April, she moved into 6E. She loves it. Selma Shilkoff Petker was born in New York City. She graduated from Brandeis with a degree in Psychology. At Brandeis she and a group of friends went to hear El-

eanor Roosevelt speak. This speech was Selma's impetus to go into a career as a Social Worker and Community Family Therapist. She became good friends with Ann, a co-worker. They became such good friends that Ann gave her wedding dress to Selma when she married her Electrical Engineer boyfriend. Ann now lives in Pebble Beach, and she and Selma are looking forward to growing old together after so many nice memories of being young together.

Selma and her husband moved to Larchmont in Westchester County in the 60's with their two children (the daughter now in Carmel and son in Hong Kong) because of the riots and unrest at that time. They had a sail boat and spent every week-end boating and loving it. With their two-year-old son, they sailed up the East and Connecticut Rivers to Mystic, Connecticut.

Selma's husband retired three times; he had a constant work ethic. From his electrical engineering work at IBM he went into the Real Estate and Construction Division. When Selma downsized after he passed away, she found at least 50 lightbulbs to dispose of.

Selma's hobbies, besides boating, include being a leader of a garden group and organizing tours to local gorgeous gardens. She busies herself reading the New York Times and New Yorker magazine; she writes, does photography, and loves music. (If anyone has an extra ticket to the symphony this year, she is a possibility to want it). She was a swimmer but wanted to be better, so at age 70 she took swimming lessons until she could do 14 laps to her heart's content (with a rest between...now and then.) She has joined the Carmel Foundation, and you will see her in our fitness room as she intends to keep in good shape. As a therapist she knows what is good therapy, and I am sure she would impart her knowledge to any who ask.

With that twinkle in her eyes and her friendly smile, we welcome Selma and are glad she has joined our "campus family."

Jane Upp

PUBLICATION STAFF

ACCENTS is published by and for the residents of Carmel Valley Manor, a Life-Care Community at 8545 Carmel Valley Road, Carmel, CA 93923.

Editor: Kay Enbom
jkenbom@yahoo.com

Publisher: Celina Manzanarez

Proofreader: Arden Hoppe

Photographers: Lee Chambers
Will Furman

Contributors: Kay Enbom
Lynn Kern
Jane Upp
Murry Yeomans

Information regarding the Manor can be obtained from
WWW.CYMANOR.COM
or from the Director of Admissions, Angie Machado,
(831) 626-4867 or (800) 544-5546

ADDRESS SERVICE REQUESTED