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FORTNIGHTLY PUBLICATION - MAY 14 - 27, 2021

A BACKGROUND LOOK AT MOTHER'S DAY 2021



"A mother is the truest friend we have, when trials heavy and sudden fall upon us; when adversity takes the place of prosperity; when friends desert us; when trouble thickens around us, still will she cling to us, and endeavor by her kind precepts and counsels to dissipate the clouds of darkness, and cause peace to return to our hearts."

-Washington Irving

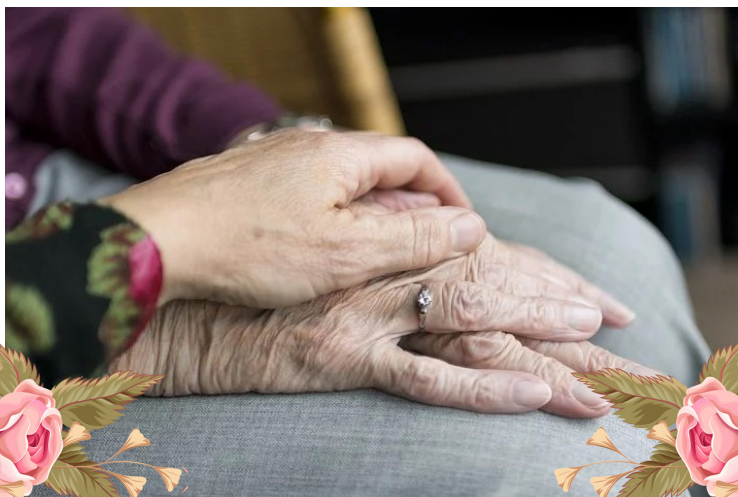
A mother is someone who dreams great dreams for you, but then she lets you chase the dreams you have for yourself and loves you just the same.

www.wow4u.com

My mother's love has always been a sustaining force for our family, and one of my greatest joys is seeing her integrity, her compassion, her intelligence reflected in my daughters.

www.wow4u.com

Michelle Obama



EVENTS

THU MAY 20 DELIGHTFUL WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **MONTEREY STATE BEACH**. Marty Wiskoff will lead. See Details and sign up on Bulletin Board.

THU MAY 27 TERRIFIC WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **MITTELDORF PRESERVE**. Mike Smith will lead. See Details and sign up on Bulletin Board.

THOMAS HOUT KICKS OFF CVM FORUM SPEAKER SERIES Tuesday, May 24, 10:30am, Meeting House



Following a fifteen month hiatus, the Carmel Valley Manor Forum (formerly Monday Morning Forum) Committee is pleased to announce the resumption of the popular speaker series. Appearing in the Meeting House, one of our own, Resident Thomas Hout has kindly agreed to speak on the topic, "The New Cold War between the U.S. and China." As most of you know, Tom brings the value of a thirty year career with the Boston Consulting Group, half of which based in major Asian cities. He has also spent eighteen years teaching at the University of Hong Kong and The Fletcher School of Law and Diplomacy at Tufts University. Tom's publishing career has included two books, ten major articles, and a dozen op-ed pieces in the Wall Street Journal and New York Times. Most recently he has authored an article relating to today's topic in a Beijing newspaper. This topic addresses an existential relationship for our country and every citizen, as it impacts each one of us in our daily lives. Trade deficits do matter, not only to businesses but to consumers. How can the US Government act to more effectively channel the strengths of our economy?

NEW/SOON-TO-BE RESIDENTS

Victor & Marilyn Wykoff
Beverly Hamilton

James & Betty Kasson
Roberta Bialek-Elliott

HAPPY BIRTHDAY

5/14
5/16
5/22

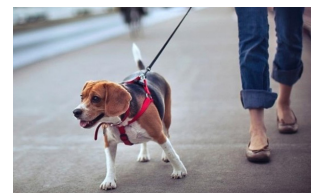
Gayle H.
Larry R.
Emily N.

5/25
5/27

Laura P.
Shirley R.

IMPORTANT NOTICE

CANINE & HUMAN pedestrians ask that auto drivers take it easy as they drive through the Manor's roads, keeping in mind that the roads are narrow, filled with parked cars and a variety of commercial vehicles which add to the danger of hitting either a canine or a human. We ask you to please slow down to avoid an accident. **THANK YOU INDEED...** On behalf of canines and their caregivers.



LIBRARY NOTES

BOOKS CHOSEN FOR MAY 2021

Fiction

THE SOUL OF A WOMAN

Isabel Allende

KLARA AND THE SUN

Kazuo Ishiguro

HOW BEAUTIFUL WE WERE

Imbolo Mbue

ALL THE WAYS WE SAID GOODBYE*

Beatriz Williams/Lauren Willig/Karen White

THOSE WHO ARE SAVED*

Alexis Landau

THE ISLAND OF SEA WOMEN*

Lisa See

THE SENTINEL*

Lee Child/Andrew Child

SLOUCHING TOWARD BETHLEHEM

(Essays)

Joan Didion

Mystery

TRANSIENT DESIRES

Donna Leon

THE ROSE CODE

Kate Quinn

DARK SKY

C. J. Box

THE LAW OF INNOCENCE

Michael Connelly

NOT DARK YET *

Peter Robinson

EDDIE'S BOY*

Thomas Perry

BEFORE SHE DISAPPEARED*

Lisa Gardner

Economics

FULFILLMENT: Winning & Losing in One-Click America

Alec MacGillis

*Donation**MacCullough Fund***Wagner Fund

BIWEEKLY Dinner Dances AT THE MANOR



FRIDAY, MAY 21 6PM-7:30PM

with pianist Rick Yramategui... recurring every other Friday evening

**slower tempo and lower volume to accommodate diners for first 45 minutes; then music tempo picks up with selected pieces

**in these first evenings a limit of three couples wearing masks on the dance floor. Dancers may want to sit as close to the dance floor as possible.

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
	Balance with Matt Video MH	8:45-9:00AM		Balance with Matt Video MH	8:45-9:00AM
	Monday Morning Forum (4th) MH	10:30AM		Morning Group Exercise PG	9:00-9:20AM
	Water Aerobics SP	9:30-10:30AM		Half-Fast Walkers Chapel	9:00AM
	Advanced Group Exercise MH	11:00-11:45AM		Water Aerobics SP	9:30-10:30AM
	Duplicate Bridge GR	1:00PM		Rummikub GR	12:45PM
TUES	Chair Exercise MH	8:30-8:45AM	FRI	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM		Balance with Matt Video MH	8:45-9:00AM
	Morning Group Exercise PG	9:00-9:20AM		Morning Group Exercise PG	9:00-9:20AM
	Council Meeting (2nd) CR	9:30AM		Advanced Group Exercise MH	11:00-11:45AM
	Water Aerobics SP	9:30-10:30AM		Lawn Bowling PG	1:15-3:15PM
	Chair Yoga MH	11:00-11:30AM		Mah Jongg GR	1:30-3:30PM
	Sing For Fun WP	1:00PM	SAT	Chair Exercise MH	8:30-8:45AM
	Lawn Bowling PG	1:15-3:15PM		Balance with Matt Video MH	8:45-9:00AM
	Mah Jongg GR	1:30-3:30PM		Morning Group Exercise PG	9:00-9:20AM
	Traditional Yoga MH	3:15PM		Water Aerobics SP	9:30-10:30AM
WED	Chair Exercise MH	8:30-8:45AM		Putting (2nd) PG	10:00-11:30AM
	Balance with Matt Video MH	8:45-9:00AM	SUN	Movie MH	1:30PM
	Morning Group Exercise PG	9:00-9:20AM			
	Water Aerobics SP	9:30-10:30AM			
	Advanced Group Exercise MH	11:00-11:45AM			
	Wheelchair & Walker Wash Dock	12:30-1:30PM			
	Dominoes GR	7:15-8:30PM			

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		

THE CARE AND FEEDING OF THE OFFSHORE CREW



Laine McDaniel

We're at day #12 aboard CAPELLA, enroute from Bora Bora to Hilo. I made an early announcement that tonight is PIZZA NIGHT so spirits are running high as are the seas. On board are time-tested friends, Len Fiock and Gene Olich, my husband, Laine and me. Need I point out that I am the chief cook and bottlewasher?

Len, Gene and Laine

shared interlocking careers with GE's Nuclear Energy Division in San Jose. They also have sailed together for decades between the San Juan Islands and Newport and of course San Francisco Bay on boats with whimsical names like TOO YOUNG TO, GALATEA, CAPELLA

the ketch and CAPELLA the cutter. Neither man has a Transderm dependency, and their spirits are consistently ebullient. During this passage Gene has coined the term "toe tanning time" to describe life spent in the cockpit.

I am quite pleased with the recipe for pizza dough which I found in Lin Pardey's book "The Care and Feeding of the Offshore Crew". It is authentic in that it uses yeast, but Lin says forget about the kneading...in the tropics it will rise all by itself...and she's right! Twelve days at sea so fresh produce is scarce, but there are always onions, and I have pepperoni and cheese and make up a prizewinning sauce from a can doctored up with herbs and spices. Darn...it's going to be good!

Having tested the recipe on a number of occasions, my routine is to use a rectangular cookie sheet on top of the gimbaled stove where I do my assembly. The galley is to port and just forward of the companionway so I can participate in conversation from the cockpit as the cocktail hour commences. From the get-go this passage has been characterized by big following seas.

Continue on page 4.

Every 3 or 4-hour watch (we're using the Swedish watch system) is a real workout to stay on course because our Autopilot (made by Trimble Navigation in Milpitas) failed at about 18 hours at sea. It has sputtered to life once or twice, though not recently. It is defunct.

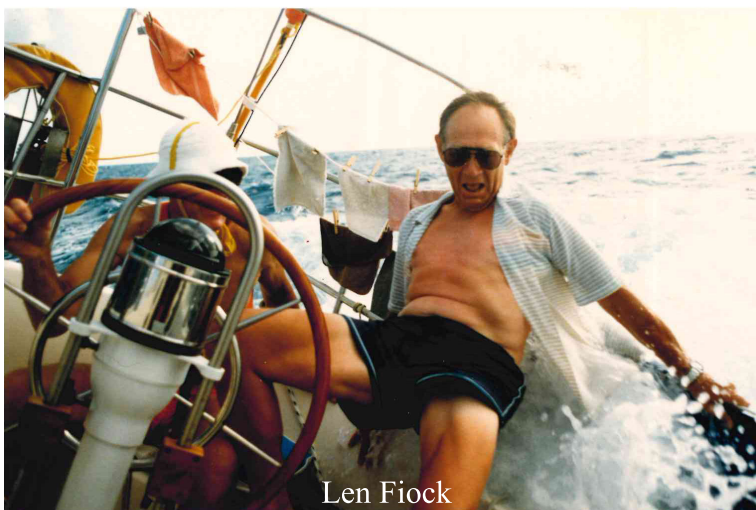
So, as I complete my creation, dough and soupy topping in place, a single rogue wave pounds and lifts the port stern. The sound resonates throughout the hull, and my pizza topping slurps to the cabin sole at the base of the companionway. It is important, dear reader, that you understand that a crew of four has been at sea for twelve days. The companionway provides passage to the cockpit, and it gets a lot of foot traffic as does the cabin sole. Understand also if you will that housekeeping is quite low on the list of priorities during a long passage. First and foremost, there is precious little fresh water with which to accomplish housekeeping. Knowing these two facts, one can conclude that my pizza topping essentially slurped into a gutter.

Understanding this as I do, my response is a sudden burst of tears and a hasty retreat to the head. It just isn't fair! How much time I spent in the head I cannot recall, but when I return to the main cabin, I hear happy conversation coming from the cockpit and see no evidence of the slurp. Slipping close to the oven, I smell the aroma of pizza. The galley itself is calm and quiet... no evidence of mess in the least.

Only later do I understand that Len and Gene, as if joined at the hip, bolted down the companionway when they recognized the crisis. Together they captured the slurp on the cabin sole. Using some technique that is beyond my skills level, they return and restrain the slurp on the receptive dough and secure the pan in the oven.

I slowly ease my way up into the cockpit, not unlike rejoining the family circle after my temper tantrum at age 3 when I was not allowed to go to the hospital to pick up my new baby sister. Behaving like an ass is no different at age 3 or age 40. The stalwart crew accepts me without comment, and I join the cocktail hour. Dinner is uneventful though exuberant with all hands agreeing repeatedly that we have never eaten such good pizza.

For years thereafter at any dinner or cocktail party Len, Gene or both would slip up to me and softly ask in my ear "Had any good pizza lately?" Raucous laughter to follow.



Len Fiock

POSTSCRIPT...my dear husband loyally recorded the evening menu for each day of the 20-day passage. On day 21 in Hilo his note in the ship's log is: "Japanese restaurant for nice dinner! & Dairy Queen".

Janet McDaniel
Transderm = medication for seasickness
Cabin sole = floor of cabin
March 17, 2011

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.

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