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FORTNIGHTLY PUBLICATION - JUNE 11 - 24, 2021

THE MAYONNAISE JAR & 2 CUPS OF COFFEE

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee. A professor stood before his philosophy class with some items in front of him. He wordlessly picked up a very large and empty mayonnaise jar and filled it with golf balls. He asked the students if the jar was full, and they agreed it was. He then picked up a box of pebbles and poured them into the jar. He shook the jar, and the pebbles rolled into the spaces between the golf balls. Again he asked the students if the jar was full, and they agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up the remaining space. He asked if the jar was full, and the students responded with a unanimous "yes." The professor then produced two cups of coffee from under the desk and poured the entire contents into the jar, filling it completely.

"Now," said the professor, "I want you to recognize that this jar represents your life. The golf balls are the important things—your family, your children, your health, your friends, and your favorite passions. If everything else was lost and only they remained, your life would still be full. The pebbles are other things that matter, like your job, your house, and your car. The sand is everything else—the small stuff. If you put the sand into the jar first, there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on small stuff, you will never have time for the things that are really important. Pay attention to the things that are critical to your happiness. Play with your children. Get medical checkups. Take your spouse out to dinner. Play another 18 holes. There will always be time to clean the house and fix the disposal. Take care of the golf balls first—the things that matter. Set your priorities. The rest is just sand."

One student raised her hand and asked what the coffee represented. The professor smiled and said, "I'm glad you asked. It just shows that no matter how full your life may seem, there is always room for a couple of cups of coffee with a friend."

Contributed by Lois Kettel

Professor and Former Astronaut Jim Newman to Speak at Manor Forum June 28



"Reflections on human spaceflight and philosophical discussions: reminiscences, why 'Single Planet Species Don't Survive,' and why we should go back to the Moon and on to Mars." That's our exciting topic for the Manor Forum on Monday, June 28 at 10:30 am in the Meeting House.

Our speaker, Dr. Jim Newman is Professor and Chair of the Space Systems Academic Group at the Naval Postgraduate School and former civilian astronaut. As an astronaut, Jim flew on four spaceflight missions including the famous Hubble Telescope servicing mission (STS 109). He served four years as the director of NASA's Human Spaceflight Program in Moscow. (Jim is in one of the two space suits in the picture.)



At the Naval Postgraduate School, Jim directs pre-eminent graduate Space Systems Engineering and Space Systems Operations curricula to support our national defense. Prior to his current position, he was the Acting Provost of NPS, the senior academic officer of the school.

Jim is a superb speaker who is exceptionally well-qualified to challenge us on this important topic.

Dave Nee

EVENTS

THU JUN 17 WONDERFUL LOCAL WALK

9:00AM (AT CHAPEL)

Walkers will depart for **MISSION TRAIL NATURE PRESERVE**. Al & Jerian Crosby will lead. See Details and sign up on Bulletin Board.

THU JUN 24 MAGNIFICENT WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **GLEN DEVEN**. Bruce Newell will lead. See Details and sign up on Bulletin Board.

Memorial Day Putting Contest Winners



Lowest Putting scores: Carol Poole 33, Ken Johnson 35. Long putt closest to pin: Sue Blois 18 inches, Russ Haisley 29 inches.



LIBRARY NOTES

Books Selected for June 2021

Our Own (Photography)

ABOUT FACE*

Jean Brenner

Fiction

THE WORLD AND THEN SOME

Sharon Randall

THE NICKEL BOYS*

Colson Whitehead

ARSENIC AND ADOBO*

Mia Manansala

Mystery

DEAD LAND*

Sara Paretsky

RED WIDOW

Alma Katsu

Biography

EVERY DAY IS A GIFT

Amy Duckworth

THE 12 LIVES OF ALFRED

HITCHCOCK

Edward White

DAYS IN THE CAUCASUS*

Banine

U. S. History

THIS IS HOW THEY TELL ME THE

WORLD ENDS*

Nicole Perlrot

Health

THE PREMONITION

Michael Lewis

Art

PEBBLE BEACHSCAPES*

Van Megert

*Donation

**MacCullough Fund

***Wagner Fund

The Neighbor for Neighbor Committee

This new committee has been approved by the Residents' Council.

The members of this committee will provide temporary/short term assistance with small, but needed items; such as, walking a dog, picking up items at the grocery store or pharmacy etc. If you need this kind of help call Carol Poole 4540



NEW/SOON-TO-BE RESIDENTS

Victor & Marilyn Wykoff
Beverly Hamilton

James & Betty Kasson
Roberta Bialek-Elliott

HAPPY BIRTHDAY

6/11

Mary B.

6/16

Monty H.

6/19

Jean B.

6/19

Dave N.

6/20

Wendy P.

6/23

Connie R.

6/26

Bob R.

6/22

Charlotte N.

6/24

Margaret D.

IN MEMORIAM

6/2 Patricia Maurer

ONGOING ACTIVITIES

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

MON	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM
	Monday Morning Forum (4th) MH	10:30AM
	Water Aerobics SP	9:30-10:30AM
	Advanced Group Exercise MH	11:00-11:45AM
	Duplicate Bridge GR	1:00PM
TUES	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM
	Morning Group Exercise PG	9:00-9:20AM
	Council Meeting (2nd) CR	9:30AM
	Water Aerobics SP	9:30-10:30AM
	Chair Yoga MH	11:00-11:30AM
	Sing For Fun WP	1:00PM
	Lawn Bowling PG	1:15-3:15PM
	Mah Jongg GR	1:30-3:30PM
	Traditional Yoga MH	3:15PM
WED	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM
	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
	Sing for Fun MH (1st, 2nd, 3rd)	1:30-2:30PM
	Dominoes GR	7:15-8:30PM

THUR	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM
	Morning Group Exercise PG	9:00-9:20AM
	Half-Fast Walkers Chapel	9:00AM
	Water Aerobics SP	9:30-10:30AM
	Rummikub GR	12:45PM
	Low Stakes Poker GR	2:00PM
	Traditional Yoga MH	3:15PM
FRI	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM
	Morning Group Exercise PG	9:00-9:20AM
	Advanced Group Exercise MH	11:00-11:45AM
	Lawn Bowling PG	1:15-3:15PM
	Mah Jongg GR	1:30-3:30PM
SAT	Chair Exercise MH	8:30-8:45AM
	Balance with Matt Video MH	8:45-9:00AM
	Morning Group Exercise PG	9:00-9:20AM
	Water Aerobics SP	9:30-10:30AM
	Putting (2nd) PG	10:00-11:30AM
SUN	Movie MH	1:30PM

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 UNINVITED GUEST

Not long ago our friend Jack opened the kitchen door to leave our house and almost stepped on a small, confused snake.

"Hang on a minute," the little snake said, "I'm new at this." The snake lowered his head and did something odd with his tail as if trying to shake it. Then he raised his head again and drew it back. "Does that scare you?" he asked Jack. "It's supposed to." At this point Jack realized he'd almost stepped on a very young rattlesnake.

The thing about young rattlers is that they haven't learned to manage their venom nor are their tail rattles developed. A rattlesnake grows one rattle a year. If Jack's snake had been mature, he would have rattled audibly. Further threatened, he might have struck and squirted venom through his fangs in a series of calculated doses. Jack's snake, however, being scared and inexperienced,



would probably have opened his mouth and plunged his fangs full bore into Jack's ankle, firing his entire supply of extra potent poison.

Instead, Jack drew back in time, Rudy was summoned with a rake and a pair of shears, and the young rattler was dispatched to Snake Happy Hunting Grounds. Over my objections, I must add. I'd have preferred Rudy to have removed him to the open field beyond our fence - out of sight, out of mind. But this was not to be. A wiser decision when all was said and done. Riders use the trail next to our house often, out a ways then back again, cooling their mounts after their dressage session at the stable a quarter mile east of our house. Most horses are deathly afraid of snakes. If they encounter one before their rider is aware of it, off goes the rider and away goes the horse.

Terry Hanson

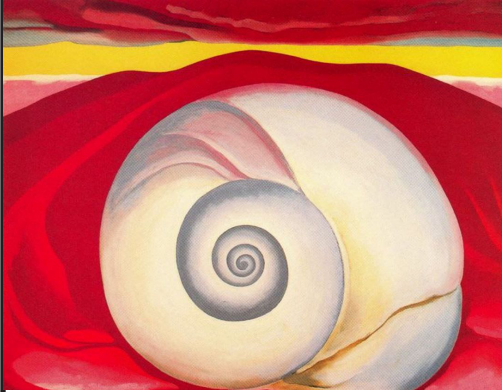
Two Art History Lectures

Tory Raggett In the Meeting House, Carmel Valley Manor, 2021

Realism, American Style

Wednesday, June 16, 9:30–11 am

Every artist has his or her own idea about what “real” means. From the late 19th century to the end of the 20th, we’ll check out eight American realists who painted nature, figures, or still lives in their personal style. We’ll look at several images from each artist, learning about different approaches to realism.



Georgia O’Keeffe
*Red Hills with
White Shell, 1938*



Claude Monet
*Argenteuil, c.
1872-75*

Tory Raggett, a Carmel artist, received her BA in art history with a minor in painting from UC Berkeley. After graduation, she studied painting and art history in Florence, Italy for a year. She received her MA from San Jose State University, with concentrations in painting and art education. She taught adult painting classes for the city of Carmel for 26 years. In addition, she taught art history classes for several years in the OLLI program at California State University Monterey Bay, as well as other institutions here on the Central Coast and on San Juan Island, Washington. Her paintings are in many private collections.

Presented by the Manor Education Committee, call Pat Hughes, 4776, for more information.

Water, Water Everywhere!

Wednesday, June 23, 9:30–11 am

Throughout art history, water has been an important visual, emotional and spiritual element in landscape painting. Many of us who have lived near an ocean, a lake or a river, feel more connected to the natural world by the way water can challenge, nurture, energize or soothe us.

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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