



HAPPY BIRTHDAY, AMERICA!

On July 4, 1776, this great Nation of ours was born. In Philadelphia, Pennsylvania, 56 delegates appointed by the 13 original colonies, met with great personal courage and risk. Here they debated, drafted and on that momentous day, signed our Declaration of Independence. By any measure, it was a remarkable achievement. With one stroke of the pen those leaders severed their ties forever from their mother country and plunged their new land into a long, painful, but ultimately successful Revolutionary War. That they succeeded was a remarkable achievement against almost insurmountable odds.

Back in 1776, there were an estimated 2.5 million people living in those 13 colonies. Now 233 years later we number 304 million and growing. Back then, they celebrated in every small town up and down the Eastern seaboard with picnics, fireworks, bands and parades. Now we eat 150 million hot dogs (1 for every 2 persons), have professional fireworks displays and will wave millions of American flags in cities large and small, from coast to shining coast. On this auspicious day an estimated 36 million Americans will fire up their backyard barbecues, burn the burgers, scorch the hot dogs, drink beer, smoke up the neighborhood and have a wonderful time. As we enjoy our own Fourth of July celebration up on the bowling green and then happily put away much too much food from our very own BBQ chefs, let us never forget those brave and remarkable men and women who gave us this opportunity to celebrate. Those gallant few who wrote and signed our Declaration of Independence, drafted a Constitution that has passed the test of time and who, ordinary citizens all, fought and died in the name of freedom and a new republic. It really is, was, and always will be, a Glorious Fourth of July!

Dick Wheat



EVENTS

THU JUL 1 OUTSTANDING WALK 9:00AM (AT CHAPEL)

Walkers will depart for **POINT LOBOS**. See Details and sign up on Bulletin Board.

THU JUL 8 EXCELLENT WALK 9:00 AM (AT CHAPEL)

Walkers will depart for **PFEIFFER**. See Details and sign up on Bulletin Board.



Residents' Garden Open House

Wednesday, June 30, 2021

3:30 pm – 4:30 pm

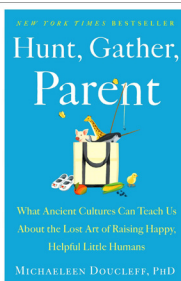


Surrey Rides will be available outside Lounge

CORRECTION: The announcement in the last ACCENTS regarding the June 28 Manor Forum was written by Hersch Loomis, not Dave Nee. Hersch had a long-standing career as a Professor at the Naval Postgraduate School.

A BETTER APPROACH TO CHILDREARING

Got or expecting grandchildren or great-grandchildren? Consider this new book as help for frazzled and overstretched parents:



Hunt, Gather, Parent: What Ancient Cultures Can Teach Us about the Lost Art of Raising Happy, Helpful Little Humans by Michaela Doucette

I just finished reading it, and as a retired pediatrician with an interest in child development, I was overwhelmed with its wisdom and usefulness. Published in March 2021, it is already a best-seller and has been translated into at least three languages. Look it up online, or ask me and I'll be happy to share!

Wendy Palmer

ANCILLARY SERVICES

Direct line 831-626-4701 or Ext. No. 4962

Lighten Your Burden, Brighten Your day

GOOD NEWS! Our CVM Residents!!!

Our Ancillary Services is now offering CAR WASH!

**in Lower Parking/Woodshop...
Cost= \$35.00**



Please call Clinic ext. 4962 to schedule (Monday only)
Car exterior only minimum of 1 hour
Car exterior and interior..... minimum of 2 hours
Car exterior & interior plus waxing..minimum of 3 hours

Your friends in the CLINIC!!!



NEW/SOON-TO-BE RESIDENTS

Victor & Marilyn Wykoff
Beverly Hamilton

James & Betty Kasson
Roberta Bialek-Elliott

Happy Birthday

6/25	Linda P.	7/2	Will S.
6/27	Ken J.	7/4	Dick W.
6/29	Larry F.	7/4	Tom M.
6/30	Susan D.	7/5	Mickey P.

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

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		

ROSES, ANYBODY?

“A rose is a rose is a rose” until you’ve seen the Manor’s glorious array of roses, and this season’s roses are exceptional with more than 50 varieties around the campus, according to Gordon Dill, Manor Grounds

Supervisor. Perhaps you have seen some of these roses, yet there’s even more opportunity to enrich and enhance your knowledge and appreciation of these revered floral gems. The Landscape Advisory Committee is pleased to invite you to do just that through its newly established Garden Appreciation Project which provides specific ways for residents, visitors, prospective residents and employees to enjoy more fully the many beautiful plants that grace the Manor gardens, and it is with roses, specifically, that the committee launches this new endeavor.

This is how it works: Periodically, selected plants will be featured in Accents along with a corresponding photograph or two. In addition, photographs of some of the selected plants will be shown in a slide show on the television set in the Manor’s reception area. On the



shelf below the TV, handouts will be located listing the names of the selected plants and describing the locations where they can be seen on campus. Simply pick up a handout and embark upon a mini journey to the sites

identified where you will see the selected plants with adjacent signage. Special thanks to Karen Wiskoff for formatting the handout.

In the case of roses, currently featured, you will find them in two campus locations, the Outside Dining area and the Health Center with signage clearly indicating their common names. Although roses are flourishing throughout the campus, including those in the Residents’ Garden, it was decided initially to feature roses in just the two locations cited above.

Come see the roses; you’re in for a treat!

Feedback about this new project is welcomed and appreciated. Please contact Jerian Crosby, project facilitator.

Stay tuned for more garden delights courtesy of the Landscape Advisory Committee.

Staff Spot - A brief profile of our staff



Meet Rudy Hernandez

When he was six years old living in Guadalajara, his dream was to learn English. That dream came true when his parents, Lupe and Pedro, moved their family of nine children, 5 boys and 4 girls, to Watsonville in the '60's. Rudy's father, Señor Hernandez, was very strict, and he raised his children to work, work, work. It seems he

allowed them time off on Sundays. This must be how our Rudy, gardener extraordinaire, must have received his work ethic.

They all picked apples in Watsonville, and when they moved to Yakima, Washington they picked more apples. Rudy liked Yakima and remembers the snow falling on their driveway. Now, he says, snow is not for him. After eleven years in Yakima the family returned to Watsonville. At one of the family parties there was a young girl, age 11, whose eyes were drawn to a tall, good looking swashbuckling soccer player. When she told her family she was going to marry him someday, they just laughed. He was a good fifteen years older than she.

In the meantime Rudy worked in Gonzales, Soledad and at the Chamisal Sports Club. He picked asparagus in Gonzales, was supervisor for a crew of 70 in Soledad and worked part time at Chamisal in Corral de Tierra.

It was at Chamisal that our Gordon Dill, who was a member, kept asking Rudy to come work at Carmel Valley Manor. Finally, after five years of Gordon's asking, Rudy did just that and came here in 2016.

In the meantime where was that little 11- year- old girl that had fallen in love with an older man many years ago? Pam Wilkerson kept him in her heart, and when she was 15, there was another big party in Watsonville, and that man, Rudy, was there. She approached him and said "Do you remember me?" Rudy's eyes looked at this very pretty girl and couldn't believe she was the same little girl he used to see around and think nothing of. But now, his heart was palpitating, and he knew he

was in love. Here was a man who had always liked older women, and suddenly he was stricken by a young girl, much younger than he. He knew the family would never agree to their marriage so he moved to Modesto, but her phone calls followed him. The last one convinced him to return and face the family in hopes they would agree to letting Pamela Wilkerson and Rudy Hernandez get married. They did agree but only after six months of strict courting.

All went well until the planning of the wedding. Mr. Wilkerson wanted a large wedding with alcohol available. Rudy does not drink and did not want alcohol at his wedding. To circumvent this he and Pam went to Reno to get married. Pam's grandfather, Simon Newberry, had most of the family parties thereafter at his home in Prunedale, until he died about six years ago. Pam and Rudy have raised their family in their home in Soledad. They had four boys and a girl but lost one of their boys five years ago when he had an accident while camping. "The sorrow never goes away, but you learn to cope," said Rudy. Now the others are grown, and 24-year- old Alicia who graduated from UC Santa Barbara is now in her third year of law school at UC Irvine. The boys chose to stay and work in the area of their home, here. And now Rudy has two adorable grandsons and a granddaughter.

Then, there is the Miracle of the Thumb, and Rudy thinks it really was a miracle. About three years ago Rudy was chain sawing a tree here at the Manor's entrance. With a slip of the saw Rudy's thumb was cut off. The thumb was rescued and taken to the hospital with Rudy where it was attached back where it should have been. The doctors said he would never have feeling in it again as the nerves were gone, and he should take six months recovering. Rudy? Taking six months to recover? Never! He was back here working in three months. And his thumb: the nerves grew back, and it is as good as ever!

Rudy is now recovering from a hernia operation. You can bet he will return to work sooner than he is told to. That is Rudy. We wish a speedy recovery to a man that is always content and has always said, "I like it everywhere I am". (Maybe not now, while painfully recovering.)

Jane Upp

PUBLICATION STAFF

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ADDRESS SERVICE REQUESTED