



“The Hill We Climb”

Amanda Gorman

read at Inauguration of President Joe Biden

When day comes, we ask ourselves,
where can we find light in this never-
ending shade?
The loss we carry. A sea we must
wade.
We braved the belly of the beast.
We’ve learned that quiet isn’t always
peace, and the norms and notions of
what “just” is isn’t always justice.
And yet the dawn is ours before we
knew it.
Somehow we do it.
Somehow we weathered and
witnessed a nation that isn’t broken,
but simply unfinished.
We, the successors of a country and
a time where a skinny Black girl
descended from slaves and raised by a
single mother can dream of becoming
president, only to find herself reciting
for one.
And, yes, we are far from polished,
far from pristine, but that doesn’t
mean we are striving to form a union
that is perfect.
We are striving to forge our union
with purpose.
To compose a country committed to
all cultures, colors, characters and
conditions of man.
And so we lift our gaze, not to what
stands between us, but what stands
before us.
We close the divide because we know
to put our future first, we must first
put our differences aside.
We lay down our arms so we can
reach out our arms to one another.
We seek harm to none and harmony
for all.

Let the globe, if nothing else, say this
is true.

That even as we grieved, we grew.
That even as we hurt, we hoped.
That even as we tired, we tried.
That we’ll forever be tied together,
victorious.

Not because we will never again
know defeat, but because we will
never again sow division.

Scripture tells us to envision that
everyone shall sit under their own
vine and fig tree, and no one shall
make them afraid.

If we’re to live up to our own time,
then victory won’t lie in the blade, but
in all the bridges we’ve made.

That is the promise to glade, the hill
we climb, if only we dare.

It’s because being American is more
than a pride we inherit.

It’s the past we step into and how we
repair it.

We’ve seen a force that would shatter
our nation, rather than share it.

Would destroy our country if it meant
delaying democracy.

And this effort very nearly succeeded.
But while democracy can be
periodically delayed, it can never be
permanently defeated.

In this truth, in this faith we trust, for
while we have our eyes on the future,
history has its eyes on us.

This is the era of just redemption.

We feared at its inception.

We did not feel prepared to be the
heirs of such a terrifying hour.

But within it we found the power to
author a new chapter, to offer hope
and laughter to ourselves.

So, while once we asked, how could
we possibly prevail over catastrophe,
now we assert, how could catastrophe
possibly prevail over us?

We will not march back to what was,
but move to what shall be: a country

that is bruised but whole, benevolent
but bold, fierce and free.

We will not be turned around or
interrupted by intimidation because
we know our inaction and inertia
will be the inheritance of the next
generation, become the future.

Our blunders become their burdens.
But one thing is certain.

If we merge mercy with might, and
might with right, then love becomes
our legacy and change our children’s
birthright.

So let us leave behind a country better
than the one we were left.

Every breath from my bronze-
pounded chest, we will raise this
wounded world into a wondrous one.
We will rise from the golden hills of
the West.

We will rise from the windswept
Northeast where our forefathers first
realized revolution.

We will rise from the lake-rimmed
cities of the Midwestern states.
We will rise from the sun-baked
South.

We will rebuild, reconcile, and
recover.

And every known nook of our nation
and every corner called our country,
our people diverse and beautiful, will
emerge battered and beautiful.

When day comes, we step out of the
shade aflame and unafraid.

The new dawn balloons as we free it.
For there is always light, if only we’re
brave enough to see it.

If only we’re brave enough to be it.

*Editor’s Note: on the Web one can
find several versions of this poem...
Take your pick!*



WELCOMING NEW RESIDENTS

A RECEPTION FOR NEW RESIDENTS
WILL BE HOSTED BY THE NEW
RESIDENTS WELCOMING COMMITTEE
WEDNESDAY,
AUGUST 18TH 4-5PM
AT THE LIBRARY COURTYARD PLEASE
COME JOIN THIS SPECIAL EVENT TO
MEET NEW RESIDENTS

LIBRARY FREE BOOK GIVEAWAY ~

The CVM Library put on a Giveaway Book extravaganza on July 14 outside its doors on the inner patio. Carlos Correa & his team set up long covered tables decorated with colorful balloons & helped Wendy Palmer, Library Curator, remove 700 "retired" books from the Library & arrange them on the tables in multiple categories. The entire campus was invited, staff and all residents. Books left the tables long before the official 10am, thanks to an enthusiastic maintenance team.



Terry Hanson

"What the Hell is This?"

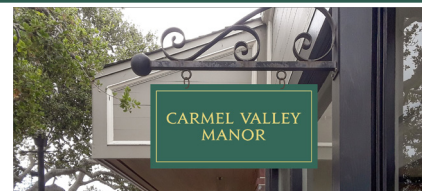
There was a time in my married life when I quietly decided to write my husband's obituary. I didn't share this with him but began working on it, a little bit at a time. One day I got a good bit done on the computer, then went to another part of the house to deal with something else.

Soon I heard Laine bellow "What the Hell is this?" when he sat down at the computer and saw what I had left on the screen. I tried to gently explain that I simply thought it to be a good project to begin working on. I was quickly able to convince him that his input would be important to the finished product, so we began working together on it.

He was older than me so I had not shared his career experiences with the Navy...diesel and nuclear submarines, then his career with GE Nuclear Energy, both international and domestic. So his input was essential in describing his career accurately. I could not have done that single-handed. He also had a long career as a judge with the US Figure Skating Association which we touched upon.

Soon we agreed that we had a finished product that we liked, and the experience of our working together on his obituary was a comfortable plus to our marriage. I have never forgotten how well we worked together!

Janet McDaniel



As of the moment PopUp at the Crossroads has only about 13 Manor residents who are staffing it along with Manor staff. PopUp is open Wednesday through Sunday 10AM-5PM. There is an excellent fact sheet describing the Manor, easy to refer to it if you are asked a question while volunteering there. You can be a greeter and describe your own personal experience...forward significant questions to Angie Machado. Whether or not she is there when you are, her card is always quite handy. Call Angie if you'd like to pop out of your unit and put in a public appearance at the PopUP! You may serve 2 hour or more shifts.

Angie Tel. 626-4867 or amachado@cvmanor.com

WHAT IS POPUP? A MARKETING SITE OFFERING INFORMATION ABOUT CARMEL VALLEY MANOR AND ALL THAT IT OFFERS!

SENIOR LIFE...WATCH OUT!

A man and his wife, now in their 60's, were celebrating their 40th wedding anniversary. On their special day a good fairy came to them and said that because they had been such a devoted couple she would grant each of them a special wish. The wife wished for a trip around the world with her husband.

Whoosh! Immediately she had airline/cruise tickets in her hands.

The man wished for a female companion 30 years younger.

Whoosh! Immediately he turned ninety.



NEW/SOON-TO-BE RESIDENTS

Ruth Lark
Robert & Carol Wallyn
Robin Sawyer

Leslie Faasse
Frederick O'Such &
Nancy Fuhrman

HAPPY BIRTHDAY

7/24 Will O.
7/25 Lyde H.
7/25 Rob C.
7/26 Selma P
7/28 Mary Ellen M.

7/29 Joan L.
7/30 Susan S.
7/31 Carol P.
8/1 Cathy W.

IN MEMORIAM

7/16 Patricia Taylor

ONGOING ACTIVITIES

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

MON	Chair Exercise MH Balance with Matt Video MH Morning Forum (4th) MH Water Aerobics SP Advanced Group Exercise MH Duplicate Bridge GR	8:30-8:45AM 8:45-9:00AM 10:30AM 9:30-10:30AM 11:00-11:45AM 1:00PM	THUR	Chair Exercise MH Balance with Matt Video MH Morning Group Exercise PG Half-Fast Walkers Chapel Water Aerobics SP Rummikub GR Traditional Yoga MH	8:30-8:45AM 8:45-9:00AM 9:00-9:20AM 9:00AM 9:30-10:30AM 12:45PM 3:15PM
TUES	Chair Exercise MH Balance with Matt Video MH Morning Group Exercise PG Council Meeting (2nd) CR Water Aerobics SP Chair Yoga MH Sing For Fun WP Lawn Bowling PG Mah Jongg GR Traditional Yoga MH	8:30-8:45AM 8:45-9:00AM 9:00-9:20AM 9:30AM 9:30-10:30AM 11:00-11:30AM 1:00PM 1:15-3:15PM 1:30-3:30PM 3:15PM	FRI	Chair Exercise MH Balance with Matt Video MH Morning Group Exercise PG Advanced Group Exercise MH Lawn Bowling PG Mah Jongg GR Piano & Dancing (alternate Fridays) DR	8:30-8:45AM 8:45-9:00AM 9:00-9:20AM 11:00-11:45AM 1:15-3:15PM 1:30-3:30PM 5:45-7:15PM
WED	Chair Exercise MH Balance with Matt Video MH Morning Group Exercise PG Water Aerobics SP Advanced Group Exercise MH Wheelchair & Walker Wash Dock Sing for Fun MH (1st, 2nd, 3rd) Low Stakes Poker GR Dominoes GR	8:30-8:45AM 8:45-9:00AM 9:00-9:20AM 9:30-10:30AM 11:00-11:45AM 12:30-1:30PM 1:30-2:30PM 3:00-4:30PM 7:15-8:30PM	SAT	Chair Exercise MH Balance with Matt Video MH Morning Group Exercise PG Water Aerobics SP Putting (2nd) PG	8:30-8:45AM 8:45-9:00AM 9:00-9:20AM 9:30-10:30AM 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		

EVENTS

FRI JUL 30 FRIDAY NIGHT DANCING 5:45 (DR)

Piano music for enjoyment & dancing.

Let Rain be Rain

by Danusha Laméris

Let rain be rain.
Let wind be wind.
Let the small stone
be the small stone.

May the bird
rest on its branch,
the beetle in its burrow.

May the pine tree
lay down its needles.
The rockrose, its petals.

It's early. Or it's late.
The answers

to our questions
lie hidden
in acorn, oyster, the
seagull's
speckled egg.

We've come this far,
already.

Why not let breath
be breath. Salt be salt.

How faithful the tide
that has carried us—
that carries us now—
out to sea
and back.

"I do not think a day passes in my life in which I fail to look with fresh amazement at the miracle of nature. It is there on every side. It can be simply a shadow on a mountainside, or a spider's web gleaming with dew, or sunlight on the leaves of a tree. I have always especially loved the ocean. Whenever possible, I have lived by the sea...It has long been a custom of mine to walk along the beach each morning before I start to work. True, my walks are shorter than they used to be, but that does not lessen the wonder of the sea. How mysterious and beautiful is the sea! how infinitely variable! It is never the same, never, not from one moment to the next, always in the process of change, always becoming something different and new."

Pablo Casals 1876-1973 cellist, composer, conductor



Staff Spot - A brief profile of our staff



Gordon Dill, Grounds Supervisor since 2001... Gordon started his career by growing and designing the plantings of Carmel Plaza. He was recruited by former CEO Jim Valentine who wanted the landscaping of CV Manor to be an arboretum. By 2003, after getting to know the crew, the soil, the drainage, the underground pipes, the ecology here at the Manor and most importantly, the water bill (\$60,000 / year –almost a decade ago), he went to Jim with the idea of changing three

acres of lawn to river beds and plantings.

Residents were up in arms. They told him what they thought in the hallways—loudly. Life wasn't easy –you had to be an easy going person which Gordon is. He focused on three courtyards in the architectural design and talked with the residents in that area about what they would like there. After about a year, they could see how attractive plantings and increased wild life were a positive. He got the go ahead from the Residents Council and from CEO Jim. Then he changed the irrigation to drip and some sprinklers, got fake rocks that would fit in, put together the height, texture and color palate. He heard residents say they never had gotten to pick fruit to eat and added fruiting trees and edible plantings. He recalls it as fun buying hundreds of plants after measuring an area, visualizing it in his mind and sketching it. (Gordon is also a Fine Arts Painter). Gordon comes from a family of farmers. They raised sheep and pigs in S. Salinas, and in Chowchilla, Ca. His family did dairy farming in Nova Scotia prior to that, and generations ago, in Viennes, France, where their

family name was Garin. His maternal grandfather had a produce company, the “Garin Company”, which supplied produce all over the country. One of his sons has a lavender farm which supplies lavender plants to Trader Joe's and Walmart and our Manor. They are also working on producing lavender oil. We have several kinds of lavender here, growing to varied heights. Lavender is a plant animals do not eat.

Gordon found you cannot go by the usual agricultural rules, for example tilling the soil. In this area, the Manor, it's best to “keep the structure of the soil and its bacteria”—just plant in holes, and you save six months of growing time. In the fall Gordon sows seeds. In this method of planting the seed casing gets softened with the soil damp from either watering or from the fog that rolls in from the Pacific. It's called scarification and speeds up germination, especially if it's in an area of acidic soil. His idea took four years to mature, three years for animals to come to the new ecosystem, and then he had to learn which plants the animals did not like, for example, the rabbits. “Gophers are frustrating, they keep on coming”. Interestingly, migrating birds such as the Crown sparrows (the males have two white stripes on their head) arrive here hungry and eat everything in sight, Gordon explained.

He found plants from Australia and South Africa which needed very little water and which his son who has a nursery grew for him, and which animals leave alone. This year new plantings will be in containers because of the drought. A plant, the “Rock Rose” is a native plant and flowers all summer long. Lots of colorful blooming plants in containers will bloom here through October. In just a few days from this writing Gordon's daughter, one of his three children, will be married in his backyard. How will he decorate the yard? “It will be a fresh and exciting landscape — Roses and Hydrangeas in the archway --- lots of colors”. Congratulations to the Dill family -----growing!

Selma Petker

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ADDRESS SERVICE REQUESTED