



accents

FORTNIGHTLY PUBLICATION - AUGUST 6-19, 2021

It was an idyllic summer day on the island of Kefalonia, one of the many Greek islands in the Ionian Sea. Seven children of the Poulou family, four boys and three girls, were cheerfully playing in the yard of their family farm. It was noon time, and their mother called them to come for the lunch she had prepared to have outside. There had been earthquake warnings recently as Italy's Mt. Etna had been erupting, and being outside seemed to be safer. Our Aliko Poulou was six years old then, and she vividly remembers that day in August of 1953. She was hungry and looking forward to lunch as her mother gathered the children around her.

It was noon when all of a sudden, they heard a terrible noise. The ground shook

and jumped, and the earth opened up beside them. Mrs. Poulou's foot fell into the chasm.

Fortunately, her children pulled her away while the terrible noise, dust and shaking went on and on and on. Even the aftershocks were terrifying. When the 7.4 earthquake slowed down, 300 people were dead on this island of 365 little towns and one city. Few buildings were left standing. Their wells which had been built next to their kitchens were filled with rocks. They had no water, no communications to the outside world, no airport. Nothing. So, they buried their dead and got together to see how they could survive while the aftershocks continued. They slept on the hard ground and wondered.

On the second day they were very glad to see helicopters coming overhead. The Red Cross lowered water and bread. Everyone gathered together to share and to ration. On the third day from across the sea they saw a ship coming toward their island. To help them, America's President, Dwight D. Eisenhower sent the destroyer Franklin D. Roosevelt to their island. The ship's cook had baked 7,000 loaves of bread for them.

Also came canned goods; peaches, pineapple, tuna;

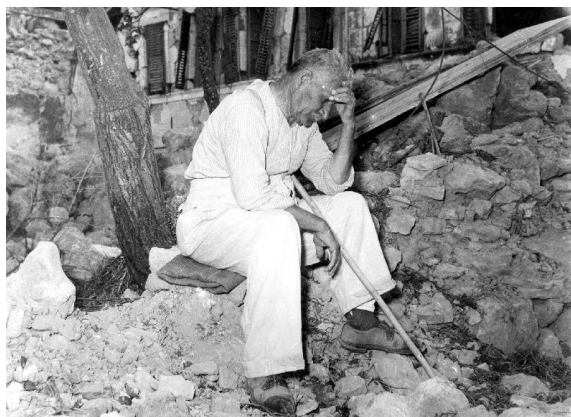
their share which Aliko's mother stored in a big trunk to help them get through the winter. The ship's captain also asked his crew to share their rations with the islanders, which they did. Aliko said to her mother, that day, "Mother, that's the country I want to go to when I grow up!" The villages were also given short wave radios so they could let their relatives and friends know they were alive. Kefalonia, of all the Ionian islands, was the hardest hit. Their life became one of surviving. For the children though it was exciting as there were no rules. But then winter came and sleeping out in the open on hard ground was not so much fun. But, again, help came from the Red Cross with blankets and enough

tents to last three years. The economy on the island became a barter economy.

It was ten or more years of rebuilding for Kefalonia, the villages, the city, the port and the airport. When one of the brothers turned 17 he was able to leave for America where he was sponsored by an uncle who lived there. When Aliko turned 18, twelve

years after this terrible quake, she and another brother were able to immigrate to Australia. All of those who left sent money back to their family to rebuild their property. When Aliko was 22, she realized her dream: she arrived in California and said, as she landed, "God Bless America!"

Now, Aliko and her partner, Mary Eldredge, go to Kefalonia every year (except during the pandemic) to visit and stay with Aliko's sisters on the family property. There are still remnants of the stable and of the farm. They love their visits, but, as Aliko proudly says, with gusto, "America is the best in the world, no matter how bad it is, sometimes."





NEXT COUNCIL MEETING
TUESDAY AUGUST 10, 2021
 at 9:30 am
in the Meeting House
 Please wear masks and social distance.

EVENTS

THURS AUG 12 HALF-FAST WALKERS

NO WALK (CAR WEEK)

MON AUG 16 MONDAY MORNING FORUM 10:30 (MH)

Dr. Gary Griggs will speak on "Sea Level Rise & the California Coast"...how climate change is causing coastal shorelines to rise and move inward, putting many coastal communities at risk.

Dr. Griggs is a professor at UC Santa Cruz & has written 13 books on this and closely related subjects.

THURS AUG 19 JACKS PEAK WALK 9:00 (AT CHAPEL)

See Details & Sign Up on Bulletin Board.

**A BIRD SITTING ON A TREE
 IS NEVER AFRAID OF
 THE BRANCH BREAKING
 BECAUSE ITS TRUST IS NOT
 IN THE BRANCH BUT IN
 ITS OWN WINGS.**

www.lifeinsp.com



PopUp at the Crossroads still needs Volunteers. Resident volunteers are needed Wednesday through Sunday 10AM-5PM to greet and answer questions of visitors. Call Angie Machado Tel. 626-4867 if you have time to serve. Jay Zimmer's newsletter of July 30th reports 6 move-ins during June & July, and 10 more units sold, leaving only 12 units available. Come lend your hand in filling up the Manor!

BREADCRUMBS

Once, just glancing through the window
 (Why should it have fixed him in his place?)
 He saw his wife, with breadcrumbs for the birds,
 Standing at the kitchen door.
 Just a woman in the doorway with a breadboard,
 A streak of sunlight, on a dull day, touching her hair,
 But also his wife.
 She never looked up to catch his stare.
 Now that she's gone from his life
 And he doesn't know what to do with the years,
 He walks around galleries, and before
 Those pictures painted by the Dutch---
 Bits of yards, bits of rooms, a door, a figure,
 Bits of nothing much---
 He finds it hard to choke the tears.

**GRAHAM SWIFT, LIVES IN LONDON,
 AUTHOR OF EIGHT NOVELS, BORN 1949**

NEW/SOON-TO-BE RESIDENTS

Ruth Lark
 Robert & Carol Wallyn
 Robin Sawyer
 Leslie Faasse
 Frederick O'Such &
 Nancy Fuhrman

George & Kristina Baer
 Hans & Gay Stern
 Tony & Ruth Horning
 William & Maryann Schramm
 Stephen & Margaret Schulte
 Ken Gaskins & Ann Costa

HAPPY BIRTHDAY

8/6 John D.
 8/10 Glen R.
 8/12 Harry H.
 8/17 Betty W.
 8/18 Sophia G.

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
	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
	Low Stakes Poker GR	3:00-4:30PM
	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
	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
	Piano & Dancing (alternate Fridays) DR	5:45-7:15PM

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
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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

Hydrangea, the All-occasion Flower



Find yourself needing to apologize to someone? Give them a blue Hydrangea. Notice someone desiring to more deeply understand you? They'll probably have a purple

Hydrangea for you. Want to show appreciation or heartfelt emotion? Choose a pink Hydrangea which resembles a beating heart. Such is the wealth of symbolism that surrounds these big beautiful flowers native to the Americas and Asia, especially in the mountainous areas on the islands of Japan. Even the Victorians chimed in with their own symbolism; read about white Hydrangeas below.

Consistent with the Garden Appreciation Project's hope to increase your appreciation of our gardens, we again invite you to take in the beauty of our Hydrangeas whose peak bloom time is in August and September, though July brought us an early preview. As we invited you to do with Roses, we now suggest you take in the

TV slide show in the reception area of Hydrangeas found throughout the campus, and don't forget to pick up a handout as a guide for checking them out. Have fun!

With a white Hydrangea in hand, whose Victorian symbolism permits one to boast or brag, I introduce the "garden angels" who comprise the Garden Appreciation Project: Barbara and Steve Brooks, Gordon Dill (Manor consultant), Sonja Hout, Roger Newell and Susan Schueler. With yet another white Hydrangea in the other hand I am pleased to recognize Roger for initially shepherding us in the direction of establishing plant signage, which morphed into this Garden Appreciation Project.

And let's not forget the Manor's faithful, regular "garden angels," those men under Gordon Dill's expert supervision, who have been carefully tending the Manor gardens for years. As we daily walk the campus, let's take a moment to say "Thank You" for their hard work. So remember to see the photos of Hydrangeas on the TV in the reception area, and pick up a handout, your guide to see the Manor's beautiful, dramatic flowers loaded with symbolism (with thanks to Karen Wiskoff for formatting the handout).

Jerian Crosby, project facilitator

A PAGE OF QUOTATIONS

I made connection with a pair of eyes, and I thought, "This is incredible; those eyes are penetrating me." I went through the whole performance just relating to those eyes, giving the whole thing to those eyes...When curtain call finally came, I looked in the direction of those eyes, and it was a seeing eye dog...I couldn't get over it--the compassion and intensity and understanding in those eyes, and it was a dog.

-AL PACINO

We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.

-HERMAN MELVILLE

Most of the shadows of this life are caused by standing in one's own sunshine."

-RALPH WALDO EMERSON

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within.

-ELIZABETH KUBLER-ROSS

Something we were holding made us weak/ Until we found out that it was ourselves.

-ROBERT FROST

"I learned one thing."

"What?"

"Never to go on trips with anyone you do not love."

-ERNEST HEMINGWAY

"I shall tell you a great secret, my friend. Do not wait for the last judgment. It takes place every day."

-ALBERT CAMUS, *The Fall*

JEWISH PROVERB

What soap is for the body, tears are for the soul.

"What the mother sings to the cradle goes all the way down to the coffin."

-HENRY WARD BEECHER

"Watching a bird makes me feel good. You know that if I were reincarnated, I'd want to come back a buzzard. Nothing hates him or envies him or wants him or needs him. He is never bothered or in danger, and he can eat anything."

-WILLIAM FAULKNER

"You will not grow if you sit in a beautiful flower garden and somebody brings you gorgeous food on a silver platter, but you will grow if you are sick, if you are in pain, if you experience losses, and still don't put your head in the sand, but take the pain and learn to accept it, not as a curse or a punishment but as a gift to you with a very, very specific purpose."

-ELIZABETH KUBLER-ROSS

"If there is a sin against life, it consists perhaps not so much in despairing of life as in hoping for another life and in eluding the implacable grandeur of this life."

-ALBERT CAMUS

"One writes of scars healed, a loose parallel to the pathology of the skin, but there is no such thing in the life of an individual. There are open wounds, shrunk sometimes to the size of a pinprick, but wounds still. The marks of suffering are more comparable to the loss of a finger or the sight of an eye. We may not miss them, either, for one minute in a year, but if we should there is nothing to be done about it."

-F. SCOTT FITZGERALD

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: Janet McDaniel
janlaine@comcast.net
Publisher: Celina Manzanarez
Proofreader: Shirley Loomis
Contributor: Jerian Crosby
Jane Upp

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

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