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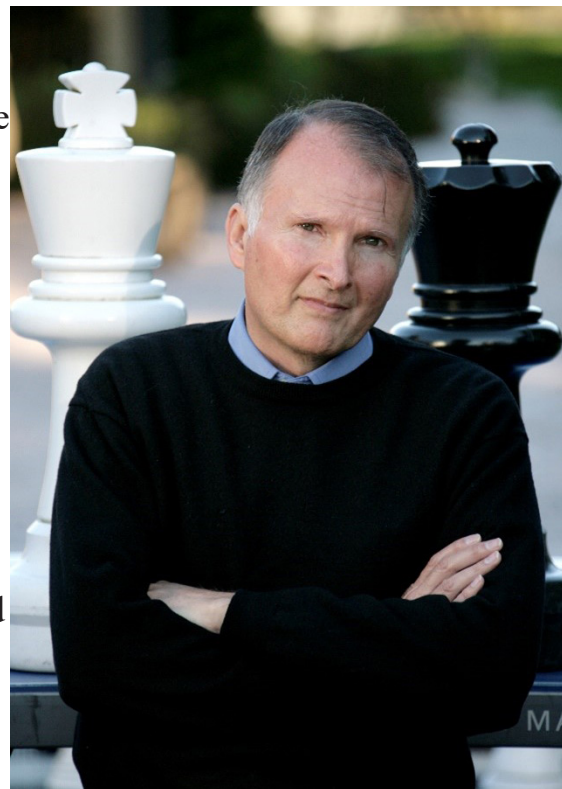
Manor Forum on Monday September 20 at 10:30 am

Dr. John Arquilla speaking on "The New Challenge of Cyberwarfare"

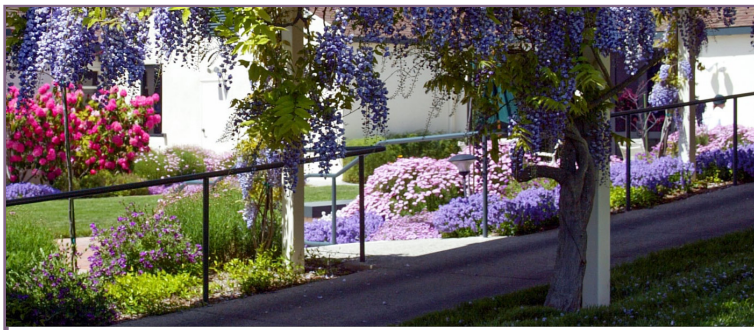


“Individuals, institutions, and critical infrastructure remain very vulnerable to a range of types of cyberattacks, from personal identity and intellectual property theft, ransomware, and mass disruption of power grids and even military operations. To date, all efforts to mitigate these threats have failed. This talk explains why, and offers fresh insights for security strategy and policy.”

Dr. John Arquilla is Distinguished Professor Emeritus of Defense Analysis at the United States Naval Postgraduate School. He is the author of over a dozen books covering a range of topics, from irregular warfare (e.g., *Insurgents, Raiders, and Bandits*, Rowman 2011; and *Afghan Endgames*, Georgetown 2012) to strategies for improving cybersecurity (*Bitskrieg*, Polity 2021). He has also undertaken an effort to cultivate design-oriented practices that are applicable to military and security affairs. His study of World War II (*Why the Axis Lost*, McFarland 2020) provides a fresh perspective on that great-power conflict, reconsidering it from a design perspective. In terms of policy experience, Dr. Arquilla served as advisor to senior military and civilian leaders during Operation Desert Storm, as well as in the Kosovo War. He has also been involved in several post-9/11 matters, testified before Congress on countering terrorist networks, and served on a small team that worked for President Obama to help identify new directions for American defense.



“Arquilla’s handling of this complex subject is deft and clear-eyed. His love of the United States, and his work toward keeping us safe and secure, place him among the leading national security thinkers of our time.” LEON PANETTA, from the Foreword to Arquilla’s *Bitskrieg*, Polity, 2021



TELEPHONE CALL IN 1974

“Hi, would you like to drive down to Carmel tomorrow? I’m taking my mother to visit a friend at Carmel Valley Manor.”

“Sure, I’ve heard of Carmel Valley Manor but I’ve never seen it.”

The next morning when my friend, Merre Jayne, drove us down from Palo Alto the day couldn’t have been more beautiful. The hills were still green from the winter rains, and the ocean sparkled in the sunshine. Arriving at the Manor, I was impressed by the white buildings against the well-kept lawns. Once out of the car I saw the covered walkways with their gnarled Wisteria trunks holding up branches of sweet-smelling purple blossoms. The fragrance was everywhere. My father had a cousin who lived here. I had never met her, but she was the reason I had heard of the Manor. It turned out she lived in the same building as the woman we had come to see so we all had lunch together, and I was introduced to other residents. My husband had died the previous year, and I had had visions of myself being all alone for the next 40 years. I thought if that was to be my future what a nice place to be. Lunch wasn’t what it is today, but it didn’t matter. People were talking, laughing, and having a good time. Even though I knew I was way too young to be admitted I inquired at the desk about prices. At that time either a studio or a one bedroom unit [I forget which] had a \$27,000 entrance fee. By the time I moved in 17 years later I had remarried and the entrance fee had risen considerably but coming here was the best thing I could have done. If my husband and I had been living in an individual house when he died, I would have felt totally isolated which is unhealthy for anyone. Here if you want solitude all you have to do is close the door. Open it and you are with people you know and care about.

If my friend hadn’t called that day so long ago I probably would never have seen the Manor and would have ended up living somewhere else. I have visited friends in other retirement homes and have never seen anything comparable to ours. The Manor is unique. We are lucky to be here.

Janet Morse

IN MEMORIAM

9/15 Ruth Lark

HALF-FAST WALKERS

THURS SEPT 23 LOVER’S POINT NORTH WALK
9:00 (AT CHAPEL)

See Details & Sign Up on Bulletin Board.

THURS SEPT 30 CARMEL MEADOWS WALK
9:00 (AT CHAPEL)

See Details & Sign Up on Bulletin Board.

Sunday, September 26 4:15PM departure

DAYTRIPPERS take bus to

Sur Restaurant in the Carmel Barnyard

**Be prepared for fantastic fried chicken & incredible
bacon appetizers!!**

ALSTROEMERIA ALERT



We love them, we pick them, and we shouldn’t. No, please don’t pick them; PULL them as you would a radish. Picking means they’re not likely to come back next spring with all their amazing colors. Strange, isn’t it?

However, according to the Sunset Western Gardening Book (a Bible for many of us), most Alstroemeria are of the evergreen variety which includes two species and a number of hybrids, thus giving us all those wonderful colors, some striped, lots of orange, salmons, whites tinged with salmon or green. Most of our species only come back if pulled from their base. Somehow this stimulates them to reappear year after year. Our color varieties are endless, and they last well in arrangements--all the more reason to love and take care of them.

So put your clippers away and go forth, PULL!

Anna Beck

NEW/SOON-TO-BE RESIDENTS

Robert & Carol Wallyn
Robin Sawyer
Leslie Faasse
Frederick O’Such &
Nancy Fuhrman
George & Kristina Baer

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

HAPPY BIRTHDAY

9/19	Lois K.	9/27	Anna B.
9/20	Julie N.	9/27	Nancy M.
9/21	Lee C.	9/8	Cynthia C.
9/23	Marilyn R.	9/30	Cindy T.
9/25	Jerry K.	9/30	Bruce N.
9/26	Art L.		

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 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 1:15-3:15PM 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) 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 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		

MANOR LIBRARY HAS BEEN RENOVATED!

The Library Committee is pleased to announce the Library work area renovation will be finished Friday, September 17, 2021. Ann Mahoney was instrumental in engaging Manor carpenter Steve Milne to design and execute this much-needed work.

Many thanks to Jay Zimmer who approved the project without hesitation.

The Committee invites all residents to come in and enjoy our much enhanced room.

Terry Hanson, Ch.



LABOR DAY AT THE MANOR 2021 PUTTING AND BRIDGE

Linda Page-18 hole winner with score of 37, followed by Diane Nelson & Ann Mahoney.

Diane Nelson closest to the pin in women's long putting contest.

Jim Vorhes won men's 18 -hole with only 35 strokes.

John Mahoney was closest to the pin in the long putt.

BRIDGE---Jean Cody and Jack Enbom were the winners. Mary Krecki and Victor Wykoff were second.

WE WELCOME LESLIE FAASSE TO THE MANOR



She didn't purr for four months. She had been found in Soledad without a home. Never having been with people she was very shy. The S.P.C.A. was taking care of her on November, 2020

when a call came in: "I just lost my nineteen year old cat, and I want to adopt a female kitten." Off to the S. P. C. A. the caller went. She brought a two- year old cat she named Trixie to her home on Ridgeback Rd. in Carmel Valley. Trixie and Leslie have bonded together like adhesive tape.

Leslie Faasse has always been a cat lover even though she grew up with dogs. She was born Leslie Buchanan in Wichita, Kansas. (She sneaks a smile when she says, "a garden spot".) She grew up as a tom boy tumbling here and there with her three younger brothers; climbing trees, drinking from springs, and pushing cars up hills, when they would stall on the nearby hill. All this as her father, who was with Campbell Soup, and the family moved from Kansas to Illinois to Grand Rapids, Michigan. Grand Rapids was too conservative for her taste, but while in Junior College there she met and married her first husband. She was 19. He was in the Air Force, and they were transferred to Vandenberg Air Force Base. When Leslie arrived in California she said, "Wow! This is great! This was real life." She never wanted to leave California, but her husband was sent to Vietnam, and though she wanted to stay in California he wanted her to return to her parents' home, so, unhappily, she did as he wished. He returned a year later from Vietnam, and

two years later they divorced. Leslie had been working for a Self-Adhesive Label Company owned by Adrian Faasse. When a friend in Menlo Park called Adrian to come to California and work, he jumped at the chance and asked Leslie to come with him. They married and honeymooned at the Highlands Inn. It was 1981, and Leslie was very happy to be back in California. They bought ten acres in Carmel Valley and built a home where they lived for most of their married life. Adrian commuted to Menlo Park. He would drive up on Sunday nights and return on Thursday nights. Leslie took care of the acreage, weeding and planting (they both loved gardening), and her best thing: cooking. Their favorite restaurant in the early years was Bernardus, but since Leslie loved cooking, they opted for her food most of the time. They were great adventurers and enjoyed vacationing in other countries, such as Costa Rica and exploring their cultures and wonders.

About five years ago Adrian retired. He had a few health complications, and a little over two years ago he died in his sleep. Leslie found that taking care of ten acres of land and her home was more than she now wanted to do. She called the Manor and was accepted, following the steps to admission, and now here, she is happy as a clam. Leslie loves being alone with her cat, does not like to go through her mail, watches TV and the cook shows most of the day, gets up very early, and goes to bed very early. She is looking forward to doing her own cooking and sharing her life with Trixie. We won't see her around much, but with her good sense of humor she says, "There's nothing I have to do and I love that." She is very happy here, and with that we welcome her and Trixie to their quiet life here at the Manor in their home at 17P.

Jane Upp

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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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

ADDRESS SERVICE REQUESTED