



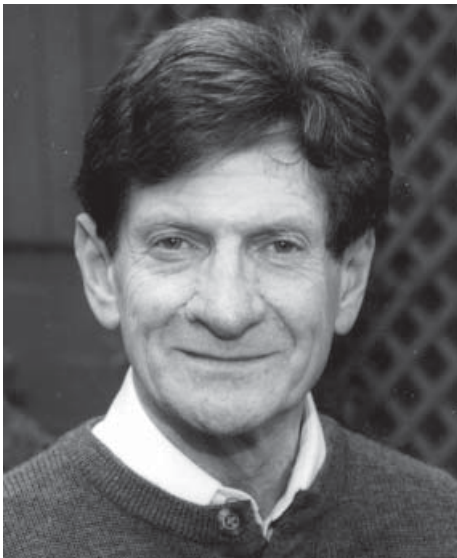
CARMEL RESIDENTS ASSOCIATION NEWS

CELEBRATING 23 YEARS OF COMMUNITY SERVICE

APRIL 2010

How to be a smarter patient and health advocate

All of us could use some coaching on how to get the most out of doctor visits; how to coordinate information from the various special-



Dr. Stuart Miller

ists we consult; how to tactfully nudge health professionals to actually provide all the help they would want to give; and how to advocate for better health care for our loved ones.

CRA's April 22 health care advocacy symposium, *How to Be a Smarter Patient*, will provide a wealth of useful information and coaching from a team of experts. The panel will include mod-

erator Dr. Stuart Miller, Orthopedic Surgeon Christopher Meckel, Certified Physician Assistant in Family Medicine Barbara Trask, and RN and Community Liaison for the VNA Lisa Messinger.

Our program's instigator, CRA member Dr. Stuart Miller, is founder of the Institute for the Study of Humanistic Medicine. This program is part of the newly-formed Volunteer Health Advocacy Project, created and coordinated by Miller, and guided by some 40 health care advisors. Its initial effort is to train patients to be efficient advocates for themselves and their loved ones and ultimately to organize a *Volunteer Health Advocate Corps*, training unpaid volunteers to serve as personal-health community advocates.

Among the handouts participants will receive at the symposium are *Fifty Tips for Getting Your Best Health Care* and a *Template for Your One-Page Personal Health Care Chart*.

Some important tips you will hear:

- Stop treating MDs as the final experts on your health care: you are responsible, ultimately, for the health care you get. So, think of yourself as the CEO in charge and of others as resources or even employees. Speak up; be bold.
- Compose a one-page chart with your

current medications, dosages, medical conditions, physicians' names, surgical history, allergies, and emergency contact information. Keep it current and prefer-

MEETING

Thurs. April 22

4:45 p.m. Stuart Miller & Panel Members

"How to be a smarter patient"

Vista Lobos Meeting Room

(Torres between 3rd & 4th)

6:30 p.m. "Dines Out" at Le St. Tropez

(E. side Dolores bet. Ocean and 7th - former location of Tutto Mondo)

ably in digital form to make revisions easy. Carry a copy with you for emergencies and other special times. Give the chart to every health professional who treats you.

• For each doctor visit, come armed with a page of questions and concerns listed in order of diminishing importance. Give the doctor a copy, so you both know your agenda. Doctors will love you for saving their time.

A book recommended by the Advocacy Project is *You: The Smart Patient* by Drs. Michael Roizen and Mehmet Oz. Pilgrim's Way Book Store will either have it on hand or order it for you.

"Dines Out" at Le St. Tropez—Cuisine of the Sun

Kathleen and Barry Swift and Mary Ellen Thomas, chairs of CRA's popular "Dines Out," have chosen cozy French country restaurant Le St. Tropez, Dolores, between Ocean & 7th, for Thursday, April 22. Owners Chef Jean Hubert and his wife Mary, inspired by the Provençale Cuisine of Southern France, use as many organic ingredients as possible and seafood from sustainable sources. A seven-year manager of Casanova Restaurant, Jean also worked at a Michelin two-star restaurant in France.

Here is his tempting menu:

- ❖ Crudit  Platter — includes mixed olives, hummus, raw vegetables and a selection of breads
- First course choice of —
- ❖ Salade   la Grecque — vine ripened tomatoes, cucumbers and yogurt dressing topped with dried ricotta; or
- ❖ Soup a la Sant  — traditional potato-leek soup with sorrel and fresh herbs

Continued on page 7

The following editorial ran in the Monterey Herald on Feb. 2, 2010, and is reprinted with the editor's permission.

Privately run election questionable

Carmel people are justifiably proud of their charming little city, which proclaims its quirkiness in ways ranging from the lack of street addresses to the dogs allowed to run free on the beach.

Martin & Chapman apparently has a fine reputation, but one does not need to be a conspiracy theorist to be a bit uncomfortable about elections run by a company that reports to city officials directed by City Council incumbents whose names are on the ballots.

But the time is coming for Carmel to give up one of its idiosyncracies and join the real world. Principally for the sake of tradition, Carmel holds its municipal elections in April rather than in June or November like most other California cities, the county and various government districts. The counting of the ballots at City Hall makes for a quaint springtime gathering and a pleasant celebration for the winners. It apparently serves its purpose, which is to promote a sense of community. But as the county Elections Department has raised the price of Carmel's special election over the years, this quirky custom has become expensive, so much so that city leaders have decided to hire a private company to conduct this year's balloting, with some help from the city staff.

As much as we appreciate tradition and community and even quirkiness, this strikes us as a bad idea.

For one thing, it likely would be cheaper to return the elec-

tion duties to county officials and hold the election in June when other jurisdictions are holding theirs. Economies of scale, and all that. The Orange County firm of Martin & Chapman can rather easily beat the Election Department's price for conducting a special April 13 election, but Carmel's costs would likely be cheaper yet if the city's balloting was conducted by the county simultaneously with the voting in other cities.

For another, the idea of a private firm reporting to City Hall, and being assisted by City Hall, in conducting a city election sounds a bit cozy. The "hanging chad" presidential election of 2000 and the advent of electronic voting has created fear of vote tampering and has created not a little paranoia among an increasingly suspicious citizenry.

Martin & Chapman apparently has a fine reputation, but one does not need to be a conspiracy theorist to be a bit uncomfortable about elections run by a company that reports to city officials directed by City Council incumbents whose names are on the ballots. The current plan calls for voters' election day questions to be answered directly by city employees. No one is questioning anyone's integrity, but the potential for gamesmanship seems higher than it would if the questions were being answered by county employees instead.

Carmel's city manager has said he believes it would be cheaper to consolidate Carmel's election with the primary election scheduled for June or the general elections scheduled for November. It is true that Carmel has a healthier bank account than most cities, but there are other better ways to spend money, most of which do not have the potential to create the kind of distrust that this plan could lead to. City officials should reconsider.

Where do we go from here?

This election year, on top of controversy caused by various lawsuits, City Hall decided to run its own municipal election. We could not have defined the issues better than the *Herald* did in its Feb. 2 editorial. A private firm will direct the election, but it is conducted by city employees who answer to the incumbent candidates on the ballot.

The City Council's stated reason to decide to bypass the Monterey County Election Department was solely to save money. In focusing only on the financial aspects, council members failed to analyze any potential problems that might be caused by running their own election. Most assuredly the City Council did not foresee the level of concern this decision would cause.

To remain above reproach in conducting the election, city officials must take this opportunity to demonstrate that they are crossing every "t" and dotting every "i" in transparently meeting their responsibility of an open and fair election. Officials

should bend over backwards to ensure that voter confidence is not eroded and they must make certain that new volunteers running the polls will perform as competently as the skilled, highly-trained regulars have performed previously.

In the meantime, voters should continue to exercise their right to vote—some might consider it an obligation to vote—and select the leadership they desire for our village. Then, in the future, let's have a broader community conversation—an informal town hall meeting—to reconsider when and how Carmel should run its elections. We need to analyze the true costs of this election after it has been completed, by factoring in county and city staff time along with the outside contractor's fee. We hope the city takes seriously the *Herald's* advice to save money by consolidating Carmel's election with other county entities. Let's hope this is the only private election we ever have. Public trust needs to be fortified, and returning the process once again to the Monterey County Election Department would be a good start.

PRESIDENT'S MESSAGE

by Barbara Livingston

Accentuate the positive, eliminate the negative Latch on to the affirmative and don't mess with Mr. Inbetween



Barbara Livingston

Years ago, doing business in Hawaii for my interior design company, I copied an anonymous quote hanging in the office of a successful Honolulu businessman:

*Nature drives with a loose rein
And vitality of any sort
Can overcome many a predicament
In which reason would not prevail.*

That quote has influenced me personally and professionally by giving me the courage to use my vitality—my positive energy, whatever you like to call it—to experience a more full life—to expand my business, to travel to distant lands, to give up my business, move back home to Carmel-by-the-Sea and eventually to seek elective office.

When I moved back home in 1987, I was drawn to a fledgling organization that exuded positive energy—the Carmel Residents Association. I became active in the Association and have remained a staunch member for all these years, finally serving with great pleasure as your president.

Recently, our Board of Directors thought it would be interesting to survey ourselves about our professions, education and paid or volunteer activities, both here and in our previous communities. Richard Flower had the daunting task of collating the surveys, which to our surprise and delight, contained a great deal of information. Dick pared down the voluminous and diverse material contained in the surveys into what we

call *bio histories* of our board members. (See enclosure in this newsletter.) These 15 *bio histories* are only a sampling of what would be unearthed if we called for surveys of all 705 members of the Carmel Residents Association. That outpouring of information about the vital and positive lives lived by all our members would fill volumes.

As I called out the names of the former Citizens of the Year (see article on page 6) at our March 14 *community* celebration, and as event cochairs Donna and David Berger draped the award ribbons around their necks, we saw the history of Carmel-by-the-Sea—1988 to the present—unfold right before our eyes.

Noel Van Bibber, himself a past recipient, told me he was filled with pride for the contributions of these men and women in preserving the traditional quality of life in our village. Here are some of the reasons these recipients have been honored:

Saving the Hatton Canyon from development as a freeway; major fund raising to rehabilitate Sunset Theater; Carmel River steelhead restoration; neighborhood organizing to build a sense of community; tree planting and care; literary heritage nourishment; volunteers' extraordinary efforts for non-profit organizations; beach cleanup; service in city government as elected and appointed officials; and preserving Carmel's history.

These citizens knew that nature drives with a loose reign and that their vitality—their positive energy—would be able to overcome many a predicament in which reason would not prevail.

Charity Starts At Home

The outpouring of support for the victims of the Haiti earthquake has flooded the local chapter of the American Red Cross and that is wonderful. But we must not forget that disaster could strike Carmel at any time and the Red Cross must be prepared to come to our aid. It always feels good to send checks to help people suffering from disasters around the world, but we need to fund disaster preparedness right here in our own back yard. Charity starts at home with donations to the American Red Cross Monterey Bay Chapter, Box AR, Carmel, CA. 93921.

Dear Barbara,

Thank you for allowing me to participate in your forum. It was obvious you were well organized and I thought the candidates were well prepared. You certainly are performing a valuable service for your community. If I or my office can be of any assistance, please do not hesitate to contact us. Please extend my appreciation to everyone else from the Carmel Residents Association for their hard work.

Sincerely,

Dean Flippo, Monterey County District Attorney [moderator of CRA's Feb. 23 impartial candidates' forum]

Tom Parks has new show!

Hooray for *Hollywood, the Songs and Fables from the Golden Age of Movies* is a new musical revue, written by CRA board member **Tom Parks** and starring **Michelle Boulware** and Parks. The revue looks at the major studios and the musical shows they produced from 1929 to 1952. Over thirty songs will be presented in the ninety-minute tribute to the Golden Age. Tom and Michelle will not only talk about the studio system in that era but the stars, the producers, the studio moguls, their successes and disappointments.

This new production is a celebration of the now-classic music—the standards audiences know and love and continue

to sing; the songs that helped Americans get through the dispiriting days of the Great Depression and World War II.

Hooray for Hollywood is directed by long time actor and film and television director, **Peter Baldwin**. Music director and pianist, **George Peterson**, has a long and successful career in musical theatre. **Sherri Beck** is the choreographer/ stager.

The show opens at the Cherry Center, 4th and Guadalupe, on April 16th and plays each weekend through May 9th. Fridays and Saturdays at 7:00 p.m.; Sunday matinees at 2:00 p.m. Tickets, at \$30, go on sale March 15th. Purchase on line at ticketguys.com or by phone: 601-5816. Group rates will be offered. Parties and events receive discounts.

Please return the enclosed CRA ballot

Each April, CRA members vote for proposed candidates to the Board of Directors. The mail-in ballot is provided with this newsletter. Please take time to vote and return the enclosed ballot as soon as possible. Thank you. Results will be announced at the May meeting.

Want to volunteer at the Concours Tour?

The Concours d'Elegance Tour (a world class car show) will again be held on Thursday, Aug. 12, on Ocean Avenue in Carmel.

Ken White is looking for ten adults to volunteer as docents for the event, from 9:45 a.m. until 1:30 or 2 p.m.

You will receive a Concours jacket, a box lunch and an invitation to a thank-you reception.

Please sign up with Ken at jwhite293@sbcglobal.net. He needs your name, email address, phone number and jacket size.

BEACH CLEANUP

**Saturday, April 24
10 a.m. - noon**

- Meet at foot of Ocean Ave.
- Please bring gloves
- Coffee and cookies served courtesy of **Carmel Coffee House** and **Safeway Stores, Carmel**
- Thanks to the *Pine Cone* for the ad donated each month!

The CRA Board wishes to assure our members that we do not sell, trade, lend or in any other way share our mailing list with any organization or company. This list is held in the strictest confidence for our organization's use only.

Native Plant Sale & Farmers' Market

The Hilton Bialek Habitat will hold its 8th annual native plant sale and farmer's market on Saturday, May 8, from 10 am to 1 pm at the Habitat at Carmel Middle School on Carmel Valley Rd. A wide selection of native trees, shrubs, ground cover and herbs will be available along with live music, expert gardening advice and local produce and crafts.

The event is free. For more information, contact Amanda Yantos, (650) 804-9612 or ayantos@yahoo.com.

COMMUNITY CALENDAR

Swearing in of new council members
Tues., April 20, 3 p.m.
City Council Chambers

CRA General Meeting
Thurs., April 22, 4:45 p.m.
Dr. Stuart Miller & Panel Members
"How to Be a Smarter Patient"

"Dines Out" at Le St. Tropez, 6:30 p.m.
(E. side Dolores bet. Ocean & 7th)
(Details page 1)

CRA Beach Cleanup
Sat., April 24, 10 a.m. to noon
Foot of Ocean Avenue
(Details this page)

Local History Lecture
"Ella Young and the Search"
Mon., April 26, 7 p.m.
Carpenter Hall, Sunset Center
(Details page 8)

City Council Budget Meeting
(Council receives 2010/11 budget
from city administrator)
Tues., April 27, 4:30 p.m.

City Council Meeting
Tues., May 4, 4:30 p.m.
City Council Chambers

Ongoing city meeting dates
All held in City Council Chambers.
Check with City Hall for updates.
City Council, 1st Tues., 4:30 p.m.

Forest and Beach Commission, 1st
Thurs., 1:30 p.m.

Planning Commission, 2nd Wed.,
4 p.m.

Community Activities and Cultural
Commission, 2nd Tues., 9:30 a.m.

Historic Resources Board, 3rd Mon.,
4 p.m.

Library Board of Trustees, 4th Wed.,
9 a.m.

*Please see the CRA's website for the
year's schedule of meetings and events.*

www.carmelresidents.org

*Council meeting broadcast Sunday after
meeting, 8 a.m. - noon, Channel 26.*

2009 Citizens of the Year are Fran and Alex Vardamis

The Carmel Residents Association conferred its 21st Citizen of the Year award on **Frances Diem Vardamis** and **Alex Vardamis** at a ceremony on March 14 at the Carmel Woman's Club. **Brian Donoghue**, former director of Sunset Center, served as



Fran and Alex Vardamis hold the award presented to them as Citizens of the Year — a lovely Alicia Meheen watercolor. At the bottom is a brass plaque commemorating their honor.

moderator and made the announcement after giving the audience enough clues to figure out who was being honored. Chosen for their twelve years of shining a spotlight on the literary arts of Carmel-by-the-Sea, the Vardamis duo

the absence of Congressman **Sam Farr**. CRA President **Barbara Livingston** presented the honorees with a lovely watercolor by Carmel Art Association member **Alicia Meheen**.

A retired Army officer and professor, Alex served many years as president of the Robinson Jeffers Tor House Foundation. Upon retirement he was named President Emeritus and received the prestigious Hawk Award from the Tor House trustees for his outstanding service. Fran edits the organization's newsletter and serves as membership chair. Both have worked hard to keep alive the spirit and the memory of Carmel's world renowned poet, Robinson Jeffers and his historic home, Tor House and Hawk Tower.

Both Fran and Alex are published authors. Alex has devoted two books to his Carmel dog, Dingus, who became literate after being conked on the head by the Sunday *New York Times*.

Fran has written a popular mystery series set in Greece, featuring detective Yannis Lavonis, and she has done considerable translation of Norwegian texts. In addition, she has served as president of Friends of the Library, the organization that raises thousands of dollars at its annual book sale and is a former member of the Carmel Library Board of Trustees.

The community celebration, ably chaired by **Donna and David Berger**,

was a festive event complete with St. Patrick's Day decorations. Former Citizens of the Year were introduced and adorned with red satin award ribbons, designed by **Casey MacKenzie** and refurbished by **Diane Elliott**. Delicious hors d'oeuvres were provided by the culinary program at Cal. State Monterey Bay and served by CRA members.

As is his tradition, CRA member **Magdy Ibramin**, owner of **Pâtisserie Boissiere**, donated a beautiful chocolate cake, decorated in the Irish theme. Wine was made available at a discount by **Cheryl Indelicato** and her husband **Claude**



Carmel Residents Association President Barbara Livingston is sporting not only the red satin ribbon as a former Citizen of the Year, but a beautiful lei presented to her by Janine and Dave Potter. Moderator and Irishman Brian Donoghue, right, fit right in with the St. Patrick's Day theme.

Hoover. Cheryl is a member of the family-owned DFV Wines company that has vineyards in Monterey and other California counties.

Donna and David asked us to thank the many CRA members who helped to make this event a success: Diane and Fred Siegel, Barry Swift, Pamela Smith, Gabriella Graham, Roy Thomas, Hugh Campbell, Judy Babbitt, Cathy Dearing, Gay Gough, Sue Aldana, Anne Bell, Pam Eaton, Kay and Harvey Kuffner, Monte Miller, Dick Stiles and the many others who pitched in—you know who you are.

The Bergers tried to draw in new members to volunteer in various capacities through the list provided by Membership Chair **Kathy Fredrickson** of people who had indicated their interest in helping with social events when they joined.



Dave and Donna Berger were given rave reviews for the festive, beautifully-organized and polished event they chaired.

received certificates and resolutions from Carmel Mayor **Sue McCloud**, Monterey County Supervisor **Dave Potter** and State Assemblyman **Bill Monning**. A congressional resolution was awarded in

Ventana Trails Forever

Carmel residents enjoy a beautiful natural setting nestled between a rugged coastline and spectacular mountains. Winding along the coast and venturing deep into the mountains are over 320 miles of public trails that beckon to us for a simple afternoon stroll or a more adventuresome mountain hike. Because of the steepness of the mountains, the ruggedness of the coast and the rampant undergrowth and chaparral produced by our moderate climate, these public trails require continual maintenance to remain passable and safe for the walking and hiking public. With continuing budget constraints at both the state and federal level, more of the necessary trail work is being performed by volunteers and nonprofit organizations, in partnership with the Forest Service and other public land management agencies.

One organization that has undertaken a major role maintaining and restoring public trails in the Ventana Region is the Ventana Wilderness Alliance. With more than 100 active members on its volunteer VWA Trail Crew, and led by volunteer crew leaders, the VWA contributes over 3,000 hours each year maintaining and restoring back country public trails. In

addition, the VWA raises grant money to hire professional trail crews to perform the more challenging work not suitable for volunteers.

Despite the work done each year by the Forest Service and other agencies, and all the volunteer work provided by the VWA and other groups, we are still losing public trails in the Ventana Region—a public investment that some estimate would cost well over \$25 million if built today. To further advance the permanent preservation of this valuable public trail resource, the VWA has endowed the Ventana Trails Forever Fund at the Community Foundation for Monterey County to provide a continuous stream of income to support this ongoing effort. The VWA-led campaign to raise an initial goal of \$500,000 is now underway and meeting with good success. If you would like to learn more about the Ventana Trails Forever Campaign, please contact one of the local members of the VTF Campaign Committee including **Ginger Harmon, Max Chaplin, Paul Danielson and Lindsay Jeffers**. Or visit our web site at: www.ventanawild.org/trails/ventana-trails-forever.

by Tom Hopkins
President of the Ventana Wilderness Alliance

CRA member Ginger Harmon, who serves on the Ventana Trails Forever Campaign committee, put us in touch with Tom Hopkins. Tom can be reached at tom@ventanawild.org or (831) 429-9010.

Think about donating blood

CRA member and cochair of “Dines Out,” **Barry Swift**, is part of the Community Hospital of the Monterey Peninsula (CHOMP) Auxiliary, where he volunteers for work on the *Bloodmobile*. This traveling blood-donation lab stops every eight weeks at the Carmel Chapter of the American Red Cross on 8th and Dolores.

Barry, wanting to let our members know about this worthy

project, put us in touch with **Nancy Shammass**, donor recruiter at CHOMP’s blood center. Shammass says that the 2010 scheduled donation dates in Carmel are April 22, June 17, August 12, October 15 and December 10.

This is an easy way to make a difference in the lives of many people. So when the *Bloodmobile* is in Carmel, why don’t you stop by and give a pint?

“Dines Out” at Le St. Tropez

Continued from page 1

Entrée choice of —

- ❖ Crisp Roasted Duckling with Green Olives — one half of a Long Island duck served with a braise of green olives, fennel and garlic confit, provençale-style potatoes and seasonal vegetables; or
- ❖ Entrecôte Steak Béarnaise — New York steak topped with classic sauce béarnaise, provençale-style potatoes and seasonal vegetables; or
- ❖ Sea Bass à la Minute Basilique — fillet of sea bass broiled then drizzled with basil oil and sprinkled with diced tomatoes, accompanied by risotto

Dessert choice of —

- ❖ Flourless Chocolate Cake topped with crème chantilly; or
- ❖ Fresh Fruit Tarte topped with crème chantilly
- ❖ Coffee or Tea

House red or white wine will be available at \$5.50 per glass (tax included), plus tip.

Please send a \$35/person check, payable to CRA, with your entrée choice and your phone number, to arrive no later than Monday, April 19, to Kathleen and Barry Swift, P.O. Box AC, Carmel, CA 93921. The price includes tax and tip.

You will be notified if you have been placed on the waiting list. If you reserve space and must cancel, please call Kathleen or Barry at 625-1426 so your place can be given to someone else.

OUR FAVORITE PLACES

Mary Ellen Thomas told us about an informal Sunday morning farmers' market from 8 a.m. to noon at **All Saints Church** on the S.W. corner of Dolores and 9th. The family who runs it has wonderful produce and fresh eggs.

When Mary Ellen called the church office to inquire about the market, she was told that anyone and everyone is welcome. It is the church's way of helping this family.

QUOTABLE QUOTES

"Men will not receive the truth from their enemies and it is very seldom offered to them by their friends ..."

—*Democracy in America* by Alexis de Toqueville

Spotlight on Members

Bob Condry writes that "The Yellow Brick Road granted \$2,000 in February to the Bitten Falge Farm Worker Program." This notice appeared in the March 7 *Herald*. "We are thrilled, and hope that this will lead to grants from other organizations which support charitable outreach activities to needy Monterey County recipients."

Local History Lecture

On Monday, April 26, at 7 p.m. in Sunset Center's Carpenter Hall, scholar **Denise Sallee Hall** will talk about noted Irish author, poet and mystic Ella Young and her search for the beautiful and sacred on the Central Coast. Ella was a friend of Robinson and Una Jeffers, artist John O'Shea and poet Dora Hagemeyer. Learn how this group of individuals came together in the name of beauty.

READABLE READS

Harriet's Little Green Book

CRA member **Harriet Shanner** has just published *Harriet's Little Green Book*. According to her web site, "At 92 years of age, this Carmel, California, resident might surprise you. In this replica of her very own little green book, ideas that have struck Harriet's fancy throughout the decades can be considered and enjoyed by the rest of us for years to come."

In her introduction, Harriet says, "I am not certain when I first encountered on a printed page a thought or idea expressed by a writer that struck me as though it were my own. But after I had copied a few such extracts and preserved them on fragments of paper in a rather unsystematic fashion, it occurred to me to make a journal of the collection, which is what I have done."

You can order the book from **Pilgrim's Way Bookstore** or visit Harriet's web site at <http://www.harrietshanner.com/>.

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What is CRA all about?

The Carmel Residents Association is committed to the protection and enrichment of the traditional quality of life in Carmel-by-the-Sea and the preservation of its heritage and natural beauty through education, community activities and advocacy.

