



## ***Our Revived Arcadian Rhythm***

Starting in the late 1800's, there was a place that was informally called Arcady (är'kädē), named after a Greek word meaning "a rural, rustic paradise." It was a town in formation, with dirt roads, horse and buggies, simple log cabins and tiny cottages, a few bustling hotels and small businesses, and more than its share of Bohemian writers, artists and actors. In this organically emerging "Village in the Forest", it was common for neighbors to gather in their cottages and favorite haunts to share stories, sing songs, play charades, read poetry, and perhaps enjoy some abalone stew with their jug red wine. They didn't need a special occasion, just some common interests and a bit of time to enjoy each other's company, have spirited discussions, and create special memories. Lifelong friendships and the fabric that was woven into the magical place called Carmel-by-the-Sea were created in the process.

With only 25% of our now fully built-out "Village in the Forest" being full-time residents, and many of those being quite mobile, this practice seems to be a fading memory. To encourage our members to get to know each other better in an intimate setting, have a chance to experience stories about our history, discuss issues affecting our community, perhaps share a musical or artistic skill, and just relax and have a good time together, we have developed an idea we are calling *Breakers*. Named after "Ice Breakers" and like the random rhythm of waves hitting our lovely beach, we won't need a special occasion to get together. Just a little boost from our dedicated and passionate volunteers to bring us together in quiet gatherings at our members' homes.

We have already tested out the *Breakers* concept at a couple homes and we had a grand time. As this is a work-in-process, we will continue to evolve this concept until we figure out the best timing and methods. If you are interested in participating in one way or another, please let us know by filling out the information below on this document or just take a picture of it and email it to [CRABreakers@gmail.com](mailto:CRABreakers@gmail.com). We will contact you to suggest a meeting place to finalize our plans. We do hope to make this a monthly rhythm of the Carmel Residents Association and hope to include a pleasant surprise or two! Thanks for your interest.

**Name(s):** \_\_\_\_\_

**Physical Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Artistic/Musical/Other Talent:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**I am interested in helping to organize these events: Yes No**

**I am interested in hosting a Breakers event at my home? Yes No**

### **What you will have to do as Breakers Host:**

1. Provide your home for the event. It would be ideal if there is room for up to 12 people to sit around outside for the abalone part of the event but we could do an event with 10 and could also do it all inside (other than the actual pounding as it is a little messy but even that could be done inside).
2. Everyone will bring an appetizer of some sort and it is good to have some level of organization to prevent too many of the same item. So far, this has resulted in enough food to count as dinner.
3. Everyone is encouraged to bring a beverage of their choice for themselves or to share with the group. You could have some wine or other beverages available as a backup.
4. Pick other CRA members to participate in your event. If you need help finding some we can certainly help out. It's best to have a variety of ages to get more interesting stories.
5. Collect \$10/person to cover most of the cost of the abalone.
6. Be prepared to have a great time and learn a lot about our community and make new friends.

### **What your Breakers Facilitator will do:**

1. Provide all the materials for you to email to the attendees describing the event and telling them what they will have to bring and how they will participate.
2. Provide the abalone.
3. Provide the printed words to the abalone song.
4. Provide live entertainment (Roger Book playing guitar and singing a couple songs). If you know that someone in your group can provide this then it is perfectly fine and Roger will get a break.
5. Shuck and pound the abalone, unless you feel up to it.

### **Breakers Concept Overview**

1. What is the goal?
  - a. Make new lifetime friends
  - b. Get more residents intimate with our history, get them committed to the "idea" of Carmel
  - c. Get more residents committed to helping out in various ways
  - d. Encourage residents to shop local, be green, help keep our city clean, drive slower, etc.
  - e. Have a good time, laugh, sing and relax
  - f. Experience other members' unique Carmel homes
2. They are held at CRA residents homes.
3. The long-term goal is to schedule one event per month.
4. It is most effective if you have the equivalent to 5 couples plus the facilitators. Fewer people results in fewer stories and less interaction. More would be fine too.
5. The agenda is provided but can be flexible.
6. It is possible to add an Actor representing historical figure but this would be paid by an additional charge. So far, this has been attempted but the actor didn't show. For future experimentation.
7. The intention is for it to start about 5'ish and last until 8'ish. However, the ones held so far went far beyond that as everyone was having way too much fun. This can be controlled by the hosts.