

# The **MONTEBELLO** Voice

an independent gazette

fall in love

September 22, 2016



*photo by Azita Mashayekhi*



# YOGA: Promoting health for body & mind, stretching & toning, breathing & relaxing

By Virginia Nickich

Do you exercise regularly? Are you health conscious? Are you aware of your breathing and movement as you walk and reach or carry items? Yoga will help you bring a greater awareness of how you move, how you breathe and how to bring the two successfully together. Yoga can enhance your present exercise program with



stretches for the entire body, or yoga can be your exercise. Yoga teaches calmness...and how to reduce the effects of stress on your body and mind with relaxation methods and meditation. No matter your age, gender, flexibility or inflexibility there is a yoga style for YOU.

Practicing any form of yoga, even 15 minutes a day, can be beneficial. Learning to meditate and relax for only 10-15 minutes a day is a great tool for those times when anxiety is ready to take over. Yoga improves posture as you align your body properly with each movement. Science and the medical field have conducted studies and are finding that the benefits of yoga are not myths but reality.

There are many styles of yoga. There is the basic form of Hatha Yoga that other forms are derived from. Yoga Flow is a gently flowing movement from one posture to another. Ashtan-

ga is a very vigorous practice building the core and arms. Have you ever taken a Laughing Yoga Class...I find this so much fun. There is also an Ageless Yoga or adapted chair yoga for those who are less mobile and less flexible but would still like to enjoy simple movements and relaxation methods.

Whatever your choice of exercise, yoga will help you enhance your workouts. There are blocks, blankets and straps to help you adapt the posture to your body to avoid injury or pain. We never adapt the body to the posture, but adapt the posture for the body. If you have never tried a yoga class, do so soon with an open mind and be ready for a new healthy experience.

Currently Montebello enjoys two types of yoga classes given by a certified instructor and resident. The *Hatha Yoga class is held each Tuesday evening at 7 p.m. in Party Room 1* and has a fee of \$5. This is a general/beginner level class. The instructor gives personal attention to each participant, so if you want to try yoga for the first time, you will be welcomed and comfortable as a beginner. For this class you must be able to go to the floor and up again.

We also have a *free Adaptive/Chair Yoga class on the first and third Wednesday at 10 a.m. in Party Room 1*. This class is for the less mobile and less flexible. Most of the exercises are done sitting in a chair and a few exercises are done standing while holding onto the back of the chair.

If you would like more information on the yoga classes and relaxation methods, please contact me at [virgyoga@verizon.net](mailto:virgyoga@verizon.net) or at 516-459-8504. 📧

# Man bites dog... er... Gate ambushes bus

By Donald and Karen Barnes

As announced in a notice to residents from the Association Management last week, the back gate was knocked out of service last Thursday as a result of a “close encounter of the debilitating kind” with the Montebello shuttle bus. Readers might have been left with the impression that the shuttle struck the back gate while the bus was moving exiting the property. In fact, as viewed by those of us who were present at the time, it was the gate that unexpectedly closed on the bus, rather than the bus hitting the gate.

While the end result was the same, in reality it was the villainous gate that was at fault, not the human driver.

Is this the beginning of the long-feared Rise of the Machines? 📧

**The** **MONTEBELLO** **Voice**  
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# Our preview visit to the Smithsonian National Museum of African American History and Culture

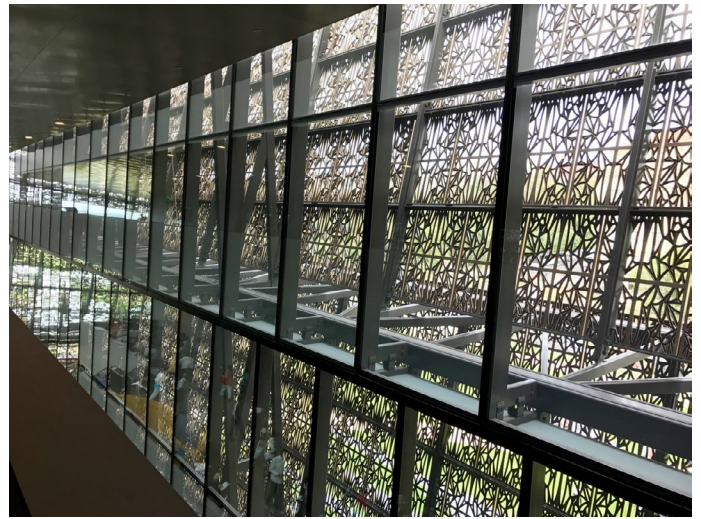
Text and photos by Raymond Houck with Holden Coy

As we have many local area residents, my husband, Holden, and I have been eagerly awaiting the grand opening of The National Museum of African American History and Culture (NMAAHC), the latest addition to The Smithsonian's collection of jewels on The National Mall. As Charter Members, we were fortunate to have the opportunity to preview this spectacular new addition last Saturday morning, a week before it opens to the general public on September 24.

The well-organized entry process with timed tickets went smoothly. We were greeted by smiling staff members, enthusiastic volunteers, and we met many fellow Charter Members eager to start their voyages through the history contained within the walls of this beautiful building. From the south side of the building, we entered a vast, column-free main hall where we enjoyed a welcome reception complete with de-

licious finger foods, cold iced teas and fruit drinks, and an atmosphere of excitement and celebration.

By now most everyone has seen the exterior of the new building and know that this is not another granite or marble box. Instead, the exterior is an intricate design comprised of 3,600 bronze-colored cast-aluminum panels referred to as the building's "Corona," and they surround the three stepped levels that make up the above ground portion of the five-story building. The lacy, filigree design changes color somewhat throughout the day – gold early in the morning and more of a shimmering bronze glow in the evening. From inside the building, you realize how much glass is actually behind those filigree panels, allowing dappled light into the building from the outside, providing views of The National Mall that you don't see in the other neighboring museums. That



was a very nice surprise. The place is huge – almost 60 percent of the building is actually underground beneath the Corona, and extends outward below the lawn to the north and south of the visible structure.

Since there were many other visitors, we decided to take the escalators to the top floor and work our way down. Not all the floors were open for the preview since construction workers were still applying finishing touches, but we did manage to see and experience quite a bit. In fact, there is so much to see, our advice is to plan multiple visits, keep a map with







**Raymond Houck**

you, and have a strategy for what you want to see in this amazing collection of more than 37,000 articles, many of which were gifts by donors of their own personal history they offered to share with other Americans.

We spent quite a bit of our time in the Culture and Community Galleries on the top two floors where we saw exhibits that blended together quotes, artifacts, photography, video, clothing – such as the dress worn by Marian Anderson in 1939 when she sang “*My Country, ‘Tis of Thee*” from the steps of The Lincoln Memorial, to dresses worn by cousins Whitney Houston and Dionne Warwick – along with Chuck Berry’s shiny red Cadillac and George Clinton’s “*Mothership*.” Visitors shared memories, laughter and conversation in this lighter portion of the museum.

Later, we headed down into the underground exhibits housed in a much more somber atmosphere that features intentionally close quarters, and succeeds in telling the darker stories of the crowded and horrific conditions experienced by Africans as they were enslaved, and how they were brought to America. Displays include details such as how to pack human cargo onto ships, what the



ships were like, the shackles slaves were forced to wear, followed by examples of segregation and discrimination in later years. There is much to see and experience here, and most of it is quite chilling.

The museum is meant to be experienced from the bottom floors up, so we recommend that in order to let the story play out as intended. However, no matter where you are in the museum, there is always food for thought and something to touch you. Quiet rooms are scattered throughout the museum where you can record your own feelings and reactions to the exhibits.

We entered the museum with great expectations and we left inspired by the stories that unfolded as we walked throughout the many galleries and exhibits. Often, there are things you don’t expect that reach out and touch you here. One example was an exhibit about Covert, Mich., a tiny town on the Midwestern frontier, fully integrated way back in the 1860s. The settlers made a choice to live together as friends, equals, and even family. One resident’s quote appears above a school room photo: “*I don’t think anyone thought of color... we just played together.*” How beautiful a thought that was.

As we think back on our first visit, one of the highlights for us was the conversation and sharing among the visitors. People took time to talk with one other about what they were seeing and shared their experiences. While this is very much an interactive museum, the interactivity among the visitors was remarkable and felt good. After all, this is a shared American story and so why not take time to share with others? We were glad to see that going on throughout our visit. There is much more to experience here, and we expect to return often.

You can start to plan your visit and become more familiar with NMAAHC by visiting their site at [nmaahc.si.edu](http://nmaahc.si.edu) or take an interactive tour at [www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/?no-ist](http://www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/?no-ist) 📺





# Καλώς ήλθατε στην Ελλάδα (*Kalós ílthate stin Elláda*)

## Welcome to Greece



*The birthplace of Zeus in Crete*

*Text by Sarah and Sophie Myers  
Photos by Diane Bastin*

**T**his summer, we visited our uncle who lives on a sailboat. We were overjoyed when we found out that his July destination would be the Greek Islands. We created a flexible travel itinerary, as the wind could change at any moment, which would affect the speed of the boat significantly.

We ended up visiting Volos and Meteora on the mainland; the Northern Sporades: Skiathos, Skopelos, Skiros, Alonnisos, and Syros; the Cyclades: Delos, Mykonos; and of course: Santorini, before ending this trip-of-a-lifetime in Crete.

The food was extremely inexpensive and delicious. We ate a lot of gyros, which is Greece's fast food. Our favorite foods were stuffed grape leaves (dolma), and moussaka. We also discovered some of the most amazing candy we have ever eaten: Greek delight (loukoumi). In America it is typically called Turkish delight. We found the best ones in a little artisanal shop on the island called Syros, the self-proclaimed island of loukoumi. We tried a variety of flavors including lavender, rose, and rose with nuts. The latter were supercalifragilistic-expialidocious!

At one point during our journey a few dolphins surprised us by swimming full speed under and around our boat for about 5 minutes. We also encountered a school



*Delicious octopus and squid stuffed with feta and peppers with fried potatoes, olive oil, and bread in Santorini*



of flying squid. A couple accidentally flew onto our boat as they were all trying to escape from being gobbled up by a gigantic fish we could not see clearly under the surface of the water.

If you ever get a chance to visit Greece, Santorini should be a definite island on your list. It was the most beautiful and unique of all the islands we visited. The only thing that was a bit disappointing was that there were not as many blue-roofed churches as pictures in magazines make you believe. The town of Oia is the one most often depicted in magazines. It is very picturesque. In Santorini, we especially enjoyed climbing the caldera, visiting Akrotiri (Greece's Pompeii), and swimming in the natural hot springs around the volcano. We also went on a beautiful 11-kilometer hike from the town of Oia to Fira. It offered some cute little churches and sweeping views along the way.



*Departing Ermoupolis on the picturesque island of Syros (and its loukoumi)*



*The town of Oia and its picturesque blue church domes in Santorini*





*The hike from Oia to Fira on Santorini*

We visited Psychro Cave, Zeus' birthplace, in Crete. On websites and in tour guides, it sounds wonderful, but when we got there after a long hike in the mountains, we all agreed that our own Luray Caverns were much more beautiful. We do not regret visiting the cave though, because the hike up the steep mountain was very scenic. Our favorite spot in Crete turned out to be Elafonisi beach, a heavenly lagoon with pink sand and warm clear water.

Other highlights were the beautifully preserved ruins on the island of Delos, birthplace of Apollo and Artemis, and the palace of Knossos in Crete, and last but not least, the little church with steep steps from the movie *Mama Mia* on the island of Skopelos.

Sailing the Greek islands was such an exciting experience and we enjoyed it very much. We were so lucky to be able to spend two weeks visiting such historic, amazing, and beautiful places. 🏠



*Above, Elafonisi Beach in Crete*



*Left, the squid that landed on our boat between Santorini and Crete*

## Moderator:

# Americans can learn from how others view our elections

*Note: On Sept. 14, 120 residents gathered in the Community Center to hear six neighbors participate in a panel discussion, “How the World Views America’s Political Season: A Snapshot.” Organized by Guin Jones, the force majeure behind Montebello’s Speaker Series, the presentation was like a university seminar (five of the speakers were academics) on international relations. Long-time (former) resident Margaret Sullivan kept the conversation on track and the audience enthralled. Highlights of the panelists’ presentations appear on the following pages. – MK*

By Margaret Sullivan



While Americans are choosing our own leader, primarily in terms of our domestic concerns (which includes international relations), the rest of the world view us as making a choice that will decide a major, perhaps *the* major, world leader. Thus they see themselves as having a vested interest in the outcome of our election and its ramifications.

How others see us often depends on history, existing relationships between our countries, how that country’s elections work, and how the citizens of that country get their news (or don’t).

My own experience of working abroad and particularly in relation to elections is that how the United States is seen is sometimes quite contrary to how we see our selves. These may well not be ‘equivalent,’ balanced, or moderate in their views of the candidates and implications for the rest of the world.

That often makes us uncomfortable and defensive. But I have also learned that it is important for us to listen to that and learn from it.

Over the past year, I have been communicating with friends in various countries and seeing what they post on social media. As the Republican primaries evolved, for instance, many of my friends in Indonesia, Vietnam, New Zealand and Britain could not understand how Americans could take a candidate like Trump – whom they viewed as racist, Islamophobic, insulting and crude (words they used, not mine) – seriously, much less nominate him as a candidate. At the same time, they seemed to pay little attention to the Democratic primary.

Indonesia, where I have spent a great deal of time, has the world’s largest Muslim population. My Indonesian friends – those who pay attention to world politics because not all Indonesians do – continue to worry that Trump might be elected. They take umbrage at what he says about Islam because they do not see all Muslims as terrorists and know that most of them are not.

A man from Turkey I spoke with recently said that negative concern about the prospect of Trump and been eclipsed by the coup and its aftermath although he thought it might resurface if Trump were to be elected. Which echoes the knowledgeable remarks made by a well-connected diplomat friend who was in Turkey during the coup.

A long-time British friend told me that no one she and her husband have spoken to speaks well of Trump. Not in any way presidential in our opinion. We all like Obama – he has been dignified and gentlemanly, a good husband and father. A great diplomat. We understand that Hillary is presumed to be in the pocket of Wall Street and perceived as elitist, but we cannot understand why Americans appear to not like her.

Can you imagine Trump meeting our Queen? Britons voted for Brexit for the same reason that Americans support Trump: Distrust and disappointment with the Establishment and its inability or unwillingness to bring about change.

In June this year, the Pew Research Center, a nonpartisan American “fact tank” based in Washington, D.C., that provides information on social issues, public opinion, and demographic trends shaping the United States and the world, issued a substantial report on the views of America and of our elections from surveys done in 15 European and Asian countries. The gist, in terms of elections, was that Hillary Clinton is trusted regarding international affairs while Donald Trump is not. For those interested the entire report, which is long and detailed, is well worth the read.

At the same time, it is important to underline that, as the panelists observed, local concerns to a degree override concerns about and interest in our elections, varying with that country’s own history and internal politics. This may change as the election nears. And while how others see us does not and should not determine how each of us votes, knowing what others think is important to understand as that effects international relations and America’s role in the world.

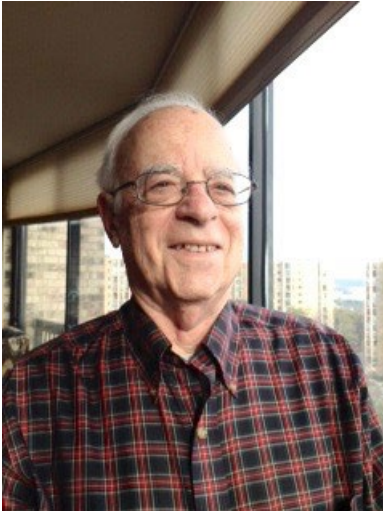
*Margaret Sullivan, writer, artist, and intercultural communicator, was born in China and has lived and worked in Asia and Africa both as a U.S. Foreign Service spouse and on projects of her own there and in the United States. She has written for the Huffington Post, Foreign Service Journal, Far Eastern Economic Review, Singapore Straits Times, The International Herald Tribune, and The Washington Post, among others.*



## Argentina:

# Other concerns delay reactions to U.S. elections

By Hugh Schwartz



Argentina encompasses most of the Southern Cone of South America. It's a large country, almost five times the size of France, though a good deal smaller than Brazil and China. Even so, the population is only about 35 million, with the densely populated areas limited to Greater Buenos Aires and two other cities. That's pretty much what one might expect for a country best known for grazing and grain production. Argentina ranges from a semi-tropical north similar to northern Mexico to a relatively frigid Patagonia that has more in common with central Canada.

Argentina has long been oriented primarily to Europe. Once much influenced by the United States, Argentina has been more inclined than most Latin American countries to have controversial issues with the U.S. This dates to the 1890s and has recurred several times in recent years. It's an educated country, with literacy rates and doctors per thousand at U.S. levels, perhaps the only Latin American nation with Nobel Prize laureates in fields other than literature. The country was one of the six-to-ten highest nations in the world in terms of per capita income for many years, but no longer is.

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My comments on Argentine reactions of the U.S. elections reflect in part, the observations of six years in Argentina and neighboring Uruguay, but largely, those of two prominent newspapers – the conservative *La Nacion* and the centrist-liberal *Cronica*. I have also been looking at the English-language *Buenos Aires Herald* and the Internet. News coverage has been fairly good, both by press associations and individual reporters, but none of the articles rank among the top five read during the past month. There have not been any editorials concerning the U. S. elections and only a single opinion piece. There was almost no mention of Trump's praise of Putin (perhaps because of the

*There have not been any editorials concerning the U.S. elections and only a single opinion piece. There was almost no mention of Trump's praise of Putin (perhaps because of the inclination of many Argentines to favor popularly elected strongmen) and coverage of Hillary Clinton's recent illness can only be found in the conservative press.*

inclination of many Argentines to favor popularly elected strongmen) and coverage of Hillary Clinton's recent illness can only be found in the conservative press.

More focus on the U. S. elections can be expected in the weeks ahead, and judging on the past, with critical comments on both major candidates, but, in the meantime, Argentines are more focused on other matters. Inflation has been at an annual rate of 25-45 percent in recent years, though now somewhat lower, and per capita income has fluctuated, most recently declining by one percent. Unemployment is at 10 percent and many young Argentines seek

opportunities abroad. The government, more conservative than the populace usually supports, and though in good standing with Wall Street and the IMF, was elected primarily to end a popularly elected but increasingly questionable leadership; the current administration is ending several major subsidies and this is a major concern. Ideological infighting, long an Argentine tradition, is considerable. Investment from abroad is not as high as sought and includes very little repatriation of locally owned funds – this in a country which has defaulted in foreign payments three times in recent decades. Finally, exports to China have of course declined and the country's major trading partner, Brazil, seems to be in chaos. Sports accomplishments occupy prominent space in the media.

At present, matters other than the U.S. elections occupy current attention in Argentina. 📖

*Hugh Schwartz went to Argentina in 1960 as an Organization of American States (OAS) Fellow. His doctoral dissertation on Argentine industry (Yale University) has been often cited by Argentine specialists. He returned several times since for periods ranging from several days to several months and has traveled extensively in the country and the five neighboring countries. He has lived for approximately six years in Argentina and Uruguay.*

*Schwartz has taught in universities in the United States and several Latin American countries, including in neighboring Uruguay, where he has been invited to speak at institutions associated with both the left and the right over the years 1990 through 2014. Two of his students occupy government positions in Argentina.*

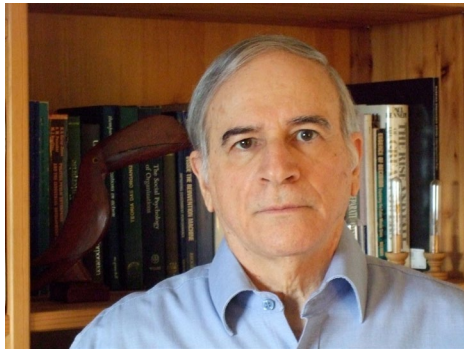
*Initially, Schwartz taught industrial economics and economic development, but recently he has focused on behavioral economics and has several publications in that field. His contacts have been mainly middle class. He has been in touch with individuals who have been involved in several political parties in Argentina and Uruguay.*



## Brazil:

# The introspective Brazilians watch the U.S. presidential campaign

By *Getulio P. Carvalho*



You may rightly assume that countries endowed with huge territories, low demographic density despite large populations, and GNP growth only modestly dependent on exports will be addicted to navel-gazing.

Brazil fits this assumption, which can explain, to some extent, the relatively small attention to the ongoing U.S. presidential campaign.

Note that the two candidates are well known in Brazil. Donald Trump has investments in Rio while Hillary Clinton visited Brasilia as secretary of state. (Bill Clinton has been in Brazil on different occasions, having, in addition, written the preface for former president Fernando Cardoso's book, *The Accidental President of Brazil*). *Veja Magazine* and the three largest newspapers of Brazil – *O Globo*, from Rio de Janeiro, and *Folha de São Paulo* and *O Estado de São Paulo*, both from São Paulo City, the country's largest metropolis – have followed the American presidential campaign. *Folha de São Paulo* has even had a special section on this matter. Despite the daily coverage provided by the Brazilian press, you will hardly find local analytical texts on the American political scene. Most of the information is merely factual, except for the translations of articles originally published in the U.S. or other countries.

Relegating, for a moment, that initial navel-gazing assumption, you may ask why there has been so little emotional interest in the current campaign on the

part of the mostly inward-looking Brazilians, particularly among those who are not members of their relatively small diaspora. Here are a few compelling reasons:

1) The recession, after years of growth mainly spurred by exports of commodities, especially to China, Brazil's major trading partner;

2) The impact of the Zika virus on the population, particularly in the poverty-stricken Northeastern Region;

3) The acute social tensions that preceded the Olympic Games in Rio;

4) The impeachment, on August 31<sup>st</sup>, of the extremely unpopular Brazilian president, Dilma Rousseff, nominal leader of the leftist Workers' Party, which had been in power for almost 14 years;

*Note that the two candidates are well known in Brazil. Donald Trump has investments in Rio while Hillary Clinton visited Brasilia as Secretary of State.*

5) The fall of the former speaker of the lower house of Congress, one of the politicians ensnared in a major graft scandal, which has sent to jail prominent businessmen, and some politicians as well;

6) Brazilians' involvement in the important election, on October 2<sup>nd</sup>, of mayors and aldermen for over 5,500 municipalities.

Unable to find much analytic meat by scouring the Brazilian press, I contacted some of my former colleagues, both in Brazil and in the diaspora, seeking their reactions to the American elections. They were impressed, they said, by Paul Krugman's piece, "Donald Trump's 'Big Liar' Technique," published by *The New York Times*, on Sept. 9, 2016. One also referred to *The Economist's* recent article, "Art of the lie: post-truth politics in the age of social media" (Sept. 16, 2016). But nothing seems to have

impacted their feelings so much as Rula Jebreal's contribution to *The Washington Post*, "Donald Trump is America's Silvio Berlusconi" (Sept. 21, 2015). Due to the large numbers of Brazilians of Italian stock, Mr. Berlusconi, Italy's disgraced former prime minister, is well known in Brazilian circles.

The relevance my former colleagues see in such articles is likely linked to the impeachment of Brazil's president and the expulsion of the former speaker of the Chamber of Deputies. Both were doomed for lying to the voters: the president, concerning the state of the public finances; the speaker, regarding his illicit Swiss bank accounts.

Introspective or not, Brazilians have too much on their plate. They look overwhelmed as they face so many adversities, including high unemployment rates and the *Aedes Aegypti* mosquito. Brazilians certainly need a break in order to recover their *joie de vivre* and optimism, their old trademarks. 🇧🇷

*Getulio P. Carvalho is a member of the board of directors for the Government Accountability Project (GAP), a nongovernmental organization and law firm in Washington, D.C., that aims to protect and defend whistleblowers. At GAP, among other activities, he has funded the Carvalho Fellowship for International Research.*

*Carvalho taught at the Institute of Public Service of the University of Connecticut, from which he received his Ph.D. in political science, and where he later established an endowment in political science that bears his name.*

*In his native Brazil, he taught at The Brazilian School of Administration, which he left to become Deputy Secretary General at the Education Ministry, in Brasilia. In Washington D.C., Carvalho joined the Organization of American States (OAS) as its Director of Educational Affairs. More recently, he was hired by the Lampedusa Foundation to serve Vitae, its affiliate in São Paulo, Brazil, as its General Manager. Carvalho's publications include books and articles on Petrobras, state and transnational enterprises, public budgeting, and systemic corruption.*



# China:

## What the Chinese think about the U.S. presidential election process

By Donald G. Barnes



Drawing on friends in China, Chinese friends in the U.S., English-language Chinese newspapers, and discussions with “China watchers” in D.C. think tanks, I conclude that most Chinese are not paying close attention to the U.S. presidential election process. They are concerned about their local “noodles and rice” issues, instead.

That said, there are a significant number of “America watchers” who observe our presidential election process with some interest and more confusion.

### Here is what they see

- Evidence of disharmony, instability, and even breakdown in the U.S.
- This goes for Western democracy, in general; e.g.,
  - ✓ The populist-led Brexit and the possible dissolution of the European Union.
  - ✓ The impeachment of the president of Brazil at the time of the Olympics.

### This is how they react

- These events feed on their base fear of economic hardship and social instability:
  - ✓ Their economy has grown at a rate that has been far higher for far longer than any economy in modern times.
  - ✓ Even in their “economic slow-down” their economy continues to grow at roughly twice that the U.S. and will soon be the largest in the world.

- ▲ These facts – plus government pronouncements that encourage such views -- have made most Chinese less interested in adopting Western-style democracy which might jeopardize their gains.
- ▲ As a result most Chinese are wary of populist “independence” movements in places like Taiwan, Tibet, and, most recently, in Hong Kong.

*They find [the election] interminably long, unbelievably nasty, dangerously debilitating, incredibly expensive, and more designed for “shock entertainment” than for information.*

- ▲ Rather than seeing the US Presidential election process as “the voice of the people” being exercised, they see it as a sanctioned avenue for untutored, unruly, and irresponsible agitators to vent grievances irreparably.

### As to the U.S. presidential election process per se

- They do not understand it.
- They find it interminably long, unbelievably nasty, dangerously debilitating, incredibly expensive, and more designed for “shock entertainment” than for information.

### As to the candidates’ strengths and weaknesses

#### Clinton

- Pro – from a Chinese point of view
  - ✓ A relatively known quantity; cf., her former roles as first lady and secretary of state
  - ✓ Qualified to handle the job.
- Con – from a Chinese point of view
  - ✓ Her 1995 speech in Beijing in which she linked women’s rights and human rights.

- ✓ Her advocacy for “open seas” while secretary of state regarding contentious disputes in the South China Sea and East China Sea.
- ✓ Her role in the U.S. “pivot to Asia” which they see as a thinly veiled action “to contain China”.

#### Trump

- Pro – from a Chinese point of view
  - ✓ A new (politically), but familiar (as TV personality) face
  - ✓ Outrageous and entertaining
  - ✓ Inexperienced, unqualified, and in over his head (which could be good from a Chinese point of view)
  - ✓ Ostensibly a “tough guy,” but can probably be easily outmaneuvered; cf., his relationship with Russia
- Con – from a Chinese point of view
  - ✓ May really be a “tough guy,” which makes his popularity in the U.S. understandable to many Chinese; cf., their President Xi Jinping, whose own slogan might well be “Make China Great Again.”
  - ✓ Mercurial, unpredictable, and not open to ideas other than his own, which are subject to continual change.

#### Bottom line

- Reaction among the masses: awareness, characterized mostly by disinterest.
- Reaction among the ruling and educated classes: fascination, wonder, and disbelief, garnished with a dollop of fear and a dash of delight. 🍲

*In 2002, Donald Barnes took early retirement from the U.S. Environmental Protection Agency to travel to China with his wife, Karen, to teach English and environmental science at three universities. They have lived in three cities over a period of 10 years and traveled extensively throughout the country. In all of these locations, they got to know people from a wide range of backgrounds through activities in local schools and churches.*



## Denmark: Views from Northern Europe on the American presidential election

By *Jorn Justesen*



The election of a president in the U.S. is a major news item in Europe. However the campaign is not necessarily of great interest. There are several reasons for this: each country has its own rules and traditions for political campaigns, and the process is not easy to understand if you live in another country. The campaign is an exchange between the candidates and their voters, and often the topics are not issues of great interest in other countries. Issues that are important here like voter registration, gun control, access to healthcare, cost of higher education, etc., are just not political items in Europe.

The current campaign does show up in the papers every week, but the stories are taken directly from the American media (with due references usually). The Danish papers have correspondents in the U.S., but if anything, they try to report on the way people here see the candidates. The mainstream Danish papers may not feel that it would be proper to express an opinion on a potential future president. Certainly the politicians would not want to do so.

People in other parts of the world see the election in terms of what is in their own best interest. Currently there is not much at stake in the relations be-

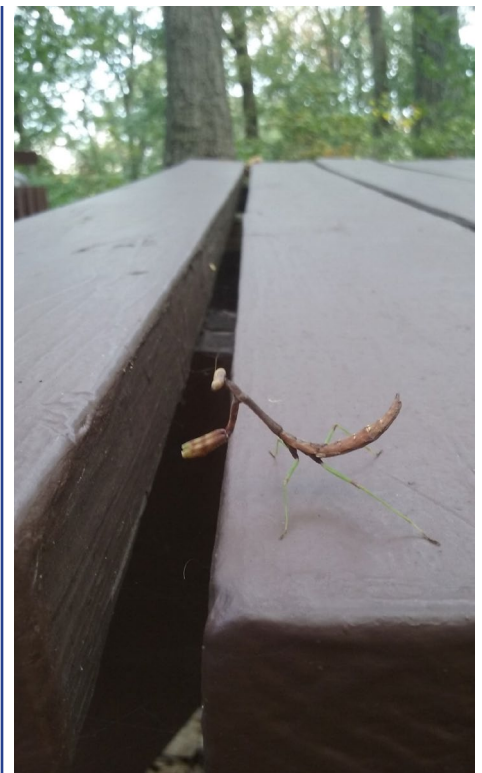
tween the U.S. and the EU. The only political comment I have come across recently had to do with the negotiations of a broad free-trade agreement. Here the feeling in the Danish government (and probably in the EU administration) is that the best hope for such an agreement is that it could be signed while Obama is still in office. However, it is unlikely that this could happen given that several countries in Europe are also skeptical of the current proposal.

People in Denmark do not have much information about the candi-

*Issues that are important here like voter registration, gun control, access to healthcare, cost of higher education, etc., are just not political items in Europe.*

dates other than what they get from the local media. Donald Trump is largely unknown, and looking back a few decades, it seems that worse things have happened. Hillary Clinton was in Denmark when she was first lady (for a UN conference), and she was quite a celebrity then. During her time as secretary of state she was briefly in Denmark on a tour of Europe. The agenda included a discussion of the war in Syria (obviously a matter of concern on both sides), but she was not very visible in that position. 📱

*Jorn Justesen taught electrical engineering at the Technical University in Copenhagen, Denmark until 2000. At that time he moved to the United States. He and his wife, Karen, have been at Montebello for eight years. Twice a year, Justesen spends time with his two adult children who live in Copenhagen.*



*Catherine Cooke, her fingers fast on the phone camera, snapped a photo of a praying mantis on the picnic table behind Building 1.*

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**Montebello Bowling League  
Monday and Wednesday  
night leagues at 7:15 p.m.  
are starting NOW**

By *Mark Woods*

The Montebello Bowling League is ready to start the 2016-2017 season. All we need is you and your smile! No experience necessary! No, really!!

We are looking for people who just want to have fun and smile. We have openings either night for subs and/or regular bowlers-and it's co-ed! It's a handicap league, so it really doesn't matter how good you are.

Please consider joining us. You can contact the league president, Mark Woods at 703-498-0143 or at [mjd-woods@earthlink.net](mailto:mjd-woods@earthlink.net). Or, just stop by any Monday or Wednesday night and speak to Mark or one of the other bowlers. Hope you can stop by and say hi! 📱



## Iran:

# Three concerns influence Iran's preference for next American president

By Azita Mashayekhi



The U.S. and Iran have not had diplomatic relations since 1980. The current U.S. presidential race, however, interests Iran greatly. From Iran's standpoint, there are **three** key concerns regarding the next U.S. president:

### 1) The nuclear agreement and sanctions

Iranians are interested in how committed a future U.S. president would be in executing the articles of last July's nuclear agreement, formally known as the Joint Comprehensive Plan of Action (JCPOA),<sup>1</sup> made between Iran and permanent members of the United Nations Security Council (U.S., China, France, Russia, the United Kingdom) plus Germany, which limits the country's nuclear enrichment program in exchange for lifting the international sanctions. These and other U.S. sanctions – the most comprehensive imposed decades ago for other reasons, have crippled Iran's economy.

Iran's moderate pragmatic president, Hassan Rouhani, "has made the sanctions-lifting nuclear deal the centerpiece of his Administration"<sup>2</sup>, and will face opposition by hardliners in the 2017 presidential election on the success of this issue.

"Clinton is not quite as worrisome to Iranians, but she is nonetheless a concern for her "relatively hard line" on Iran during her tenure as secretary of

state. That said, Clinton came out in support of the nuclear agreement last September, essentially nullifying any threat her presidency could pose to the JCPOA."<sup>3</sup>

Trump "has been a frequent critic of the nuclear deal with Iran, and has repeatedly argued that the Obama administration negotiated a bad deal."<sup>4</sup> But, he has also said he would first consult with his national security advisers should he be elected president.

### 2) Stability in the Middle East

Iran is a Shiite Moslem country bordered by Afghanistan and Pakistan to the east, and Iraq and Turkey to the west; though not sharing borders, Russia lies to its north.

*Iran's view is that the instability in the Middle East for the past three years has progressed in a way that has forged common interests between Tehran and Washington, and "The candidate aware of this fact who is willing to use a win-win foreign policy in relation to Tehran would be most welcomed by Tehran."*

Bernie Sanders' views of the Syrian civil war, Israel and Palestinian crisis, and Iraq made him a better candidate for Iran. He was the only candidate who had strongly stressed the idea of cooperating with Tehran to deal with regional issues.

"As Iranians see it, Hillary Clinton is more realistic and has a better understanding of the Middle East. On the other side, some of her viewpoints and the influence of Arabic-Jewish lobbyists are her losing points. So her approach towards foreign policy and especially Iran is colored by uncertainty."<sup>5</sup>

"However, Trump's foreign policy positions are not very clear overall and

"due to some of his key supporters... there are mixed signals as to whether he is a realist or a neo-conservative."<sup>6</sup> Trump, however, may be less accommodating than Hillary Clinton of U.S. allies in the Middle East, such as Saudi Arabia,<sup>7</sup> something that Iran would favor.

### 3) Ideology versus realism and respect in dealing with Iran

Post-revolutionary Iranians seem largely apolitical, want to be free from the endless ideological fights that have racked the country since the revolution...<sup>8</sup> and that includes ideological fights with the U.S. and other countries.

For example, the fact that Donald Trump is a businessman is construed by some that "Trump will remain loyal to the deal since he is a businessman and businessmen do not violate contracts unilaterally" and that Trump's statements "are mostly rhetorical for his elite supporters and his mass voter base."

Iran's view is that the instability in the Middle East for the past three years has progressed in a way that has forged common interests between Tehran and Washington,<sup>9</sup> and "The candidate aware of this fact who is willing to use a win-win foreign policy in relation to Tehran would be most welcomed by Tehran."

Iranians do not want to be dealt with as Islamic extremists or terrorists.

"For example, at the Republican convention in Cleveland, immediately after Giuliani, the former Republican mayor of New York City and Trump supporter, declared that they must explicitly combat 'Islamic extremist terrorism,' and then immediately jumped to the topic of the nuclear agreement with Iran and how it has given billions of dollars to a state sponsor of terrorism. This situates Iran within a para-

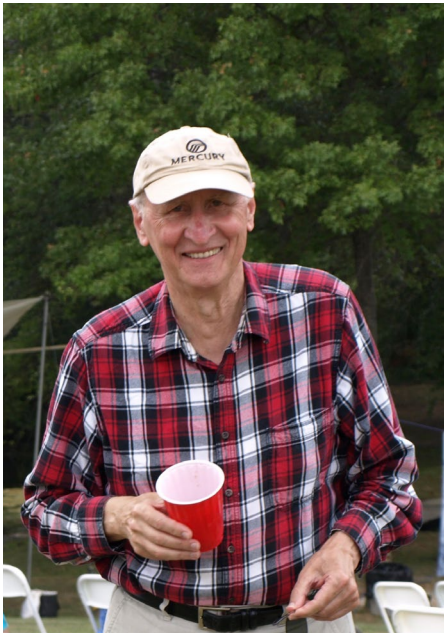
Iran, continued on page 15



## Ukraine:

# Talking points on why it matters who's in the White House

By Andrew Masiuk



### Security

Background: Budapest Memorandum (1994)

- Revolution of Dignity (Nov. 2013-Feb. 2014)
- Russian invasion of Ukraine and annexation of Crimea.
- 9,500 Ukrainian dead (Aug. 2016)
- Western response: sanctions. U.S. plays a very important role. Limited, non-lethal military assistance
- Minsk accords

### Economy

Direct financial assistance. IMF

### Recognition and validation of Ukrainian aspirations to choose its own path

Association Agreement with EU

### Ukraine is making a civilization-al choice

U.S. an example.

My sources: Ukrainian press, friends in Ukraine, Ukrainian university students.

Suggested readings from U.S. sources:

- “After The Revolutions,” by Joshua Yaffa, *The New Yorker*, Sept. 5, 2016.

- “Secret Ledger in Ukraine Lists Cash for Donald Trump’s Campaign Chief,” by Andrew Kramer, Mike McIntire, Barry Meier, *The New York Times*, Aug. 14, 2016.

### Perception of candidates

Knowledge about Ukraine.

- Hillary Clinton has been to Ukraine. Her chief of staff when she was first lady was of Ukrainian descent. Bill Clinton visited Ukraine as president. Both viewed favorably.
- Donald Trump is vague about the situation in Ukraine and is seen as viewing Ukraine through the Russian point of view. He is mesmerized by Putin. I have heard that he strikes people as being narcissistic.

*There is fear that Trump favors dividing up the world into spheres of influence where Ukrainian interests and aspirations will not be considered.*

*Hillary Clinton is stable and understandable. This is important because Europe is undergoing stresses with immigration and ‘Right Wing’ movements.*

### Campaign

How the candidates present themselves.

#### Donald Trump

- Role of Paul Manafort in Ukraine and in Trump’s campaign.
- Trump as businessman suggests an image of an oligarch who will approach Ukraine as a real estate deal. Given his admiration of Putin and his business connections to Russia, that “deal” will not be favorable for Ukraine.
- Position on immigration a break with the past – a wall rather than Statue of Liberty.
- No recognition or validation of Ukrainian aspirations to choose its own path.

What Ukrainians consider a civilization choice – Putin’s Russia or the West lead by U.S. is blurred. The 2014 revolution was about making a pro-Western choice. There is fear that Trump favors dividing up the world into spheres of influence where Ukrainian interests and aspirations will not be considered.

#### Hillary Clinton

- Wants Ukraine to succeed as a European nation.
- Supports structures that would provide security for Ukraine as a nation (NATO, EU)
- Is stable and understandable. This is important because Europe is undergoing stresses with immigration and ‘Right Wing’ movements.
- Biden’s role in Ukraine is perceived as constructive in moving Ukraine away from a corrupt nation into one that could be a partner. It is assumed that Clinton would continue such a position. That, in turn, will make IMF support possible.
- Some compare her to Yulia Tymoshenko, a former prime minister of Ukraine: not personally clean but with the country’s good in mind. Former president Viktor Yanukovich had her arrested. Ukrainians following the Republican convention noted that many Trump supporters want Hillary arrested. 🇺🇸

*Andrew Masiuk was born in Ukraine and came to the United States at age seven. He has a Master’s degree in social work from Bryn Mawr College and an MBA from Wharton. He lived and worked in Ukraine from 1989 to 2006. In Ukraine he headed the International Management Institute (1992-1997) and Kyiv School of Economics (2003-2006).*

*Now retired, Masiuk teaches a month-long management course at Kyiv Mohyla Academy once a year. He was last in Kyiv during April 2016.*



digm of Islamophobia and links it with global terrorism, blaming Iran for Islamic extremism while leaving out Saudi Arabia and others. For Republican elites and mass supporters who may not be able to distinguish between different Muslim actors, this means Iran, ISIS, and al-Qaeda are all essentially the same – the irony that Iran is in fact on the front lines fighting ISIS is of course lost on the audience.”<sup>10</sup>

**Conclusion**

“There are a whole host of opportunities that can strengthen U.S.-Iran diplomatic channels and insulate the deal from political opposition – including via efforts to fix sanctions relief complications; pursue sustainable diplomatic solutions in Syria and Yemen; enabling enhanced U.S.-Iran academic exchanges; establishing a permanent diplomatic channel.”<sup>11</sup> 📖

Sources

1 <http://dailycaller.com/2016/05/23/irans-mullahs-love-bernie-sanders-worry-about-trump-and-clinton/>

2 Rouhani has made negotiation of a nuclear deal with world powers a centerpiece of his administration.

3 <http://dailycaller.com/2016/05/23/irans-mullahs-love-bernie-sanders-worry-about-trump-and-clinton/#ixzz4Ji4WH1qI>

4 <http://www.factcheck.org/2016/07/trumps-fanciful-iran-negotiation/>

5 <http://www.thefiscaltimes.com/Columns/2016/03/21/Iran-Has-Surprising-Favorite-US-Presidential-Race>

6 <http://www8.irna.ir/en/News/82170118/>

7 <http://www8.irna.ir/en/News/82170118/>

8 <http://www.wsj.com/articles/irans-legions-of-weary-young-people-push-against-the-old-ways-1436323115>

9 <http://www.thefiscaltimes.com/Columns/2016/03/21/Iran-Has-Surprising-Favorite-US-Presidential-Race>

10 <http://www8.irna.ir/en/News/82170118/>

11 <http://www.niacouncil.org/niac-statement-first-anniversary-finalization-iran-nuclear-accord/>

*Azita Mashayekhi was born in Tehran, Iran, where she attended bi-lingual schools. She then moved to the United States, where she earned her undergraduate and graduate degrees from American University and Johns Hopkins University, respectively.*

*Azita travels to Iran to see family and reads local Farsi-language newspapers published for the sizable Iranian expat community in the Washington metropolitan area. She works in Washington, D.C., in the field of occupational health and safety and has been a Montebello resident for almost two decades.*



Old Town Alexandria and beyond by *Ralph Johnson*

# Colorscapes: Space & Spirit

**A series by Rebecca McNeely in the Montebello Café**

**September 10 – October 15, 2016**

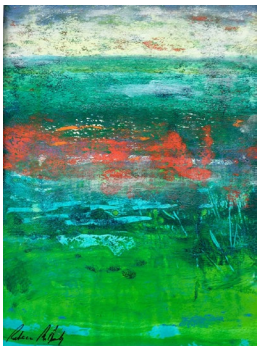


“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts.” – *Rachel Carson*

**R**ebecca McNeely, known for her colorful expressionistic paintings, has created solo exhibits for the Montebello Café annually for the past ten years, making this her 11th solo exhibit. She is represented by Gallery Underground in Arlington and Gallery 75 in Alexandria at the Torpedo Factory. She is an active and exhibiting member of Arlington Artists Alliance and The Art League of Alexandria, where she serves on the Board of Directors. She maintains a public studio at Cyan Studios in Crystal City, as well as a private home studio where she welcomes visitors by appointment. Her paintings are in private collections coast to coast.



She has been juried into numerous local and national exhibits. In August this year, she was juried into the Washington, D.C., national exhibit “Art as Politics” that received extensive attention regionally. Also this month, she was juried into “The Blues” exhibition at Gallery Underground, where she was awarded an honorable mention.



“This series of paintings expresses some of my contemplations of landscape and the beauty of our earth. My soul finds respite in nature, a cathedral for the spirit. My heart sings when I see the magnificence of the mountains, forest, deserts and seas. My eye has always found peace and pleasure in looking out over the wide open spaces toward the far horizon. My love of nature led me into painting which led me to the discovery that color is a powerful communicator. I love to simplify the landscape into abstractions, allowing myself full rein with color and value. My goals are to express the moods of nature and to communicate my joy in painting my vision. My hope is that others will come to appreciate the beauty around us a little more after seeing my paintings.”



To see more of her work, go to: [RebeccaMcNeely.Artspan.com](http://RebeccaMcNeely.Artspan.com).



*For the seventh year, the final two hours on the last day of the outdoor pool season went to the dogs. As ever, a crowd of onlookers cheered the dogs. Only a few canines braved the salty waters.*



*Bill Bryant photo*

*Golden retriever Cairo was first in the pool. A therapy dog, she visits veterans with PTSD. She is named after a heroic dog who served in Afghanistan. Her human mom is Marissa Hull.*



*Lisa Stedge photo*

*Clark, an Australian shepherd clad in super scuba hero costume, tirelessly fetched his water frisbee. His human parents are Jerry and Lisa Stedge.*

*Do you have ideas, suggestions, or gripes?*

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## How to make fail-proof *biscotti*

*By Antonella Chinellato*

Baking *biscotti* has always intimidated me. Throughout the years I tried several recipes and I was never pleased with my results. Finally, after playing around with a few different recipes, I succeeded in creating at least one kind of *biscotti*. I bake them regularly and my kids like them a lot. I would like to share my easy recipe of *biscotti*.

### **Biscotti ricetta facile**

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 2 large eggs
- 2/3 cup sugar
- 2 tablespoons olive oil
- 1 1/3 cup chocolate chunks or chocolate chips

Preheat oven to 350 F. Coat a large baking sheet with butter; set aside. In a small bowl combine flour, baking powder and salt. In a large bowl beat together the eggs, sugar, and olive oil. The mixture will be light yellow. Add to it the flour mixture and the chocolate. Divide dough in halves and with moistened hands form two logs of about 1x12x3 inches. Bake for 25 minutes. Remove the baking sheet from the oven and let the logs cool down for a few minutes. Carefully place them on a cutting board and using a long, serrated knife cut them into 1/2-inch slices. Return them back on the baking sheet, cut side down. Bake for another 5 to 10 minutes. Remove and let them cool. Makes about 38 cookies.

I also tried this recipe substituting the chocolate with 1/2 cup chopped walnuts and 2/3 cup dried cranberries, only using 1 1/3 chopped walnuts, or only using 1 1/3 dried cranberry. I guess you can be creative according to your taste.

# Felix the cat finds a loving home, beats cancer

By Olga Chen

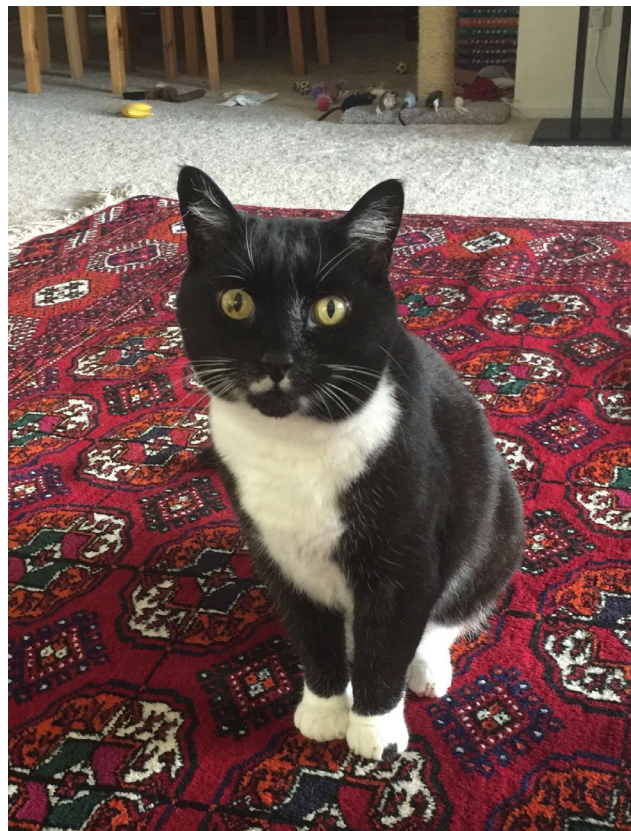
**F**elix came into our lives rather unexpectedly in September of 2014. Our friends, who own a house in D.C., came over for dinner and started telling us about a cat they've been taking care of for more than a month.

One night, after they parked their car and were walking home, they noticed a black and white tuxedo cat following them. He was very skinny and dirty and looked very hungry. They have a cat of their own, so they gave the tuxedo cat some of his food and a bowl of water. After that day, he started coming over every night for food. Sometimes, he would lounge on their front porch or on top of their mailbox and wait for them to get home from work. He was quite friendly, and was obviously someone else's cat as he *really* wanted to come into their house. Their cat was not having any of it, though, and was always guarding the door to make sure he did not come in! So they kept feeding him and kept trying to find a home for him. They recognized him as a neighbor's cat. It looked like his owners sold the house, put the cat outside and moved away! It never ceases to amaze me at how horrible people can be!

So our friends told us this story, and we felt really bad for Outdoor Kitty (this is what they were calling him). We decided to adopt him. So we spent the whole week buying pet supplies, food, and making a vet appointment. Then on a Friday night we came over to our friends' house. Outdoor Kitty was nowhere to be seen, but as soon as we put the food out, he came out right away and started eating. He was not afraid of us at all, was very friendly, and was

purring very loudly when we petted him. After he finished eating, we had absolutely no problems putting him into a cat carrier and taking him home. He meowed very loudly all through the car ride home, but as we found out later, he just does not like cars!

Next morning we took him to the Belle Haven Animal Medical Centre (who are excellent!). Dr. Donohue estimated his age at about 6 to 8 years



old. We picked 7 years as his age, which makes him 9 now. He was in good health, and only needed a single dose of flea medication. He got all his shots and a nail trim. Because of his black and white tuxedo coloring, we named him Felix after "Felix The Cat" cartoons.

Felix is a very vocal cat. He purrs so loudly you can hear him across the room. He also "murr" a lot. You can have a conversation with him:

You: Hi Felix!

Felix: Murr!!

Sometimes he "murr" with every step when he walks. You can tell how fast he's going just by listening to him. Slow walk: "Murr. Murr. Murr". Fast trot: "Murr-murr-murr-murr".

He does not really care for catnip or laser pointers, but he really likes to play with his toy mice (when he feels like it). He definitely hunted real mice before, because he makes sure he bites the toy mice's heads before starting to play with them. We usually find mice all over the apartment in the morning. He does sleep at the foot of our bed at night, but still finds time to play.

He loves bags. Although he does not like to sit in them, he likes to climb on top of every bag he sees and then demands to be petted. He particularly loves my husband's work bag. Whenever we come home, he has to climb on it and be petted. He purrs and murr loudly, and sometimes gets so excited, he drools!

All was going well until April of this year, when Felix started throwing up and not eating very well. He lost a lot of weight. We took him to Belle Haven and did some tests. It turned out that he had cancer in his secum (sort of the cat equivalent of an appendix). The surgery was scheduled right away, and Dr. Schutt did an amazing job. The surgery went well and the mass was taken out with wide clean margins. Felix had to wear the "cone of shame" for two weeks. He did really well, and immediately started eating well and gaining weight. He got used to the cone in two-three days, although it was heart-breaking to see him bump into walls and chair legs until he figured out how to handle the cone. He did fine after that.

After the surgery, we were referred to Southpaws Veterinary Specialty hos-



## Last Glance



### ***A Portrait of an Artist as a Young Lady by Joel Miller***

***Young artist Julia Kelly, the granddaughter of John and Clare Kelly, contemplates a painting during the Art in Montebello opening reception for Rebecca McNeely's latest show in the café. The paintings will be on exhibit until October 15.***

pital to see an oncologist. Dr. Hofer was great. Felix had 4 rounds to chemotherapy. Fortunately for cats, they handle chemotherapy very well: no hair loss or other side effects. Unfortunately for cats, when they get cancer, it's usually quite aggressive. If we had not done the chemo, Felix would have had a high chance of getting cancer again within about four months. With chemo, his chances are about 50/50 of getting

cancer again in a year. We've completed chemo and the ultrasound showed that currently he's cancer-free. He is doing really well and is back to being his usual cheery and purr-ey self. Now we just have to monitor him and hope that he's the lucky one and the cancer won't come back!

Felix is a great cat. He is friendly in his own way (although not cuddly – he will not sit in your lap!), playful, and

funny. He's not afraid of people, and if we have guests over he always comes out to say hi to everyone. He's also completely non-destructive. He only scratches his scratching post, does not chew on wires or anything else. He's very sweet and we love him very much. Now we just hope that he stays healthy for a long time! 🐾