



Voice

an independent gazette

happy new year

December 15, 2016





























Free recycling of electronics and hazardous household products

As a service to our neighbors (and to help our planet) Sophie and Sarah have, for the past two years, offered free removal of household electronics and hazardous products. They have recycled over 10 TV sets, numerous boom boxes, computers, cell phones, etc. The next collection date is Monday, December 19th. Pick up will be on Sunday evening or Monday morning. If you wish to recycle hazardous household products, please make sure they are sealed and labeled. All items will be taken to the Fairfax County Recycling Center. This link lists what can be recycled: http://www.fairfaxcounty. gov/dpwes/trash/disphhw.htm - click on household hazardous waste. To schedule a pick-up time, please send an e-mail to Diane Bastin at xanthippe@ mindspring.com. Happy Holidays! -Diane Bastin

Let there be less light

I am distressed that rather than looking for ways to save some money, our board decided on 4% increase. That translates into \$36/mo. for me. More important is the excessive light pollution we have from the street lamps that have overly bright lamps.

The one in the middle of the parking lot between Bldg. 1 and the back gate floods light into my bedroom that reaches the far wall. These lamps have large globes and small bases that form a black-out pattern on the ground below, and as you drive in from the street, are so bright that it is difficult to find the turn off to the road behind Bldg. 1.

We do not need a "study" costing thousands, but less-bright bulbs in the street lamps. I am willing to steady the ladder for people to change the bulbs.

So too are the excess lights in the entryways. Two lights that burn 24/7 on the "desk" to the left of the mailboxes, and the bright Montebello photo on a TV monitor.

Please, we can save money on electricity and bulbs. – Janette Sherman, M.D.

voices on the 37



Sarah (left) and Sophie with their haul of obsolete electronics.

Photo by Diane Bastin

Looking for poker players

I am seeking fellow poker enthusiasts for a fun, low-stakes home game. Texas Hold-'Em preferred, but other variations are also OK. If interested, please email Matthew at mmarlay@yahoo.com. – Matthew Marlay

Discovering God in the Bible

This group is designed to bring Montebello neighbors together to read, discuss, and share what the Bible has to say about God. Focusing on the words of the Bible and drawing on the life experiences of the participants, we will meet weekly after the holidays (at a time to be determined by the participants) to explore this Book that has blessed, challenged, and changed our world.

To indicate your interest, contact Donald and Karen Barnes, eight-year residents of Montebello (1-506), at chinakaren@yahoo.com. – *The Barnes*

Are you looking for like-minded neighbors to share your interests? Please send your announcements to The Voice.

Some Amazon drivers still dump packages in the lobbies

PLEASE call and report when Amazon delivery drivers on Montebello property are dumping the packages in the lobby – we do not have a mailroom. And remind them that we have disabled residents who are not able to leave their units (to go and get their packages) and blind or disabled residents who may trip over the boxes left in the lobby. When we order something from Amazon we are paying for a delivery to our unit door.

Management is taking action but some of the drivers continue to try to dump the boxes in the lobby and run. I recently argued with one driver and called security and they argued with the same driver – it was clear he has no intention of following our rules. Management is doing as much as they can, but if customers complain, maybe Amazon will listen and enforce our rules with their drivers.

Amazon customer service number is 1-888-280-4331. – *Denise Cumbee*

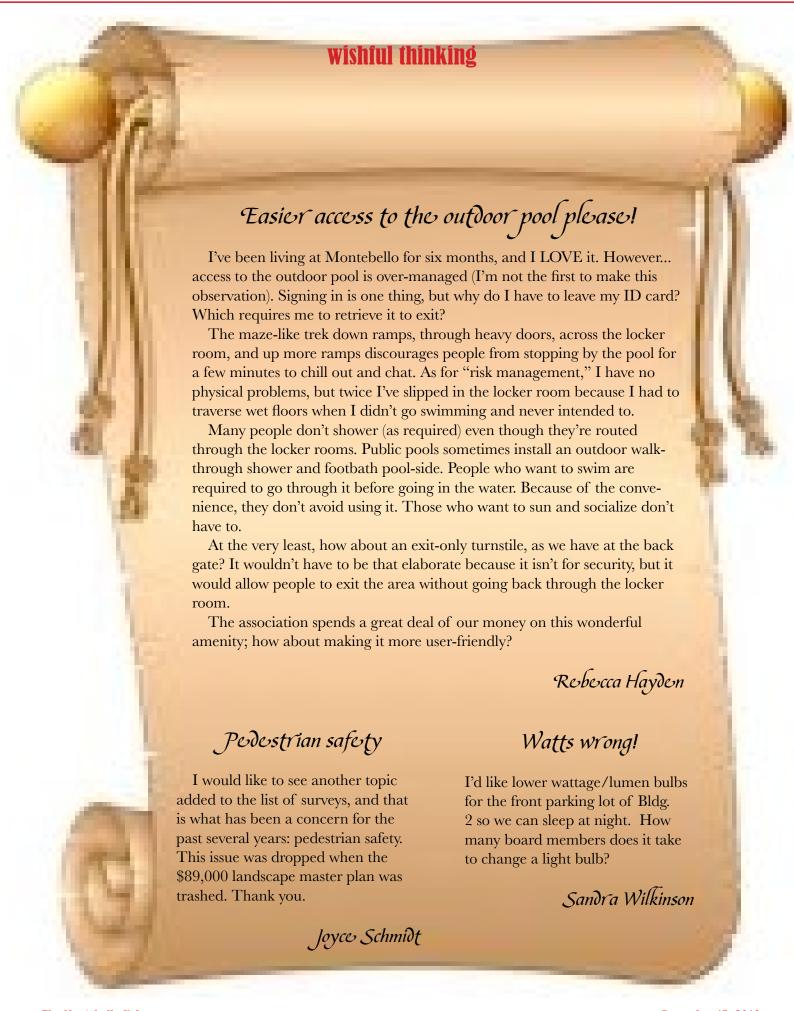
Winter (de)lights photos by Azita Mashayekhi and Mikhailina Karina



an independent gazette
Alexandria, Virginia

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animal magnetism

Henry and Sheena

Story and photos by Trish Green

efore they downsized and moved to Montebello, Jane Anne and Kevin Gleason had lived all their married life in the City of Alexandria with sons Kenneth and Matthew and with their cats. There have always been cats in the home. Henry and Sheena are the current feline occupants.

Henry, a Mother's Day gift about 16 years ago, joined the household already



named and it wasn't until the Gleasons took the cat to their veterinarian for a check-up that they learned Henry was a she and not a he, but Jane Anne, who knew a Henrietta nicknamed Henry, felt the name suited the white and dark-grey spotted kitten perfectly.

Sheena, a legacy cat from Jane Anne's late mother, spent her early years in Little Compton, RI. She is an 18-year-old black and russet-brown calico with a sweet nature who appreciates her alone time and usually hides from strangers. She reserves all her attention, devotion, and admiration for her person: Jane Anne.

Henry, on the other hand, is curious about everything, likes to explore her environment, and approaches visitors with a keen interest. She is also more generous with her affection. She will cuddle up with Jane Anne, with Kevin, and sometimes even with a complete stranger.

The cats did not grow up together and they are not soul mates. They co-exist, each living contentedly in her own parallel universe. There is never any squabbling. Oh, no! They wouldn't





condescend to hiss, swat, claw or snarl. They merely exhibit that classic behavior at which felines are famously adept: they ignore one another. Both cats like to sleep with Jane Anne and race to bed for that privilege every evening and every nap time.

The Gleason family has settled in happily at Montebello. Henry and Sheena have always been house cats and thus adapted quickly to apartment living. Before semi-retirement, Kevin's framing business was in D.C., so the amenity he appreciated most was the shuttle bus, which transformed his daily commuting experience. These days he provides framing services to his customers at their locations. Jane Anne's favorite amenities are Montebello's saline bathing pools. She was an obstetrical nurse for many years and later a nurse manager at Alexandria Hospital. After just completing a Master's Degree at Virginia Theological Seminary, Jane Anne went on to teach science and religion and act as school nurse for seven years at a small preschool/elementary school in Potomac, Md., before suffering a debilitating stroke from which



she has made a remarkable recovery. Always an avid swimmer, she came to rely on aquatic activities to regain her health and strength. She attends water aerobics classes three times a week and fills in on other days with laps and water exercises she does on her own.

Coming to Montebello has proven to be a wise decision. Last winter during a major snowstorm, the Gleasons were able to leave all weather-related concerns to condominium staff. As Jane Anne and Kevin sat on their enclosed balcony in comfortable chairs with a hot drink in hand, Henry and Sheena each claimed a lap and all four listened to music and watched the falling snow cover the branches of the trees in the woodlands beyond.

Ask the vet

Exercise for your dog

By Sarah Newcomb

Guest veterinarian Dr. Jacqueline Suarez of the VCA Alexandria Animal Hospital is donating her time and expertise for this issue of The Montebello Voice.

MV: Dr. Suarez, I'm sure you know that Montebello's pets reside in condos. Why is exercise still so important for dogs?

Dr. Suarez: Exercise benefits our pets in the same way it benefits us. Exercise improves mental health by stimulating the brain and decreasing anxiety. Exercise also improves a pet's quality of life by building strength, decreasing obesity and preventing disease such as arthritis and insulin resistance.

MV: How can residents tell how much exercise their dog needs?

Dr. Suarez: Exercise needs are dependent upon the dog's age, breed, underlying medical or behavioral conditions and weight. For example, sporting breeds and their crosses require much more exercise for good mental health and condition, than toy breeds. A general rule is that most healthy dogs require at least 30 to 45 minutes of exercise daily.

MV: Since our pets are apartment dwellers, what kind of exercise is best?

Dr. Suarez: Walking is great exercise for both dogs and their humans. Remember, dogs may become bored with their environment. It is important to take advantage of different routes and trails to allow the most mental stimulation. Allow your dog to stop and smell their environment. Also, opportunities to play could include playing fetch, doggy play dates, trying agility or nose work and running with your dog.

MV: What's the best way to work real pet exercise into a schedule for residents who are busy working and commuting? There's always that temptation to take the dog out, and bring him right back in!

Dr. Suarez: We are fortunate to live in an area with many opportunities for busy people and their dogs. Once we commit to at least 30 minutes of activity daily, the opportunities are endless. Most dog owners should look at exercise for themselves and their dogs as part of a healthy lifestyle. Options, other than simply walking your own dog, include professional dog walkers, doggy daycares, doggy gyms, and dog classes.

MV: What are the rewards for the owner of a well-exercised dog?

Dr. Suarez: Knowing that you are providing a happy life for your beloved dog is the best reward. Also, well-exercised dogs are healthier, require less veterinary care, and have fewer behavior problems.

A middle-of-the-night jaunt to the new casino

By Mary Harlow

Since my son, Dan, moved from Rose Hill to Carlisle, Penn., several years ago, I just don't get to see him as often as I'd like. When he called last week to tell me that he was coming down to spend the weekend with me because his wife had to work, and it was his 60th birthday, I was thrilled. He got here late on Friday night, Dec. 9th.

My local son, Tom, knowing that Dan was in town, called from his car on his way home from a party to see if it was too late to stop by. Anybody who knows the Harlows knows there is no such thing as "too late." Tom and his beautiful wife, Cindy, arrived just be-



Mary and her sons on the opening night...umm...morning, of MGM Grand

fore midnight and we had a lovely visit.

When they appeared to be getting ready to leave around 1, Tom said

"Let's all go check out the new MGM Grand." We were ready in no time and were in the casino before 1:15! I was thinking I might be the first Montebelloan to see the amazing new addition at National Harbor, so I had to go along.

Upon arrival, the parking lot was full, so we opted for the valet parking and got out of the car 10 feet from the front door. Well worth the \$25 fee! It took about 40 minutes for me to lose my \$20, which is actually a little better than my average. When we left at 2:45 a.m., the place was still packed. A quick run by Krispy Kreme and I was safe at home and fast asleep by 3:30.

Spur of the moment adventures are best!

Safety tips for people (with or without dogs) walking on Montebello property during non-daylight hours

By Denise Cumbee

inter has arrived! Winter brings more hours of darkness each day. Montebello is a large community and people walk from building to building and to and from the community center at all hours of the day and night. Many residents go to the fitness center in the early morning or late evening hours. We do not have sidewalks, so we need to be extra careful while traveling on the property by foot. People with dogs are out more often than those without dogs.

There are steps we can take to make ourselves more visible to drivers and help prevent accidents.

Consider wearing light-colored clothing. You can also order a reflective safety vest (with or without flashing lights) on Amazon.com or Walmart. com. The cost of these vests starts at less than \$10. Wearing a large reflective vest over your winter coat before going out at night (or daytime hours) is a good way to make yourself more visible to drivers.

Our parking lots have many corners and curves and people sometimes pop out suddenly from a car (parked in a curve next to other large vehicles) or the doors from the stairwells. We also have visually impaired residents who depend on sound to alert them to oncoming cars. These residents are less likely to hear someone coming from a distance and driving fast (as many delivery drivers and occasionally a resident in a hurry might be doing).

Pedestrians with or without dogs need to be aware that we are walking in or crossing a roadway built for cars — it is up to us to look out for cars and get ourselves and our dogs out of the roadway if cars are approaching. If you are walking a dog, keep the dog tightly leashed by your side as you exit the garage openings or the B3 exit of the buildings.

If I am walking my dog at any time of day and I see or hear a car coming, I step between parked cars and tighten the leash to take the dog with me until the car passes. When taking your dog out through the garages or in the outside parking lots, keep the dog close to you as there are noises in the garages that may prevent you from hearing a car that is running and that car may back out of a parking spot suddenly.

There are electric cars on Montebello's property that make almost NO sound when running, so always keep your dog and your body away from cars to prevent an accident. Please pay attention when you are walking with or without your dog – a cell phone in your hand pushed up against your ear can be a significant distraction. If you want to chat on your phone while outside, take your dog into a grassy area away from the roads. Please be considerate and don't block the roadway with a group of people or a walker talking to someone in a car. If other cars approach, have the driver pull over or end the conversation. If you want to chat with people outside, please do it on the sides of the roadways and don't block traffic.

Wear appropriate shoes during snow, ice or rain – the grounds and the roads are slippery. For winter walking I purchased a set of Stabilicers from LL Bean. They strap onto the bottom of your shoe or boot and allow you to walk on icy roads with some traction. Those of us with dogs know that we must walk them in any weather conditions.

I have fallen on the parking lot before (due to icy conditions) and was very lucky not to break a bone. Leaves are very slippery, more so when wet. Be careful – wear shoes that have some traction on the bottom and step carefully when walking on the grassy areas. Also you should consider taking a small flashlight out with you during evening and early morning hours – you can use the flashlight to signal a car and also see what your dog left on the ground that you are required to pick up! Have a safe and happy winter.





On the third anniversary of the Cup of Joe, members of the Activities Committee shared goodies and good times with their neighbors. Cup of Joe takes place in the community center on every first Saturday of the month. Close to 100 people generally attend this immensely popular event.

in memoriam

November 30, at the age of 94, Kendall passed away peacefully at Mt. Vernon hospital in Alexandria, Va. Kendall was born on June 30, 1922 in Fredericksburg, Va. Shortly thereafter, his family moved to Washington, D.C. His mother owned and ran a dry cleaning story on G St., SE, where he, his four brothers and sister lived. While never on an organized sports team, he enjoyed playing "street football" and swimming. He began his career at the State Department, in D.C., and not long afterward, moved to Detroit, where he had a successful career with a large import/ export company. During that time, he traveled extensively in the U.S. and to Europe, usually



Kendall Payne Willoughby The Mayor of Montebello 1922 - 2016

in Spain. In 1993, he moved to Montebello, where he became known as "the Mayor of Montebello" as a result of the many people with whom he became great friends. His passions were art, Lladro figurines from Spain, crystal, antiques, and various other collectibles. His greatest passion, however was jewelry for the sheer beauty of the gemstones and design. Trips to the many gem and jewelry shows that he attended were highlights of his days. He enjoyed playing piano (self-taught), cooking, was always self-sufficient. and always had various proj-

spending a month in his "villa"

ects at his condo to keep him busy. He is survived by his brother, Sherwood, and several nieces and nephews. – Jody Willoughby

Hedi and I have known Kendall ever since he moved to Montebello. During that time, he has been a very good friend. We have never heard him utter an unkind word towards anyone and he was generous to a fault. Hedi first met Kendall at the outdoor pool where he soon became a daily fixture.

I met him sometime later as I was working and only got to the pool on the weekends, if then. Hedi and I were among Kendall's small group of friends who always sat with him at the pool, but he knew just about everyone at Montebello and was well liked by all. Kendall was unofficially dubbed "The Mayor of Montebello" and was given a Montebello shirt by the staff, which he wore proudly, even when told by Manju that he could not wear it.

Back then there were many men at the pool and they all tried to start up a conversation with Hedi, but she simply ignored them. When one of them complained to Kendall, he quickly came to Hedi's defense and told him loud and clear, "Hedi is very particular about the people she chooses to speak to."

Kendall would appear at the pool every morning at the opening bell and would depart at 2 o'clock sharp for his daily afternoon Martini and cheese snack. Wednesday was the exception when he went into D.C. to shop and buy his Bombay Sapphire gin. He was partial to Bombay Sapphire gin and never made his Martinis with anything else. Even at the Montebello picnics, where he would arrive early and reserve a table for his friends, he would bring his Bombay Sapphire gin Martinis.

Kendall was also a fine musician, playing the piano since childhood. I remember once he played an old recording of his for me that he made many years ago, and I thought I was listing to a concert pianist.

Kendall was also a collector. He loved to collect jewelry, figurines, paintings and all kinds of *objets d'art*. Kendall also loved sweets and we would often bring him a N.Y. cheese cake from Trader Joe's as well as other delicious sweets.

Every time I would enter his unit it was like entering a museum and Kendall was always quick to show off his latest acquisition, of which there were many. Kendall was a kind, gentle, and generous soul and he will be sorely missed by all. – *Joe and Hedi de Angelis*



family photo

a

Kendall's brother, Sherwood, (my dad), my husband John, and I were able to visit with him just prior to his passing. He was comfortable, and in no pain or discomfort.

Two scriptures come to mind as I've seen how you've all cared: Phillipians 1:3: "I thank my God every time I remember you." On behalf of our family, I want to thank ALL of his Montebello family (because that's what you truly were) for your support, concern, and prayers through this journey.

The other is Proverbs 27:19: "As water acts as a mirror to a face, so the heart of man acts as a mirror to a man." Your hearts reflect a wonderful group of caring people and we want to thank you in abundance for all that you've done for Kendall (and for us) and for all that you've meant to him for so many years. He so much loved living here and having such wonderful friends. May God bless you always. — *Jody Willoughby*



What a sad day for the community! Kendall was the best friend one could have! Loving, honest, funny, loyal, always there for his friends to listen.

For many years he was "the mayor of the outdoor pool" and we all will forever remember his elegant dives!

He will be dearly missed and always remain the southern Gentleman we all have fond memories of. – *Elke Wall*

in memoriam



Kendall was a kind, sweet man, and a wonderful neighbor. Whenever we saw him, he greeted us with a friendly smile and lively conversation.

Once we got to know him, he added us to his "Christmas list" and we received his annual Christmas letter, sharing tales of dinners with his brother, updates on his condo decor, and other interesting tidbits. His condo was a sight to behold. It was filled with beautiful and expensive porcelain and crystal figurines as well as other wonderful treasures.

He will be greatly missed. – Mary Alice Herman



Kim Santos



Kendall was a long-time resident of Montebello, who was once known for his skilled diving and regular user of the outdoor pool (with his own unofficial dedicated table), good humor, proud collection of antiques and jewelry, and his exquisitely decorated condo. He was a regular user of the shuttle bus shopping runs and a wonderfully gracious and generous neighbor. We will miss him very much. May he rest in peace. – *Carole Hall*

If you'd like to send cards to Kendall's family, please leave them under the door of his unit at 4-516.



In Kendall's long and interesting life, I was an arriviste, having moved to the Montebello in 2010, six years ago, when Kendall had already been a resident since the mid-'80s.

We both lived in Building 4 and Kendall, having a gregarious personality, introduced himself and the other "regulars" who used the Montebello shuttle bus on its shopping runs. Although separated by decades of life, we had something in common: Kendall had worked for a Customs broker in Detroit and I had recently retired from the U.S. Customs Service. It turned out that brokerage companies that I knew by name, Kendall had known the founders of the companies. We shared stories and soon the shared career interests expanded into a genuine friendship.

Prior to meeting Kendall, I never knew anyone of his age, but very quickly after getting to know Kendall, his age was not relevant, for his mind was as lively, alert and facile as that of anyone I know of any age. His sense of humor was sublime and he was a master of the witty turn of phrase that would leave the listener either laughing or wondering, "what DID he just say?" In the end, his body failed but his mind and spirit were as strong as

ever. I was privileged to know Kendall for six years and I already miss him very much.

Kendall, it was my pleasure knowing you and I will never forget you, my Newest Oldest Friend. – *Kim Santos*



mily pho

out & about



Tillie Cassidy, a cancer survivor and Montebello resident, invited all residents to join her at the Community Center for her eighth annual "Celebration of Life" event on December 3.

Throughout our community, all have been touched by some form of cancer and Tillie hosts this event each year in honor of those who have been touched as well as to celebrate surviving the challenges faced with this disease.

The popular musical duo Chyp and Andrea (left, with Tillie in the middle) provided great Motown music all evening. – Dian McDonald



Young Philip Rappa (rear) played Angels We Have Heard on High and O Come, All Ye Faithful. Dominic Roman performed Progress by Johann Burgmüller at the holiday concert on December 4.

Santa Claus (Stuart Piper) spreads holiday cheer and candy canes



Photos by Dian McDonald





Montebello Music Club singers (not all are pictured above): Mark Beerthuis Carol Comlish, Joyce Elam, Carol Coyle-Shea, Elizabeth Farrell, Ruth Hieneman, Pam Howell, Carla Jones-Batka, Penny Jones, Helen Lewis, L.G. Lumpkins, Faith Potts, Patty Pulju, David Ransom, Loretta Ratkus, Carolyn Tickle, Tinky Weisblat, and Jane White

out & about









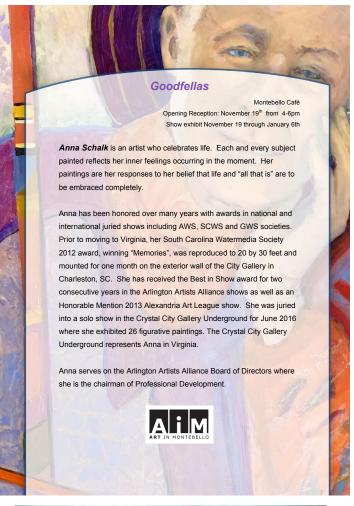
On December 10, The Cameo Jewels, a vibrant group of "60 and better" former Ms. Virginia Senior America pageant contestants, performed an eclectic show of dramatic recitation, poetry, singing, comedy, and dancing.

The St. Petersburg Balalaika Trio, also members of the Washington Balalaika Society Orchestra, played to a full house on Dec. 11. Performing on traditional Russian instruments, the prima dorma, bayan, and contrabass balalaika, they played beloved Russian and Ukrainian songs. The event was sponsored by the Montebello Music Club.

The final concert of the year, a piano recital by soloist Anna Nizhegorodtseva, will take place on Dec. 18 at 3 p.m.

Photo by Dian McDonald







The Montebello Bowling league need, you!

We are still down a few bowlers on Monday and 1-2 bowlers on Wednesday. Subs are needed on both nights. No experience necessary!

We are looking for people who just want to have fun and smile. It's a handicap league, so it really doesn't matter how good you are.

Contact the league President. Mark Woods at 703 498 0143 or at mjddwoods@earthlink.net.

Or just stop by any Monday or Wednesday.



Chess Club

Beginners, masters, and in-between
No commitment, no cost, just fun
Play! Share! Learn! Practice!
Montebello chess enthusiasts meet on
the fourth Thursday of most months at
7 p.m. in the Community Center
Card Room

You don't need to attend every game night or even be on-time Contact Pamela Copley at pvongruber@aol.com for information



Guin Jones will explore the timeless
Phillips Collection exhibition:
The Migration Series
by renowned artist Jacob Lawrence
Wednesday, December 28th at 7:30
Community Center Lounge

Sponsored by the Activities Committee

final glance



Budget cuts send a frugal Santa to the flea market to find a few last bargain toys $Photo\ by\ Joel\ Miller$