

The **MONTABELLO** Voice

an independent gazette

the Emperor has no clothes

March 2, 2017



Montebello Woods

Photo by Azita Mashayekhi

Let's get physical with core values

Whenever I observe people exercising, I notice that they don't exercise the core muscles as often as they exercise the leg and arm muscles or as often as they do cardio.

The core muscles: abs, obliques, lower back, gluteal (buttocks) muscles, outer hips, inner thigh muscles. These are the muscles that save us. A lot of our body movements rely upon the muscles of the core:

- /// reaching for something
- /// avoiding falls
- /// bending over to pick something up
- /// getting up off the couch or a chair
- /// turning the torso and reaching
- /// good balance and coordination
- /// getting in and out of a car
- /// walking on ice or slippery surfaces

One can strengthen these muscles without gym equipment; the strengthening exercises can be done anywhere: the living room, back yard, hotel room, park, etc.

Strengthening these muscles doesn't require one to spend hours at a time. It can be five minutes here, three minutes there, practicing good posture at times.

Doing the strengthening movements slowly makes the muscles stronger than if doing the strengthening movements fast.

There are many core exercises, other than sit-ups and crunches to keep core exercising fun and interesting.

So do your body a favor and do more core! – *Stephen King*
WeWillWorkout.com



For the third year, piano teacher Elizabeth Lane brought her pupils to perform a recital concert for the residents on February 26. Dominic Roman (not pictured), the only Montebello resident and not Lane's student, performed two pieces. The event was sponsored by the Montebello Music club.

Photo by Dian McDonald

A room with a loo

Regarding the question about what to do with the entrance to the locker room area:

I would like to see one male and one female restroom in that area. I suspect that folks who are at dinner or attending a concert would prefer NOT to enter a locker room of showers and folks in various levels of dress, to use the facilities. And also suspect that the showering folks would prefer that concert attendees NOT come in. Of course, restrooms are at the entrance near the market, but they are not adequate in number. – *Guin Jones*

The Montebello Voice wants to hear from you: musings, travels, announcements, photos, reviews, commentary, memoirs, essays, analysis, poems, suggestions, club news, recipes, and free ads

A twice-monthly publication for the residents, by the residents

The MONTEBELLO Voice
an independent gazette
Alexandria, Virginia


This publication accepts no funding or oversight from advertisers, residents, or the Montebello Condominium Unit Owners Association. All opinions are encouraged and reflect the diversity of views in the community. All articles and photographs come from Montebello residents. To receive or contribute to this email-only gazette, contact montebellovoice@cox.net or visit on the web at www.montebellovoice.com.

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Pilates for vets

While in DelRey the other day, I stopped in the Pilates studio and talked to one of the trainers who told me they offer 10 free sessions to disabled service members and vets. I think this might be of interest to our residents since so many are or were service members. – Virginia Näckich

NextStep Pilates:
A Non-Profit Run by Studio Body Logic®



Northern Virginia's first Authentic Pilates studio provides free Pilates lessons to disabled service members and veterans. Our goal is to help alleviate the physical problems associated with injuries these individuals incurred during service to our country. Authentic Pilates is a series of controlled movements on Apparatus focusing on core stability while improving flexibility and strength throughout the body.

"I had the benefit of taking advantage of 10 free sessions offered by Studio Body Logic® and can honestly say that the program along with the support and first-class treatment that the (SBL) staff offered was critical in me being able to redeploy to Afghanistan."

"...I've undergone three major surgeries in the past three years, and during that time I was forced to become more and more sedentary... When assigned to the Warrior Transition Battalion at Fort Belvoir, I became aware of the Next Step Pilates program offered to members of the military by SBL. My instructor quickly recognized my individual needs and tailored all of the lessons to assist me in redeveloping my core strength and regaining some flexibility. The Pilates is definitely a great adjunct to physical therapy"

- SBL launched NextStep Pilates in 2014 with a grant from the Alexandria Rotary club and generous donations from the SBL community.
- Through NextStep Pilates, SBL faculty are successfully working with individuals in our community.
- We are currently accepting candidates. If you have served or know someone who would benefit from NextStep, please contact us at alexandria@studiobodylogic.com.

Studio Body Logic®
www.studiobodylogic.com

4001 N. 9th St., Suite 108
Arlington, VA 22203
703.527.9626

2417 Mount Vernon Avenue
Alexandria, VA 22301
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In the mood for a taste of Marrakesh? Why not try the Mazagan Restaurant in Arlington? The menu features authentic Moroccan dishes, including harira soup, couscous, chicken and seafood bastillas, and an array of tagines. Mazagan is very popular, so reservations are recommended. – Dian McDonald

2901 Columbia Pike, Arlington, Va. 22204
(703) 566-4173 mazaganrestaurant.com

Oscar night, truly "a night to remember, or not!"

From a rousing uplifting opening segment by Justin Timberlake to the crash at the end by *Bonnie and Clyde*, who for whatever the reason had the wrong Best Picture Envelope. An epic "failure to communicate."*(Cool Hand Luke)*

In my opinion, Jimmy Kimmel started out well, but then he drifted into a less than OK job hosting the Event.

Would like someone who comes across as funnier and warmer. This



was not a case of "alternative facts" but "alternative envelopes" of *Titanic* proportions. However, many of the winners gave mesmerizing speeches. Many were both poignant and telling and hit the target head-on regarding race, gender, national origin, religion and the current political climate. (Especially, Viola Davis)

Time to start thinking about next year's event. Let's hope they learned their lesson well from this experience. – Mitchell Levy

Where are you from?

Raymond Houck

That's the first thing we are asked as travelers. I don't have a single answer.

My birthplace, Pittsburgh, Pennsylvania? Morgantown, West Virginia, where I grew up? My current home, Alexandria, Virginia – or do I choose the more recognizable Washington, D.C.? Should I mention all the places I've lived – Allentown? Virginia Beach? Richmond? San Francisco? San Jose? Maybe my parents' origins – Dad's family from Emmitsburg and Cumberland, Maryland or my mother's first home in Budapest, Hungary? The U.S. of A., The States – or is just America enough of a response?

"I am a citizen of the world," was the answer reportedly given by ancient Greek philosopher Diogenes. I'd probably get some funny looks if I said that, but I do consider myself a global citizen. If you are reading this, you might consider yourself one, too. And you have probably learned

what I have: the more we travel, the more we realize how much we have in common with our fellow humans, and how dependent we are on each other for our happiness and security.

Being a citizen of the world does not make me less of a citizen of my country, state or city. In fact, learning about oth-

The places I lived are a big part of who I am, but so are the things I've done in the places I visited: going to a Broadway show, seeing the waterfalls and redwoods in Yosemite, skiing in West Virginia, walking the sandy beaches of Hawaii and Florida, driving on the Autobahn, exploring the back streets and canals of Venice, delving into the museums of Paris, riding a cable car into the Alps in Austria, standing dwarfed by the Colosseum in Rome, and so on. Of all the places in the world, I have chosen to live in the ones I love the most. But the places I've *visited* have definitely contributed to who I am. That's why I am a traveler.

This spring, Holden and I are off to Austria and Germany, and then later in the year, Tuscany.

So, how do I say all of that the next time someone asks, "Where are you from?"



er cultures helps me appreciate my own even more. Plus, travel taught me to be curious about everything I encounter as soon as I walk out my front door.

I am a child of the '80s. My family came to the United States in the summer of 1979, when I was 11 years old. Subsequently, my formative high school and college years were, for better or for worse, shaped by that decade's peculiar popular culture. And for whatever reason, the '80s is still the go-to decade for theme parties replete with colorful costumes, electronic music, and classic films.

As I contemplated what could possibly unite Montebello's many generations and cultural tastes, I decided that taking a trip down memory lane would be an awesomely tubular idea. So I came up with Decades, a long-term project to attract and involve every segment of Montebello's population by hosting themed events that celebrate our multigenerational community.



Instead of isolated dance parties, each Decades event will be a multi-day celebration of a particular decade with films, games, displays, and activities.

The idea is to share our personal experiences as we relive those memories and introduce them to younger generations. These community-building events will provide a wide variety of activities: physical, intellectual, and social to involve people who may not attend many events.

The '80s is a good time and place to start because it was so loud, colorful, in-your-face, and FUN. The same concept can be repeated with other decades, moving backward as far as the '40s.

I am grateful to the Activities Committee for their support and assistance in putting on this four-day extravaganza of games, music, dancing, and family-friendly movies. I hope this event is a resounding success with more Decades celebrations in the years to come. – *Mikhailina Karina*

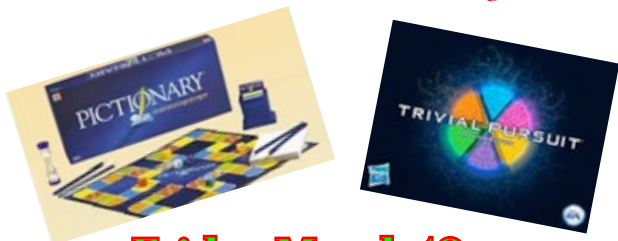
Thursday March 9

Game Night

Bring your favorite board games

7 to 10

Community Center Lounge



Friday March 10

Karaoke!

Sing some of the decade's most memorable songs

7 to 10

Community Center Lounge



Saturday March 11

Dance Party

With DJ Jammin' Jeff

Wear retro outfits

Snacks provided

8 to 11

Community Center

Lounge



Sunday March 12

'80s Movie Marathon

9 to 9

Party Room 2

9 a.m.

Airplane!

10:30 a.m.

Indiana Jones & the Raiders of the Lost Ark

1 p.m.

E. T. the Extra-Terrestrial

3:05 p.m.

The Princess Bride

5 p.m.

Bill and Ted's Excellent Adventure

6:45 p.m.

When Harry Met Sally

8:35 p.m.

The Breakfast Club



March 9 - 12, 2017

Rewind

Like, a totally awesome celebration of a rad decade

Sponsored by the tubular Activities Committee

early bloomers



Photos by Azita Mashayekhi, Rebecca McNeely, Mary Tjeerdsma, and Mikhailina Karina

The MONTEBELLO Voice

February 12, 2016

an independent publication

come together

A New Publication Seeks Resident Input

By Mikhailina Karina

With the departure of the thought-provoking and informative Eagle Eyes emails from Loretta Ratkus, I believe this community needs another communication vehicle to share news, raise concerns, and come up with solutions. The venerable *Times of Montebello* does an excellent job informing the residents of the administrative minutiae – yet it speaks only for the Board of Directors.

While the residents have the online forum on the Montebello website, it has yet to attract any users. Lately, there has been a lot of grumbling about the lack of constructive communication between the Board (including the management) and the residents. As a result of a series of unpopular decisions and perceived lack of transparency, I see a need for better, more civil and honest communication among all of Montebello's constituencies.

The idea behind *The Montebello Voice* is to give voice to more than 2,000 residents, both owners and renters. Because there is no editorial board or policies regarding submissions, this electronic publication would complement *The Times of Montebello* by including free classifieds, photos from home parties or balcony snapshots of beautiful sunsets, as well as free advertising for residents' services, businesses, or organizations. To keep it lively, people can also send in book reviews, restaurant recommendations, announcements of new ventures, or personal reflections. Humorous pieces are always a plus!

In addition, the publication's volunteer writers will provide timely coverage of Board decisions that have a direct impact on our quality of life. For example, with a Board of Directors election coming up this spring, *The Voice* can include any relevant election news.

Everyone who lives at Montebello is welcome to write for *The Montebello Voice* or send in photos, ads, and announcements. Whenever absolutely necessary, only slight grammatical tweaking will be applied to the submissions. Because there are no costs associated with creating this publication, it will be emailed as a PDF file to anyone who requests it. The publication schedule will depend on the timeliness and volume of submissions.

Montebello is a community of educated, accomplished, friendly, and generous people. Each of us has stories of neighbors helping each other in times of need or getting together for raucous parties in our vertical village. For whatever reason, we have chosen to make Montebello our

home – a place where many families are raising their children, downsized from larger homes, relocated for professional reasons, or simply fell in love with a serene environment in a natural setting. A strong sense of community is one of the biggest selling points and reasons for being here. Hopefully, *The Montebello Voice* will create a stronger, happier, better informed community.

If you are interested in participating in this project or subscribing, please get in touch with me at MontebelloVoice@cox.net. To paraphrase this season's most entertaining presidential contender, "let's make Montebello great again." **MD**

Management Teaches Good Manners, QI Committee Still Studies Low Participation

The opening of the shiny new Fitness Center means the management has another opportunity to create a new set of common-sense rules – a.k.a., gym etiquette – that sound like something out of *All I Really Need to Know I Learned in Kindergarten*: share all equipment, don't hog the machines, clean up after yourself, don't come in with dirty shoes, put everything back, don't slam down or drop heavy objects, dress appropriately, don't blare your musical devices, and speak in indoor voice. General Manager Liz Foltin read the list at the Feb. 9 Board of Directors meeting. This list is in addition to the similar rules already posted in the facility.

About 30 people, many of them members of various committees, attended the meeting. The lagging participation has been an ongoing concern of the Quality Improvement committee headed by Board member Guido Zanni. After a computer malfunction destroyed the results of a recent survey, Zanni said a new survey will be put forth to study the "root cause analysis for low participation in committees."

Conducted in a closed meeting on Feb. 10, Zanni said the committee, which is made up of several current and former Board directors and one member of the Communications Committee, "will look at systemic issues and the problems of recruiting chairs and membership."

Bonnie Jacob, chair of the Communications Committee, addressed the Board, "If you want to get to the truth, I urge you to seek input from the people who may or may not choose to participate." **MD**

A strong sense of community is one of the biggest selling points and reasons for being here.

The announcement for the creation of *The Montebello Voice*

The Voice turns 1

By *Mikhailina Karina*



The morning after the first full issue of *The Montebello Voice* hit the in-boxes, I found an envelope on my doorstep. A polite but terse letter from Association Management (the absence of human signatures drives me nuts) requested that in order to avoid confusion with the association's official communication organ, "your publication make it clear that it is not a publication that neither is in any way related to the Unit Owners Association nor is it related to *Times of Montebello*." Hence the "prominently stated" disclaimer at the bottom of my emails, name plate, and masthead. And that was the only official communiqué about my venture I received from the association.

Breaking the rules

I fully realize that by striking out on my own, I broke all the rules that govern this place: no proposals, no meetings, no approvals, no discussions, no guidelines. When I sent out my initial idea to the community (previous page), I had no idea how it would be received by the residents and whether anyone would want to contribute.

I outlined my vision and mission for the independent publication whose goal was to create a visually pleasing forum for free discussions relevant to the residents. Several people, traumatized by the vitriolic style of Eagle Eyes, warned me that I would be providing a forum for "the crazies" who hate the board and the management. While I believe that everyone is a little crazy in his or her own way, I did not fear a bunch of alt-nuts using *The Voice* to promote their nefarious agenda.

I am happy to report that so far, I have never rejected or modified an article due to its offensive tone or subject matter. I print *absolutely everything* that lands in my in-box. My faith in the intelligence and good sense of our neigh-

bors has been justified and reaffirmed with 25 full-length and six one-page extra issues. If you'd like to go back in time to read past editions, everything is on the website under Archives.

Attracting new readers

One of my favorite stories is how one neighbor went from suspicion to support. When I first invited him to join the email list, he said he was receiving *The Voice* via back channels and was not yet ready to commit. Several months later he wrote his email address in my notebook. Then finally, I earned his trust when he sent me several articles for publication. TL, I appreciate your friendship and trust.

Each week, I receive new subscription requests from residents who've heard about *The Voice* from their neighbors. The gazette also gets forwarded to friends and relatives who do not live here. Because this is an opt-in publication, people need to let me know they want to be added to the distribution list. By the way, the email list is kept on my not-so-secret secure home server expertly maintained by my computer scientist husband. I never share it with any entity or cause.

Writing about the board

People often ask me how the Board of Directors and management view *The Voice*. While I can't read their minds, I can infer their attitudes from past actions. As I mentioned before, I broke the rules by creating something that is not under any official auspices. *The Times of Montebello* is a sanctioned committee with a board liaison; each issue is vetted, edited, and proofread by the editorial staff and the board. *The Voice*, on the other hand, has no staff and does not show its story list to anyone (it's not a secret, you're welcome to ask me what's coming up). As a result, each issue is a complete surprise to everyone. I do, however, have a highly qualified and picky Phantom Proofreader who does grammar and content quality control.

Because many of the "old guard" board members didn't know me, they were understandably suspicious that I would continue Eagle Eyes' bombastic attacks on the board. They treated me with polite aloofness – and probably waited for this experiment to fold. But because I worked hard to earn their professional respect with fairly written stories, they have started to take me seriously and reply to my occasional queries promptly and informatively. After each written query, I promise to quote them verbatim without twisting their words.

As you've read for the past year, my coverage of board meetings is straight-forward, no spin reporting of what took place and who said what. I approach these meetings in much the same way I did city council and board of education meetings in my early reporting days – dispassionately and accurately.

The newer board members, who know me socially, were more supportive and didn't perceive my inquisitiveness as a threat. For the record, all my social interactions with board members do not involve board business and I don't have any insider scoops. I just attend the meetings and read board packets on the website.

Encountering vitriol

Generally, I try to follow the "if you can't say something nice" philosophy and debated whether to include the following information: The only overtly negative response I received was from the publisher of Eagle Eyes, a former resident, who sent me a series of highly insulting emails attacking my intention, credentials, and competence. Apparently, these defamatory emails were sent to a number of residents – who wisely ignored them and continued to support me. These attacks were so vicious, she forbade me to quote them in *The Voice*. I was deeply hurt by her words. But a year later, I'm still here and she's just a bitter memory.

Creating a civil society

Without an exception, the neighbors have been most supportive of *The Voice*. They appreciate having a place to share their personal stories, opinions, photographs, announcements, as well as gripes. I have no limits on article length or subject matter – I only ask to refrain from personal attacks on other residents or unfairly trash the board and management. They also appreciate having an alternative, some call it “underground,” source of news about Montebello.

Because of the twice-monthly publication schedule and flexibility of unlimited pages, I have quick turn-around with late-happening stories. For example, articles from Tuesday night board meetings appear in next day’s edition.

Relying on supporters

Although I am just one person who gladly volunteers close to 25 hours each month, I could not publish without the loyal support of our neighbors. **Dian McDonald** unfailingly takes photos at most events in the Community Center: concerts, coffees, art openings, and speakers. **Sarah Newcomb** writes wonderful articles about the critters who inhabit our woodlands. **Rebecca Hayden’s** humorous diary entries reflect the trials and tribulations of downsizing to a condo, remodeling a kitchen, or suggesting a new activity. **Richard Titus’s** beat is slightly curmudgeon-y opinion pieces on everything from presidential elections to Olympic games. **Joel Miller, Rebecca McNeely,** and **Azita Mashayekhi** capture life’s fleeting moments in photographs that

grace the cover and the back page. And finally, I am grateful to my husband, **Jerome**, for uploading each edition to the website and rescuing me when I have a computer crisis.

These are just some of the neighbors who are regular contributors to *The Voice*. Although I ask specific individuals for articles on particular topics, a lot of stories and photographs quietly arrive in my in-box. I am extremely grateful to our residents for their support of this gazette and for trusting me with their contributions. I hope this increased communication will lead to more positive interactions among neighbors and toward the board. In the end, *The Montebello Voice* is about community-building in a kind, civil manner. Here is to another year! 🍷



Bald eagle

Photo by Catherine Cooke

Cost savings committee presents recommendations, McFall & Berry declares war on crabgrass

By *Mikhailina Karina*

Although no votes are cast at the February 28 Board of Directors work sessions, the discussions give a glimpse into what policies the board is considering.

A list of recommendations from the Ad Hoc Committee on Cost Savings headed by director John Powers presented potential areas for cost-trimming. The full report is on the association website at http://www.montebello.org/document_view.asp?id=2900&lr=1.

Powers said that “53 thoughtful suggestions” were received from the residents. Among the recommendations were ideas for switching to more efficient lights, motion sensors, and turning off banks of lights during inactive times. An independent audit will study potential changes in this area.

Another independent audit will assess the heating and cooling systems in lobbies, hallways, party rooms, and the community center, Powers said.

To save staff time on under-the-door deliveries, all notices will be further bundled with monthly *Times* deliveries. Time-sensitive notices, such as water shut-offs, will continue to be delivered as needed.

Other cost-saving suggestions included plumbing leak inspections, coupon booklets, election materials, and lobby monitors.

With some dissent, the board reached a consensus to allow the landscape contractor McFall & Berry (whose representatives attended the meeting), to employ the pre-emergent herbicide Dimension to control crab grass (see sidebar) on the property.

“Last year, as a result of delays in contractor selection and increased requirements in the landscape contract, the grounds were not treated,” stated a memo included in the board packet. “The result has been a re-infestation

of crab grass through its established spreading root structure and seed source.”

In addition to the chemical herbicide, an organic treatment of corn gluten will be used around the playgrounds and pet areas. Although not as effective as Dimension and more expensive because of more frequent applications, it’s a safe, non-toxic alternative.

The on-going installation of the new irrigation system will promote the proliferation of crab grass, said General Manager George Gardner. Basing his opinion on his background in ecology, he said that in urban environments, “some degree of pre-emergent and post-emergent” treatments are necessary to “restore and encourage more robust growth.”


Director Lynn Tjeersdma, who also has an extensive background in farming and lawn care, saw the pre-emergent treatments as “unnecessary” and “premature.”

“Is there value on experimenting on a portion of the property?” asked director Bonnie Daniel.

Her cautious approach was echoed by Sarah Newcomb, who is “invested in wild life.” Like many residents with dogs, she pointed out that dogs only “eliminate” in the pet areas, but walk all over the entire property.

McFall & Berry representatives said that while the treatments were active for up to 150 days, the treated areas were safe for humans and animals after 24 to 48 hours.

According to the memo, “we plan to move forward on this treatment initiative within the next 7-10 days due to the unseasonably warm weather temperatures that mandate prompt treatment.”

The annual board retreat will be March 11 from 9 a.m. to 1 p.m. in Party Room 3. It is open to the public. The next board meeting will take place on March 14. 



Why is crab grass such a nuisance?

Crab grass is an annual weed, but it acts like a perennial. It has what is called an indeterminate growth pattern. Most annual weeds grow until mature enough to produce seeds, then they die. They have one shot to reproduce.

Getting rid of crab grass is difficult because it keeps growing all season, spring through fall. New plant growth, developing seed heads, and mature seeds will all be present on a plant throughout the warm seasons.

Mowing the crabgrass won’t stop it, or even slow it down. It will grow more flat, rather than upright. But it keeps producing seeds, week after week, until you kill it or cold weather arrives.

Crab grass is prolific. It can produce over 150,000 seeds per plant. These seeds won’t germinate till the next season. It may seem like new plants are popping up from the current seeds. Seed germination depends on certain soil temperatures, anywhere from 50 to 75 degrees. When this happens will vary in different parts of your yard. It is affected by sun exposure, shading, moisture content, and more.

Source:

www.garden-counselor-lawn-care.com

Join us!

2nd Manassas Battle Staff Ride

April 8, 2017

By Cerie Kimball

Join Mt. Vernon chapter members of the Military Officers Association of America (MOAA) if you are interested in learning about this pivotal civil war battle presented by Colonel (Ret.) Charles Bowery.

COL Bowery (below) is the current director of the Army Center of Military History. He manages 57 Army museums and more than 30 historical centers. He served on active duty for 23 years, is a former West Point



ship, tactics and strategy, communications, and the “psychology of men in battle.”

Tour itinerary

Participants will walk the footsteps of the blue and gray where in 1862, Union forces were defeated by those of Confederate Gen. Robert E. Lee. It's an approximately 18-mile driving tour with about eight prominent stops of the 2nd Manassas battle. Stops may include:

- ❖ Cedar Mountain (of Stonewall Jackson fame)
- ❖ Remington (wartime Rappahannock Station)
- ❖ Jeffersonton (Gen. Lee's headquarters)
- ❖ Thoroughfare Gap (Chapman's Mill site)
- ❖ Brawner Farm (Manassas National Battlefield)
- ❖ Deep Cut, Chinn Ridge, and Henry Hill



Photo courtesy of COL Jim Isitt

On September 25, 2016, Montebello residents and MOAA chapter members participated in a Gettysburg Battle Staff Ride.

Benefits of a Staff Ride

Participants may find that a visit to a battlefield is an emotional experience – it may reinforce feelings for a profession, one another, or strengthen a sense of camaraderie. It may kindle or reinforce an interest in the heritage of the U.S. Army or military history.

Date/time: April 8; 9 a.m. - 3 p.m.

Transportation: Vehicle caravan

Cost: None

Who? Anyone, MOAA membership not required

Contact: Jim Isitt at jisitt69@gmail.com

Additional information will follow upon contact. 📧



Photos courtesy of Robert Feickert

On June 18, 2016, above stop at Gen. Robert E. Lee's headquarters at Jeffersonton during the 2nd Manassas Battle Staff Ride.

instructor, published author, speaker, and expert as a battlefield staff ride leader.

Why a staff ride?

It's a versatile educational tool in conveying the lessons of the past to the present. Participants are exposed to the “face of battle” on terrain where historic encounters occurred; and of leader-

The campaign will be discussed along with the battles that formed it, in the words and decisions of leaders at all levels, as well as those of the common Union and Confederate soldier.



A stop at Cedar Mountain to discuss the background of the campaign.

women's club




On February 17, Celia Feldpausch, an independent consultant for Arbonne International, spoke at the Women's Club luncheon in the Community Center. A certified nutritionist, she discussed evaluating our health and setting goals for nutritional needs and exercise habits.

Photos by Dian McDonald



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Admission: \$35 (\$25 of admission is tax deductible) Purchase tix thru
EVENTBRITE: <https://www.eventbrite.com/o/zonta-club-of-arlington-area-12805760201>
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Contact: Virginia Nickich, cell: 516-459-8504 or email: Zontaevent17@gmail.com

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Brought to you by The Zonta Club of Arlington, a member of Zonta International, whose mission is to "Empower Women" through service and advocacy, and the support of District 3. The Zonta Club of Arlington Area is a not-for-profit organization under Section 501(c)(3) of the Internal Revenue Code (Fed.ID#54-6044411).

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The **SPEAKER SERIES** Presents:



Byzantine image of the Creation by iconographer, Laura Clerici

LAURA CLERICI

An iconographer since 1999, Laura Clerici has worked with a Bulgarian Orthodox priest and iconographer and has been commissioned by churches and private individuals since 2004. She showed and sold her artwork in the Gift Shop at the *National Gallery of Art* during its exhibit on Byzantium. She also shows icons at *Gallery Underground* in Crystal City.

Wednesday, March 8th at 7:30
Community Center Lounge

Sponsored by the Activities Committee



Chess Club

Beginners, masters, and in-between
No commitment, no cost, just fun
Play! Share! Learn! Practice!
Montebello chess enthusiasts generally meet on the fourth Thursday of most months from 7 to 9:30 p.m. in the Community Center Card Room

Contact Lisa J. Stedge at lisa@stedge.com or stedgel@gmail.com
Nick Nickerson at fxnixson@gmail.com
for information



The Montebello Bowling league needs 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.

final glance



Golden hour

Photo by Azita Mashayekhi