

The MONTEBELLO Voice

an independent gazette

let's be friends

September 21, 2017



Minsk, August 2017

Photo by Dian McDonald

Trumping Trump’s “modest proposal” on immigration

By Richard Titus

No, our President did not advocate that we should eat them. He said that we should thoroughly screen them, rejecting all but those who offer something we want (education, prized skills, capital to invest, etc.). Not all that radical a proposal, really: many nations today do this, and we used to do it. E.g., at Ellis Island, persons found to be sickly were put back on the boat.

In truth, Mr. Trump’s idea is not radical enough. Why should persons we don’t want be allowed to remain in America simply because they happen to be U.S. citizens? If we can think clearly on this question, we will be able to empty our jails and housing projects, and eliminate the welfare rolls. Along with the executives in \$3,000 suits, who have fattened on military contracts their entire working lives. And, it goes without saying, almost all the lawyers!

But where would we send these rejects? Obviously, to those nations that for years have been sending us the people they don't want. At first they might be uncooperative, but we can point out to them that actually it will prove to be a win-win for them as well as for us. The proof is England. Centuries ago they sent their worst criminals to Australia. And what happened? Today both nations are very prosperous and democratic.

Does anyone know any Republicans? I need some help in getting my idea through to The President. I feel certain that he will love it. 📧

The Montebello Voice wants to hear from you

So, you’d like to be a phenologist?

By Donald Barnes, Chair, Environmental Club

One of the major attractions of Montebello for many residents is the 35 acres of nature surrounding our residential towers. At its recent retreat,



Spring 2017 leafing observed in the U.S. Dark red areas are where leafing was two weeks early; deep blue indicates two weeks late.

the Board of Directors has identified the care and maintenance of our natural lands as a high priority, a step that led to the formation of a new Grounds Committee, chaired by Virginia Hodgkinson.

Given its unique location and the residents’ appreciation for the “rhythms of nature,” Montebello could become a hot bed of phenology, which is the study of the timing of biological events throughout the year. Phenology includes the examination of the comings and goings of such natural phenomena as the seasons, leaves, blooms, and critters of various kinds.

Capitalizing on the growing interest and participation in “citizen science,” the National Phenology Network is coordinating the observations of thousands of volunteer amateurs and professionals across the country in reporting on changes in their areas which they can easily see, sometimes, by just looking out the window. “Ah, the oaks are beginning to bud.” And “This is the first robin I have seen this year.”

Such data collected from thousands of locations are submitted on simple forms and compiled into a variety of graphic displays; e.g., the map above.

This information is useful in an-

swering questions of scientists (“Are the seasons changing earlier?”), land managers (“Should I prepare for an insect infestation this year?”), and policy makers (“What are the implications of long-term trends that are appearing?”).

So, if you would like to explore us-

ing our unique Montebello location to become a citizen scientist and contribute to answering important questions, you are welcome to visit the Montebello Environmental Club that meets in Party Room 1 at 7 p.m. on the second Monday of the month. 📧

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an independent gazette
Alexandria, Virginia

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Dian McDonald, Sarah Newcomb, Richard Titus

Let's be friends

By Sarah Newcomb

Sure, you try to take good care of yourself. You watch what you eat. Maybe you attend Montebello's storied exercise classes – where residents in their 80's and others hit the mats like Marines. You may work out in our new fitness center, walk Montebello's unmatched trails, or take after-dinner strolls with loved ones. Would you be surprised to learn that you still may be doing something as dangerous to your health as smoking?

A Harvard study, almost 80 years long, suggests that embracing our community can help us live longer and be happier. The study, begun in 1938, included participants' health trajectories and their success and failures in careers and marriage.

Relationships have a powerful influence on health. The study showed that close relationships, even more than money or fame, keep people happy throughout their lives. Close ties protect people from life's problems and help to delay mental and physical decline. Friendships turned out to be better predictors of long and happy lives, research showed, than social class, IQ, or even genetics.

Relationships are an uphill climb for people in our area. Many of us have left hometowns to pursue our careers. Working long hours, coupled with raising young families here, can limit social friendships. Once a few friends are made, changes typical of Washington can break them up. Friends part when the Administrations change and career slots that friends occupy are no longer available. Military and State Depart-

ment families rotate to new assignments, leaving friends here to start all over again. Federal workers faced with the cost of retirement in the Washington area move on.

Loneliness can affect any one at any age, even young parents with children for company. AARP has found the loneliest people in America are between 45 and 65. Researchers discovered *that loneliness is as bad for our health as smoking 15 cigarettes every day*. Loneliness predicts cognitive decline more than does depression. If you are over 60, loneliness can be lethal. Scientists found that people with a network of friends live years longer than those who are alone.

They recover more quickly from cancer and are less likely to suffer a heart attack or stroke. People with strong social support systems ward off depression and are far

more likely to keep their memories intact as they age.

Friends are important not just for psychological support, but also to provide a lifeline for each other. This includes sharing resources to cope with problems such as office politics, child care, transportation to appointments and needs of aging parents. Resources not spent worrying can be plowed into the body's maintenance systems to promote good health.

So let's be friends. The next time you see Montebello's flyer for a Cup of Joe coffee hour or that Computer Club opportunity, get on out there. We have wonderful residents in our diverse community. No matter who you are, you can build some beautiful, new friendships here and reap the benefits of good health. 🍷



Choosing Montebello

By Rebecca Hayden

My husband Brian and Joe McNeely worked together at H&R Block during the tax season. We became friends with Joe and his wife Rebecca, and came to dinner at their home in Building 1. They showed us around, and their unit was quite nice. However, we weren't impressed overall. The lobby was under renovation, the fitness center was under construction, and the appearance of Hwy 1 turned us off.

Years later, when we decided to downsize, we took another look. The lobby renovations and fitness center were finished. Considering the size of the units and the proximity to Old Town, Montebello remains more affordable than newer builds. Another key element in our decision was how much the McNeelys love living here. We still don't like the half-mile stretch of Hwy 1, but we decided we could live with it. The final selling point was the lovely park. We bought a J unit, and we love it!"

School volunteers

Donald and Karen Barnes

We recently learned of an expanding program to help Title I elementary schools in our area. It is called Grand Involve – website: www.grandinvolve.org. They coordinate people who would like to volunteer to assist teachers for two or more hours a week in areas such as reading, math, classroom assistance and one-to-one mentoring.

The schools near Montebello include Bucknell, Riverside, Washington Mill, Hybla Valley, Mt. Vernon Woods, Hollin Meadows and Woodley Hills. Mt. Eagle may be included in the future. Orientation will occur in the next few weeks and volunteering will begin in October.

voyages

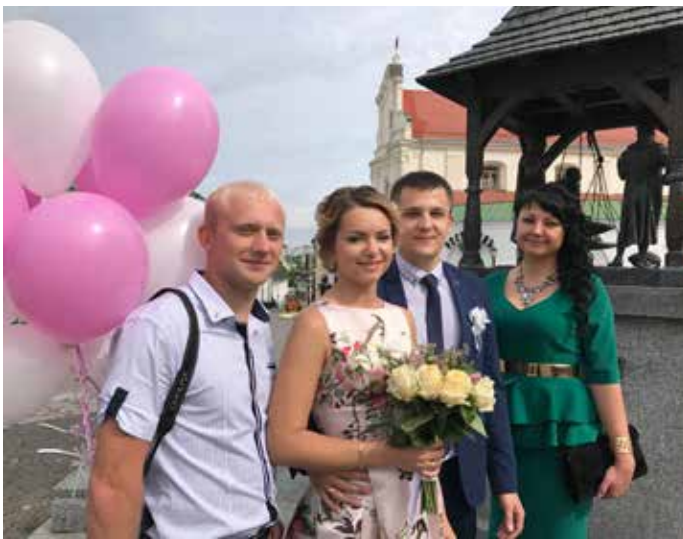
By Dian McDonald

Last month I had the opportunity to return to Belarus, where I served as Public Affairs Officer at the U.S. Embassy in Minsk from August 2002 to August 2005.

The five-day “nostalgia trip” was short in time but long in memories. Some of those moments are reflected in these images of a dramatically changing and bustling Minsk, marked everywhere by new construction and buildings – hotels, businesses, apartment complexes, shopping malls, restaurants, and entertainment centers. The photos also portray a traditional and old Belarus, including scenes of my visit to the museum of ethnology and rural culture in Dudutki and the celebration of a friend’s birthday at her dacha in the country. I took advantage of the Belarusian government’s new five-day, visa-waiver policy: no visa is required if the traveler stays only five days and enters and departs via the airport in Minsk.



voyages



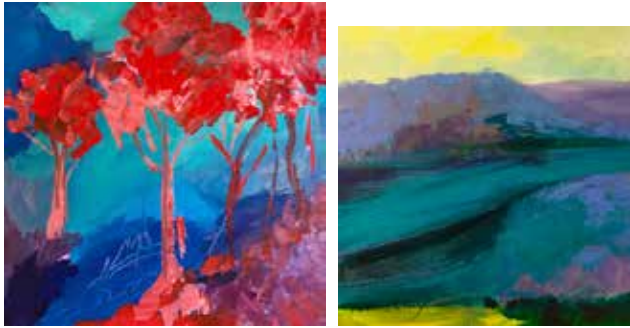
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coming attractions

A Sense of Place

By Rebecca McNeely



Montebello Cafe

September 9 through October 13, 2017

Opening reception on September 9 from 4 to 6 p.m.

Refreshments and cash bar



and

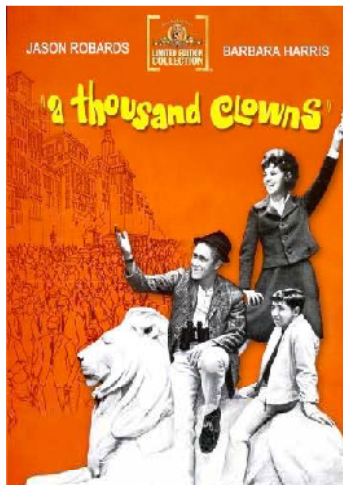


Invite you to our film & discussion



A THOUSAND CLOWNS

THURSDAY SEPTEMBER 28 7:30 P.M. PARTY ROOM 2



Based on the Broadway hit play, the 1965 film is a romp through New York, full of humor, wise cracks, and fun. Jason Robards plays a non-conformist uncle trying to raise his precocious nephew (Barry Gordon) while disdaining work in favor of play. The supporting cast includes Barbara Harris, Gene Saks and Martin Balsam, who won an Oscar for his role. Nominated for numerous awards, the movie is upbeat and what one reviewer called a "hidden gem."

Caryl Curry will introduce the film and lead the post-movie discussion

Chess Game Night with Chess Club

All Levels! All Welcome!
 Beginners to Grandmasters!
 Play! Share! Learn! Practice!
 No Commitment! Just Fun!

4th Thursday
 of Each Month (generally)
 C.C. Card Room
 7:00pm to 9:30pm (latest)

Bring your own Chess Set if you like! – And, if you're brand new to Chess, but you'd like to check out our Chess Club while playing a relatively "quiet" or "cerebral" game that doesn't "compete" or "cerebral" game that doesn't "compete" with the ancient game of Chess from a noise perspective, you may bring such a game and hang out with us! (Examples of Games that partner well with Chess: Scrabble, Checkers, Othello, etc.)

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

Wednesday, September 27, 2017 Montebello CLASSIC MOVIE NIGHT

Only the most committed

Montebello lovers of wit, romance, and carefree adventure will embrace this selection for our Classic Film Festival!

The Captain's Paradise

will have you smiling from beginning to end ... and for days after ... and perhaps contemplating the "what-ifs" of life.

Join us for another GREAT night.



From the respectable domesticity of Gibraltar to the Mediterranean delights of the North African bazaars ... and the troubled waters in between: "Captain" Alec Guinness makes sure he extracts all the joys of life. And so will you, with this 1953 gem in the Montebello Community Center. *Mark the time: 7pm. The date: September 27, 2017.*

FREE old-time Movie Night refreshments, popcorn, and confectionary!

With a brief introduction and back story on the movie by Pamela Copley, in this, the second of our regular Classic Movies Contact PoolC@montebello.org for more details.

Polymer Clay Play

Make And Take Or Just Have Fun!



Polymer Clay is a synthetic clay that can be cured in a home toaster oven. You can make home decor, jewelry, gifts for the holidays — anything you can imagine with ease!!! Anyone can do it!

This first ClayPlay session, I will be showing you a simple way to make beautiful designs in clay. You can use your design to make a pendant or keychain. You are also welcome to simply come and ‘Play with Clay’!

Come join us for our first ‘Clay Play’

Tuesday, OCT 10, 2017.

Party Room 4 6pm - 9pm



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I'm a mature, responsible Montebello resident who is willing to care for your dogs, cats and other pets when you can't.

I've always owned dogs. Now I have both a dog and a cat.

My services include dog-walks, cat-care, pet feeding and playtime, kitty litter clean-up, giving meds and other special requests.

I send brief reports to pet-owners via text or email after each visit.

My rates are competitive. Checks are accepted as well as cash.

References from Montebello clients can be provided on request.

I've been a Montebello owner/resident in Bldg. #2 since 2005.

From 2012 to 2016, I served as Montebello Pet Club Coordinator.

CONTACT: Deborah Rowell.

Cell Phone/Text: **703-283-2666**

Email: CompassionatePetServices@gmail.com

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final glance



Window dressing

Photo by Carole Appel