

The MONTEBELLO Voice

an independent gazette

toot your horn

June 7, 2018



Suggestions for new Fitness Center equipment

By Joe de Angelis

I recently heard a rumor that some of the equipment in our Fitness Center (FC) was being considered for replacement with new and different equipment. If this is true, I have a couple of suggestions for the acquisition of new equipment. I don't know what equipment is to be discarded or what kind of new equipment is to be purchased, but I believe that the two pieces of equipment I am recommending will greatly enhance our FC and facilitate the health and well-being of those who use the FC on a regular basis.

Commonly referred to as the Roman Chair (right), it is one of the most versatile pieces of equipment for overall fitness in most gyms and fitness centers worldwide. The Roman Chair allows you to work your core and legs at the same time; it is also great for your biceps, triceps and lats. It even accommodates push-ups so



you can develop your chest. At a cost of approximately \$200 to \$300, it can't be beat for overall fitness. In addition, the Roman Chair has a very small footprint and takes up a minimum amount of floor space.

For those of you interested in working out with weights but are concerned about safety, especially the process of loading and using heavy weights safely, I recommend a Smith Machine (above): it's the next best thing to using free weights. Unlike dumbbells, the Smith Machine allows for the use of heavy weight without requiring another person to assist or spot for you while doing your exercise. Although more expensive, approximately \$1,500 to \$2,000, with weights, the Smith Machine is ideal for developing chest, back, shoulders and leg muscles with



complete safety. You can perform dead lifts, bench presses, squats, one knee genuflections and overhead presses. According to the manufacturer, a linear ball-bearing Smith System, with 20 cross-member lock-out points, provides for ultimate safety, allowing for a solid and safe stop at any point in your workout. The footprint

for the Smith machine is approximately 7 x 5.5 feet, which is no larger than some of the equipment presently in the FC.

I hope whoever is responsible for the equipment in our FC will give my recommendations serious consideration. Both of these items can be found on Amazon.com. 📖

On the cover:
Australian aborigine playing didgeridoo. Photo by Jeanne Tiff

Home network security

By John R. Powers

Any time we connect to the internet we expose ourselves to bad guys who can, among other things, read your emails, steal banking information or install malware that can crash your system. There are steps we can take that can make it hard for others to accomplish these things, but there is no way we can be 100% certain that no one can tamper with our computer except by putting an air gap between our computer and the internet.

I recommend that everyone who uses the internet to subscribe (free of charge) to the US-CERT (United States Computer Emergency Readiness Team).

Most of their emails pertain to large commercial systems but periodically they publish a gem like this one on Home Network Security: <https://www.us-cert.gov/ncas/tips/ST15-002>. This article provides guidance that, if followed, can provide pretty good security.

The two most important things you can do to protect your computer data and system are: a) purchase a stand-alone hard drive and back up your data at least once a week (eliminates the threat of ransomware and b) employ a suite of anti-virus and anti-spyware software and run scans also at least weekly. If there is an interest, we could have a discussion of which are best in the Montebello Computer Club. 📖

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Editor & Designer.....Mikhailina Karina
 Contributors.....Joe de Angelis, Rebecca Hayden, Azita Mashayekhi, Alfred Pavot, John Powers, Jeanne Tiff

Deer exclusion and common sense

By Rebecca Hayden

It's important to take a step back when we're being sold something, and make no mistake. We're being sold the idea that unless we exclude the deer from Montebello, our woodlands are doomed.

So ask questions, relevant or not, ask them anyway.

First, if we don't exclude wildlife, the woods are doomed? That premise seems weak. Woodlands and wildlife have gone hand in hand for centuries. The danger to woods and green spaces on planet earth isn't wildlife. It's human beings who can't find a way to coexist with nature.

Another question – are we talking about elephants? Or pythons? Or tigers? No. A few deer. Yes, wild things multiply. If deer herds become too large in and around the Highway 1 corridor, the county will step in, regardless of their present position. (They did so in our former neighborhood, also in Fairfax County.)

There's the question of cost/benefit analysis. How do we weigh the visceral pleasure of seeing a doe and her fawns pass by? How many people, when glimpsing such a sight, say, "Oh, those damn deer. Wish I had a gun right now." Maybe some. Not me.

And the question of compromise. What do we lose if we don't take extraordinary, elaborate, and expensive measures to exclude the deer? Low-growing flowers? They are lovely, and they do enhance the appearance of the property. Is there no other approach? For the cost of the present deer-exclusion plan, we could have professional gardeners come once a month and re-plant the flowers for a lot of years. For less than the cost of exclusion, we could enclose the flower gardens behind high, large-gauge fences. Could we install hanging flower baskets on the light posts, complete with irri-

gation? The irrigation system would be a one-time cost, and baskets would be purchased new each year, but still less than what's being proposed.

Or could there be a 6 x 6-foot garden patch near each building, planted and maintained by interested residents, and a contest every year for the best one? Then it becomes a matter of how each cohort handles keeping the deer away. Repellent sprays? Fencing? Deer spotter to run out and shoo (not shoot) the deer away? Yes, that's meant to be funny and – God forbid – potentially messy. And now for my private opinion: I think this place could use a little less perfection, a little more humanity. We're so messy-averse, the place has a static look, a little lifeless, a little old. I love our pristine grounds, yet a tiny human part of me longs for the occasional wind-borne gum wrapper skipping gleefully across the green.

And again, a question: Will the cattle guards work? Can a frightened deer clear the guard (a cow couldn't, but a deer might). How many times will residents see or hear a deer with a fractured leg, a deer that tried and failed to jump all the way across. What happens then? Will our prison-like exclusion ef-

forts even work?

Now my central question: Where are the alternate proposals to a lot of sound and fury over a few deer, and the spending of a pot-load of money? Flower garden contest? Window boxes? Hanging baskets? Tall fences around flower areas? I know most of the arguments against these things, all valid. But can't we find more creative ways to compromise? Can we keep lovely grounds and a few deer?

Yes, get rid of invasive species. Yes, build and maintain walking paths free of "rolling stones" that cause falls, and free of wooden railings that cause splinters.

Yes, I understand the deer eat the saplings, but somehow we have a lot of trees that came about when the forest was undeveloped and wild, and presumably full of deer. Or can we plant saplings tall enough to be unreachable by a nibbling deer?

So before we buy what's being sold, which is a high-cost proposal, perhaps benefiting contractors more than residents, should we at least ask questions, consider what's to be gained and/or lost, and look at alternate, more creative, less expensive, solutions? 🍷



Conceptual proposals for front gate

Snapshots of three posters from Natural Resources Design on view in the Community Center. Cost estimates are from the NRD.



Curvilinear Walls
Cost: about \$250,000



New Entry Columns and Walls
Cost: about \$340,000



Sculptural Woodlands
Cost: about \$300,000

Let's get physical with a new fitness class

By *Mikhailina Karina*

A handful of curious women descended the spiral staircase to try out the new Functional Fitness class last Friday. They were warmly greeted by a smiling, petite, lithe young woman with a thick black braid cascading down her back. As Karin Modessa (right), the instructor, fiddled with her phone to connect to a tiny speaker, she explained the format of her class: warm-up, followed by six stations featuring two sets of core, cardio, and strength exercises, and a cool-down.

The participants ranged in ages from late 50s to early 70s and included fitness levels from sporty to “gotta get in shape” with some health issues. For each exercise, Karin showed three levels – advanced, intermediate, and beginner. The only equipment she used were mats and folding chairs; some participants chose to take the beginner option by using the wall.

After 5 minutes at each station, people rotated around the room. For example, the core station (done either on the mats or against the wall) featured mountain climbers and dolphin planks; the cardio routine included brisk walking; the strength set had squats and push-ups.

After demonstrating each exercise, Karin helped the participants adapt to their fitness level.



The feedback has been positive. “I enjoyed it very much and plan on attending again this Friday,” wrote Gina Haiman. “I found the class challenging, which is just what I was looking for.” She added that she appreciated how Karin adapted “the moves for those of us who cannot get down on the floor.”

Likewise, Mary Sabulsky wrote, “I really enjoyed the class, and I plan to attend again. I appreciate the goals that Karin Modessa has set for us: improving strength, endurance, balance,

mobility and feeling good about day-to-day life. Each goal is exactly what I need! Perfect!!”

A play list of '80s dance hits kept the people motivated and occasionally dancing along to Gloria Estefan or the Weather Girls.

“She is very kind to us senior citizens,” wrote Mala Kalyan. “All her exercises were focused on strengthening the muscles we need at my age. I will definitely try to make it regularly.”

Karin, 28, moved to Montebello a year ago with her fiancé and their small dog. She fell in love with Montebello as soon as the Realtor showed it to her. “I prayed every night for two weeks to be approved” by the unit’s landlord. “Everyone is so friendly here!” she says. She even instructed her fiancé, “elevator talk is required here.”

A professional personal trainer and health coach, Karin decided to offer this free class on Friday mornings as her way of giving back to her community. “My goal is to keep people moving at whatever level they’re comfortable,” she says. “I come up with modifications on the floor, with a chair, or against the wall to give everyone an opportunity to move at every fitness level.”

Karin majored in communications and Spanish at the University of Arizona in Tucson. But after working in public relations and marketing, she missed interacting with people in ways



that improved their lives. So she attended the National Personal Training Institute and earned a diploma in fitness and nutrition. Now she works for Anytime Fitness in Kingstowne, where she is both a personal trainer and a virtual health coach.

The Functional Fitness class is free of charge. It takes place in the lower level room of the Community Center on Friday mornings (following Stretch-nastics) from 10:30 to 11:30. For more information, contact Karin at modessakarin@gmail.com 📧



Participants modify strength and core moves in exercise stations

Photos by Mikhailina Karina

Lost and found: the return of the runaway Chihuahua

By Alfred Pavot

About one month ago we adopted a Chihuahua named Maia from a foster home in North Carolina. This dog had a turbulent history. She was discovered in a forest, living with other dogs, when she was approximately a year old. Allegedly a lady who lived close-by brought food and left it on the edge of the forest – which explains the dogs' survival.

Maia was placed in a foster home for the next two months and then transferred to another foster home. The reason for this was not entirely clear, as Maia gets along well with other dogs and people.

We brought her home and quickly realized that she was very fearful of any noise and preferred to isolate herself from any person.

On the 13th day after her arrival, at about 6 p.m., as my wife was trying to unwind the leash that was entangled around a bush, Maia pulled on it and took off like a bullet with the leash attached to her body. A young neighbor and I tried to catch her, but were unsuccessful. We alerted the guards and several other people.



During the rest of the evening and night she was seen by several guards but neither they nor my wife and I were able to catch her. Needless to say, we I got very little sleep that night thinking of the possibility of her escaping through the turnstile leading to the Metro.

On the following day we saw her walking in and out of the B-3 garage.

Since we knew that she was always on the lookout for the most remote and hard to find place, we located her in the tool shed of that garage. A neighbor and Sala of the maintenance department were able to extricate her from underneath some metal equipment. We were finally reunited.

Conclusion: NEVER underestimate a small dog. 🐕



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

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

Nothing good to watch on TV? Then tune in to Channel 1960 to watch the comings and goings of people in your front lobby.



Rainbow at Milford Sound

Three weeks Down Under with Jeanne and Steve

Text and photos by Jeanne Tift

It was a tour with Odysseys-Unlimited, very well managed, with a knowledgeable and amusing Australian leader. Allan grew up in Sydney and showed us his childhood neighborhood there. Our high points in Australia were the Great Barrier Reef, Uluru and Aborigine culture, as well as Sydney, a beautiful city. Then we flew to Christchurch, New Zealand, and toured the South Island by bus. The high point was the spectacular Milford Sound. Steve said that experience was worth the entire trip. Then we flew north to Rotorua with its geysers and Maori culture. Finally we drove to Auckland with a stop to see the Ruakuri caves with their glowworms.

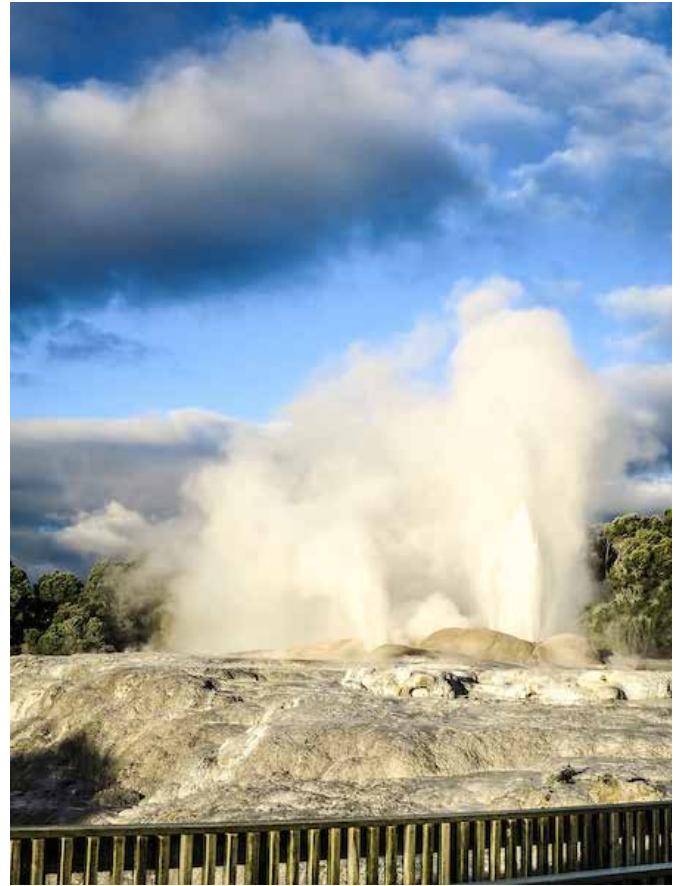
In both countries, I thought the geology most interesting, complicat-

ed, mysterious, and even beautiful. Also I thought that the *modus vivendi* achieved in each country between the governing whites and Australian Aborigines, and the New Zealand Maori, seemed remarkably respectful and collaborative. We learned that the Aborigines originated with the Tamils in Sri Lanka and south India (their DNA is related), and that the Maori originated in Taiwan, via Polynesia. My photos show that the performing Maori are actually in good physical shape, as a video on my Facebook page shows: <https://www.facebook.com/jeanne.tift/videos/10155763415899121/> The performing Aborigines, however, are, well, a bit pillowy.

I'll be giving a slide show for the Travel Information Club on Wednesday, July 18 at 7:30 p.m. in PR2, if you'd like to see more pictures of this trip! 📷



Maori decorative mask, Rotorua



Pohutu Geysir at Te Puia, Rotorua

Temporary waterfall sketches a line down the mountain. These threads of water appear only after a rain-storm. They dry up in a few days.



Mirror Lake
The Montebello Voice



Sydney Opera House roof detail



Australian outback strewn with tufts of spinifex grass; Kata-Tjuta rock formations beyond

Koala relaxing in a favorite tree



Standley Chasm in the Australian outback, at noon. An Aboriginal sacred site, in the West MacDonnell mountain range west of Alice Springs.




Uluru's hidden water hole




Rainforest Skyrail




Sydney Harbor at night




Invite you to our film & discussion






THE LADY EVE
THURSDAY JUNE 28 7:30 P.M. PARTY ROOM 2



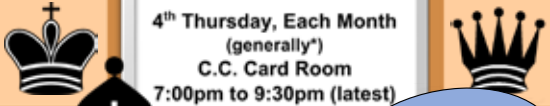
“If I were asked to name the single scene in all of romantic comedy that was sexiest and funniest at the same time, I would advise beginning at six seconds past the 20-minute mark in Preston Sturges’ “The Lady Eve,” (1941) and watching as Barbara Stanwyck toys with Henry Fonda’s hair in an unbroken shot that lasts three minutes and 51 seconds.” (1996 review by Roger Ebert)

Joel Miller will introduce the film and lead the post-movie discussion.




Chess Game Night with Chess Club

All Levels & All Ages!
All Welcome!
Beginners to Grandmasters!
Play! Share! Learn! Practice!





4th Thursday, 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” 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 fnixson@gmail.com for more information.
 *(e.g., most holidays and holiday periods are excluded.)





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 by a Practicing - Certified Instructor: Virginia Nickich


Questions? just call Cell: 516-459-8504 or email: virgyoga@verizon.net

First class is always free (\$8/pp per class)


Come Dance with AiM's Art

Dance - Movement Expressed in Art

Group Show Curators: Jeanne Tiff and Nancy Vogt



May 12 - June 29
Montebello Café
Opening Reception on Saturday, May 12, 4 to 6 p.m.



final glance



Photo by Azita Mashayekhi