

The MONTEBELLO Voice

an independent gazette

live colorfully

August 30, 2018



November group show seeks entries

By Joel Miller

The November 3 group show theme is *Montebello Inside-Out*. This means that the material for the show should be whatever the artists see within the area enclosed by that black perimeter fence – the trees, the flowers, the bugs, the beauties, the beasts, the board, the buildings, the parties, the interiors, the exteriors – there is so much to capture and all within walking distance.

So you ask, “With all of this subject range, is anything *unacceptable?*” and the answer is “*yes.*” I will not be accepting anything “ordinary.” I want to cover the café walls with originality and imagination. You have a lot of time to think about this and to work on it. If you want to discuss an idea or an im-

age, email me and include the image as an attachment. I hope to see 15 or 20 interesting Montebellos on the November café wall, but if there are only eight or nine that fit the criteria, I will be happy with that, too.

The process starts right now. Send images as attachments to an email with “November AIM Show” as the subject. Why so early? You are all very busy and need time to fit this into your calendars and my time will be shortened by a number of travel weeks between now and the November 3 show.

All communication will be via email at maxmax491@aol.com; I promise fast replies.

The deadline for submissions is September 21. 📧



Joel Miller

Sign up for Montebello Bowling League Monday and Wednesday night teams; league starts September 6

By Mark Woods

The Montebello Bowling League is looking for a few good men and women to join the fun. The start of the 2018-2019 season is right around the corner. No experience is necessary. No, really! Do you have a smile? Then you can bowl. Montebello supplies the lanes, the balls, and the shoes. In fact, if you need a refresher or just want to roll a practice game to see “if you still have it” or want to learn, we will make arrangements for one of our league captains to join you at the lanes to encourage you. Just give League President, Mark Woods, at call at 703-498-0143 or email at mjddwoods@earthlink.net.

We are looking for subs and/or regular bowlers for either Monday or Wednesday night. The league is co-ed and it’s handicapped, so it really doesn’t matter how good you are. Trust us on this one. It’s just a matter of having fun! 📧

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Cover photo of Cassandra Bradley at the luau by Dian McDonald

The joys of our mail rooms

By Carole S. Appel

Checking our mail boxes every day can produce joys, on the right days. A letter – on paper – from an old friend. A wedding announcement, an invitation to a party. And as we turn the lock on the mail slot, a glance to the right produces other pleasures: the glass cases with the weekly posters for forthcoming events at Montebello. We learn about the monthly Cup of Joe, the potluck dinners, the Labor Day picnic, the doggie swim day.

As I glance at the fliers, most of which are slipped under our doors, and online in *The Montebello Voice*, I've noticed that some posters are handier for me than others – specifically, the fliers that mention the day of the week as well as the date.

Including the day (as most do) helps us focus on when that event will be. Design legibility helps too – we should avoid printing red lettering on dark blue or black backgrounds, for instance. Or light gray type on a white background. We should try to use simple typography, avoiding too many curlicues in decorative type faces. But what is most important, dear neighbors, is that we keep planning those great events. Everything we do here involves volunteers, whether for the Activities Committee speakers, the scheduling of disc jockeys, live bands, and talented soloists, for the AiM movies, the management-provided movies, or the classic movie nights. We're lucky! 📧

The Montebello Voice wants to hear from you

On Fitness Center etiquette

By Joseph de Angelis

Proper etiquette, in any given situation, consists of rules of conduct that facilitate acceptable behavior. These rules may be written or unwritten. However, in most cases written rules



are minimized while the unwritten rules tend to be more numerous. A simple etiquette rule of thumb is to uphold the principles of propriety and courtesy.

The Fitness Center (FC) is a major amenity of Montebello, yet some residents do not exercise the proper etiquette when utilizing the FC. Some of this unacceptable behavior is detrimental to the structural integrity of the FC itself. For example, when using the exercise machines, some people like to pull or push as much weight as they can. Consequently, not being able to fully control the weight, they simply let the weight drop and crash down when they finish their set. Dropping the weights most often causes the entire FC to shake. This type of behavior is most common on the lat pull-down machine, the bench press, and the leg press machine. I have also observed people sitting on a bench doing curls or shoulder presses and when they were finished, they simply dropped the dumbbells to the floor. The floor of the FC is not designed for such impacts. If you were working out in your living room, you

would not drop the weights on the floor. So why do so in the FC?

The space between the rack of dumbbells and the two adjustable benches is limited, yet many people have the tendency to pick a set of dumbbells and commence exercising where they stand. Such actions, in effect, deny others access to the dumbbells. Not only is access denied, but one runs the risk of getting hit with a dumbbell if one tries to pick up a dumbbell while that person is exercising. This, in my opinion, is totally unacceptable behavior. Additionally, some people take the exercise mats and place them directly in front of the dumbbell

rack and lie down to rest or exercise, again denying access to the rack of dumbbells. This also is unacceptable behavior. A simple solution would be to place yellow tape on the floor in front of the dumbbell rack identifying the floor space as a non-exercise area.

There are a few other things that come under the heading of proper FC etiquette. One is the placing of personal bags, phones, etc., on an exercise machine while using another machine, thereby denying the use of that machine to others. There are also some people who sit on the machines and text, play games or whatever on their phones for extended periods of time, again denying use of that piece of equipment to others. Last but not least – if you move a bench, dumbbell or any other item, please return it to its original location.

Proper etiquette, in the FC or elsewhere, is not rocket science; it is simply a matter of common sense and courtesy, which when practiced, foster peace and harmony within our community. 📧

A Passover revelation

By Carole Appel

This is a story about how I spent two years learning Yiddish thinking that I was learning Hebrew and that Yiddish was simply a Yiddish word for Hebrew, the way my mother and her friends in the Jewish neighborhood of Wynnefield, in Philadelphia, seemed to have a Yiddish word for everything. They were all American-born women, but they'd grown up in families where Yiddish was a common language.

So: in 1942, in time for me to start first grade, my parents move to Wynnefield because it's a comfortable, mostly Jewish neighborhood on the western border of Philadelphia, near the fancy suburbs. Wynnefield has three synagogues at the time: Har Zion Temple, a large conservative synagogue; B'nai Aaron, an Orthodox synagogue, and Beth David, a fairly new reform temple housed in a converted mansion. (Most of Wynnefield consists of row houses, but the area around Beth David had larger houses.) Most of the boys and girls in my grade school went to Hebrew school four days a week after regular school, but my parents didn't belong to a temple and I didn't go to Hebrew school. My mother was quite "Jewish-identified," but neither of my parents was particularly religious.

They didn't have a lot of money – my father was an optometrist who never could predict from week to week how many patients would call to make appointments. They worried about money all the time (until the 1950s when my mother went to work in market research, and they then had two incomes).

Anyway: they didn't belong to a temple because of the dues, and because belonging to one was not a priority for them.

One day, when I was in third grade, I told my mother that Selma Halpern belonged to the Wynnefield Yiddish

Early life lessons

By Arnold Haiman

(Not so) great expectations Luck? – make your own!

If someone invents a time machine, I want to go back to thank the many wonderful teachers I had; not merely for their technical skills or the information they imparted, but for the life lessons that were part of the package.

As she was reviewing a test, I realized Ms. Durkin had erroneously given me credit for an answer even though I got it wrong. When she collected the papers I pointed out the error, and she proceeded to lower my grade accordingly. I was shocked, and when I asked why, she simply responded "What did you expect me to do?"

This taught me several things: she expected me to be honest, and would not offer any phony, undeserved reward. It was up to me to decide whether to meet that expectation.

After a lifetime in the workplace, much of it dealing with disgruntled employees and/or at-risk managers, I am convinced that most of the problems stem not from poor performance or bad bosses, but from failure to share expectations.

Folkshul, and it cost only \$2 a week, and I would like to go, too. So she registered me at the school, which met in an end-of-the-block converted row house – Monday through Thursday for classes in reading and writing Yiddish, and Sunday for an arts and craft class I loved. I presumed that "Yiddish" was the Yiddish word for "Hebrew." Nobody knew I had made this false inference. I was pretty good at speaking and writing the language.

Then one spring week my family went to Brooklyn during Passover

My uncle earned his living as a card sharp and a racetrack tout. He would bridle when people said he was just lucky. "I make my own luck," he would growl. Sure, sometimes a card he needed would be dealt, and a so-so horse he picked would come in first. But he combined a great mathematical sense (self-taught), great instincts, and intense research before he laid down any cash.

I'm reminded of Vic Damone, the last of the crooner generation, who died recently. Also lucky; lots of guys could sing just as well. But Damone, a poor kid who dropped out of school to support his family, wanted to be a singer. He was working as an elevator operator at the Paramount Theater when the headliner, Perry Como, stepped into the cage. Damone stopped the elevator mid-floor, belted out a tune, and asked Como for help. Como was so impressed he helped the kid get a start in show business.

We don't all have to be gamblers or singers. And we may never hit the heights. But we surely won't get there if we trust merely to luck without making some of our own.

week (my mother was born and grew up in Brooklyn.) I went to a Seder at the home of the aunt of one of my Brooklyn cousins. I had learned the Four Questions – which I called the Fir Kashes. Phyllis Goody, a girl a year older than I was, a cousin of my Brooklyn cousins, was to say them first, and then I would. (Phyllis is now Phyllis Cohen and happens to live in Falls Church. She's an artist who had a studio at the Torpedo Factory.)

So Phyllis goes first, and recites several sentences that I don't recognize at

first person

all. “*Manish tannah h’leh hazeh,*” or something like that.

Then I go, with something like “*All nacht fun aganz yar, essen mir chametz u’matzah, unbar d’nacht fun Pesach, essen mir*

matzah. (I will ask the four questions. All the rest of the year, I eat leavened products and matzah, but on the night of Pesach, I eat matzah.” all in Yiddish. The adults all laugh – they love it. But

I am puzzled: why did Phyllis recite something so foreign to me? Why were my Four Questions so different from hers? And that’s when I discovered that Yiddish wasn’t Hebrew. 📖



Figs, glorious figs!

By Azita Mashayekhi

Encore!

*He who sings frightens
away his ills.*

Miguel De Cervantes

By Marsha Weiner

Back in 2008, British musician Brian Eno was interviewed on NPR Weekend Edition Sunday. The interview, called The Key to a Long Life, is about an in-

ing director of the Center on Aging at NIMH, and then acting director of National Institute of Aging at NIH. After taking early retirement from government, he turned his attention to researching the benefits of creativity in aging at the Center for Aging, Health and the Humanities, which he founded at George Washington University.

In 2001 one of the seminal research projects at GW included following three different sites offering high-level arts programming for older adults.

sites was a vocal chorale in Washington, D.C., under the musical direction of Jeanne Kelly.

The study of that vocal chorale launched what has become Encore Creativity for Older Adults, under the continued dedicated direction and commitment of Jeanne.

Encore is now noted as being the largest and fastest growing national choral organization for people over 55. There are 16 Chorales in the greater D.C. area, and beyond (including Balti-



formal *a capella* singing group Eno started with a bunch of non-musician friends. You can hear that interview here: <https://www.npr.org/templates/story/story.php?storyId=97320958?storyId=97320958>

In the interview Brian referenced some research from Scandinavia that identified what we intuitively know to be true – that music, singing and dancing are good for the mind, body and soul.

Since, there has been much research to prove the health benefits of arts in general, and music specifically. Some of that research was done by my late friend and colleague, Gene Cohen, MD, PhD. As a gero-psychiatrist, Gene was found-

Montebello residents are invited to drop in and experience a rehearsal to see if singing with Encore is something you would like to do. You can participate or just watch.

Encore Rocks

September 5 from 11 a.m. to 12:30 p.m.

Encore Chorale

September 10 from 10:30 a.m. to noon

Convergence

1801 Quaker Lane

more, Atlanta and most recently, in New York City.) In addition, Encore now has seven Encore Rock 'n' Roll groups. There are summer sessions at Chautauqua, N.Y., at Washington College in Chestertown, Md.; and a summer Encore Rocks in Annapolis. In addition, there are international opportunities to sing and perform. The annual holiday season includes a performance of Rocks & Chorale at the Kennedy Center.

There are both an Encore Chorale and Encore Rocks in Alexandria at Convergence, 1801 Quaker Lane. Rocks begins September 5 at 11 a.m.-12:30 pm.; Chorale begins September 10, 10:30 a.m. - noon at the same location.

The parameters required that the participants work with professional artists who had high standards. One of those

soul music



If you plan to attend, please arrive a bit early. There is ample parking.

Program registration includes 15 weeks of rehearsals under a professional conductor, sheet music, voice-appropriate rehearsal CD and participation in concerts. All concerts are free and open to the public.

You can read more about Encore Creativity at <https://encorecreativity.org> and if you look under Photos/Videos, you can see and hear concerts past.

If you are the least bit interested I urge you to give it a try. As a personal anecdote, back in 2015 a friend of mine asked if I would join her in the first Encore Rocks. I never sang in my life. But her husband was in a fierce battle with a fatal cancer and she felt singing would give her break from the sadness and strain. It did. Under the infectious and joyful direction of Maestro Jeffery Dokken, we found a form for the sadness along with the other benefits Brian Eno described in his 2008 interview:

Singing aloud leaves you with a sense of levity and contentedness. And then there are what I would call “civiliza-



tional benefits.” When you sing with a group of people, you learn how to subsume yourself into a group consciousness because [a capella] singing is all about the immersion of the self into the community. That’s one of the great feelings – to stop being me for a little while and to become us. That way lies empathy, the great social virtue.

Come to Convergence – give Encore a try – you might like it! And of course if you have any questions feel free to contact me at Mweiner2009@gmail.com; Building 1 #1405 and I’ll do my best to assist. 📧

Two Building 1 youngsters are off to college



Jayla D. Aloyo graduated from Georgetown Day school. She is attending Virginia Commonwealth University in Richmond. Her first semester workload includes English composition, government, ancient Mediterranean history, microeconomics, and astronomy. She plans to pursue a degree in business. – *Norma Laboy*



Last week, another Montebello-born and bred kid flew the coop to attend college. Our eldest, Albéric Karina-Plun, is finishing his first exciting week at the University of Mary Washington, a mere 45 miles down Richmond Highway in the charming town of Fredericksburg.

A graduate of Edison High School, he is taking a variety of liberal arts general education classes: history of Western art (this is a boy who couldn't be dragged inside an art museum), intro to sociology, anthropology of food, and music theory (which satisfies a math requirement and makes him grateful for 10 years of piano lessons). His freshman seminar will be another unexpected class of his choosing: finding fashion (everyone finds much irony and humor in this mind-broadening selection).

The mom did not cry, but got stressed out. The dad concerned himself with ethernet cables for the dorm room printer. The artsy younger brother made ambitious plans to redecorate the bedroom. The cats commandeered his empty bed. – *Mikhailina Karina*



luau



luau

Photos by Dian McDonald



Iuau



Iuau



coming attractions



**Art in Montebello
presents**

And Now, Flowers!

BY REBECCA MCNEELY

And Now, Flowers! is a completely different subject than I have exhibited here in the past as I focus on the beauty of flowers.

Although most of these paintings are created with acrylic in the abstract expressionist style I have developed over the years, I recently challenged myself to paint flowers expressively in watercolor.

Watercolor has further developed my sense of color and value. I look deep into individual flowers and portray them with graphite and delicate washes.

Although it is quite a departure from my primary style, I've had so much fun learning this new medium. I hope you find my flowers joyful and peaceful.




September 22 - November 2

**Opening Reception on
Saturday, September 22, 4 to 6 p.m.**


Montebello Café








and

MONTEBELLO
MUSIC CLUB

Invite you to our film & discussion



CARMEN




THURSDAY AUGUST 30 7 P.M. PARTY ROOM 2




Opera returns to Montebello with this most exciting Metropolitan Opera production of Bizet's *Carmen*. *The New York Times* reviewer wrote, "The production provides an ideal context for Garanča's nuanced, sexy and cagey portrayal... unerring feel for the subtext of a phrase and alluring sensuality. I have never seen the final scene executed with such stunning realism, a dangerous mingling of sex, rebellion and violence: the very essence of *Carmen*." The splendid voices and superb direction make this a treat for lovers of opera and those who have never before heard an example of the art form. Join us for a memorable evening of song and excitement.

Caryl Curry will introduce the opera, which runs 3 hours and 10 minutes.

Please note the early start time. A chair cushion is advisable.




and


Invite you to our film & discussion



TATTOO THE WORLD

THURSDAY SEPTEMBER 27 7:30 P.M. PARTY ROOM 2



When does craft become art? I don't know... maybe it's like beauty, and is in the eyes of the beholder; or maybe it's like pornography... you know when you see it. Regardless – come see *Tattoo the World*, a biography of master craftsman and artist Ed Hardy.

Born in Southern California in 1945, Ed graduated from San Francisco Art Institute with a degree in printmaking. He applied his training and skill to a childhood fascination, and claimed tattoos as his preferred medium.

Though tattoos may not be "your thing," the evolution of Ed Hardy as a craftsman, an artist, and an entrepreneur is as interesting as it is dazzling.

Marsha Weiner will introduce the film and lead the post-movie discussion.

final glance



Photos by Hilary Bralove (left) taken on her recent trip to Alaska. Most of them were taken on the Cook Inlet. See more of her work at <https://yourshot.nationalgeographic.com/profile/1637796/>

Submitted by proud mom Jackie Bralove