

The **MONTEBELLO** Voice

an independent gazette

don't stop believin'

April 25, 2019





Easter Egg Hunt on the Village Green

Photos by Joel Miller



Veronica Steele Davilla and Les Greenberg from the Hearing Loss Association of America discussed hearing loss problems with the residents on April 10.

Photo by Dian McDonald

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 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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Contributors.....Bill Bryant, Guin Jones, Dian McDonald, Joel Miller, Dixie Porter

Cover photo by Joel Miller

Dixie Louise Ford Bounds

1922 – 2019

Montebello resident Dixie Bounds passed from this earth on April 8, 2019 at her home in Alexandria surrounded by her family.

Born in Crisfield, Md., in 1922, she was the daughter of the late Effie Katherine Ford and John Otis Ford, Sr., and the oldest of seven children in the family.

Loved ones who preceded Mrs. Bounds included her husband, Harvey Wonnell Bounds Sr., her son

Harvey Wonnell Bounds, Jr., her sisters Ann Malamud, Primrose Darnell, Sallie Fowler, Katherine Bilis-Bastos and her brothers John Otis Ford, Jr. and Sherman Ford.

Mrs. Bounds was a graduate of Crisfield High School. She graduated from the Peninsula General Hospital School of Nursing and worked as a registered nurse. She attended both Salisbury University and the University of Maryland Eastern Shore in Princess Anne, Md., where she studied art.

She is survived by one son, David Wingate Bounds of Laughlin, Nev., one daughter, Dr. Dixie Louise Por-

ter of Alexandria, one granddaughter Louise Bridgette Bounds of Baltimore, and several nieces and nephews.



Mrs. Bounds liked people, flowers, books, antiques, and cooking. She did private duty nursing in Baltimore and loved working with children in pediatric nursing. She was also a Girl Scout leader, Sunday school teacher, and an antiques dealer. She had an amazing gift of patience and good humor and

her family will miss her greatly.

Two memorial services will be held for Mrs. Bounds. The May 11 service will take place at Bethany United Methodist Church, 8648 Stephen Decatur Highway, in Berlin, Md., with a gathering at 10 a.m. and service at 11 a.m. On May 18, a memorial service will be held at Wesley United Methodist Church at 8412 Richmond Avenue, in Alexandria at 2:30 p.m. In lieu of flowers, donations may be made to either Bethany UMC or Wesley UMC in memory of Dixie Bounds. – submitted by

Dixie Porter

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

Daytime Discoverie seeks a new leader

Many will remember Daytime Discoveries, which was a series of tours of Washington museums and leading institutions. Tours included the National Gallery of Art, Bureau of Engraving and Printing, Library of Congress, National Building Museum, National Museum of African Art, Freer Gallery, National Archives, National Museum of the American Indian, Voice of America, Botanic Gardens, the Supreme Court, World Bank, and John F. Kennedy Center for the Performing Arts.

The Activities Committee is seeking someone to coordinate future such tours. If you are interested in continuing this popular series, please contact Guin Jones at Gjones5@aol.com.

A reminder that neighbors are welcome to join in the Celebration of Life for a dear member of the Women's Club for many years, Andrée Fouant. It will take place this Saturday, April 27, from 4 to 7 p.m. in Party Room 3.



The fantastic Montebello fox

Photo by Bill Bryant

Five residents vie to fill board vacancy, Grounds Committee proposes a \$400,000 landscaping plan

By Mikhailina Karina

The bulk of the April 23 Board of Directors work session was devoted to a detailed presentation by the Grounds Committee of the proposed replanting of the erosion work areas and in the transition areas behind Buildings 1 and 2. The entire plan is outlined in the board packet at <https://drive.google.com/file/d/1DoNUnyHtq0nX-TLUN0kyo5g5RgUqJ48k8/view> on pages 18 to 27.

The first part of the proposal deals with areas damaged by the recently completed \$700,000 erosion project in the woodlands. The plan is to landscape the denuded areas below Building 1, below the stone bridge on long Mount Eagle Drive, and below the Community Center and Building 2. The plan, put forth by Natural Resources Design, calls for 21 trees that would grow into the woodlands canopy, 232 subcanopy trees and bushes, and thousands of ground plants. Special consideration will be given to deer-resistant flora and fencing. The estimated cost for this project is \$200,000.

The second part of the plan is to refurbish transition areas behind buildings 1 and 2 for \$196,963, which will come up to \$246,300 with a 25 percent contingency.

In addition to plantings, these area behind Building 1 will improve walkways with a concrete sidewalk, convert spillways to inlets, create additional space by terraces with low retaining walls.

Similar work will be done behind Building 2 with improving pedestrian circulation, improved pet areas, aesthetically pleasing landscaping, and new seating.

One of the results of these upgrades will be removal of the invasive (but oh, so delicious) mulberry trees.

At the last work session and meeting, the board discussed granting a resident a parking decal for a third vehicle. This was to be an exception to the parking decal rule. General Manager George Gardner said the board had three options: asking the resident to rent a garage space, granting a waiver, or denying the request. The board decide to go with the first option, which would not

impact outdoor parking spaces. The resident would be issued a temporary permit for three months while searching for a garage space in one of the buildings.

As a result of director Lynn Tjeerdsma's departure from Montebello and sale of his unit, the board put out a call to fill his vacancy. According to the board packet, five people put forth their candidacies.

Jane Anne Gleason is former registered nurse and religion teacher. Tom Harrelson, a retiree from the government's Senior Executive Service, currently serves as the board's non-voting treasurer. He came in fourth during the recent board election. Lynn Pascoe is retired from the U.S. Foreign Service. Richard Titus retired as program manager at the National Institute for Justice at the U.S. Department at Justice. Paul Walden, who works in civil service in real property management.

The board will make its selection at the May 28 meeting. 📌

By Mikhailina Karina

This is a tribute to an incredible woman I've had the honor and pleasure of knowing for the past 15 years. She is a scientist, a physician, an athlete, an activist, a mother and grandmother, an author, and a true friend. Although Janette Sherman recently moved out of Montebello to a nearby assisted-living community, many long-time neighbors remember her intellect, sociability, gregariousness, and good humor as well as her healthy dose of hell-raising for the causes in which she believed.

I decided to write this tribute because I wanted her to know how much she's meant to my family – indeed, to the entire Montebello community – and to share a few vignettes that reveal the indomitable spirit and courage of this proud member of the Greatest Generation.

Janette Dexter Miller was born in Buffalo on July 10, 1930 to pharmacists Frank and Wilma Miller. After her parents divorced, she and her mother moved to Warsaw, NY, a town of about 5,000 just southeast of Buffalo. In high school, she was drawn to what we now call STEM subjects and was used to being the only girl in those classes. At 5'10", Janette was a long-limbed swimmer in the frigid nearby lakes, a cyclist, and a hiker. She graduated from high school in 1948.

Unlike today's aspiring college students who go on extensive college tours and package themselves into attractive applicants, Janette first saw Western Michigan University when she got off the bus at Kalamazoo. She supported herself by doing odd jobs, such as washing dishes at restaurants (and get-



Life lessons from
Janette D. Sherman, M.D.



ting free meals). Janette soon realized her passion for science and double majored in chemistry and biology.

In 1952, she married John Bigelow, with whom she had two children, Connie and Charles. She then worked at the

Atomic Energy Commission (forerunner of the Nuclear Regulatory Commission) at the University of California in Berkeley and the U.S. Navy Radiation Defense Laboratory in San Francisco. One of her bosses, recognizing her scientific talents, suggested that Janette attend medical school to become a physician. In 1960, newly divorced and with children 2 and 6 years old, Janette began her studies at Wayne State University College of Medicine in Detroit. She was just one of six women in her graduating class of 1964. The following year, she married Howard Sherman; although divorced six years later, she continued to use the name professionally for the next five decades.

When Janette opened her private practice in Southfield, Mich., she noticed a high number of patients coming in with similar ailments. All of them worked in the same location for the auto industry with materials that were making them sick. Treating these workers led her to specialize in toxicology and to become one of the top experts in the field. In the 1980s, she devoted herself to toxicology research and advocacy, as she published studies and became an expert medical-legal witness on behalf of thousands of victims in court cases dealing with harmful toxic agents. Today, her legal and scientific papers are housed at the National Library of Medicine in Bethesda, where her 5,000 workers compensation files constitute the largest collection in the country.

In addition to writing peer-reviewed and general press articles, in 1988 she published her first book, *Chemical Exposure and Disease – Diagnostic and Investigative Techniques*. Her



second book, *Life's Delicate Balance – Causes and Prevention of Breast Cancer*, came out in 2000. In 2009, she edited a Russian-to-English translation of the seminal examination of the Chernobyl nuclear plant disaster, *Chernobyl – Consequences of the Catastrophe for People and Nature*. Janette also gave frequent radio and Skype interviews about the effects of radiation and toxicology.

In 1986 she moved to Building 1 in Montebello and two years later she married her first love, Donald Nevinger (Nevie), her high school sweetheart and tennis partner. Because he was a year younger, they had parted ways when she left for college four decades earlier. They married in Detroit, and made their home together at Montebello for 17 years until Nevie died in 2005.

Janette was named Distinguished Alumna of Western Michigan University in 1989, was admitted to the Cosmos Club in Washington, D.C. in 2001 based upon “meritorious original research in medicine and toxicology,” and awarded the Foremothers Award in 2006 by the National Research Center for Women and Families.

“You cannot have too many skills”

was one of her favorite phrases. She was an accomplished seamstress, knitter, dying plant rescuer, and chronicler of events. She kept up a daily correspondence with dozens of people around the country and around the world. She generously shared practical advice and support in time of need.

My sons have known Janette as the “grandma down the hall” for most of their lives. She came to their elementary school graduations, piano recitals, and birthday parties. She treated their wounds and listened

to their coughs. She bequeathed the greatest honor on me when she sometimes introduced me as her daughter. We love, revere, and admire our tough, brilliant, and kind friend.

The following are just some of the life lessons Janette shared with me and with countless others who had the pleasure of knowing her.

Food

Janette was an excellent cook. There could never be too much garlic or butter in a dish. She made simple, healthy, flavorful dishes at the frequent Stone Soup potlucks she hosted in her home. When her kids were younger, she used to bake bread. Several years ago, when I decided to bake bread, she gave me her trusty recipe book and well-seasoned loaf pens that likely predated my birth.

I also have her old pasta machine, which my son uses to crank out fresh linguine by hand.

One of her famous and beloved desserts was “apple crap,” which was basically apples with whatever other dried fruit, nuts, or grains were on hand. One of her signature appetizers was sliced

beets, feta cheese, and black olives – she frequently brought it to family gatherings, pot lucks around Montebello, intimate dinners with friends ... basically, everywhere. And she taught me the immediate gratification of a one-minute meal: some form of protein or other leftovers with lots of fresh spinach rolled into a tortilla.

Swimming pool

Janette was always one of the first people to get in the Montebello pool each summer. If the water was above 60 degrees, she bravely waded in and gracefully swam at least 20 laps. When her knees started to give out, swimming kept her in shape – and she still swam her 20 laps! She always poo-pooed as overprotective parents those who outfitted their toddlers in floaties and other assistive devices in the baby pool. She said the children were getting a false sense of security instead of learning how to swim.

Reading

Janette was a voracious reader and her home was filled with fiction, biographies, and science books. She proudly announced that she started subscribing to *The New Yorker* in the 1960s. Every morning she read *The Washington Post* and completed the crosswords. In her



later years she would collect them and hang them on my door, completed or not, for me to puzzle out. I credit my own puzzle-solving prowess to studying her completed answers. “How did she know this obscure fact?” I often wondered.

The scooter

Several years ago, when Janette’s knees weakened and walking around on crutches was not practical, she bought a scooter on which she rode around her apartment and in the building. She sometimes rode the scooter into our place and parked it in the living room. Within moments, our cats jumped up on the seat and curled up for a nap. On other occasions, she left the scooter outside our door and walked in on crutches. These were my boys’ favorite times. At some point during the meal, they asked to be excused and ran off – presumably to their room. But I knew better. Because Janette sat with her back to our front door, she couldn’t see them stealthily sneaking out into the hallway, where they took the scooter on joy rides by switching the knob from “turtle” to “hare.” She never could figure out why her scooter battery needed an extra charge after she dined at our home!



The Montebello Voice

Clean and natural

Because she understood the chemical composition (and toxic properties) of common household products, Janette educated people about scented lotions, hair dyes, detergents, and everything else that came in contact with our bodies. She frequently sent me news articles to share with other moms. Famously, she used Ivory soap on everything from bathing to cleaning wounds. One year, she gave my son a multipack of Ivory soap as a gift for all his future boo-boos. We still have a few bars left. And my boys know to clean their wounds with soap and water before slathering on any medicines. She had no plastic containers in her kitchen and saved all leftovers and dry goods in glass jars. She liked to tell people that her kitchen was designed like a chemistry lab with open shelves and jars organized by function.

In addition to non-toxic personal products, Janette also insisted on eating organic foods as much as possible because she well understood the harmful effects of pesticides whose residue stayed on the produce.

She also taught people to cut down, way down, on getting x-rays, whose cumulative application was proven to contribute to different cancers.

Now when I hear reports about contaminated water supply, radiation fallout, environmental factors linked to cancers, and dangerous additives in our food and medicines, I realize how right Janette has been all along and appreciate the alarms she sounded for the consumers.



The Oh, Shit, Lane

You know where the west-bound GW Parkway forks between getting off into Georgetown or continuing along the river? I can’t tell you how many times I’ve missed that turn-off. Janette and Nevie had the perfect name for this unfortunate happenstance: The Oh, Shit, Lane. It’s when you see where you’re supposed to be going but end up on the wrong path. Each time we encounter this particular location, we proudly say that we didn’t get off in the Oh, Shit, Lane. It also holds a more philosophical meaning for me – sometimes, in life, you know where you want to go, but end up taking the wrong turn over and over. At least now we have the perfect name for it.

Secret garden

When she lived in Detroit, Janette had the best vegetable and flower garden on her block. Her secret? At night, she buried kitchen scraps in the garden bed. She moved down the length of the garden each evening; a week later, the

process started again. Her Montebello balconies were filled with green plants and many half-dead plants, shamefully dropped off by her neighbors, that she nursed back to health.

Environmentalist

From 1976 to 1982, Janette served on the advisory board of EPA's Toxic Substances Control Act. She advised the National Cancer Institute on breast cancer and the EPA on pesticides. She frequently lectured at universities and health advocacy groups on cancer, birth defects, pesticides, toxic dumping, and nuclear radiation.

For years, she led the effort to get Montebello management to stop using toxic pesticides on our lawns and in the woodlands. She organized petitions and spoke in meetings about the need to create healthier environments for our residents and safe work conditions for the employees who applied these poisons.

Music lover

Several years ago, Janette gave one of my sons an unusual birthday gift: a DVD of the documentary about Pete Seeger. She loved American folk musicians who sang about and fought for social justice and promoted labor unions. She also introduced us to Kinky Friedman. Each weekend, she listened to "Hot Jazz Saturday Night" on the local public radio station. She loved jazz, Dixieland, classical, and folk music.

At 56, she decided to learn to play the cello. She had never played an instrument nor could she read music. She studied with Marci Chanteaux, the principal cellist with the Detroit Symphony Orchestra and diligently practiced for at least an hour each night. Her dream was to play the "last chair in a community orchestra," which she achieved when she moved to the DC area and joined the volunteer McLean Symphony Orchestra. In 2013, Janette tearfully said good-bye to her beloved cello after a broken hip made playing it



too painful. She gave my son the sturdy music stand, which sits in our living room, when he began learning to play the guitar.

Bernie & Co.

Visitors to Janette's home were greeted by a red peace sign hanging on her door, at one point joined by an enormous white one brightly decorated with flowers. The refrigerator was festooned with several Bernie Sanders photographs and she proudly supported his presidential run and all progressive causes. She was also long-time friends with Ralph Nader and the legendary reporter Helen Thomas. The latter attended Janette's 80th birthday party at Montebello – the guests could not believe their eyes.

Several times I accompanied Janette to lectures and lunches at some of Washington's most prestigious addresses: the Cosmos Club (where she was a member), the National Press Club, and even the Ukrainian Embassy. While I gawked in utter shock at Washington's prominent denizens, she casually sidled up to people and started up the most natural conversations. She could talk

with anyone about anything and always had something in common with strangers.

Household treasures

In addition to the music stand and other gifties received over the years, I have the honor of receiving a few of Janette's family heirlooms: several sets of sterling silver cutlery, some of it dating back to the late 1800s, and a century-old cruet set of elegant etched glass containers on a circular silver-plated base.

Over the years, I've accumulated mementos from many former Montebello neighbors whose lives graced ours. I have paintings, table cloths, jewelry, books, and dishes. From Janette's home I snatched up Abe Waksman's computer-generated art and the colorful mug I always used when we had coffee. But it's the memories and love that are the true treasures that I'll always have.

Neighbors and friends

Never a shrinking violet, Janette struck up friendships with many residents of Montebello over the years – you all know who you are. If you are like me, you, too, have come to love, honor, and appreciate all that Janette Sherman has meant in our lives and to our community.

In her own words

I searched the internet for some videos of Janette Sherman's speeches. I found a lot of articles she published in national publications. The following four videos popped up:

<https://www.youtube.com/watch?v=YKWK-v28xdc>

<https://www.youtube.com/watch?v=-jLtdzg44CxQ>

<https://www.youtube.com/watch?v=-Vd9u568JbhY>

https://www.youtube.com/watch?v=Bdow_6pN6jY

Anna Schalk Solo Show

Woman's Many Facets



Every woman is a blessed enigma: mysterious and sometimes obscure. A woman is a seeker of the Light; a woman is simultaneously strong and fragile; a woman is willing to face the Unknown within as she seeks mindfulness; and a woman holds within her body the possibility for future society.

Montebello Café
 March 30 to May 3
 Opening: Saturday, March 30
 4 p.m. to 6 p.m.



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)



Make your move and stop by to see a joust! The Queen doesn't even mind tardiness!

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. Stedje at lisa@stedje.com and/or Nick Nickerson at fnixson@gmail.com for more information.

* (e.g., most holidays and holiday periods are excluded.)



The Montebello Grounds Committee Invites you to:

Toil in the Soil and Watch the Flowers Grow!

- The Grounds Committee is looking for 'gardeners' to continue planting and maintaining flowers in the three circle planters.
- Join your neighbors to prep the beds and plant the summer flowers!
- All plant materials and tools will be provided. Use your own favorite gardening trowel if you wish.
- Contact Chuck Amorosino, project coordinator, at camorir@cox.net with your name, building and unit number, and a preferred email address. He will respond with more information and updates.



Saturday, May 18, 10:00 am
 3 Circle Planters

Encore Rocks
 Creativity for Older Adults

Free Concert

Alexandria, Fairfax and DC
 Encore ROCKS perform
 favorite rock & roll hits
 from across the decades

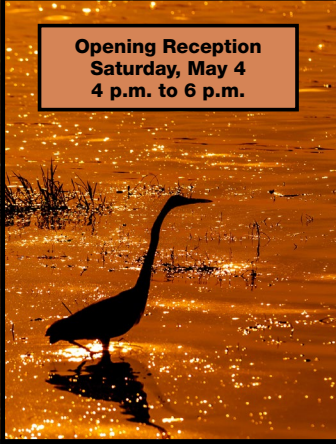
Featuring:
 Jersey Boys, Still Rock & Roll to Me, Shut
 Up and Dance, Rock & Roll All Night, More

Hear Rock & Roll Music
 Performed by the Generation
 Who Invented It!

May 17, 2019 7:30 pm
 Washington Masonic National Memorial
 101 Callahan Dr, Alexandria, VA

No Tickets Required. Free & Open to the Public
 For More Information:
Encorecreativity.org


**Opening Reception
Saturday, May 4
4 p.m. to 6 p.m.**





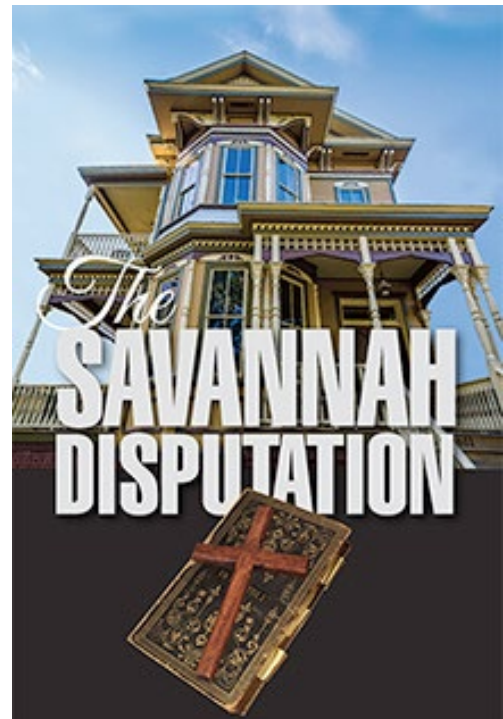
A Show of Photos

by
Jon Kandel

Montebello Café
May 4 thru June 7










The Little Theatre of Alexandria
 600 Wolfe Street in Old Town
www.thelittletheatre.com
 April 27 to May 18
 Tickets \$21 to \$24

The Speaker Series Presents

TRAVELING BY PULLMAN YESTERDAY AND TODAY


The Pullman Company was synonymous with first class rail travel for decades in the United States.

At its peak in the 1930s, the Company operated over 8,000 railroad passenger cars across North America.


Kevin Tankersley
 of the **National Railway Historical Society**
 will recount history of the Pullman Company
 and the high quality Pullman experience.

Thursday, May 9th at 7:30 pm
Community Center Lounge

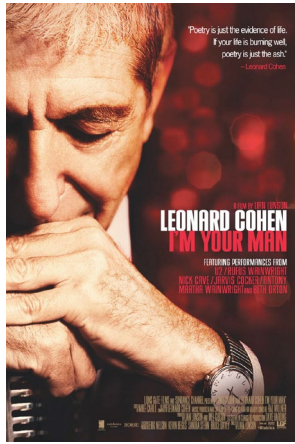
Sponsored by the Activities Committee



Invite you to our film & discussion



LEONARD COHEN: I'M YOUR MAN
 THURSDAY MAY 30 7:30 P.M. PARTY ROOM 2



“When Leonard Cohen speaks, the elevated cadences of language are strewn with poetic images so precisely articulated in a rumbling bass-baritone voice that they all but erase the distinction between his song lyrics and personal conversation. Each word is carefully chosen and pronounced with oratorical flourish. Even when his sepulchral drone isn't bending itself around a melody, its sound is musical.”

— from a New York Times review

Anna Schalk will introduce the film and lead the post-movie discussion.

final glance



Photo by Dian McDonald