

The MONTEBELLO Voice

an independent gazette

#AloneTogether

March 19, 2020



Closing of the fitness center and the pool

By John R. Powers

Using the construct, “Out of an abundance of caution ... supporting ... social distancing during the ... (COVID-19) outbreak,” the board closed the fitness center (FC) and the pool but left the café open. So, to buoy the spirits of those who are committed to a healthy lifestyle, as you are reading this, please play <https://www.youtube.com/watch?v=ojoc-Kbzpo8> at full volume.

Yes, gyms are being closed as a precaution and this is wise. The one I use in OCNJ often has 20-25 people in an area comparable to ours. We on the other hand, can easily limit the number of users to 8 or even 6.

After repeatedly bringing to the COVID-19 working group’s attention the inconsistency of closing the FC but keeping open the café for dining in and leaving the bar stools inches apart, a decision was made to remove the bar stools and to limit seating in the café to 10 patrons. This is still more people per square foot in an area of about 800 square feet than 6 people in 1,425 square feet.

Further, this still allows for 4 people at a single table that is 3’ 6” on a side with a nose-to-nose distance of two people seated across from each other of under 5’6”. Most of the machines in the FC have this separation and with only 6 people in there, no one will need to use adjacent machines.

We all agree that keeping this infection as close to zero as possible is essential but we have a FC with 1,425 square feet and 6 users can easily self-segregate (there is a video in the office that can monitor compliance).

Our FC is essential to our well-being. Even though closures are being cited for two to four weeks, these are not going to end for months. We need to think now about how to use our FC in the safest and most effective way to ameliorate the long-term effects that would accompany the loss of cardio and strength training. 📺

voices on the 37

Heavy groceries on the shuttle

By Nikola Milenković

I’d like to pass and possibly refine this idea of mine with the Montebello community before submitting a formal request to the front desk (of course, once the need for COVID-19-related social-distancing dies down):

I understand it’s been a challenge finding volunteers willing to ride the shuttle to help load and offload heavy groceries. I believe about nine return trips are made every week. It’s a big ask to have someone sit on the shuttle round-trip when only a few minutes of their time are needed for lifting. Perhaps creating a network of volunteers who agree to be “on-call” might satisfy the challenge of offloading items once we reach Montebello.

I propose we gather a handful of participants per building, these individuals can log their availability (Mon.-Wed.-Fri., between 10 a.m. and 2pm.) with Montebello staff, who would, in turn, coordinate mass text messages shortly before the shuttle pulls up to one’s corresponding B3 entrance. Much of this process can be integrated via smartphone app (perhaps as an addition to the existing Shuttle Tracker app). Over the course of a few minutes during the shuttle’s return trip, the shuttle driver would input on his device exactly which buildings have drop-offs, the app immediately sends requests to those building’s volunteers, and whoever is first to accept the request is logged on the system so other volunteers can see the job has already been booked. At arrival, the volunteer can load a resident’s groceries from shuttle to elevator – possibly even to their doorstep.

Please let me know your thoughts at nikolam1993@yahoo.com. 📺

Montebello Pet Club offers support

In light of the pandemic, our Pet Club members can assist pet parents who cannot leave their units. Send an email to montebellopetclub@gmail.com. 📺

Montebello on Facebook

More than 100 neighbors (at this writing) have joined the private Montebello group on Facebook. It is a “non-political, non-confrontational exchange regarding the dwellers and dwellings of the Montebello Condominium community.” If you already have an account, search for Montebello and the administrator will add you to the list. See page 3 for more information. 📺

On the cover: Orange squirrel by Linda Brownlee

The **MONTEBELLO** **Voice**

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AN INVITATION TO JOIN **MONTEBELLO GROUP** ON FACEBOOK

In view of the current Pandemic we invite all residents to sign up and visit together on Facebook in **The Montebello Group**. This is a **Montebello Residents Only**, 'up and running' group. By joining this allows you 24 hours to connect with Montebello residents during the closure of our venues. This site will provide you the opportunity to view a variety of postings by fellow residents and for you to interact and share items such as well!

Date: Sign Up Today!

Highlights: Access to communicate with your Montebello neighbors and friends

***THIS IS A NEIGHBOR TO NEIGHBOR GROUP
AND IS NOT SPONSORED BY MCUOA.**

TIPS for joining FACEBOOK (for the first time)

1. Go to www.Facebook.com and fill out the short sign-up form; then click SignUp' at the bottom. (Note that it's free!)
2. Prove that you are a human being by deciphering and typing the two hard-to-read words. (You can ask for new ones if they are too hard!)
3. Find Friends: this actually is optional. You can choose to skip this now (button at bottom right) and do it later, as well. (Select Save and Continue)
4. Add Interests: again, this is optional as well. (Select Save and Continue)
5. Profile Information: also optional! (Select Save and Continue)
6. Profile Picture: also optional! (Select Save and Continue)
7. The next page will ask you to check your EMAIL, to confirm your new account. So do that next.
8. At that point you will continue to add as much information as you would like.
9. Now check your EMAIL again. You will have two, one a welcome email and one asking you to confirm your email address.

10. Once you have done that, you will be in! Be sure to write down your 'username' (your email address) and the password you chose.

STEPS for joining the MONTEBELLO GROUP

1. Log into your Facebook page if you aren't already there.
2. On the left menu, select Explore and then Groups.
3. In the Search box at the upper left of the screen, put in Montebello. (Later you might want to add other groups the same way, based on your interests.)
4. You will get a lot from this search! Select the one that has a photo of a beautiful Montebello tower – standing tall! The description starts with this: "non-political, non-confrontational exchange regarding the dwellers and dwellings of the Montebello Condominium community." And then just ask to join!

STEPS for POSTING a COMMENT to the Group

1. At the top of the group's page you will see an empty box that says Write Something.
2. Once you have clicked inside that box, you can write your comment and then select Post in the bottom right corner.
3. You will see other options such as adding a photo (if you have it saved).
4. You can also reply to others, by selecting, Comment, or register reaction with the Like button. 🍷

Written by Leslie Rodriguez

the new normal



Empty chairs at empty tables

https://www.youtube.com/watch?v=JqtN9x-3rPi4&list=RDJqtN9x-3rPi4&start_radio=1&t=7



What a difference a day makes

Photos by Joel Miller



"Give Harriet an inch and she takes 6 feet." – Elaine

On the increasingly interesting topic of toilet paper

By Rebecca “from Texas” Long Hayden

As unfunny as I usually find scatological humor, some situations demand levity.

First, a little history (quickly re-



<https://posterfoundry.com/toilet-terror-toilet-paper-alternatives-funny-humorous-joke-poster-16x20-inch/>

searched and NOT fact-checked).

Toilet paper was invented on or about 1857, but wasn't widely available until the 1920s, making it one of many products we take for granted now, but, relative to the history of man, hasn't been around that long.

I'll relate a list of substitutes to the two-ply, cloud-soft, bumware we seek, alas, from empty shelves. These were once acceptable:

Leaves, Grass, Ferns, Corn cobs, Maize, Fruit skins, Seashells, Stone, Sand, Moss, Snow, Water.

Leaves and grass? I live in a gated community that tends to be watchful of

our lovely park lands, and irate neighbors would storm from their units if I were spotted stocking up on these. So, no. (Though it might be worth it just to see the brouhaha.)

Ferns? Really? I've never been able to grow anything. I once watered a plastic cactus twice in six months, figuring I might keep an undemanding succulent alive. Then I realized it wasn't real. So, no.

Corn Cobs, Maize, and Fruit Skins? The use of these would require the consumption of corn and fruit (and maize?), which would require ever more cobs and skins. So, no.

Seashells? No, and I don't have to explain, though proximity to the sea has some relevance here.

Stone? OK. Maybe. But again, I can't see my neighbors tolerating the removal of decorative stones from our environment.

Sand? We have sandpaper in the toolbox, so I touched a sheet labeled as "fine." Not only no, but hell no, never, I'd sooner get the virus and die.

Moss? Where will I find moss? Eureka! I have floral moss around my phony plants. Will that do? Oh, wait. The moss is phony, too. Will plastic moss work? Yes! On anyone with a plastic butt.

Snow? This year there wasn't any. To all you people waaaaay up north, congratulations. Problem solved.

Water? Ah. At last. Why wasn't this at the top of the list? If your toilet is proximate to your shower, there you go. Problem solved.

So to all my Montebello friends – I hope you had a laugh, and most of all, I hope you stay safe. 🙏

Roll with it, baby

By Carole Appel

Do you know that every cardboard cylinder inside a regular toilet paper roll has a serial number? You can tear open the next cardboard cylinder from a used-up roll and see what I mean. How did I find out such an arcane fact? Well, a few years ago, when I went to lift off the top layer of paper from a roll of Charmin toilet paper – that layer that's attached to the sheet underneath by a few pressure points – the layers wouldn't separate in the usual way. Instead, the top sheet ripped through the next sheet, and through the sheet under that. So I tried starting another roll from the set of 12 I'd bought, and the same thing happened. The paper kept shredding. At that point, I looked up the number of the Charmin manufacturer and called to complain. The person who answered the phone said, "Tell me the serial number inside the roll." So I tore open the last gray cardboard cylinder I'd tossed into the wastebasket, and sure enough there was a number. I told the person what it was, and she said she'd send me a coupon for another batch of Charmin paper. And she did. 🙏





make 'em laugh



By Seamus O'Hawkin, 1/1708

This was written by an uncle who had published a book of Irish jokes, called *Byways of Humor*.

County Cork, Ireland

Dear Cousin,

Your welcome letter received and me and your Aunt Bridget thank you for the money you sent. We had seven Masses said for your grandmother and grandfather, God rest their souls.

You have gone high places in America, God bless you. I hope you'll not be forgetting your native land. Your cousin Hughie O'Tolle was hung last week for killing a policeman, God rest his soul and may God's curse be on the informer, and may he burn in Hell, God forgive us.

Times are not as bad they might be. The herring is back and nearly everyone has a heart in making ends meet and the price of fish is good. Thanks be to God.

We had a great time at Pat Muldoon's wake. He was an old Blatherskite, and it looked good to see him stretched out with his big mouth shut. He is better off dead and he'll burn until the damned place freezes over. He had too many friends among the Orangemen.

Bless your heart I almost forgot to tell you about your uncle Dinny. He took a potshot at a turncoat from in back of a hedge but he had too much drink in him and missed. God's curse on the dirty drink.

I hope this letter finds you in good health and may God keep reminding you to send the money. The Brennan's are strong around here since they stopped going to America. They have kids running all over the County.

Father F. O'Flagherty, who baptized you, is now feeble-minded and he sends you his blessing. Nellie O'Brien, the brat that used to go to school with you, has married an Englishman. She'll not have luck.

May God care for the lot of you and keep you from sudden death.

Your devoted cousin,
Timothy

P.S. Keep sending the money.

Fleecing tourists

By Seamus O'Hawkin

For those planning a trip to Ireland this year, there is one secret that Tourism Ireland doesn't want you to know. At last count, there were approximately 76 free-range sheep in the whole of the Republic. When we visited last year, Tomas Whelan, third cousin on my father's side, told us that Tourism Ireland had spent thousands of Euros for a fleet

of vans stationed throughout the country. They're used to move a few of the sheep from hillside to hillside along the more popular tourist trails during high season to maintain the image of a bucolic farming country. That's why those sheep with the orange dye in Donegal look a lot like the ones you'll see in Sligo or Mayo. Also, the dyes are regional; orange in the North and Northeast, blue

in the East, red in the Southeast and sea-green in the Southwest. This is to keep the van drivers from accidentally moving the sheep to the wrong region and confusing the tourists. All of the commercial sheep used for wool and meat are raised in pens on the Inishkea Islands, on the Western coast, where tourists are not permitted. 🐑

home library



Nothing to read and the library is closed? Each building lobby has a book cabinet with an eclectic variety of books and magazines. – MK

Famous people commonly confused

By Raymond Houck

So, you're at a party and someone mentions Eugene McCarthy, and you stop to think "was he the beloved ventriloquist dummy (*Charley*) of the 1940s, or the Republican senator (*Joe*) from Wisconsin who set off the Red Scare in the 1950s?" No, *Eugene McCarthy* was the liberal Minnesota Senator who scared LBJ off from running for re-election.

George Gobel or Joseph Goebels?

Which one was on *Hollywood Squares*? George Gobel.

Elsa Maxwell or Elsa Lanchester?

Which was the *Bride of Frankenstein*? Elsa Lanchester.

John Paul Jones?

Was he the father of the American Navy or the bassist for Led Zeppelin? Both.

Katharine Hepburn or Audrey Hepburn?

Which starred in *My Fair Lady*? Audrey Hepburn.

Now that I cleared up some potential cocktail party confusion, here are some other pairs that might have you running to the bathroom to search your phone for answers.

Davy Crockett & Daniel Boone

The confusion stems from actor Fess Parker, who donned buckskins and a coonskin cap to play both men on TV. But it was Davy, the Tennessee frontiersman, who died at the Alamo and who wore the coonskin cap. Pioneer Daniel Boone was actually born much earlier, helped settle the future state of Kentucky, and was celebrated in Lord Byron's epic poem *Don Juan*. Despite

Fess Parker's interpretation, Boone was not the kind of guy who would have a coonskin cap in his closet.

Molly Pitcher & Molly Hatcher

Molly Pitcher was the legendary figure who brought aid to American soldiers in the Revolutionary War. In fact, you might have seen the rest stop bearing her name along the New Jersey Turnpike. Molly Hatcher was the legendary rock band that brought music to insecure '80s boys with mullets.

Andrew Johnson, Andrew Jackson, & Stonewall Jackson

Both Jacksons were generals, and both Andrews were presidents. Andrew Jackson appears on the \$20 bill; Stonewall was on the Confederate \$500. None of the three were really great about civil rights.

Attila the Hun & Genghis Khan

Many confuse these two Asia-based warlords/emperors. Attila was born way back in the fifth century and further west. The country of Hungary was named for Attila's people, the Huns. Thirteenth-century Genghis is considered the founding father of Mongolia. Both were known for their wrath, and neither was a "Hon."

Hubert Humphrey, Herbert Hoover, & J. Edgar Hoover

Herbert was president, Hubert was vice president, and J. Edgar had a lot of vices. Herbert helped J. Edgar get his job as Director of the FBI, even though they weren't related. Upon death, all 3 lay in state in the US Capitol; J. Edgar Hoover was the only civil servant in history afforded the honor.

Dom DeLuise & Paul Prudhomme

Two jolly men, alike in size, shape, disposition, facial hair, and predilection for berets. Prudhomme is a TV chef

on a spice bottle. DeLuise is one of a bunch of actors in Mel Brooks movies and hung around with Burt Reynolds. The Dom also wrote two successful cookbooks which only makes it even more confusing.

Alan Hale & Nathan Hale

Although men are famous for dangling from rope, Alan "The Skipper" Hale's hammock on *Gilligan's Island* was considerably more comfortable than Nathan Hale's noose from which he swung during the Revolutionary War.

Joan of Arc & Joan Van Ark

Joan of Arc was a prominent figure in the Hundred Years War, while Joan Van Ark was a prominent figure in 13 seasons of *Knot's Landing* on TV. In her role leading the French army during the Siege of Orleans, Joan of Arc saw lots of action. In her role as Valene Ewing on the TV show, she also saw a lot of action as she plowed through five on-air marriages.

Gore Vidal & Vidal Sassoon

Gore was the prose stylist; Sassoon was the hair stylist. Both died in 2012 and neither had anything to do with Sassoon designer jeans. (Fun fact: It was while watching Vidal Sassoon's short-lived daytime show in 1980 I learned the word, *Pizzazz!*)

Nostradamus & Nosferatu

Although both came from Europe somewhere around 1500, they had two wildly different careers. Nostradamus was a real-life French astrologer and seer who made many cryptic predictions, while Nosferatu – a synonym for vampire and the title of a 1922 horror film – famously emerged from crypts.

Well, I hope this helped clear up some small confusions in your life! It sure does for me! 🍷

The DIY guide to staying physically fit

Gyms are closed. Montebello exercise classes are canceled and facilities shuttered. Running errands and venturing outside is dangerous (if not yet forbidden). So we're all stuck inside our units and inside our heads. Fortunately, living in a high-rise with acres of grounds and woodlands, we still have options for every fitness level. I asked several resident fitness experts for suggestions on how to stay active during our forced staycations. If you choose to do something outside your home, please take all the required precautions to keep yourself and your neighbors safe. – MK

Making do with what we have

By Diane Fitzgerald

There are loads of exercise options depending on one's fitness level. Don't forget to stretch and stay hydrated.

Exercise in your unit

Sit down and stand back up 8-15 times. Get a mat and do floor exercises, sit-ups, side crunches, leg lifts, hip bridges, planks, push-ups on the floor or against the wall. Include balance exercises and stretching.

Inside the building

Walking the halls back and forth; walk down the hall take the stairway down one level walk that floor and repeat until you reach the lobby, reverse direction and climb back up if you can. If you get tired you can always hop on the elevator.

Silver sneakers

By Karin Modessa

Senior fitness workout YouTube: <https://www.youtube.com/channel/UC2BaKQ5vqal9yaC-VbpD5ZQ/videos>

Chair exercises: https://www.youtube.com/watch?v=IC8SfzaG8_A

Additional videos for home exercises: <https://www.youtube.com/user/TheCarolineinthecity/videos>



Picnic areas and playgrounds

Using the picnic tables for leverage, you can add in push-ups, squats, tricep dips. Do hamstring, quadricep, inner thigh stretches. Practice your balance at the playground walking balance beam style around the perimeter. Do step ups at the playground.

Go out the back gate to the park

Walk around, jog, sprint. Do lateral movements, lunges and balance. Use a fitness band to do resistance exercises: biceps, triceps, chest, shoulders, back, buttocks outer thighs. Bring a jump rope. Use the benches, picnic tables and railings for leverage to do push-ups, squats, triceps. Attach the fitness bands to do rows, etc.

Passionate for PiYo

By Mikhailina Karina

Although I miss the camaraderie and variety of group exercise classes at Results Gym (<https://watch.lesmillsondemand.com/at-home-workouts>), I don't mind working out in the privacy of my living room with our smart TV. Sometimes even my husband suffers along.

Lately, I've been in love with the challenging PiYo workouts (you've seen the infomercials) that hit all the spots and work up a sweat. These are definitely for someone who is at least intermediately fit without any physical limitations or aches. It's not relaxation yoga or gentle Pilates – these fast-paced routines are drenching and get cardio without any jumping. In addition to doing the official PiYo DVDs, I do

Fast facts

- Each floor is 160 steps. Walking the entirety of the building is 2,400 steps.
- If you want to do some cardio and add the stairs, that's 7 steps per flight, 2 flights per floor, and 2 steps between flights – another 270 steps. You can get bonus steps on the longer stairs in the garage levels.
- The woodland trail is 1.5 miles of moderately challenging terrain with inclines and stairs on uneven surfaces.
- Walking around buildings is about a mile – extra steps for including parking lots.



hour-long workouts with the following three YouTube instructors who host their channels with more work-outs. As I said, these are harder than they seem; please be very careful and listen to your body.

Michelle Briehtler <https://www.youtube.com/watch?v=HR6D2hzCskY&t=14s>

MaShelle Dean https://www.youtube.com/watch?v=lgS05w6x4_o


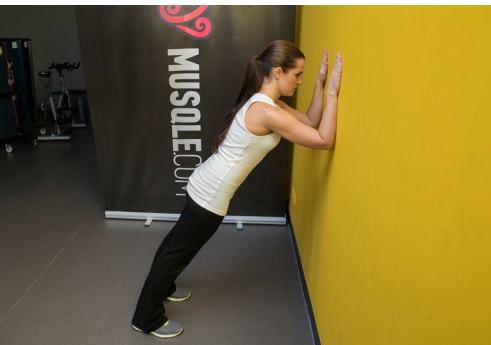
Kelly Sedgwick <https://www.youtube.com/watch?v=eRHqN1vPPQA&t=21s>

POPSUGAR Fitness
3.64 million subscribers, 1,996 videos
You should be able to find something

let's get physical






In-Home Bodyweight Workouts

From your own home - Bodyweight Workout for strength, balance & cardio

<p>Squats to a chair or couch - 3 sets of 25 reps</p>	<p>Step-ups to a stair-step - 3 sets of 15-25 reps ea leg</p>
	
<p>Wall Push-ups level 1: 3 sets of 15-25 reps</p>	<p>OR Knee push-ups level 2: 3 sets of 15-25 reps</p>
	 <p>WorkoutLabs.com</p>
<p>Seated Russian twists - 3 sets of 1 min</p>	<p>Seated windmills - 3 sets of 1 min</p>
	
<p>Plank hold on wall or floor - 3 sets of 1 min</p>	<p>Wallsit - 3 sets of 1 min</p>
	

let's get physical

Bodyweight Workout:

Heel to Toe balance walk	Reverse Stepbacks - 3 sets of 20 reps (20 ea side)
	
Step Out Jacks - cardio or Jumping Jacks	Stair walks - walk up a few floors for a cardio finish!
	
Hallwalk power walks for a cardio finish!	
	

Submitted by Karin Modessa

from the archives: april 2016

Extreme insanity cross-fit boot camp in the woodlands

On a balmy afternoon, two very fit and reasonably reckless teenagers, Albéric and Amédé, took their workouts al fresco. No gym equipment was necessary for this intense and potentially dangerous calorie-burning circuit. Fortunately, no child was hurt during this session.



O'er the creek



Balance beam walk



Small tree long jumps



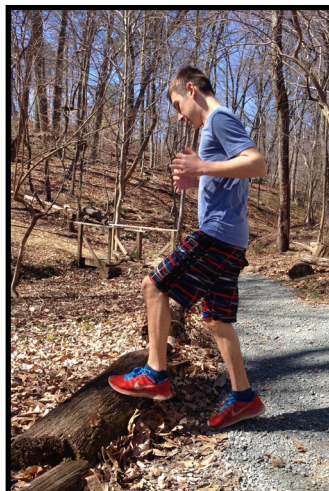
Pull-ups



Playground head stand



Bridge push-ups with solid core



Front log hops



Lateral log hops



Rocking a tree pose

*Photos by Mikhailina Karina
(the lads' mother and instigator)*

final glance



Photos by Jeanne Tift, Mikhailina Karina, and Christine Blair