

The **MONTABELLO** Voice

an independent gazette

open faces

May 15, 2021



Met life

By Richard Titus

I also knew someone who conducted the Metropolitan Opera Orchestra. His name was Thomas Schippers and he was a predecessor of James Levine. I knew him when he was a student at Curtis, in Philadelphia. He came out to our church in Wayne on Sundays to direct the choir during service, then came to our place in St. Davids because the food was good and there was a concert grand. Then he was back to church to rehearse the choir for next Sunday, and then back to Philadelphia.

Not long after that period, at a music colony in Maine, I met musicians who'd been Schippers' fellow students at Curtis. I learned that they'd all been in complete awe of him. One story they told was that he could show up for his organ lesson, not having practiced at all, and the teacher would never guess, a thing that's simply not supposed to happen. I, having spent some time around William Harms – said to have been Josef Hofmann's last pupil – can attest to Schippers' formidable prowess on the piano.

In Philadelphia Schippers had been in a same-sex relationship with Walter Baker, a local conductor. However, in New York he married a debutante. I never knew whether or not she was a "beard." In any case, when people are at that level of talent and accomplishment, how the rest of us view things is pretty irrelevant. But there are limits, as James Levine seems not to have appreciated. 📧

**The Montebello
Voice**
*uncut, uncensored,
unofficial*

Cover photo by Miriam
Rosenthal

The Montebello Voice

Photograph the cicadas while you can

By Rebecca McNeely

Montebello's wonderful nature photographers will suddenly have millions more wildlife creatures to photograph when the cicadas emerge very soon. The opportunities are endless from birds feasting on cicadas to capturing them in the process of coming out of their shells. One evening soon, when the temperature is right, the Grounds Committee will be hosting a Cicada Watch Party, a fun chance to get some interesting nighttime shots.

Submit your best cicada photos as .jpgs to the 2021 Grounds Committee Nature Photo Contest at ourmontebellogrounds@gmail.com. Photo submissions are not due until November 1, 2021, but cicadas will be noisily and



Beware of ransomware

By John Powers

We may feel that we are too small a target to be concerned about ransomware, but that is not totally true. Yes, the big guys who go after our infrastructures won't pay attention to us, but there are many who wouldn't mind picking up a few thousand dollars from one of us. I would pay ten thousand dollars and perhaps more if threatened with the loss of all of my files. So what to do?

There is one and only one way to make certain that your files are secure. Air gap them from the internet. The easiest way to do this is to have an external hard drive on your desk and periodically download all of your important files onto it and then disconnect it from your computer. 📧



unavoidably present for only about a month before they go back underground for another 17 years. 📧

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Alexandria, Virginia

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accomplishments



Marco Alessandro Colón

George Mason University
Class of 2021

Bachelor of Science in Criminology, Law, and Society with an Intelligence Analysis minor with a Concentration in Homeland Security and Justice.

Marco, a life-long Montebelloan with his parents, Antonella Chinellato and Pedro Colón, and older brother Lucas.

Board selects Nick Nickerson as new director

I want to thank the Board for choosing me to join them. I was impressed and encouraged to learn that there were seven other candidates and the depth of experience that they have. We are fortunate to have such strength in our community. We are also fortunate to have a high quality and dedicated staff who did so much to get us through these trying times.

I was first attracted to Montebello by the grounds and the amenities. My wife and I met here at Montebello. We love living here and want to see this community prosper. I am committed to keeping our buildings, amenities, grounds and roadways in top notch condition. At the same time, I understand that many of our residents are on fixed income. We must do our best to keep living at Montebello affordable for our residents. I think it is vital that the Board listen to our fellow residents and keep them informed. I recognize that our residents have varied priorities and maintaining a proper balance will always be a challenge. I feel that my background in Project Management and Engineering will be an asset to the Board, especially considering the on-going renovation of the Community Center. – Nick Nickerson



Before



After

Just wanted to share about how amazing our facilities are at Montebello.

Over the course of the past few months, I was able to complete an entire restoration of a midcentury modern Kent Coffey desk in the basement of building 2. Granted it was a bit of a hurdle transporting this up and down every time I wanted to work on it, but where else can one go to have a controlled work space? – Nikki March

What a Crock!

By Raymond Houck

Slow-cooked meals were an early form of convenience food.

Rival introduced the Crock-Pot in 1971 and good timing was on its side. Within four years, the company sold \$93 million of this appliance.

The Crock-Pot was based on a 1950s device, the Naxon's Beanery, that primarily had one job: cooking legumes. Rival acquired the beanery's patent in 1970 and updated the appliance with earth-inspired colors and a homey-sounding name. The Crock-Pot was sold with a book of recipes that ranged from soup to cake and indicated the gadget's versatility (I still have mine!)

The Crock-Pot went on the market as large numbers of women were joining the workforce. Filling a pot with ingredients took relatively low effort and having a piping hot meal to serve after being away from the kitchen all day gave the '70s woman some level of work-life balance.

At the same time, the ongoing energy crisis was causing Americans to rethink their energy consumption. Leaving the Crock-Pot on for hours used less energy than an electric oven. Fifty years later, the name Crock-Pot is synonymous

with slow-cookers, and they are still *hot* in the kitchen.

Irving Nacchumsohn, later Naxon, learned the story of how his grandmother in the Jewish *Shtetl* in Lithuania made a stew called *Cholent* for the Sabbath. Families on their way to Friday evening temple services often brought their crocks of stew to the local bakery. The ovens retained enough heat to cook the stews overnight. Naxon invented and patented an electric "beanery" that recreated the same low and slow cooking conditions.

The Rival Company of Kansas City, Missouri, acquired Naxon's patent and set about broadening its market appeal. Professional recipe testers found that the pot could make a whole lot more than just beans, and Rival packaged the renamed Crock-Pot with an 84-page cookbook. Within a few years, Rival improved on its own design, making the inner crock removable for easier cleaning.

Original Crock-Pots came in classic 1970s hues, Harvest Gold, Avocado, and Flame with a brown crock inside the colorful casing. Today, the most popular finish is Stainless Steel. Slow cookers are one of the safest of the small appliances, drawing as much current as an incandescent light bulb. Since the first one was introduced at the National Housewares Show, the price of the Crock-Pot has stayed relatively steady. The basic models in a 4-to-5-quart size have always cost about \$25.

Slow cookers work on low temperature, leveling out slightly below the boiling point. Steam



accumulates, helping the cooking process along, and lifting the lid releases trapped moisture, prolonging the cooking time. Thus, the cardinal rule of slow cooking: "No Peeking!"

Slow cooking remains more popular than ever. According to *Consumer Reports*, even before sales of slow cookers doubled between 2000 and 2015, most American homes owned at least one of these devices! 🍲



A family tradition

By Peter Blackledge
USNA Class of 1969

I AM HONORING

the special gift of Six Degrees of Navy Separation that we five Blackledge siblings received from our beloved father, Captain Allan Blackledge, U.S. Naval Academy Class of 1920, and within which all five of us Blackledge siblings have lived our lives.

There was a popular game back in the '80s called Six Degrees of Kevin Bacon, in which the objective was to show that every movie or movie star was somehow connected to Kevin Bacon. So I decided to play Six Degrees of Navy Separation to reflect on how our father's Navy/USNA connection had manifested itself in each of the Blackledge sibling's lives.

For my oldest sibling, Barbara, shown in the photo on her wedding day, with my father in his Navy uniform, that connection was obvious in her earliest memories. Barbara quickly learned to always say "Yes, Sir" or "Yes, Ma'am," and to always answer the phone "Blackledge residence, Barbara speaking." She also learned to quickly return home from neighborhood play when she heard the "Blackledge Family Ships Bell" clanging that it was time for dinner, which was eaten on Navy Blue USNA plates (each of which pictured a different iconic scene from the USNA Campus) and with Navy Gold tableware. Each evening after dinner featured the nightly ritual of Dad winding his Ship's Clock, which held a place of honor on our living room mantle.

For my twin sisters Patti and Penny, the connection was even more public and dramatic, as shown in the below news clippings regarding the 1958 Cotton Bowl football game between USNA and Rice University. Penny and Patti were both Rice seniors in 1958, and Penny had been elected Rice



Homecoming Queen and Cotton Bowl Queen. The Naval Academy, which at that time had an all-male student body, found out that my Dad was a Naval Academy alumnus, and they asked if Patti could be their Naval Academy Queen for the Cotton Bowl. This was the only time in history that USNA had a Queen for a football bowl game, and additionally was the only time in history that twin sisters were Queens for opposing bowl game teams. An even more amazing connection can be seen

in the newspaper picture of my sister Patti, in the stands cheering Navy. Patti's escort was Midshipman First Class and Brigade Commander Charles Larson, later to become Four Star Admiral Charles Larson and Superintendent of the U. S. Naval Academy.

For my brother Mike and me, the connection became even closer, as we both followed in our father's footsteps by graduating from USNA; my brother Mike in 1963 and me in 1969. Both Mike and I each additionally followed

in the navy



Guided Missile Cruiser USS ALBANY (CG-10). We had just returned from our second back-to-back six-month deployment, and I was selected to be the Command Duty Officer and Senior Officer, in total charge of the ship and the Commanding Officer, Executive Officer, all the Department Heads, and all the other Senior Officers went ashore for the weekend. At 8 a.m. the next morning, my shipmate David Eisenhower knocked on my stateroom door. David then apologetically, but with a subtle wry smile on his face, informed me that his father-in-law, then-President Richard Nixon, would be coming aboard ALBANY that morning for a surprise visit. The picture shows me, wearing a newly-fashionable Zumwalt beard, welcoming President Nixon aboard ALBANY. Just another typical Navy day in the Fleet, to have the President and Commander-in-Chief standing at the foot of my brow, asking me for permission to come aboard my ship.

To quote Tevye from "Fiddler On The Roof": TRADITION! 🍷

in our father's USNA legacy by leaving our own enduring marks there. Mike's legacy is his winning the Military Order of Foreign Wars Prize For Excellence In Mathematics, resulting in USNA permanently inscribing his name on the USNA plaque due to Mike's graduating first in his USNA Class in mathematics. For me, it is having my name permanently inscribed on the USNA Class of 1969 plaque in the Varsity Room of the Navy-Marine Corps Stadium, due to winning my Varsity "N" Letters in Crew, and again in Hubbard Hall, for my being 1967 Intercollegiate Rowing Association 2V8 National Champion.

One additional USNA connection is that both my father and I have been privileged to have Navy Crew Racing Shells named for us, with my father's NCRS particularly honored by being permanently mounted to the ceiling of the Varsity Awards Room in Hubbard Hall.

And the Navy connection continued for me as a Naval Officer. As a USNA'20 Plebe, my father marched in the Second Inauguration Parade of President Woodrow Wilson. A photo of my own personal encounter with a U.S. President is shown in the White House In 1973, I was a lowly Lieutenant on the

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 publication for the
residents, by the residents

Been around the world

By Bob Shea

A common adage is that travel is broadening – and it is. One learns about new cultures and customs. One visits places that once only existed in our imagination. One experiences new cuisine, some palate-pleasing, some to be avoided at all costs in the future. It all adds to our personal memory bank, hopefully making us better informed and appreciative citizens of the world, as well as providing countless stories for oft-times bored grandchildren

Beyond the general knowledge and appreciations acquired, I have found unique events on all seven continents that go beyond that criteria. I would categorize them as “OMG moments,” that for whatever reason, are seared in my travel memories. I would imagine that every traveler has them. Let me share a few of mine.

Looking down at the red-tiled roofs of Florence from the top of the Santa Maria Del Fiore cathedral dome, 376 feet above the plaza, having climbed 463 steps between the inner and outer domes, out of breath, sweaty, but amazed. Postcard perfect!

Sitting on a pile of snow watching a colony of thousands of Gentoo penguins in Antarctica building nests and hatching eggs. Note: penguins are cute but loud and very smelly creatures. A black and white world!

Having the privilege of attending a talk and a Q&A session with the Director of the Auschwitz Museum, himself a survivor of the death camp, complete

with a number tattooed on his arm. Gut-wrenching to hear!

Sitting on a hotel piazza sipping wine and watching the boat traffic on the Grand Canal in Venice, a collection of vessels from ambulances, to gondolas, to passenger ferries, to UPS boats, to BFI trash barges. You’ve come a long way, baby!

Listening to a lone piper, bathed in red light, atop the Edinburgh Castle during the finale of the annual Military Tattoo. An evening of bagpipe magic for one who loves their wail.

Passing through the recently com-



pleted locks of the Three Gorges Dam on the Yangtze River, trying to comprehend the scope and magnitude of the project as well as the impact on the people living upstream whose homes would eventually be flooded. Progress with pain!

Sipping Bailey’s Irish Cream in an ancient thatched-roofed English pub, smelling the peat burning in the fireplace, while a retired British army sergeant major told tales of WW II. War stories 101!

Listening to a USSR military band, welcoming a group of Americans, playing our national anthem and “When the Saints Come Marching In” on the steps of the Russian National Military Museum in Moscow. What had hap-

pened to the Cold War and visions of Russian tanks streaming through the Fulda Gap.

Awakening in a tent camp in the Serengeti and listening to a lion roaring during the Great Migration. About as close to nature as one can get!

Emerging from the very narrow and high-walled canyon (1.2 km long) to see Petra’s sun-drenched Treasury carved in the rose-colored sandstone. A Nabataean masterpiece!

Looking down at the sands of Normandie Beach from the summit of Pointe Du Hoc which Army Rangers had climbed using portable ladders and grappling hooks to silence a German battery that had been moved, unbeknownst to them. Of the 225 Rangers who went ashore, only 90 men were able to bear arms when relief arrived. Somber patriotism!

Sipping champagne and eating hors d’oeuvres watching

the sunset change the colors of Uhuru, AKA Ayers Rock, understanding why the native Aborigine gave the monolith god-like powers. Quiet awe!

Sitting through the 2 1/2 hour Act I and equally long Act II of The Passion Play in Oberammergau, knowing the play was presented just once every ten years by the locals based on a vow made to God in 1633 to spare them from plague. Community theater at its finest!

At a home-hosted Dinner in Petrozavodsk, teaching the hostess, a Russian widow who spoke no English, the words to “An Itsy Bitsy Spider” when she asked the 3 couples present to teach her an American song. After a meal of borscht, bread, and vodka, it was the

sentimental journeys

song we selected complete with sketches of a roof, rain, a drain spout, and a spider. She loved it as did we. Person-to-person diplomacy!

Sharing a post-dinner discussion with an elderly Parisian woman about her recollection of being a very young teenager during the liberation of Paris in 1944. Her first wish was to get a bar

of soap and hot water. A living history lesson!

Lastly, but one not part of my adventures as a tourist or traveler, listening to a military band playing “I left My Heart in San Francisco” as the USNS Darby, a troop ship, left the pier at the Oakland Army Base enroute to Vietnam. Thinking about the next twelve

long months!

I would venture that each one of us has similar travel moments that are seared in our memories, singular events that stand out from all the castles, cathedrals, plazas, and monuments we have visited. Do you? 🏰



Love it when the hawk flies right past my open window.

*Photo by Linda Brownlee
May 15, 2021*



Mother Nature wins

By Leslee Levy

A few years ago I wrote in the Voice about a nest of doves on my balcony railing and included some photos. It was an interesting experience. However, as a consequence of their nesting, the lower screen, which already had a hole, was further ruined and necessitated replacing the whole screen. After that I used numerous ploys to prevent another nest. I used black tubing that looked like a snake which didn't work because it kept blowing away. Then I tried scrunched up aluminum foil. That seemed to work for a few seasons. After we had the bad wind storm, I checked the balcony. Everything looked okay. Then I saw some leaves and twigs on the scrunched up aluminum. I attributed it to the storm. Looking closer, I saw an egg in a tiny nest and masterful use of the very thing I had supplied to deter the birds. Foiled again! 🐦



bloomers



into the woodlands

Arbor Day program inspires residents to join together to honor loved ones

By Kathy Dismukes
Arbor Day Program Leader

“When we witness a marvel of nature we’re reminded of the interdependence of all life, and we are intuitively drawn together. Experiencing nature with others reminds us that sharing comes naturally, and we’re meant to be communal.” – Greg Seaman

One of the many heart-warming experiences I’ve had as a new resident at Montebello is seeing how supportive and friendly the community is. I am especially touched by how people are coming together to honor friends and neighbors through the Arbor Day Tree Donation Program. They embrace the idea of connecting to loved ones



and nature by dedicating trees that can grace our woodlands for decades to come. Sylvia Grappa’s story captures the joy:

Recently the Naughty Knitters as a group donated a Redbud and a River Birch in memory of Tomi Harman and Tom Davidson. Inspired by their results, I decided to ask friends and Montebelloans to gather funds and to donate a tree in memory of our dear friend and neighbor, Lee Ghiglio [above].

Lee was so engaged in life and was always busy with committees, playing bridge, and outside volunteering. She loved to help her neighbors and hosted wonderful dinner parties. Lee died on February 17, 2020 just as the pandemic was exploding into our lives. The family wanted a Celebration of Life at Montebello, but that wasn’t possible because of the lockdown.

We miss Lee and think she would’ve loved the idea of planting a beautiful

tree in our beautiful Montebello grounds to remember a loved one. So, after emails, phone calls, and posted notices in the Montebello portal, we were able to raise funds for a beautiful Redbud. Our “Lee Tree” will be planted this fall for all to enjoy.

Thankfully, donations are continuing to come in before the deadline, and we might have enough money to plant a second “Lee Tree” in the woodlands. Any comfortable amount, small or large, from several of us does add up to accomplish this – together.

A donation of \$250 covers the cost of one tree, delivery and installation, and fencing for protection from deer. There are [18 American beauties to choose from](#), including Red Oak, Pawpaw, Sweet Bay Magnolia, and American Hornbeam. Each tree species is specially selected for its contribution to the biodiversity of the Woodlands.

Please note that targets for each species are limited, so it’s best to submit your donation and species selection as soon as you can. [Check to see what’s still available.](#)

Details on how to submit your donation are on the [Arbor Day Tree Donation Form](#). You can pick up a paper copy at the front desk or the brochure racks in the mailroom of each tower. Electronic copies of the form, pictures of all of the trees, and much more information are on [MontebelloGrounds.com](#).

The Grounds Committee invites you to select and donate trees now through June 14. Getting together with a group enables people to donate even small sums that add up quickly to \$250. Questions? Contact Kathy Dismukes at OurMontebelloGrounds@gmail.com. 🌳



Montebello Tree Donation - Commemorating Arbor Day 2021

Donor name(s):	<input type="checkbox"/> Show my donation as Anonymous	Bldg/unit:
Phone number:	Email:	
Dedication(s) (optional) : Donation in honor of:		
<i>(Donations and dedications will be recorded in a book maintained in the office and at MontebelloGrounds.com)</i>		

Would you like to pick particular species?

Yes, I have favorites. I have selected my preferred tree(s) in the table on page 2. I am aware that the Committee may limit the number of a particular species to maintain the planting goal shown in the table, and will inform me of any changes.

No, I want the Grounds Committee to choose - The Committee may select any tree from the list on page 2 that makes the greatest contribution to overall woodland health and tree species diversity. The Committee will inform me of that selection.

Please select project(s) to which you want to contribute:	No. trees donated
1. Transition Areas 3 and 4 (TA): Supplementary plantings between Long Mount Eagle Drive and Buildings 3 and 4 to enhance the tree canopy.	
2. Woodland Regenerative Planting Plan (WRPP): To enhance woodlands health & diversity in various areas outside of Transition Areas 3 and 4.	

<p>Cost per tree: \$250</p> <p><i>Partial donation (less than \$250) will be pooled with other donations.</i></p>	Total number of trees you will donate:	
	Donation amount (no. of trees x \$250):	\$
	Partial donation amount:	\$

Montebello Arbor Day tree donation conditions:

1. To donate, submit a paper copy of this form, accompanied by a check made out to MCUOA. Deliver to front desk (in trailer) or send by US mail to MCUOA Trees, 5904 Mount Eagle Drive, Apt. 115, Alexandria, VA 22303. (You may also use the association correspondence slots near mailbox area in each residential tower.)
2. **A donation of \$250** covers the cost of one tree, its delivery and installation, and fencing for protection from deer. Installation is planned for late September-early October 2021.
3. All trees will be approximately 4-6 feet high, depending on species and availability. No guarantee that any particular tree will survive, and no additional irrigation equipment is being installed.
4. Donations will not be linked to an individual tree, but donors will be given access to maps showing where each species has been planted.
5. **Donation deadline: June 14, 2021**

If you have questions, please contact Kathy Dismukes, kmdismukes@me.com.

the way we were

The Pandemic Is Worsening

Daily Cases **Total Hospitalizations** **Daily Deaths**

— National 7-Day Average

New cases are skyrocketing, primarily due to group gatherings. Hospitalizations are on the rise, taxing hospitals and medical personnel. Daily deaths are down, primarily because new cases are predominantly developing in healthier, younger age groups better able to fight the disease — but daily deaths have increased 50% over the past week.

Multiple Interventions Fight Pandemic Spread

The Swiss Cheese Respiratory Virus Pandemic Defense

PERSONAL RESPONSIBILITY **SOCIAL RESPONSIBILITY**

No single intervention is perfect at preventing spread — but the combination of good personal practices, healthy government leadership, and resources will eventually stop the virus.

Then and Now: COVID-19 Guidelines

THEN	NOW	WHAT WE'VE LEARNED
Only sick people and health care providers need to wear a mask.	Everyone should wear a mask around others.	People without symptoms spread COVID-19. Masks reduce respiratory transmission.
Stay 6 feet apart.	Stay more distant, six feet or more. If 6 feet is preferred, there is a strong, better option: staying 10 feet or more.	In some situations, COVID-19 can be spread via airborne droplets. Avoidance can travel more than 6 feet.
Disinfect surfaces and objects the most appropriate.	Disinfect frequently touched surfaces.	Contaminated surfaces are not the main danger — re-used tissues are. Disinfect to not just hand hygiene and avoid touching your face.

HOBBY ROOM USE

- Maximum one person
- Mask wearing is required
- This room is not being disinfected
- Consider opening the window — and remember to close it when you leave

WARNING

RESIDENTS WHO ENTER THE HOBBY ROOM DO SO AT THEIR OWN RISK

Pandemic Elevator Safety

- Limit of two persons (if not from the same unit)
- Please stand where indicated
- Face away from the other person
- Do not engage in conversation

Better Mask-Wearing For Better Safety

THE BETTER THE MASK FITS, THE BETTER THE PROTECTION

Mask size and face contours make a difference. Check for gaps by cupping your hands around the mask's outside edges. Make sure no air is flowing from around your eyes or the sides. With a properly fitted mask, you can breathe through the front of the mask and you may be able to see the mask inside in and out. To improve a surgical mask's fit, fold the mask in half lengthwise. Make a knot in each ear loop as close as possible to the mask. Then open up the mask and look for gaps where the knots meet the fabric. Close these holes by tucking (pinching) fabric back toward the knots. The mask should now fit snugly against your face, nose, mouth, and chin.

WEAR TWO MASKS

Two masks are better than one. Wear a fitted, multiple-layer cloth covering over a surgical mask. The non-woven outermost layer of the surgical mask mechanically reduces the size and then the cloth mask forms a physical barrier. The masks screen 90% of virus droplets, about the same as an N95 or P100 mask. You can also wear a mask with a filter pocket and insert their material (e.g., a coffee filter, a paper towel, a piece of cloth, although this is not as effective as two masks).

A LAYER OF NYLON STOCKING INCREASES FILTERING AND FIT

Adding an extra layer inside the mask can help a mask filter out small particles in the air by creating a tighter seal between the mask and the wearer's face. The tighter seal around the face is similar to the seal created by an N95 respirator. This combination matches or exceeds the filtering capability of medical-grade surgical masks.

WEAR YOUR MASKS! PRACTICE SOCIAL DISTANCING! WASH YOUR HANDS REPEATEDLY! GET VACCINATED!



FACE MASK OR FACE COVERING MUST BE WORN TO ENTER

MASCARILLA O CUBIERTA FACIAL ES OBLIGATORIA PARA ENTRAR

NOTICE

PHYSICAL DISTANCING IN PRACTICE

Stay At Least **10 Feet (3 M)** From Other People

Pool Rules

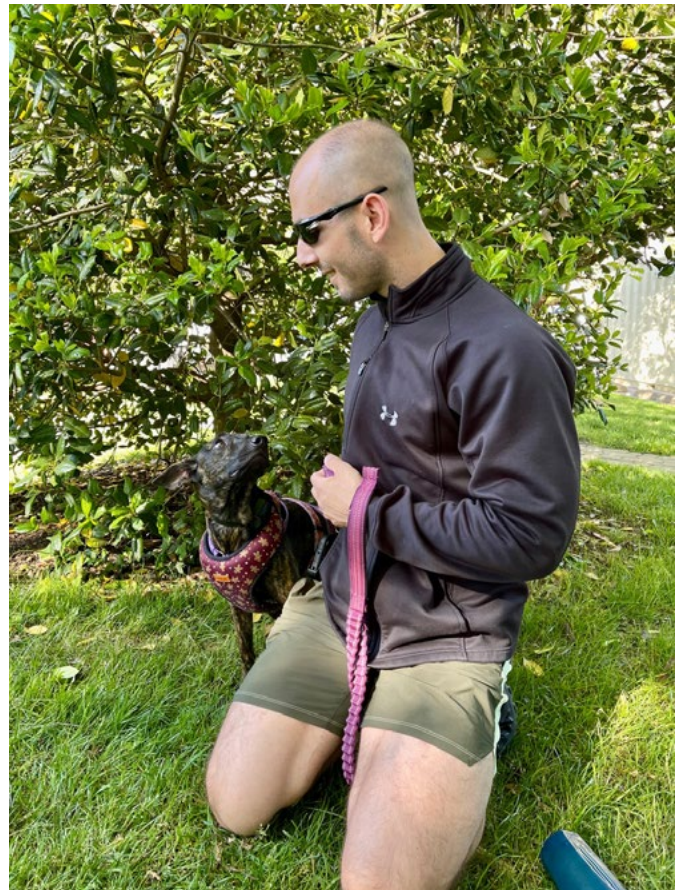
Hours: Wed & Sat 11 am - 8 pm / Thurs, Fri, Sun / Noon - 8 pm

The last ten minutes of each time period and block are reserved for exiting the area.

- Limit twelve residents at a time per time slot
- No guests permitted (including cleanup staff)
- Residents must have a reservation (sent on BuildingLink) and a valid ID
- Residents may only sign up once per day
- Residents must show Montebello ID
- Residents must sign a waiver each day
- Residents must practice 10' social distancing on the pool deck and in the pool
- Residents must wear a mask when not in the water
- Lap lanes are reserved for lap swimming
- No swim toys and no "woodies"
- No personal furniture, only a beach bag

We've grown accustomed to seeing pandemic signs around the property. With new CDC guidelines for vaccinated people, hopefully the signs will become a thing of the past.

walks 'n wags



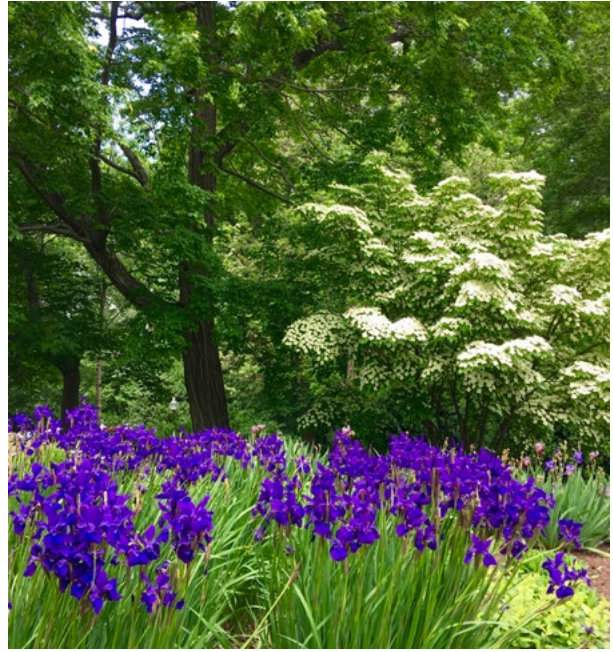
three circles



Photos by Miriam Rosenthal

inspired life

How lucky are we who live here to be surrounded by so much natural beauty? Lush butterfly gardens, beautiful trees, many species of birds, and so much more. And then, there are the irises that bloom every spring and bring brilliant vibrant color to our landscape. I love painting and photographing them. Here are a few examples. – Rebecca McNeely





Comfort Food

By Sarah Newcomb

How I enjoyed
Supper this evening
With food my Mother
Would have prepared

A hearty meat loaf,
Baked potato with frozen peas
Boiled to their tender sweetness
And washed away by a bowl of fruit

A momentary island in the pressures
Of this day of doctor's appointments
Lost credit cards, a search for cash
Without a nearby bank

In the end, a familiar meal
Bringing a sense of comfort
Lost but reclaimed
From much simpler times