

The MONTEBELLO Voice

an independent gazette

where and when

October 15, 2021



The Speaker Series presents ...

Good Queen Bess

Award-Winning Actress and
Smithsonian Scholar

Mary Ann Jung



Ms. Jung portrays Queen Elizabeth Tudor as she entertains her subjects with tales about life in Renaissance England! Enjoy a royal romp as Her Majesty delightfully describes the foods, pastimes, clothes, and even manners of her realm.

Elizabeth I was Queen of England and Ireland from 1558 until her death in 1603. Elizabeth I was the last of the five monarchs of the House of Tudor.

Tuesday, October 19th
7:30 p.m.
Via ZOOM

All will receive your Zoom connection one day prior to event.

Sponsored by the Activities Committee

Electric car chargers coming to Montebello

On page 34 of the October 12 Board of Directors packet <https://drive.google.com/file/d/12amxsJdpAT-5QX-UMSs-k-GFVYIot9Mqq/view>, the board authorizes the management to negotiate a nearly \$36,000 contract for installing two electric vehicle charging stations. According to the accompanying memo from the general manager, the chargers must be fairly close to the community center to avoid voltage drop. One location will be behind building 2 near the butterfly gardens and the other across from the mid-point of buildings 3 and 4.

According to the memo, "Each location would have a single pedestal with two EV chargers... The chargers

themselves would be Level 2 chargers, the fastest chargers than can be installed on our property... Montebello would set the billing rate to include the cost of the electricity, the fee to the financial transaction company, and to cover installation and overhead... SAC would develop rules and regulations regarding use of the chargers." – MK 🏠



Nature photo contest seeks entries

Now is the time to enter the third annual Montebello Grounds Committee Nature Photo contest and compete for the cash awards. Deadline is November 1, 2021!

Submit up to five photos as .jpg files with your name, building/unit, and phone number to ourmontebellogrounds@gmail.com.



First, second, and third place winners will receive \$100, \$75, and \$50 respectively.

Photos will be featured in a webinar on December 11 at 4 p.m. and exhibited in the Café beginning January 2022.

– Rebecca McNeely 🏠

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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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Cover photo by Azita Mashayekhi

in memoriam

The man on the blue bench



Text and photos by Kim Santos

Recently, Thornton L. Myles, an original owner in Building 1, unexpectedly left us. Although many people knew Myles (as he preferred to be called), we really knew very little about the man.

Myles was born in Indiana and lived in the Capitol area for many years. He retired from the federal government after serving in various agencies, at one time serving in the National Capitol police uniformed division, where he worked with the husband of another Building 1 resident, Jean-Marie Bissette, who is also deceased.

A student of history, he was well read and enjoyed lively discussions with neighbors on various topics. He also an avid chess player and a regular at the Games Night held in the community center.

Peter Blackledge, also an original owner in Building 1, said when he learned of Myles's passing, "He was a gentle soul and good neighbor."

Earlier this year, Myles collapsed on the service road that connects the Montebello to the Huntington Metro station. He commented to me that if there had been a bench near the path from the Mount Eagle Park to the service road, he could have rested and not passed out. Well, a neighbor wrote to the Fairfax County Parks Authority and a blue bench was installed near the location that Myles had indicated. For those who saw the man but did not know him, that was Thornton Myles sitting on that blue bench. May he find peace in his eternal rest. 🙏



On September 28, U.S. Fish and Wildlife Service declared ivory-billed woodpecker, along with 22 other animals, officially extinct.

Silent Sound

By Sarah Newcomb

It was not a song
you sung
I did not hear
after 20 years
In our woods
you never sang

Your work was clear
hammering dead wood
A drumbeat searching for insects
to sustain you
For just another day

Each spring you returned
announcing your presence
With your industry and tone
set in motion by God
Millennia ago

Now, you are gone
human greed and voraciousness
Has silenced you
forever as "extinct"
They said today

Reminding me
I have not heard you
This Spring or Summer –
your sound a beacon
Coping with all we face

A word makes
real the silence
I cannot bear
because I failed to hear
You returning

And my heart breaks
for crimes we humans do
Against what God has
given us 🙏

Warming up and strength training

By Chester Taylor

If you are about to exercise, run, or play a sport (golf/tennis), start with a dynamic warm-up. This means performing movements like those in your physical activity at a low level, then gradually increasing the speed and intensity. Get your breathing going and blood flowing. When I play in a golf tournament, I warm up by first hitting some chip shots, then short iron shots, working my way up to my driver. I am focused on rhythm, balance, and accuracy. I have seen so many golfers come to the first tee box, no warm up,



and muscles popping; swinging as hard as they can – and slice the ball deep into the woods.

In tennis, the same thing, no warmup, hitting a perfect line drive right into the net. Don't get me wrong, stretching is

important to maintain your flexibility and improve your joints' range of motion, but it's not a warm up.

In addition, strength training is important in your work out. It has the ability to combat weakness, frailty, and reduce the risk of osteoporosis. For diabetics, it is beneficial because it helps your body utilize insulin better, which can help lower blood glucose levels.

So, embrace these muscle-building activities: free weights, resistance band exercises, and using your body weight with push-ups, planks, and squats. 🏋️



Non-dairy beverages and the benefits of apples

By Chester Taylor

Over the last few years, dairy-alternative “milks,” such as those made from almonds, soybeans and other starchy plants or nuts, have become



widely popular. Although these plant-based beverages are often consumed as an alternative to dairy milk, they don't have the same nutritional profile. Dairy milk is standardized for protein, fat and carbohydrate content, but plant-based beverages are not. The nutrient profile of dairy milk contains 8 grams of protein per 240 milliliters (1 cup). In addition,

the protein in dairy milk – whey and casein – contain all nine essential amino acids, whereas plant-based milks lack important amino acids in their composition.

Dairy milk is also fortified with vitamin D and naturally contains: calcium, phosphorous, potassium, magnesium, riboflavin, vitamin B12, and vitamin A (except non-fat milk).

By contrast, all the nutrients that are found in almond and oat milk are fortified in considerable quantities. Almond and oat milk are generally nutritionally inferior to traditional dairy milk unless fortified. However, both alternative milk substitutes have their own unique benefits and drawbacks.”

See [Almond vs. Oat Milk: Which Type of Milk Is Healthiest? | U.S. News \(usnews.com\)](https://www.usnews.com/story/news/health/2019/08/01/almond-vs-oat-milk-which-type-is-healthiest)

Apples are in season now. Varieties range in taste from sweet to tart; all are healthy. Whole apples are rich in

quercetin and pectin, both of which are credited for supplying apples with their health benefits. Quercetin is a flavonoid, a type of naturally occurring plant chemical that has antioxidant and anti-inflammatory effects. Pectin is a type of soluble fiber that may help prevent constipation and have a modest effect on lowering LDL, the “bad” cholesterol. Pectin is also fermented by beneficial bacteria in the colon, which produces short chain fatty acids that may play a role in the prevention of chronic diseases, including certain cancers and bowel disorders. 🍏



Say what?

By Bob Shea

Communicating has been defined by someone as the process of the listener receiving the exact same message and meaning that the sender transmitted and understanding exactly what the speaker said. Good luck!

Winston Churchill once remarked about the United Kingdom and the United States, saying that we were “two nations divided by a common language.” So true, but I would paraphrase Winston by suggesting that we, as families, are also often divided by a common but generational language.

Consider a conversation with a grandchild that might have any one of these disconnects.

“Are 45s and 78s types of guns?”

“Was Uncle Miltie your brother or mom’s brother?”

“Is *kemosabe* served with pasta?”

“You mentioned S & H green stamps, how much did the post office charge for them?”

“Bikini is an atoll in the Pacific, really, and not a brief swimsuit?”

“Was a policeman’s beat kind of a drum rhythm?”

“Your dad used his braces to hold up his trousers. Explain how he did that.”

“What sort of a lock was opened by a skate key or a church key?”

“Was ‘being on the dole’ connected to pineapples or bananas?”

“Grampa, you worked as a pin boy? Was that in a jewelry store?”

“Was Buffalo Bob from western New York state?”

“How did you change TV channels without a remote?”

“I have discovered some great music on vinyls. Did you have vinyls in your day?”

“Did you know you could play Solitaire using paper cards?”

“What? You said it took a lickin’ and kept on tickin’? Was that some kind of electronic lollipop?”

“I am confused. You used playing cards on your Schwinn bike to make noise?”

“Is an iron lung used in Iron Man competitions?”

We have all had these conversations. They make perfect sense to us, but we too often discover that we are united by a common language but divided by a generational gap, leaving grandkids confused, wondering if we have “lost it.” Instead of a translator, we need patience as we smile and explain what we are really talking about

from the good old “daze.” Sometimes it takes a piece of paper and a pencil to make diagrams to make sense of our words.

It is best to avoid expressions like “loose lips sink ships,” a soda fountain, or debating which did you liked best: Trigger, Champion, or Silver? Avoid these, or you may see your grandchild start to Google “dementia.”

Remember, you have been warned. 📖

Generation	Age Range	Experiences
Generation Z (1996 -)	0 to 23 yrs	Never known a world without computers and cell phones. digital integrators, used technology from birth. Savvy consumers and they know what they want and how to get it. (integrate technology seamlessly into their lives)
Generation Y (Millennials) (1981 - 1995)	24 to 38 yrs	Used to instant access to price comparisons, product info & peer reviews. Immune to most traditional marketing and sales pitches. Live with parents long into adulthood. Technology wise, (Yahoo, mobile phones, Google, Facebook, iPhone generation)
Generation X (1961 - 1980)	39 to 58 yrs	Grew up street-smart but isolated, late to marry (after cohabitation) and quick to divorce...many single parents. Average 7 career changes in their lifetime. (MTV Gen into labels and brands)
Baby Boomers (1946 - 1960)	59 to 73 yrs	Spike in births after the War. This gen tuned in, got high, dropped out, swung in the Sixties and became hippies in the Seventies. (First TV Generation, had most fun in my opinion)
The Silent Generation (1920 - 1945)	74 to 99 yrs	Post-war happiness. Music (Jazz, Swing, Frank Sinatra), Mickey Mouse generation. Focused on their careers, conformists (Children learnt to be seen but not heard)
The Greatest Generation (1901 - 1919)	100 to 118 yrs	Experienced the Great Depression and World War II in their adulthood, all leading to strong models of teamwork to overcome and progress (No Airplanes, No TV, No Radio)

“Who was that masked man? He was probably a neighbor or a guy from church with his COVID mask.”

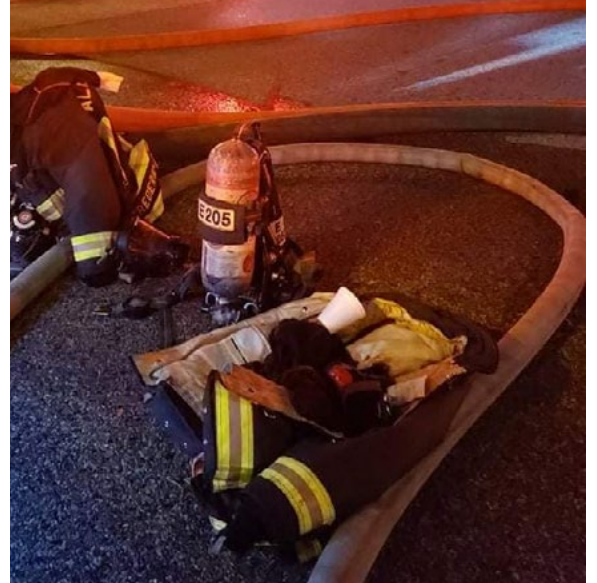
“Really? Your phone talked to you and asked ‘Number please?’ Wow, that was high tech.”

“I have heard of zip codes and area codes, but what is a code ring sent to you by a cereal company for 25 cents and a box top?”

wags 'n whiskers



code red

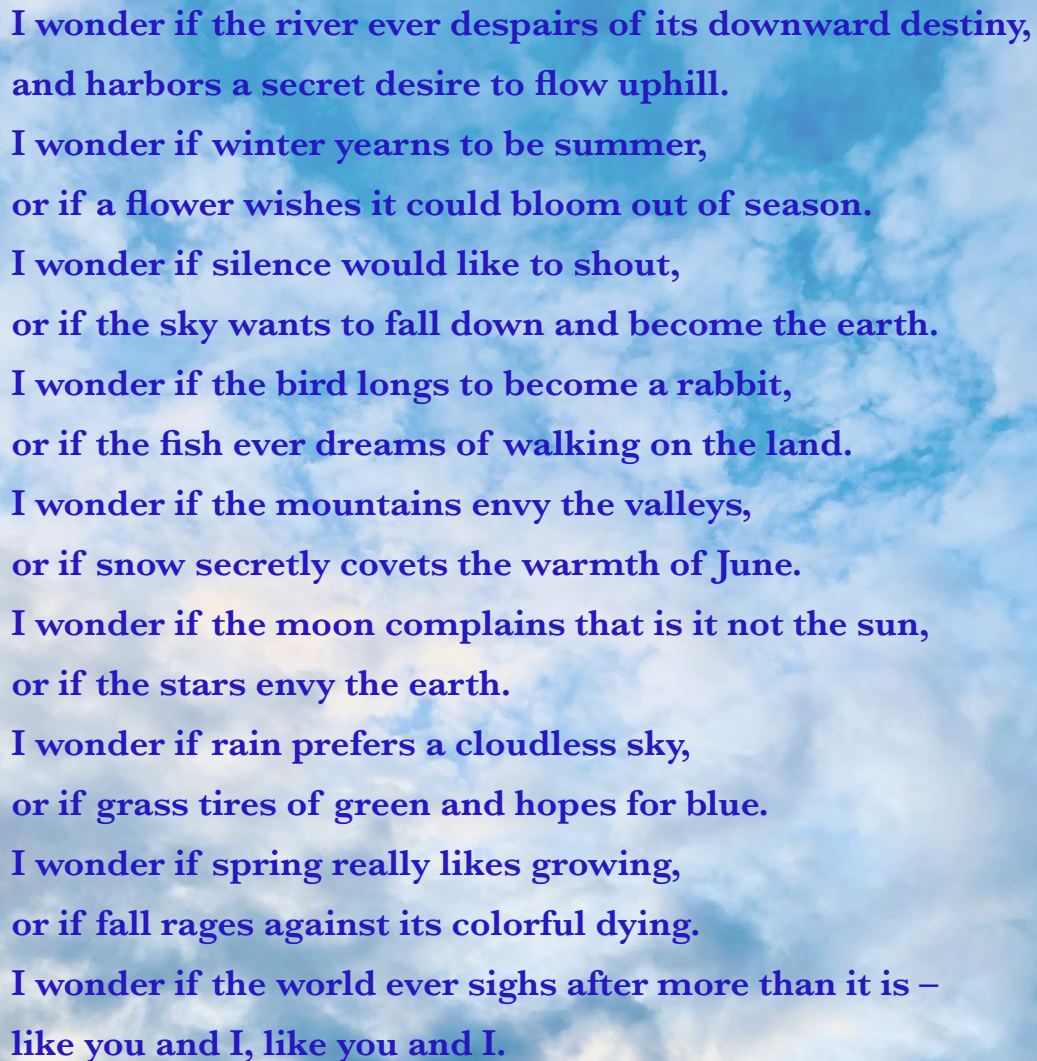


after the fire



More than a week after the October 4 fire on the 15th floor of building 1, a strong acrid odor still lingers in the hallways and in the stairwell. Powerful fans whir to dry the soggy carpets on four levels and water-damaged walls have been cut out. In addition to the affected unit, nearby neighbors report stench-ruined furniture and carpets as well as black film covering every surface in their homes. – MK





I wonder if the river ever despairs of its downward destiny,
and harbors a secret desire to flow uphill.
I wonder if winter yearns to be summer,
or if a flower wishes it could bloom out of season.
I wonder if silence would like to shout,
or if the sky wants to fall down and become the earth.
I wonder if the bird longs to become a rabbit,
or if the fish ever dreams of walking on the land.
I wonder if the mountains envy the valleys,
or if snow secretly covets the warmth of June.
I wonder if the moon complains that is it not the sun,
or if the stars envy the earth.
I wonder if rain prefers a cloudless sky,
or if grass tires of green and hopes for blue.
I wonder if spring really likes growing,
or if fall rages against its colorful dying.
I wonder if the world ever sighs after more than it is –
like you and I, like you and I.

– Burton D. Carley

*Poem submitted by Amy Friedlander
Photo by Dian McDonald*