

August 2017

MUTUAL 16

BOARD OF DIRECTORS

| | |
|--|--|
| President | Joan Alston 301-598-2557 |
| Vice President | Jim Turner 301-598-4390 |
| Secretary | David Darr 240-669-8386 |
| Treasurer | Edwin Bradley 301-598-3860 |
| Directors: | Jean Jones 301-438-2333 John Looney 240-669-3530 Fred Seebode 301-944-4759 |
| <u>Committee Chairs:</u> | John Looney 240-669-3530 |
| Landscaping: | David Darr 240-669-8386 |
| Social | Julie Repeta 301-774-9610 |
| Emergency Preparedness | David Darr 240-669-8386 |
| Park | Paula Seebode 301-944-4759 |
| Communication Distribution | Virginia Rehbehn 301-438-0949 |
| Assistant for Property Management | Roberta Carter 301-598-1316 |
| Main Gate | 301-598-1044 |
| PPD | 301-598-1500 |
| Security & Transportation | 301-598-1044 |
| Administration | 301-598-1000 |
| Comcast | 1-855-638-2855 |

Mutual 16 – Leisure World, Silver Spring, MD -20906

Rita Molyneux - molyneux@erols.com

Web Site – www.lwm16.com

FROM THE DESK OF THE PRESIDENT:

Doesn't Mutual 16 look beautiful! The street repaving is finished and everything looks fresh and clean. In addition the renovation of the "rock park" has been completed. We owe a debt of thanks to David Darr who supervised the project.

Let me remind residents that they are responsible for all the landscaping within 4 feet of the residence. The wet, relatively mild summer has caused both the flowers and the weeds to thrive. Now is the perfect time to get them under control.

It is almost time for the Board to start working on the Budget for next year. Please be aware that the Board tries to keep any increase in your Homeowner fees as small as possible. Because of the planning of previous Boards we have been able to complete projects (like repaving the streets) without an additional assessment. Now we need to replenish those funds for future projects. The Budget Committee of LW has already been working to keep the increase in the Community Service part of the budget under control. We will keep everyone informed of future increases.

Please take time to read the enclosed "obit" for our beloved Marianne Swindler. It was submitted by her son and edited by her friend Jeanne Jones. We will miss her!

Our next Mutual Board meeting will be held on Tuesday September 12th at 9:30 AM in the Sullivan Room of the Administration Building. Plan to attend.

Flash!

**Next Happy Hour will be held on
Friday, September 15
at The Rock**

The “Rock” and Our Park Have a New Look

David Darr

We are all fortunate to have in our midst a park with landscaping and open green space that help make our mutual such a desirable place to live. Some of the landscaping has a new look. The Board has worked with McFall and Berry to do some new landscaping around the “Rock”, the area with the stand-up faucet, and the small peony bed along Prince Frederick Way. **Why the new look?** Surprisingly, the stimulus for the new look is a way for the Board to save money. The new landscaping includes stone and perennial plants and shrubbery that do not need to be replaced every year. The cost for the new landscaping is about the same as the cost for putting in annual flowers for one year, but the cost of the planting of annuals must be paid each year. The new look should save us money as time goes by and help keep down our monthly fee. At the same time, the new landscaping will enhance the beauty of our treasured green space and make our Mutual an even more attractive place to live. Stop by and have a look!

As explained in the previous Mutual 16 Matters, the “Park Beautification Committee” is being formed to help with park upkeep. If you are interested in helping keep Mutual 16 beautiful, call Paula Seebode at 301-944-4759.





Photos by Ellen Darr

Energy Advisory Committee (EAC) Meeting Summary for 18 July 2017

The meeting was to discuss topics related to the planning for the future of solar energy for the Leisure World (LW) trust properties. The EAC hosted representatives from BTU Energy Advisors to discuss the implications of having solar-array installations on the electric costs for the community.

Over the past 10 years BTU has been advising LW management about energy costs, namely, the procurement of electricity and natural gas for the trust properties. Their estimate is that they have saved LW about \$3 million for our community. A side issue is that since the trust properties are on the master electric meter, all of the master meter mutuals benefit from these procurements. Their cost for this service is \$18,000/year. We have about 5600 housing units in LW, the majority of which are not on the master meter. The cost for each unit is about \$3.20/year but only the homes on the master meter save since their cost per kWhr is less than the cost for the units on individual meters (about \$0.11 vs. \$0.15/kWhr).

The BTU staff members are very knowledgeable about how solar arrays could save energy costs for our community but much more information needs to be gathered before they are able to advise further.

Emergency Preparedness Advisory Committee Emergency Preparedness for Montgomery County Emily Geller

September is National Preparedness month and Leisure World marks the occasion by inviting Joseph Corona, Community Outreach Coordinator, of the Montgomery County Office of Emergency Management and Homeland Security, to discuss preparedness needs important for Montgomery County. Mr. Corona will speak Thursday, September 14, 2017 at 1:00 P.M. in the Baltimore Room, Clubhouse 1. Tickets are free and will be available at the E & R Office in Clubhouse 1, starting on August 28.

Mr. Corona's presentation will include photos and videos of extreme weather events and other hazardous situations that have occurred in, or around, Montgomery County, and thus are potentially likely to occur again. Other newer threats, such as active shooters, will be included. He also will describe Montgomery County facilities that will be available for people with special needs in emergency situations.



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By: Navy Federal on July 13, 2017

Food expiration dates might not mean what you think. Read on to see if you're throwing out perfectly good food.

Have you ever thrown away a food item because it was past the date on the package? Perhaps it still looked and smelled fine, but you wanted to err on the side of caution. [Food waste is a growing problem](#) in the U.S.—roughly 95 percent of the food we throw away ends up in landfills or combustion facilities—yet much of the food we throw away can still be consumed. Learning what the terms “Sell by,” “Best if used before” and “Use by” mean can help you avoid tossing away food that's still edible. Let's clear up the confusion and make sure you aren't letting good food—and money—go to waste.

- **“Sell by” dates.** These dates are meant to tell retailers [“sell this product by this date.”](#) They're not an indicator of food safety, but rather intended to alert retailers when they should replace products on their shelves. The U.S. Food and Drug Administration recommends you buy products before the listed date, but also notes they're likely still edible for days or weeks afterward.
- **“Best if used before/Use by” dates.** These are freshness dates that tell you how long a food item will be at its best flavor and quality. The dates have nothing to do with food safety and are not nationally regulated (with the exception of infant formula). In fact, these dates are sometimes based solely on consumer taste tests.

Making Sense of “Use By” Dates

So what to make of all those “Use by” labels and dates? These labels are simply a way to help consumers and retailers know [when food is at its best quality](#). Again, with the exception of infant formula, these labels and dates are in no way an indicator of a product's safety. If you're unsure whether to throw out a food product, follow these guidelines:

- **Milk:** The date on a milk carton is usually set for three weeks after the pasteurization process. After three weeks, milk may begin to smell or taste sour, but it's still safe to use. Dates on milk cartons can vary by state. Each state has its own dairy regulations, and some don't regulate at all. Milk is generally still good for up to a week after the date on the carton.

- **Canned food:** If there's no rust, damage or swelling, non-refrigerated, low-acid canned food such as canned meats and most canned vegetables can last for years. In general, high-acid canned food, including tomatoes and pineapple, should be discarded after 18 months. Be sure to store canned foods in a cool, dry place.
- **Unopened, dry packaged foods (cereal, pasta, rice, cake mixes):** Stored unopened in a cool, clean and dry environment. These pantry staples will generally keep for up to one year.
- **Frozen food:** As long as it was good before freezing, [frozen food is safe](#) indefinitely. Recommended storage times are based upon quality only. For example, frozen hamburger and other ground meats will generally taste best if eaten within four months of being frozen.
- **Refrigerated perishables:** Any perishable food that has been above 40° F for two hours or more, and any food with an unusual smell, color or texture should be discarded. Examples include bad-smelling lunch meats, slimy vegetables or anything with obvious mold growth. Be sure to cook or freeze fresh poultry, fish and ground meats within two days to maintain freshness.

Learning more about [food safety guidelines](#) won't just protect you from rotten food and save you money. It also helps the environment. According to the [Environmental Protection Agency \(EPA\)](#), roughly 133 billion pounds of food is wasted each year in the United States, which contributes to methane emissions from landfills.

One way to cut down on the amount of food thrown out is to try to buy only what you really need. Start tracking your food and overall spending, as well as preparing household budgets.

SHOULD THE MUTUAL PAY FOR IT?

When you need work done in your home that you feel the Mutual should pay for you

MUST FIRST

Call Jack Looney (301) 938-0718 or 240-669-3530 before calling Physical Properties (PPD). If Jack is not available call Joan Allston 301-598-2557

If you call Physical Properties directly **you will be responsible for any charges incurred** unless it is an emergency situation.

For Emergencies after hours or on Weekends:
Call the Main Gate @301-598-1044

Comcast Issues: Call 1-855-638-2855

**Marianne Swindler –
02-04-1926 to 07-29-2017.**

As many of you know, our dear friend and neighbor, Marianne Swindler, died peacefully on July 29, 2017 at Aspenwood. Marianne had glioblastoma, an aggressive form of brain cancer. Her family was constantly by her side, and she appreciated all the visits from her friends in Mutual 16 while she was sick.

Marianne was born on February 4, 1926 in Charleston, W. Va. She grew up there. Many of you remember her funny stories about being a Candy Stripper in the hospital in Charleston during World War II, a job that she did proudly.

She remembered being totally inexperienced when she was sent to care for her first patient. She noticed he was dead, and got high marks from her supervisor for both the accurate observation and her calm and collected attitude toward the whole episode. When her family moved to Richmond in the mid-1940s, Marianne took a job with the U.S. Patent Office. Eventually, she moved to D.C. to work at the main Patent Office.

At the Patent Office, Marianne met her husband, patent attorney Jack Swindler. After they married and her family grew, they moved to the Cabin John area. By the late 1960's Marianne was a single mother raising four children alone, so she re-entered the workforce as an Executive Secretary with International Telegram and Telegraph (ITT-World Communications). She worked her way quickly up the ladder and became a Government Contracts Administrator. In the 1980's, she was a key figure working with Comsat in establishing high speed facsimile (satellite) communication links between Washington and Moscow.

After retiring in the mid-1990's, Marianne moved to Leisure World. While here, she continued her volunteer work with PEO (Philanthropic Educational Organization). She was an active member of the quilters group, and enjoyed doing all sorts of needlework as well as the shopping trips with her group to purchase fabric. She also delivered the Leisure World News and was an active member of the M16 Social Committee. Many of us remember her valiant efforts to keep the ice cream from melting at the ice cream social every summer, usually held in the blazing heat. She would probably have approved of the switch made this year to pizza!

Marianne is survived by her four children, Jo Anne Swindler of Rockville, Karen Lee Graves of Cincinnati, OH, John Swindler (Janet) of Olney and Gary Swindler of Guilford, VT. She also is survived by six grandchildren and two great grandchildren. Many in the Mutual remember her for her good humor (she was hilarious!), her caring gestures toward anyone in need, her willingness to help with anything, and the love she had for her family, friends and neighbors. We will miss her.



Need a Landscaper for Your Four Feet? Here Are Some Ideas

Dave Darr, our Landscape Chair is compiling a list of names and contacts of landscapers that have done work in Mutual 16 or in Mutuals like ours (duplexes and triplexes). There is no intention of endorsement by Dave or the Mutual 16 Board for the work done by anyone on the list. The list is meant to inform residents who are looking for a landscaper. If you have had good experience with a landscaper who is not on the list and want to share the information, let Dave know and we will update the list for future newsletter articles.

Work done in Mutual 16

Shrubbery Maintenance (Bill Bowers)—301-831-7893

REC Lawns (Russell Cooper)—301-614-2938

Work done in Mutual 10—Names from the Mutual President

Jose Mayorga—301-346-5880

Mark Emmel—301-249-3655

Gloria Sherman—301-980-2867

Carlos Gavidia—240-395-8813

Work done in Mutual 11

Kozlowski Lawn Service—240-370-2200—also used by McFall-Berry for residential landscaping jobs

