

July 2017

MUTUAL 16

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

Rita Molyneux - molyneux@erols.com

Web Site – www.lwm16.com

Board of Directors

President: Joan Allston
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

Committee Chairs;

Maintenance: John Looney
240-669-3530

Landscaping: David Darr
240-669-8386

Park: Paula Seebode
301-944-4759

Social: Julie Repeta
301-774-9610

Emergency Preparedness: David Darr
240-669-8386

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- 59-1000

Comcast: 1-855-638-2855

FROM THE DESK OF THE PRESIDENT:

As I write this summer is in full swing and with it came increased electrical usage. Many are unaware that our electrical usage has a direct correlation to the monthly homeowners charge. Those who attended the annual meeting in May remember our treasurer Ed Bradley explaining that our electrical usage was well above that predicted and budgeted for the year. Considering the hot humid weather experienced since then the outlook looks even bleaker for meeting budget predictions. Because of this the mutual may be forced to raise homeowner dues in the upcoming year.

There is nothing we can do about the weather but everyone can take some steps to conserve consumption. Turn the thermostat up a degree or two. Close all windows (tight) and keep them closed. Turn off all unnecessary lights. Unplug things like adding machines and printers when not in use (they still draw electricity when plugged in). Every little bit of conservation will help.

Our street paving project is completed! We owe a debt of thanks to Fred Seebode who supervised the project!

Hopefully the renovation of the "rock park" will be completed shortly. Once done I think it will be an asset to the community.

Our next Mutual Board meeting will be held on Tuesday August 8th at 9:30 AM in the Sullivan Room of the Administration Building. Plan to attend.



Emergency Preparedness Advisory Committee
David Darr, davidrdarr@gmail.com, 240-669-8386

The heat and humidity are back--Some tips for dealing with Health related issues

Summer heat and humidity in Leisure World bring with them the possibility of personal heat-induced health problems. Most problems occur because a person has been over-exposed to heat or has over-exercised for his or her age and physical condition. Older adults are especially more likely to have issues. Problems can occur when playing golf, gardening, jogging, walking, or just sitting in the sun—all the good things we think about doing in the summer time. This article describes some of the weather conditions associated with extreme heat and gives some tips for dealing with health problems if they occur.

Weather conditions—Conditions that can further induce heat-related illness include stagnant atmospheric conditions and poor air quality. Heat wave and heat index are often used to describe conditions associated with extreme heat. A **heat wave** is a long period of excessive heat, often combined with excessive humidity. A **heat index** is a number in degrees Fahrenheit that tells how hot it feels when relative humidity is added to the air temperature.

Health issues

Sunburn

- Symptoms – Skin redness and pain, possible swelling, blisters, fever, headaches.
- First Aid – Take a shower to remove oils that may block pores, preventing the body to cool naturally. Apply dry, sterile dressing to any blisters, and get medical attention.

Heat Cramps

- Symptoms – Muscular pains and spasms, usually in the leg and abdominal muscles; heavy sweating.
- First Aid – 1. Get to a cooler location. 2. Lightly stretch and gently massage affected muscles to relieve spasms. 3. Take sips of up to a half glass of water every 15 minutes. 4. Discontinue liquids if nausea occurs.

Heat Exhaustion

- Symptoms – Heavy sweating but skin may be cool, pale or flushed. Weak pulse. Normal body temperature is possible, but temperature will likely rise. Fainting or dizziness, nausea, vomiting, exhaustion, and headaches are possible.
- First Aid – 1. Lie down in a cool place and loosen or remove clothing. 2. Apply cool wet cloths and fan or go to an air conditioned place. 3. Take half a glass of cool water every 15 minutes but discontinue if nausea occurs. 4. Call 911 if vomiting occurs or if you are not sure of applying first aid.

Heat Stroke

- Symptoms – High body temperature (105 plus); hot, red, dry skin; rapid, weak pulse; and rapid shallow breathing. You will probably not sweat unless you are sweating from recent strenuous activity. Possible unconsciousness.
- First Aid –If you have these symptoms or encounter someone who does, call 911 and follow instructions.

The information in this article was obtained from articles published by Montgomery County (Montgomerycountymd.gov), The American Red Cross (redcross.org), FEMA (www.ready.gov) and the Center for Disease Control (www.cdc.gov).



Energy Advisory Committee (EAC) Meeting Summary for June 20, 2017 Joe Halpin

Two items from our previous meeting, that were sent to the LW Board of Directors (BoD) for a decision, were postponed by the Board because lack of time at that meeting. These items are: proposed additions for E-ratings and updates to the EAC charter. If approved by the LW BoD, future additions to the E-rating system may be processed by volunteers from the Master Meter Mutual group.

The solar array proposal developed by the EAC for future planning consideration was approved by the LW BoD. The next step will be to add more details to the proposal to include options for where to install such arrays, the projected power output and the attendant costs and savings. Since PEPCO owns the master meter infrastructure, a question is, will we be allowed to feed power back into their system? This effort is in conjunction with the LW Technology Advisory Committee.

BTU Advisers, contractors who help LW in the selection of electricity sources, have been invited to our July meeting to explore the issues, concerns and direction for the selection of these sources.

Park Beautification Committee

Paula Seebode



Mutual 16 Forming a New Committee

Residents of Mutual 16 are forming a Park Beautification Committee. Its name describes its purpose. McFall and Berry are scheduled to landscape three areas of Mutual 16's park: around The Rock, around the small peony bed and on the sides of the faucet/hose installation.

When the new landscaping is completed, there will be areas open for additional plantings. In addition, the new gardens will need weeding and watering. These are jobs for members of the Park Beautification Committee. If you are interested in helping keep Mutual 16 beautiful, call Paula Seebode at 301-944-4759. After McFall and Berry finish their work we will have an organizational meeting with those who are interested.

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