

# MUTUAL 16 MATTERS

MAY 2020

Mutual 16 — Leisure World, Silver Spring, MD 20906

Chris Everett — [chris@ceverettonline.com](mailto:chris@ceverettonline.com)

Web Site — [www.lwm16.com](http://www.lwm16.com)

## BOARD OF DIRECTORS

President	<b>Joan Allston</b> 301-598-2557
Vice President	<b>Jean Jones</b> 301-438-2333
Secretary	<b>Paula Seebode</b> 301-944-4759
Treasurer	<b>Edwin Bradley</b> 202-641-7455
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	<b>Robert Hortin</b> 240-242-4071
	<b>John Looney</b> 240-669-3530

## COMMITTEE CHAIRS

Communications	
Distribution	<b>Virginia Rehbehn</b> 301-438-0949
Landscaping	<b>Doug Allston</b> 301-598-2557
Maintenance	<b>John Looney</b> 240-669-3530
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Social	<b>Julie Repeta</b> 240-669-4881
Assistant Property	<b>Alicia Drummond</b> 301-598-1031
Administration	301-598-1000
Main Gate	301-598-1044
PPD	301-598-1500
Security & Transportation	301-598-1044
Comcast	1-855-638-2855

## FROM THE DESK OF THE PRESIDENT

I think we would all agree this “new normal” is getting kind of Old! The good news is that I have not heard of any of our Mutual 16 residents being stricken by the virus.

I now have 48 residents (representing only 40 houses) on my email list. During this last few weeks I have continued to forward all the information I have received from LW management pertaining to the status of LW to those on my list. Hopefully, this will now include some information on reopenings. If you want to keep informed, please send me your e-mail address and I will add you to my list. Your address will not be sold and I promise not to inundate you with useless information – Just the facts.

As I reported last month, the annual meeting scheduled for May 21st has been postponed. I have been trying to reschedule to July, but as of this date, LW has been unable to confirm a date. Once the date is confirmed, proxies will be mailed as required 30 days prior to the date.

Our next regular meeting is scheduled for June 9th at 9:30. Only time will tell if it will have to be a virtual meeting. Regardless, to be informed, send your email address to [jallston1@aol.com](mailto:jallston1@aol.com).

## RULES RULES RULES

### Keep Our Mutual Beautiful

Spring is here and more people are walking around our beautiful Mutual. I can't help noticing that more and more people are leaving their garbage and recycling containers in their atriums or outside their front doors. In addition, many of the atriums seem to have become "storage" areas for stuff. We all have garages in which to store these things. Please comply with the rules listed below:

**Rule 3.6.** No trash may be burned, and no litter, trash or new or used building materials may accumulate within any unit or on any of the common elements; nor may trash or garbage containers be left in the public view except on days of trash collection.

**Rule 8.6.** Wheelbarrows, garden tools, garden supplies, hose and hose reels, and similar supplies or equipment may not be left on any common elements except when in use. Hoses are to be kept neatly coiled when not in use!

This is your home — keep it beautiful!

## AIR CONDITIONER REMINDER



Our **heat** is controlled by thermostats in each room. Our **air conditioner** is controlled by **one** central unit (usually in the living room).

So before you turn the air conditioner **on**, make sure **each** heating unit is turned to **off**!

## RESOURCES

### People Who Do Gardening Work (UPDATED)

These people are small businesses, so you often have to leave a message.

1. **Gloria Sherman** (Leisure World Resident) . . . 301-980-2867
2. **REC Lawn Russ Cooper** . . . . . 301-614-2938
3. **Bill Bowers** . . . . . 301-831-7893
4. **Jose Mayorga** . . . . . 301-346-5880
5. **Mark Emmel** . . . . . 301-249-3655
6. **Carlos Mendoza** . . . . . 301-624-9769
7. **Cooper** . . . . . 301-473-2191
8. **Jovy's** . . . . . 301-537-9156
9. **Jane Zimmerman** (Leisure World Resident) . 301-219-8745  
(jpzimmer7@gmail.com)

## NEW RESIDENTS?

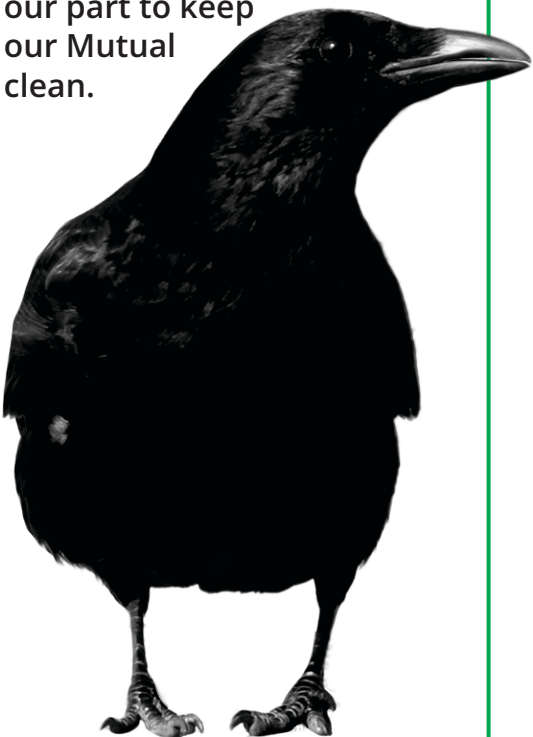
Mutual 16 prides itself on being a hospitable Mutual. But the new Tuesday & Friday “residents” are causing everyone to complain. What “residents” you ask? Crows!

They tear open garbage bags and deposit their discards everywhere — many days to be blown away by the wind.

Take a stand to be inhospitable to these creatures and keep our Mutual pristine! How?

- Don't put garbage out till the morning of trash days — Tuesday & Friday
- Put garbage in trash containers with a secure lid
- If you must put garbage out the night before pickup, take precautions by spraying the container with ammonia or other repellent.

Remember — we must all do our part to keep our Mutual clean.



## FOOD IS MONEY

According to a study from the Natural Resources Defense Council and Harvard Law School's Food Law and Policy Clinic, most expiration dates are confusing for consumers. Worst of all, they cause us to get rid of food that would be perfectly acceptable to eat — and which would not cause us any harm. “There is a lot of confusion around expiration dates, and we think they are a significant contributor to the needless wasting of food,” says Dana Gunders, who was the leading expert on food waste for the NRDC at the time of the study. She estimates that most households throw out hundreds of dollars worth of food every year.

“Some foods will go bad if they are left uneaten for too long. But the likelihood is very low that an egg that is kept in the refrigerator for a couple weeks past its expiration date will be contaminated. If the food is well past the date stamped on it, Gunders says, before throwing it away, at least open it, sniff it, and taste it. If all of those things seem right, then go ahead and eat it.

**Important exceptions: meat, poultry, and prepackaged perishable foods like sandwiches and salads. These are health risks.**

But know that most foods won't make you sick because they were on the shelf too long. “When you hear about outbreaks of E.coli or salmonella, that's usually because of a pathogen that got on the food early in production. That's a different situation than milk that goes through a natural process of decay. Your milk will smell or taste bad long before it will make you sick,” Gunders adds.

**Temperature matters more than dates**

After shopping, take your food home **promptly and put it away immediately.** “The temperature of

food is more relevant than its age,” Gunders says. “If you leave something in a hot car for a few hours, it allows the growth of bacteria and then it becomes unsafe to eat.”

**Know the definitions of labels:**

“**Sell by**” — When you see that date stamped on your food, it's intended to help the store know when to remove it from the shelves, so that the manufacturer can measure how quickly their products leave the shelves. “When the product says ‘sell by,’ I want to say you can almost ignore that. It's meant for the grocery store,” Gunders says. “It absolutely does not mean that the product is unsafe and nine out of 10 people are throwing product away based on that date.”

“**Use by**” and “**Best by**” — These dates are put on products by their manufacturers but surprisingly, they are not warnings about when the food will go “bad.” Rather, they are a suggestion of when the food is at its peak quality. But Gunders says, “According to our experts, 80% of the dates you see on products are guesses” about when the food will taste best. “It's just a suggestion for the product's peak quality, but it doesn't mean it isn't good after that date. There is no legal guidance involved in coming up with this date,” she says. “If everyone understood that these dates are just **guesses**, everyone would be taking them with a much larger grain of salt.”

But Gunders says you should be vigilant about following the freshness dates on prepackaged, ready-to-eat foods, such as a sandwich or salad with meat on it. If these foods hang around too long, they can become covered with a bacteria called listeria which actually multiplies in the refrigerator.

## WHAT'S HAPPENING?

### Happy Birthday

**Rick Masemore** May 2  
3302 Solomons Court

If you would like to share *your* birthday, anniversary, or other special date, email the details to: [chris@ceverettonline.com](mailto:chris@ceverettonline.com)

### New Neighbors

**Alex & Tomascinna Cox**  
15553 Prince Frederick Way

**Joe & Francine Joyner**  
3411 St. Leonards Court

### Recent Sales

15533 Prince Frederick Way

## GOING AWAY?

Planning to be away for more than a few days this summer? Before you leave, here's a guide to prepare your home for your absence:

1. Turn your air conditioner up to 85 degrees.
2. Turn off the switch (circuit breaker) to the water heater.
3. Unplug your TV, stereo, radio, toaster, computer, printer, or other appliances.
4. Leave your name, address, dates you will be gone, and destination on a 3×5 card with the Main Gate, as well as the name, address, and phone number of the person who has your key.
5. Leave similar information, plus key(s), with a neighbor.

## GET TO KNOW YOUR NEIGHBORS

### Joe and Francine Joyner

Joe and Francine Joyner were both born in Washington DC and went to schools in suburban Maryland. Francine became a cosmetologist and worked as a stylist for 56 years. She also worked as a substitute teacher for 10 years. Joe became a Quality Engineer working in the Aerospace Industry. He worked on Hubble Space Telescope for 40+ years.



Both retired in December 2017 — they raised two sons and have 2 grandsons.

### Pastimes

Francine is part of The Look Good Feel Better Program with the American Cancer Society that goes to hospitals and teaches cancer patients how to fix their hair, wigs and make-up while taking treatments. Joe loved to work in the garden raising vegetables and putting up food, now loves cooking and baking. He has entered many cheesecakes and other baked goods in the Montgomery County Fair. For the last 14 years both of them have been part of planning The Relay For Life of Olney and now The Southern Montgomery County Relay, SOMOCO, collecting donations to cure all cancers. Their current main interest is traveling and seeing the world.

**This Mini-Bio is from a new resident, but every neighbor has a story to share... no matter how long you've lived here. Write up your story, 200 words or less, and submit it. Include a photo and tell us about your history, your hobbies, your family, or your passions. As time and space permit, we'll publish *your* Mini-Bio — in a future edition of the *Mutual 16 Matters* newsletter.**

## DID YOU KNOW?

### Mutual 16 has an Unexpected Connection to Calvert County

The name of the streets in our Mutual are:

- Island Creek Court
- Parker Creek Lane
- Prince Frederick Way
- Solomons Court
- St Leonards Court

Are these merely random street names?

It turns out that our street names match up to very specific and historic locations in Calvert County.

It's not clear what the actual connections were, or why Calvert County would have been the inspiration for the names.

Still, it's an interesting bit of Mutual 16 trivia.



**CALVERT  
COUNTY**  
*Maryland*

## SENIOR CALL CHECK



### Maryland Senior Call Check Program

Maryland has a program called Senior Call Check. It is a first-in-the-nation statewide program that provides a call to seniors each day, at a designated time, to make sure they're all right. Should the individual not answer the phone, the program will call the contact who has been provided by the senior member of the program. The program is **free** to anyone 65 or older in Maryland.

People say, "It's a great program but I don't need it now. I'll need it when I'm older." NOW is the time to do it before a fall or illness occurs. This program is particularly for seniors who do not have a family member or friend in the area who can check on them. If the registered senior doesn't pick up the phone during their designated call time, the program may call local authorities to conduct a wellness check.

To sign up, call 866-502-0560 or go to their website: <https://aging.maryland.gov/Pages/senior-call-check.aspx>

Did we mention it's **free**?

# LANDSCAPING COMMITTEE

## Semi-Annual Community Landscaping Inspection

We will do our spring landscaping inspection of Mutual 16 during the first week of June. We will be looking for weed-free flower beds, and that shrubs within 4 feet of the unit are properly trimmed. Remember, shrubs can not be touching the unit and can not be as tall as the rain gutters.

We don't want to send letters nagging you to clean up your yard. We are volunteers, so we would appreciate your cooperation.

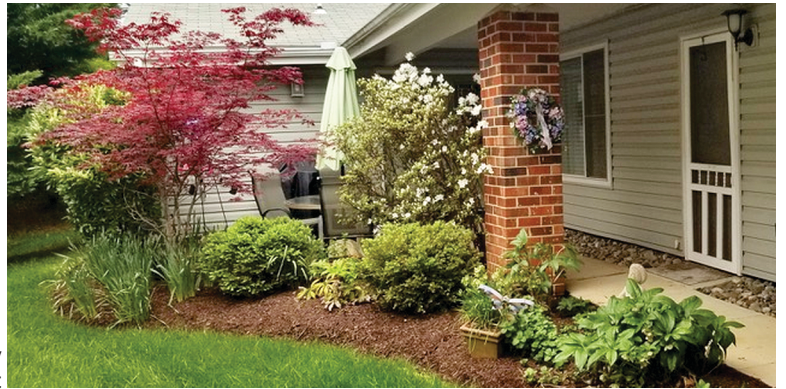
There is a list of people who do gardening work in this newsletter.

We will also be doing a semi-annual community-wide tree inspection to identify any diseased trees or trees that may be a safety hazard that need to be removed.

**Doug Allston**  
Chair  
Landscaping Committee

## SCENES FROM MUTUAL 16

Photo credits:  
Paula Seebode  
Secretary



Erin O'Grady  
Solomons Court



Judith Fernandez  
and  
Lenny Sammarco  
Prince Frederick  
Way



Ellen Darr  
Solomons Court



Mike Gunter's and  
Ron Holtzman's  
houses  
Parker Creek Lane



Michael and  
Barbara Higgs  
Solomons Court