

MUTUAL 16 MATTERS



NOVEMBER

BOARD OF DIRECTORS

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	John Looney 240-669-3530 j.looney007@comcast.net

COMMITTEE CHAIRS

Communications Distribution	Virginia Rehbehn 301-438-0949
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Mutual 16 — Leisure World, Silver Spring, MD 20906 ■ www.lwm16.com

FROM THE DESK OF THE PRESIDENT

November is to me a time to give thanks. Our Board members spend many hours working to keep the Mutual both financially sound and visually pleasing. **Julie Repeta** and her committee work to keep the social side of the Mutual active. **Chris Everett** makes our newsletter a fountain of information. **Paula Seebode** and her park committee members keep our park area beautiful year round, **Virginia Rehbehn** and her group of hardy residents deliver both the newsletters and the *Leisure World News* right to everyone's mail-slot, and **Ellen Darr** sends out our Robo-calls. Our Assistant for Property Management, **Kelly Rivera**, helps to steer us in the right direction on numerous matters. Thanks to all.

November also brings falling leaves. We will be scheduling our Mutual-wide gutter cleaning soon! Be patient — the leaves were late falling this year!

The cold weather has also caused the usual influx of unwanted visitors: Mice! The Mutual does not pay to eradicate mice. Residents are best advised to set traps now and check them often.

And remember to turn your air conditioner to **OFF**. Most of us have zone baseboard heat and we do not want the two systems to collide!

On behalf of the Mutual 16 Board, I wish you a happy and healthy holiday season!

Don't forget to make plans to attend our Holiday Pot Luck Dinner on December 4th in the Activity Room of Clubhouse 2. Please send your RSVP to Julie Repeta at jul35rep@aol.com or call her at 301-847-9067.

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NEWS YOU CAN USE

TURNING ON THE HEAT

Now that the weather is getting cold, it is time to turn off the A/C (air conditioner) and prepare to turn on the heat. Every year, at least one resident will turn the heat on while still having the A/C on. Before turning on the heat, first clean and seal the air return filter for the A/C. The filter is found behind a metal grate (about 2 x 2.5 feet) in the wall. It is the only metal grate in the wall of each house. After cleaning it, wrap it in tin foil and put it back. That will seal it and significantly reduce drafts. Next, close all the A/C vents in the ceiling. There are usually 5 in each house. A step ladder will be needed to do this. Simply push the lever on the vent to close it. Some people will use a broom handle to push the lever closed while standing on the floor. For assistance, call **Bob Bridgeman** at 240-669-6546 or **Doug Allston** at 301-598-2557.

In the spring, before turning on the A/C, remove the tin foil from the air return filter and open the ceiling vents or it will burn up the A/C.

DOUG ALLSTON

COOKIES FOR FIRST-RESPONDERS

Love to bake cookies, but you don't want to eat them all yourself? We've got a solution this year: bake your favorite cookies or bars and bring 5 dozen to a get-together (time and place to be announced soon). Bring a few copies of your recipe to share. If you can stay, we will box up assortments of sweets to take to fire and rescue stations to thank them for the many, many calls they make to LW to "rescue" us. Station 25, just outside the Connecticut gate, reported they alone had answered 10,000 calls to LW the previous year!

Call **Betsy Davis** 240-383-7155 or **Paula Seebode** if you'd like to join this fun way to thank the helpers. (I'm trying to decide if I will make Uncle Gordon's date-nut bars or Aunt Sophie's orange balls. Maybe I'll do both.)

BETSY DAVIS

KEEP DRAINS FROM CLOGGING

I have found that filling a sink or tub with a couple of inches of water, open the drain, and then using a toilet plunger a dozen times will keep those drains running. If you do this every few months your pipes will never clog and you will never have to buy expensive drain cleaners that are often bad for your pipes. Likewise, if your sink or tub does get clogged, do the above first. I have even done this successfully with a shower that was draining slowly. All hail the plunger!

DOUG ALLSTON

PREPARE YOUR YARD FOR WINTER

We have had our first frost so it is time for you clean up your yard.

- You need to pull out all those summer plants and weeds.
- Put down a couple inches of bark mulch.
- Trim your bushes away from the house and roof.
- Pull out your hose to full length on a down slope to drain it and put it away. Do not leave it connected to the outside spigot.

DOUG ALLSTON

SUMMARY OF MUTUAL 16 BOD (BOARD OF DIRECTORS) MEETING November 9, 2021 Zoom meeting.

■ **Crystal Castillo** gave the manager's report: The new GM, Bob Kimble, started last week. The Clubhouse 1 Project is still on hold. Gate Access Project personnel are working to fix software glitches. Community Shredding day was scheduled for Nov. 13, 10 AM-1 PM in the Admin Building parking lot. PPD has been fixing the Georgia Ave. pedestrian gate to the shopping center but they are now looking into replacing it. The new Insurance Administrator is Kenia Ibanez, (kibanez@lwcm.com).

Contact her with questions regarding Mutual 16 Master Policy.

- BOD approved two ABMs: One for windows at 15548 Prince Frederick and one for a patio behind 15403 Prince Frederick Way.

■ BOD approved paying two bills: one from PPD for gutter, downspout and pipe snaking at 3306 Solomons Ct. (\$127.50); and one for the completed 2021 contract for natural lawn anti-weed spray applications throughout the Mutual (\$9676.50).

■ **Doug Allston** reported a record 2200 rounds of golf by the end of August.

■ **Jean Jones** reported that the Medical Center has very limited appointments to distribute vaccine boosters.

■ **Art Popper** reported CPAC received FEP proposals. List of proposals will be included in the LW BOD packet.

Technology committee continues to collect information on Vehicle Charging Stations including discussion of charging stations in Mutual 16.

■ **Dee Berkholtz** reported an FEP packet was submitted. Major concern: repair of cracks in the Pickleball courts.

■ **Joan Allston** reported the LW BOD approved resale fee increase to 3%. They approved the SSPAC to examine feasibility of adding new residential units to LW. A non-discrimination policy was adopted applying to all residents and employees. A copier contract with DCA for \$11,090.00 per month was approved.

■ **John Looney** is waiting for bids to fix house settling at 3308 Parker Creek and Florida room cracks at 15504 Prince Frederick Way.

■ **Paula Seebode** reported the Park was cleaned and trimmed. Decorations will be kept until after Thanksgiving.

■ **Doug Allston** presented 2 proposals from McFall & Berry approved by the BOD: 1) McFall & Berry 2022 contract for 2 applications of Preem (soybean based) Spring 2022; 1 application of Fiesta (iron based) Spring 2022; and spot treatment Fiesta, Summer 2022 (\$8,580.00). 2) McFall & Berry Tree Proposal to remove the Crimson King Maple Tree at 3400 Parker Creek Lane; remove the Crab Apple Tree located at 3308 Solomons Ct.; and remove two large White Pine Trees behind at 3315/7 Solomons Ct. (\$2825.00).

■ **Joe Halpin** and **Sandy Greer** exploring whether our popcorn ceilings contain asbestos. Will report back to BOD.

PAULA SEEBODE

SCENES FROM MUTUAL 16

AUTUMN IN THE PARK AT THE ROCK



1 The Burning Bush Tree at dawn.



2

2 The Rock looking good.

3 Julie Repeta and Sandy Greer toast Kay Looney on her birthday at the picnic table at the Rock.

4 Jodi Lyons and John Fajnor enjoy a conversation in the brisk autumn air.



3



4

MILESTONES



Judite Fernandes November 22
15407 Prince Frederick Way

Betsy Davis (belated) October 24
15548 Prince Frederick Way

GET TO KNOW YOUR NEIGHBORS

SHERRY RUBIN

3317 SOLOMONS COURT

Sherry was born in Pennsylvania but she didn't stay there long. Her father was in the Navy so she went to six elementary schools before her family settled in Maryland. She attended Walter Johnson High School. There she played the saxophone in the award-winning concert band and was an athlete, playing volleyball, field hockey, softball, and basketball – all to avoid taking Home-Ec. She spent 12 years in New York at Ithaca College in the upstate area and Columbia University in NYC, becoming a physical therapist and a joint replacement specialist. She returned to the DC area to help out her aging parents. Here, she started her own business: a private physical therapy home care practice. When Medicare changed the rules, she went to work for Adventist and Holy Cross Hospitals, continuing in-home physical therapy. She retired in 2019 and moved to Leisure World this past September. Now she volunteers packing food for Manna house and doing home visits for Dogs for Vets. She makes stained glass, plays pickle ball, and travels. Most of all, she spoils her seven-year-old twelve-pound Heinz 57 pup, Lilibet.

Sherry is many things:

- Animal-lover – She once had a duck, a rabbit, 2 dogs, 2 parakeets and goldfish (all at the same time), and throughout her adult life she has had many rescued dogs.
- Musician – She plays the ukulele, guitar, piano, sax and clarinet; and she once owned three pump organs.
- Traveler – It might be easier to list the places Sherry has not traveled because she has been almost everywhere: Spain, Germany, Italy, the Czech Republic, Slovenia, Croatia, Jordan, the Caribbean, Kenya, South Africa, Cameroon, Costa Rica, Venezuela, Brazil, Poland, Australia, New Zealand, Iceland, Wales, England, Ireland, Scotland, India, and all fifty of the United States.
- Physical therapist, artist, small business owner, volunteer, athlete (see above).
- But most of all, she's a friend.

Sherry has a huge circle of friends. She has friends from high school, friends from college, friends from work, cousins who are friends, family friends, friends from retirement and famous friends (she went to high school with Nils Lofgren of the E street Band). She has friends who live in Spain, friends who live in Holland, friends who live in Mexico. She has friends who are ambassadors, scientists, journalists, and musicians. With these friends, she travels, goes to the theater, concerts, museums, sporting events, restaurants. She plays pickleball, board games, and cards with friends. With her friends, she has adventures.

Her philosophy: "Life is like a pinball machine. You never know where you're going to veer next." Life is ever-changing and she is flexible, ready to adjust and veer, ready for the next escapade. She says she will try anything – well almost anything. After skydiving, she decided she would forgo experiences requiring leaping from a height: no ziplining for her. Although she has been almost everywhere and done almost everything, Sherry still has a bucket list. She wants to visit the Blue Museum in Leningrad and see the Northern lights in person. She's always ready for adventure!



FROM THE EDITOR

A TIME TO GIVE THANKS

WHAT ARE YOU THANKFUL FOR?



It's that time of year when we contemplate all the things we are thankful for.

It's easy to lose sight of all our blessings when we're surrounded by news of the COVID pandemic and the social, political, and moral divisions among Americans.

Closer to home, however, I'm so grateful to live in Leisure World and to own a place in Mutual 16. I appreciate the opportunity to participate in our special community by editing *Mutual 16 Matters* — and this newsletter only works because of all the wonderful input from you. The number of diverse and talented residents in Mutual 16 never ceases to amaze me.

We still have not heard from many of you. The recently-added "Special Moment" feature is a perfect way to share a brief story and photo(s) about something that makes you thankful. And, as you know, we're always seeking mini-biographies for the "Get to Know Your Neighbors" page.

If you need help writing up your own mini-bio or "Special Moment," feel free to send an email or call 410-428-7549. Articles that include photos are always appreciated.

Finally, don't forget to send us your birthday info so we can all make note of your special day.

WHAT'S IN A NAME?

MORE SUGGESTIONS

In the July/August/September issue of *Mutual 16 Matters*, the editorial was "What's in a Name? Identity, Branding, and Marketing a Neighborhood."

This sparked a lot of interest — we're still getting suggestions. The latest was "Calvert Village." Here are the suggested names so far:

- Calvert Commons
- Calvert Condos
- Calvert Crest
- Calvert Crossing
- Calvert Village
- Green Acres
- Home of the Rock
- Rockland
- Rockpark
- Sweet Sixteen

Do you have a suggestion?



ATTITUDE OF GRATITUDE

WAYS TO PRACTICE GRATITUDE

Keep a Gratitude Journal — Spend a few minutes each night thinking about a highlight of the day, then write it down. You can reflect upon your gratitude journal whenever you need a reminder of all the things you are thankful for.

Take Three Deep Breaths — This can allow for one simple moment of gratitude. Close your eyes and take a few deep breaths, and start the flow of thankful energy. Meditate in the gratitude for a few seconds or longer.

Say Thank You — Say thank you to everyone in your life, from friends and family to colleagues to the check out person at the grocery store. Verbalizing your gratitude is a great way to cultivate it.

Smile — Smiling makes your brain happy — it's scientifically proven. When a smile flashes across your face; dopamine, endorphins, and serotonin are all released into your bloodstream, making you more relaxed.

Give Compliments Daily — Whether you know the person or not, give compliments away as you think of them. Be genuine and specific. The individual who receives the praise will appreciate feeling noticed and valued, and the giver can also delight in the connection.

Slow Down and Savor — Choose one everyday experience and take time to enjoy every aspect of it. Appreciating the small things will allow for greater appreciation of the big things.

There is never a shortage of things to be thankful for, if we just take the time to look.

This Thanksgiving, be sure to cultivate an "attitude of gratitude" that can last throughout the year.

RESOURCES

CONTRACTORS

HVAC, Plumbing

Jiffy Plumbing, Heating and AC
Pete Kristiansen 240-882-8696
petethehvacguy@gmail.com

Electrician

Chris Blucher 240-462-7221

HANDYMEN

Scott Davis 240-463-6134
t00lman7@yahoo.com

John Kent 301-385-8866
a1handymanjack@gmail.com

Alex Santos 202-945-3178
aasremodel@gmail.com

GARDENING SERVICES

Jane Zimmerman 301-219-8745
(Leisure World Resident)
jpzimmer7@gmail.com

Gloria Sherman 301-980-2867
(Leisure World Resident)

REC Lawn

Russ Cooper 301-614-2938

Bill Bowers 301-831-7893

Jose Mayorga 301-346-5880

Mark Emmel 301-249-3655

Carlos Mendoza 301-624-9769

Cooper 301-473-2191

Jovy's 301-537-9156

M16 CONNECTIONS

HELPING HANDS

Bob Bridgeman 301-740-6724
brdgm63@gmail.com

SUNSHINE LADY

Melinda Proctor 301-847-9644
mefoxp@gmail.com

WELCOMING COMMITTEE

Kay Looney 240-669-3530
kayvlo@comcast.net

POWER OUTAGE

Please remember if you have a power outage, do NOT call Pepco!

Call the Main Gate, 301-598-1044.

The Main Gate reports outages to Pepco. We do not have individual accounts with Pepco. This means Pepco does not have a record of your individual residence if you were to call them.

REMINDERS

LITTLE LIBRARY AT THE ROCK

Anyone can put books in, anyone can take books out. After you read a book, bring it back or give it to someone else. If you have questions, call **Paula Seebode**, 301-944-4759.

SUNSHINE LADY

Our "Sunshine Lady" sends cards to our hospitalized residents as well as condolence cards for our deceased residents. If you know of anyone who would need a card, contact **Melinda Proctor** at 301-847-9644 or mefoxp@gmail.com.

SHOULD THE MUTUAL PAY FOR IT?

If you need work done in your home and feel the Mutual should pay for it, you *MUST FIRST* call **Jack Looney** at 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 PPD directly, you will be responsible for any charges incurred unless it is an emergency situation. For Emergencies after hours, call the Main Gate 301-598-1044.

"HELPING HANDS" VOLUNTEERS

If you need some help with a minor household task, contact **Bob Bridgeman** at 301-740-6724 or brdgm63@gmail.com.

"FILE OF LIFE"

Do you have a red vinyl "File of Life" magnetically attached to your refrigerator door? If not, they are free at the Leisure World Medical Center. Keep it updated with info concerning medications, doctors, and contacts to be notified in case of serious illness. This information is very important to an emergency crew when they are called in due to a sudden illness. The rescue crew will check your refrigerator door for the "File of Life."

ROBO-CALLS:

The Mutual 16 President directs the robo-call system to alert residents about immediate situations in the mutual. It may be a notice about a repair that affects residents' water service, a last-minute change to a meeting time, or even a "silver alert" for a missing vulnerable neighbor.

Ellen Darr manages the robo-call directory. To remove your listing, or switch it from land-line to mobile, contact ellenmdarr@gmail.com

TRASH SCHEDULE

Here's the schedule for garbage and recycling pickups, with specific requirements for each.

Note: garbage and recycling containers may be put out the night before their pickup days.

- **GARBAGE:** Pickup days are **Tuesday** and **Friday**. Be sure your garbage can is tightly covered.

- **GLASS/METAL/PLASTIC RECYCLING:** Pickup days are **Tuesday** and **Friday**. Recycling should be in the appropriate blue container. If you need a blue container, you can get one from PPD.

- **PAPER/CARDBOARD RECYCLING:** Pickup day is on **Wednesday** only. Paper/cardboard should be placed in a blue recycling container. Large boxes may be set out separately. Secure properly so paper doesn't fly around when it's windy.

- **YARD DEBRIS: BY REQUEST ONLY** on **Monday** and **Thursday**. Contact the Grounds Department 301-598-1314 to notify them you have yard debris for pickup. Use tall brown paper recycling bags. Phone calls are preferred, but you may also email grounds@lwmc.com.

COMCAST CUSTOMER SERVICE

For routine service (if you need a technician, etc.) call LW Comcast Bulk 1-855-638-2855. For urgent issues (no TV or Internet), call Comcast Rep Willis Gray directly at 443-370-5018.