

MUTUAL 16 MATTERS



FEBRUARY 2022

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Comcast	1-855-638-2855 willis_gray@comcast.com

Mutual 16 — Leisure World, Silver Spring, MD 20906 ■ www.lwm16.com

NOT FROM THE DESK OF THE PRESIDENT

Mutual 16 President Joan Allston is recuperating from an accident in her home, according to her husband, Doug. All of Joan's friends and neighbors in the community are sending thoughts and prayers as Joan recovers and gets some much-needed rest. We certainly look forward to reading her comments in the next issue of *Mutual 16 Matters*.

Get well soon, Joan!



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SMART COOKIES FEBRUARY RECIPE

BETSY DAVIS' NO-BAKE RECIPE FOR AUNT SOPHIE'S ORANGE BALLS

My Aunt Sophie would make this cookie with my sister and me when we would visit at Christmas time. It's simple and easy for kids of any age. (A great variation – Margarita Balls, substituting frozen margarita concentrate and a shot of tequila.)



INGREDIENTS

- 3 cups vanilla wafer crumbs [12 oz box crushed]
- 3 cups confectioners sugar
- ¾ cup [6 oz can] orange juice concentrate, thawed
- 1 stick melted butter
- 3 cups shredded coconut

DIRECTIONS

- In a large mixing bowl, combine vanilla wafer crumbs, confectioners sugar, orange juice concentrate, and melted butter. Mix until well combined.
- Roll into small 1-inch balls. Immediately roll each ball in coconut.
- Chill in an airtight container. Keep refrigerated, serve in small portions, and replenish as needed.

NOTE: If you have a favorite recipe you'd like to share with your neighbors, please send it to the editor. These recipes give everyone an opportunity to practice for the 2022 Christmas Cookie Project (see the "Smart Cookies" article in December 2021 issue of *Mutual 16 Matters*).

M16 ART JAM

On a recent Saturday afternoon, a group of would-be artists got together to paint. Using supplies ordered from the internet (including paint, canvases, brushes, palettes and an instructional video), Van Gogh (**Betsy Davis**), Mary Cassatt (**Jan Romanoff**), Picasso (**Janet Farr**), and Grandma Moses (**Paula Seebode**) created masterpieces and had a lot of fun. Who knew Mutual 16 harbored an artists' colony?



Betsy Davis, Janet Farr, Janice Romanoff



Janice Romanoff, Paula Seebode Betsy Davis, Bandit

MILESTONES

HAPPY BIRTHDAY

Melinda Proctor	February 1
3414 Island Creek Court	
Janice Romanoff	February 1
3309 Solomons Court	
Lenny Sammarco	February 1
15407 Prince Frederick Way	
Michael Higgs	February 4
3308 Solomons Court	

This year, the Park Beautification Committee is taking cash donations to buy annuals and seasonal décor. Please make your check out to Paula Seebode. You can slip it in her mail slot or call her to pick it up. Call 301-944-4759 to volunteer for the committee or to discuss any and all donations. Thank you!

GET TO KNOW YOUR NEIGHBORS

BETTY LICHTENSTEIN

15424 PRINCE FREDERICK WAY

Betty Lichtenstein is a lifelong DC area native and at 96, the oldest M16 resident. Betty's mother died giving birth to her, so she was raised by her grandparents. Her grandparents had a mom-and-pop grocery store in Southwest. They retired and moved to Northwest and Betty transferred from Central to Coolidge High School. She has seen a lot of Washington history. Eleanor Roosevelt attended Betty's elementary school May Day celebration. When Betty saw Eleanor, she was so excited that she got out of step for the complicated Maypole dance being performed for the First Lady. In 1939, Betty missed school to wave to King George VI and the Queen of England (parents of the current Queen Elizabeth) as they paraded down Pennsylvania Avenue. Betty was also at a Constitution Hall conference with President Kennedy pertaining to employment of the handicapped. When she worked at St. Elizabeth's Hospital, she regularly saw John Hinckley Jr. who tried to assassinate Ronald Reagan.

Betty met her husband, Harold (Hesh), toward the end of WW2. One of Betty's friends said it was a "patriotic duty" to visit that friend's cousin who was in the Army and was at Fort Belvoir hospital, recovering from an injury. Four months later they married. She says, "with his broken foot, he could not run away." In 1945, shortly after they married, the Army sent Hesh to Okinawa. When he left for Okinawa, Betty was pregnant. She gave birth to their first child while he was away. Hesh didn't see his firstborn daughter until she was 5 months old. After the war, housing was very hard to find so while Hesh went to George Washington University on the GI bill to become a pharmacist, Betty took care of their daughter in a converted Army barracks in SE DC which had only an ice box. Early every morning Betty had to be up and dressed to receive the iceman delivering the ice for the day.

In the early Fifties, they moved to Wheaton Woods in MD, and then in the early Sixties to Aspen Hill. They had two more children. In the mid-Sixties, when the children were older, Betty went back to work. She worked at the Department of Health and Human Services in several capacities always in the field of Mental Health.



For over 40 years, Betty has volunteered for Recovery International, leading self-help groups for those challenged by mental health problems. In 2003, she received the Path of Achievement Award, from the Montgomery County executive at the time, for her volunteer work as a senior.

Physical fitness is important to Betty. She has been active from the beginning, taking dancing lessons as a child (hence the May Day incident). Even when she was working, raising children and volunteering, all at the same time, she made sure she went to the gym, took exercise classes, or at least exercised along with Jack LaLanne on the TV.

Betty and Hesh liked to travel and took Russian and Spanish classes at Montgomery College. Hesh retired in 1992. Betty retired in 1995. They moved to LW in 2004 to get away from stairs but also because they were quite familiar with Leisure World as Betty's two uncles, with whom she grew up, lived here. Long before they moved, she and Hesh came over to participate in the Comedy and Humor Club. Once living here, they took full advantage of what LW has to offer. They were members of the Democratic Club, the Yiddish Club, and used the fitness center. Betty has taken many exercise classes and done line-dancing here. She says that is why she can walk unaided to this day.

She and Hesh were married 69 years when he passed way in 2014. Two years ago, tragedy struck again when Betty's youngest child, Joyce, passed away. "She was all heart," Betty says of Joyce, "No one should outlive their child." But Betty remains strong and positive. A final deep insight: Betty says that most of the time, after she watches the news, she immediately gets out her joke books and listens to music to lighten her mood. Betty has a disarming sense of humor. And she is very wise.

RESOURCES

CONTRACTORS

HVAC, Plumbing

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

Electrician

Chris Blucher 240-462-7221

General Contractor

Mike Morrow 301-613-8781
Morrow1200@me.com

Painter

Ralph Carter 301-302-1211
Ralphcarter8@aol.com

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
brdgmn63@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 brdgmn63@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 email grounds@lwmc.com or call 301-598-1314 to notify them you have yard debris for pickup. Use tall brown paper recycling bags. **NO REQUESTS BETWEEN DECEMBER AND MARCH.**

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.