

MUTUAL 16 MATTERS

OCTOBER 2022

YOM
KIPPUR

COLUMBUS
DAY

HALLOWEEN

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

BOARD OF DIRECTORS

| | |
|----------------|------------------------------------------------------------------------------------------------------------|
| President | Joan Allston 301-598-2557 jallston1@aol.com |
| Vice President | Betsy Davis 240-383-7155 betsydavis1@gmail.com |
| Secretary | Paula Seebode 301-944-4759 paulas330@aol.com |
| Treasurer | Edwin Bradley 202-641-7455 edsubrad@aol.com |
| Directors: | Doug Allston 301-598-2557 dkallston@gmail.com |
| | Ellen Darr 240-669-8386 ellenmdarr@gmail.com |
| | John Looney 240-669-3530 j.looney007@comcast.net |

COMMITTEE CHAIRS

| | |
|--------------------------------|-----------------------------------------|
| Communications Distribution | Virginia Rehbehn 301-438-0949 |
| Landscaping | Doug Allston 301-598-2557 |
| Maintenance | John Looney 240-669-3530 |
| Park | Paula Seebode 301-944-4759 |
| Social | Julie Repeta 301-847-9067 |

CONTACTS

| | |
|------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Assistant Property Manager | Kelly Rivera 301-598-1031 krivera@lwmc.com |
| Editor | Chris Everett 410-428-7549 chris@ceverettonline.com |
| LW Admin | 301-598-1000 |
| PPD | 301-598-1500 |
| Security & Transportation — Main Gate | 301-598-1044 |
| Comcast | 1-855-638-2855 willis_gray@comcast.com |

FROM THE DESK OF THE PRESIDENT

It is budget time again, and if you have heard any rumors about your condo fee, let me assure you the rumors are probably correct: it will be going up. Electric rates have skyrocketed and water rates are problematic for the future. The community fee has increased as have the Comcast contract fees. Our Treasurer and the Board of Directors (BOD) took a long hard view of the future financial status of Mutual 16 and determined some drastic actions need to be taken now to prevent problems in the next year. They are delaying any landscaping projects for the remainder of the year. No new trees will be planted. No removal of decaying trees, and only basic lawn services as detailed in the current contract with McFall & Berry. Basically, the grass will be cut and the snow removed when necessary. In addition, all but urgent maintenance will be put on hold for the remainder of 2022. Non-essential projects will be put on hold, but critical repairs will be made.

But residents must help too! I think we could all turn the heat down a degree or two and put on a sweater. And we can wait to do laundry or run the dishwasher until we have a full load! Outside lights should be turned off during the day. *And NEVER run the air conditioner when the heat is on!* All these things will help the electricity bill. Every little bit matters.

Please note a **correction** to the 2023 Budget letter that unit owners have received. Unit owners have until **November 30** to submit written questions and comments about the 2023 Budget. Questions can be addressed to any BOD member. The Budget will be formally approved at the Board of Directors meeting on **December 13, 2022**.

I send out the reminders of the BOD meeting by e-mail prior to the meetings. If you would like to be added to my e-mail list, please send your name and e-mail address to me at jallston1@aol.com. You may also want to check our website at lwm16.com for information on the Mutual.

IN THIS ISSUE...

- | | | |
|------------------------|--------------------------|-----------------------------|
| 1. President's Message | 2. Milestones | 5. Rules Committee Update |
| 2. Smart Cookie 2022 | 2. M16 Word Scramble | 5. Thank You! Thank You! |
| 2. Canteen Truck #705 | 3. Meet Kathy and Stan | 5. Miranda Forever Home |
| | 4. Save Energy | 6. Resources & Reminders |
| | 5. Options: File of Life | 7. What's In A Name: Ballot |

SMART COOKIES

CALLING ALL BAKERS!

Would you like to join other fun people to:

- Bake cookies for First Responders this holiday season?
- Assemble platters to deliver, all while tasting and chatting?
- Join a group to deliver them to the rescue units we see most often on our streets?

- Earn the honorific of Smart Cookie 2022?
- Have FUN with your neighbors?

Please call **Paula Seebode** at 301-944-4759 or **Betsy Davis** at 240-383-7155 and let us know if you'll join the Smart Cookies this year. *NOTE: This is fun to do with your grandchildren.* **BETSY DAVIS**



From last year: (left photo) **Judite Fernandes, Betsy Davis, and Kay Looney;** (right photo) **Betsy Davis, Marcus Nevad, Kensington Station #21, and Sandy Greer**

CONGRATS FOR YEARS OF SERVICE

WELL-DESERVED RECOGNITION!

On September 25, the Kensington Volunteer Fire Department honored **Don and Jo Phillips** of 3306 Solomons Court for their decades of devoted service. Canteen Truck #705, which carries food and water, was dedicated in their names.

Don and Jo joined the department in 1962. Jo was one of the first Auxiliary members and Don was a tiller driver on the hook and ladder truck, as well as an officer. From 1972–1973, Don was President of the Montgomery County Volunteer Fire and Rescue Association. In 1995, Don was inducted into the Association's Hall of Fame, followed by Jo's induction in 1999.

Don and Jo were known as the "Canteen Crew of Montgomery County." They are still active with the volunteer department, offering advice in Zoom meetings, social events, and fund-raisers.



Don & Jo Phillips with new truck



Jo applauded by **Julie Repeta & Kay Looney**



MILESTONES

HAPPY BIRTHDAY

- Carl Alexander** October 09
3407 Island Creek Court
- Jean Jones** October 22
3409 Saint Leonards Court
- Betsy Davis** October 24
15548 Prince Frederick Way
- Kay Looney** October 28
15411 Prince Frederick Way

IN MEMORIAM

Mary Young
September 26, 2022
late of 3406 Island Creek Drive

OCTOBER SCRAMBLE

Rearrange letters on each line to form a word, then use the circled letters on each line to form the BONUS WORD.

Created by **JANET GILBRIDE**

RIGCEN

□ □ ○ □ □ □

ALT TEN

□ □ □ □ ○ □

PALHIYP

□ □ □ □ ○ ○ □

GULNPE

□ □ □ ○ ○ □

MPIRE

□ □ ○ □ □ □

BONUS WORD

CLUE: EVERY CLOUD HAS A SILVER -----

○ ○ ○ ○ ○ ○ ○

See next month's Word Scramble for answers

SEPTEMBER ANSWERS

AMBLE
BLAME

AMYETL
TAMELY

HANIC
CHAIN

DSAMHE
SHAMED

ECNAR
CRANE

BONUS WORD
CLUE: MOST POETS LIKE TO MAKE -----

RHYMES

GET TO KNOW YOUR NEIGHBORS

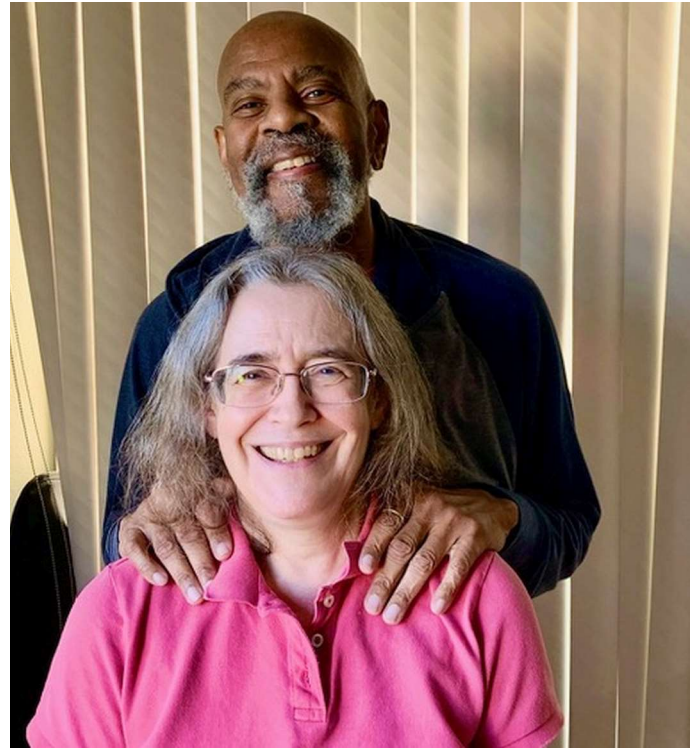
KATHY FLANDERS AND STAN McCRAY

3422 ISLAND CREEK COURT

After getting advanced degrees, both Kathy and Stan came to this area to work. They did not know each other. For thirty years, Kathy worked as a researcher at the National Cancer Institute at NIH. She worked with Anita Roberts, a noted molecular biologist, on a team studying a protein which plays a central role in signaling growth factors in the body to heal wounds and fractures speedily. The team did preliminary work on this same protein which, when blocked, was found to slow the progression of glioma, a kind of brain cancer. She has co-authored 200 scientific papers in her field. She says that the excitement of discovery always made her job compelling. Stan has been a college professor teaching French and linguistics at Howard University and the University of Maryland, Baltimore County. He has written a book, *Advanced Principles of Historical Linguistics*. He is fluent in French, has a working knowledge of Spanish, Italian, and German and has studied several ancient and medieval languages. He has always enjoyed influencing young minds as a teacher.

In the 1990s, when Kathy and Stan were troubled by failed marriages, they independently sought solace in karate. At a karate boot camp, in the middle of nowhere, after grueling workouts during the day and parties after hours, they became friends. The friendship blossomed and after a long courtship, they married in 2004.

Theirs may be a case of opposites attract. She loves to travel and is on a quest to visit all 50 states; he is a homebody. She likes comedies, he likes gritty crime dramas. His work was about the macro: he studied the history of human language across centuries – very big. Her work was about the micro: she studied the action of one protein out of 20,000 human proteins – very small. She came from a very small town in Massachusetts and went to a two-room school. He is an inner-city kid from Toledo who experienced all the bustling culture of city life. He is a musician who plays the guitar and sings, and is related to Muddy Waters; she likes to listen.



In this case, opposites attract but it seems fate had a hand in it too. Each of their first weddings took place on the same day in the same year although miles apart – Coincidence or Kismet? Was fate trying to tell them something? They went to Kathy's friends' Halloween party in DC and were surprised to find that it was in the same building in which Stan had previously lived! Had they just missed each other in the past? She visited her sister in Manhattan. He visited friends in Manhattan. Her sister and his friends lived on the same block. Stan and Kathy probably saw each other in the Bodega or passed each other walking to the subway. Was fate trying to get them together?

He retired in 2012. She retired in 2016. This past summer, they moved to Leisure World to downsize to one-level living and to be close to family in Aspen Hill. They chose Mutual 16 because they needed a garage to replace their basement full of... the usual. They didn't want to downsize too much. They both love being able to walk to the fitness center. They say it is one of the best fitness centers they have ever seen. This is high praise coming from people who have spent a lot of time in gyms. Stan works out often and Kathy works out and takes fitness classes offered at Clubhouse 2. Their Mutual 16 neighbors have welcomed them with warmth and hospitality and so they are confident they chose the right place.

SAVE ENERGY

HOME HEATING

Most of us can agree on two things. We want to save money wherever we can. This is especially important now since we are facing skyrocketing electric rates. Secondly, we want to conserve energy to improve the quality of our environment and as a legacy to our children and grandchildren. All of us should consider doing our part to conserve energy wherever we can.

Conserving energy is a year-round process. With cooler weather, we can focus on saving energy in the heating season.

THERMOSTAT TIPS

One way to conserve energy is to lower the winter temperature at home, even by a small amount. For example, rather than keeping the thermostat at 72 or 74, lower it to 68 or 70, if that's tolerable. Adding layers of clothing, or a blanket when watching TV can help. A rule of thumb is 1–2% saving for each degree the thermostat is lowered. For many, lowering the bedroom temperature at night makes sleep more comfortable and may be healthier. Adding another blanket is always an option.

Most of our homes have the original configuration of electric baseboard heating with a separate thermostat for each area. Individual room thermostats only give approximate temperatures, but once preferred settings are determined, mark those points on the dial. Use a separate room thermometer to verify. Once the different temperatures are marked, it's easy to adjust settings between day and night. With individual room thermostats, consider turning the temperature very low for the rooms not in routine use (such as a spare bedroom). Electric baseboards can be the least efficient heating method, but savvy use of the thermostats has the greatest potential for savings. And, to make things even easier, it is possible to install digital (not programmable!) thermostats for each area – this will set the temperature accurately in each space without having to validate them.

While there are programmable thermostats for electric baseboard heat, they can cost \$50 or more

each (plus installation). One device is needed for each area, and even the more expensive programmable thermostats are not always reliable. That said, temperature control with programmable thermostats is doable, but it's much more complicated.

LESS EXPENSIVE OPTIONS & MORE TIPS

Even without lowering the thermostat, there are other ways to conserve energy. Make sure all the windows and exterior doors are securely closed and sealed so heated air doesn't escape and cold air doesn't enter. Cracked caulk around windows or defective seals on exterior doors are other sources of energy loss. Fortunately, fixes for those issues are reasonable – many are even do-it-yourself projects.

This brings up another cost-effective strategy – blinds and curtains. With cooler weather, it's best to open blinds and curtains on the side where the sun is shining, and keep them closed on the sides where the sun is not. Plan strategic sun exposure for windows and open doors – it can make a difference.

Leaving home for a few hours? Consider turning thermostats down a few degrees. Leaving home for a day or more in the winter? Consider lowering the temperature to 50–55 degrees. In freezing weather, the particular concern is that pipes can freeze and burst, so do not turn the heat source completely off. Also, if away from home for an extended period, it's best to turn off the power to the hot water heater and to shut off the main water supply to the house. Not only does this save energy, but if a leak occurs in the pipes, the damage is minimized.

By following even a few of the simple tips in this article, you can make your home more comfortable, easier to heat and cool, make our planet healthier and cleaner, while you save money.

Thanks to **Arlene Halpin** and **Robert Pechacek** for their time and helpful input for this article.

Watch for future articles about energy-saving appliances, efficient air conditioning, pros & cons of heat pumps, and more. Saving energy does good for the environment and for all of us – consider it.

JOE HALPIN

The source of this info is the US Dept of Energy. More energy saving tips can be found at: <http://energy.gov/energysaver/energy-saver>

OPTIONS: FILE OF LIFE

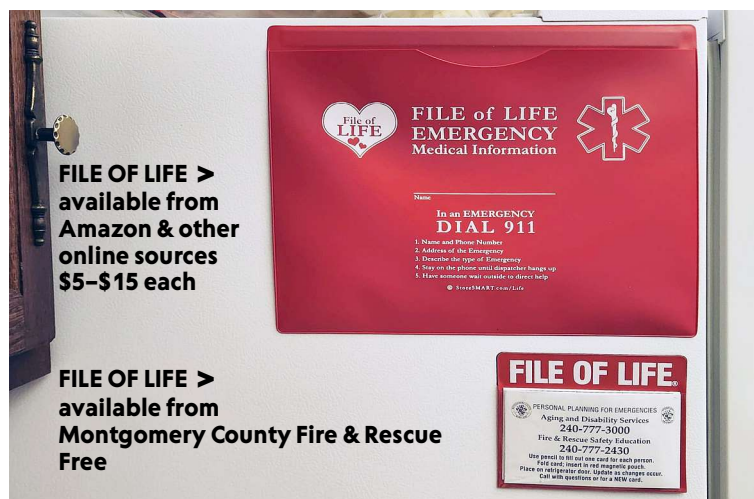
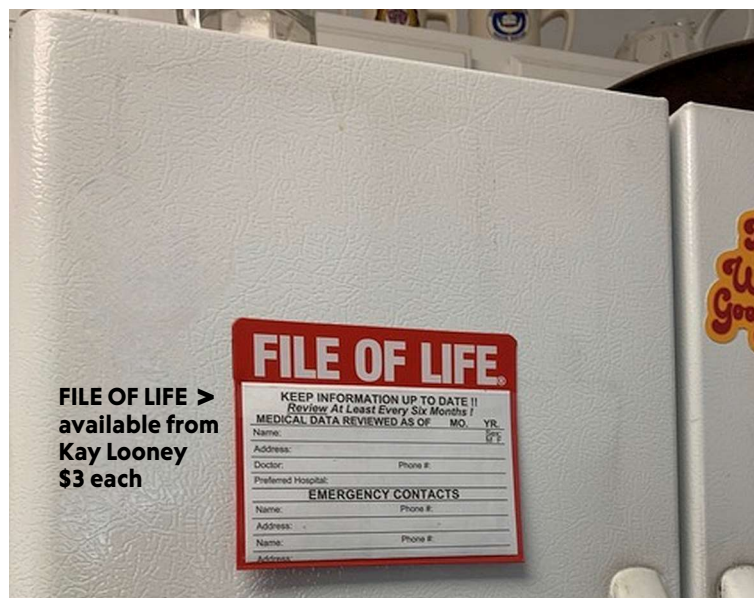
Medical emergencies can happen at anytime. When they do, there is confusion, panic, and urgency. First Responders arrive with no information about the person in need. Seconds count – they can make the difference between life and death. A red **File of Life** folder gives the EMT your medical info when you can't – including allergies, medications, contacts, and more. Keep it updated.

To locate your red folder, the EMT first looks at your refrigerator. If the red pouch magnets (red pouches have magnets) don't work with your refrigerator, then the EMT will look for anything on a wall *near* the fridge.

The quickest way to get a **File of Life** folder is to call **Kay Looney** at 240-669-3530 – while supplies last, they're only \$3 each. Thank you to **Barbara Higgs** who acquired this limited inventory specially for residents of Mutual 16.

Big folders that hold 8½ x 11 inch paper are available from Amazon (5-piece minimum) for about \$5 each.

Also, a smaller **File of Life** folder is free from our local Fire Station. Call 240-777-2430... mailed at no charge.



RULES COMMITTEE UPDATE

The Rules Committee finished its work on an initial draft of the revised bylaws and submitted it to the Mutual 16 Board of Directors for their consideration. The Committee has now begun work on a revision of the Mutual's Rules. As part of the process, the committee members would like to invite anyone interested to come to a Rules Committee work session. Since committee work sessions and meetings are not always at the same time or place, please call **Paula Seebode** at 301-944-4759 for the date, time, and place of the next meetings if you would like to attend. Look for continuing updates in future newsletters.

THANK YOU! THANK YOU!

Thanks to **Jan Romanoff** for gifting the Little Library with a big box of books. Thanks to **Bob Bridgeman** for fixing the Little Library door. And thanks to all the readers who give and take books, keeping the Little Library a popular addition to the Mutual 16 Park at the Rock.

MIRANDA'S FUREVER HOME



Former Mutual 16 resident, "Miranda Lambert," the American English Coonhound fostered by **Lynn Green Griffin**, 3303 Solomons Court, relaxes at her new forever home in Sykesville.



RESOURCES

CONTRACTORS

HVAC, Plumbing

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

Electrician

Chris Blucher 240-462-7221
Ethan Greene 240-388-1616

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)

Austin Angles 301-614-2938

Bill Bowers 301-831-7893

Cooper 301-473-2191

REC Lawn Russ Cooper 301-614-2938

Mark Emmel 301-249-3655

Jovy's 301-537-9156

Jose Mayorga 301-346-5880

Carlos Mendoza 301-624-9769

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

If you have a power outage, do NOT call Pepco! **Call the Main Gate, at 301-598-1044.** The Main Gate reports outages to Pepco. We don't have individual accounts with Pepco. This means Pepco has no 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 fridge door? If not, get a red pouch for \$3 from **Kay Looney**, or get one from Montgomery County Fire & Rescue. Keep it updated with info concerning your medications, doctors, and contacts to be notified in case of serious illness. This data is important to an emergency crew when they are called in due to a sudden illness. First responders 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.

DID YOU KNOW?

Article from *Leisure World News*
Edition October 7, 2022 Page 4
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WOOD SHOP IS A RESIDENT RESOURCE

Woodworkers in the Clubhouse I Wood Shop can often be found tinkering with personal woodworking projects. But did you know the Wood Shop offers repair services and signage for all residents?

Residents with furniture or other wooden items in need of repair should call the Wood Shop at (301-598-1308) and ask for one of the repair coordinators prior to bringing any item in. If none is available, leave your name and phone number with the Wood Shop's monitor, and a coordinator will return your call.

With the COVID-19 pandemic subsiding, repair services are being handled once again on a first come, first serve basis.

All repair projects are completed by the Wood Shop's members, who volunteer their time and talents for the benefit of their fellow residents.

Looking for a Sign

And did you know that residents "looking for a sign" need look no further than the Wood Shop?

With the introduction of a CNC machine – a computer-driven router – five years ago, and a laser engraver two years ago (thanks to a generous grant from the Foundation of Leisure World), woodworkers have been able to translate computer designs to wood, glass, aluminum, leather and other materials, without entirely giving up the mallets, chisels and other traditional woodworking tools they enjoy.

So far, signage has been made for Mutual 14, Forest Glade, Pine Orchard, and Creekside and installed at each mutual's entrance near Leisure World Boulevard...

THE "WHAT'S IN A NAME" BALLOT

"What's in a Name? Identity, Branding, and Marketing a Neighborhood" first appeared as an editorial in the July/August/September 2021 issue of *Mutual 16 Matters*.

In the year since then, we've had many discussions and suggestions from the community.

At this point, we've identified the means to create signs via the Leisure World Wood Shop. In addition, we have two anonymous donors ready with the funding for signs at the two primary entrances on the perimeter of Mutual 16 – one sign facing Leisure World Boulevard and one sign facing Norbeck Boulevard.

Now it's time to vote.

We will be using Ranked-Choice Voting (RCV). This gives you more say in the selection. Even if your first choice does not win, your preferences still help make the final determination.

HOW RANKED-CHOICE VOTING WORKS

All first choices are tallied and if one name receives more than 50% of the first choices, that name wins. If there is no majority winner after counting first choices, the name with the fewest votes is eliminated, and voters who picked that name as their top choice will have their next choice counted. This process continues until there's a name with more than 50% of the votes.

HOW TO VOTE

1. Use this ballot and drop it off (or mail it) to **Chris Everett**
3302 Solomons Court
2. Email your vote to chris@ceverettonline.com
3. Phone your vote to 410-428-7549

Note: Email or phone votes must include your 1st, 2nd, and 3rd choices plus your unit address.

| NAME | 1ST CHOICE | 2ND CHOICE | 3RD CHOICE |
|------------------|--------------------------|--------------------------|--------------------------|
| Calvert Village | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Palisade Gardens | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Rockland | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sweet Sixteen | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write-in: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Unit Address:

NOTES

Votes must be received by Friday, November 25, 2022 (the day after Thanksgiving). Results will be published in the December 2022 issue of *Mutual 16 Matters*. Votes are confidential and restricted to one vote per Mutual 16 unit. Contact Chris Everett with any questions.