

# MUTUAL 16 MATTERS

JULY 2023

## AGENDA MEETING:

1:00 PM first Thursday of month  
Clubhouse II, Rossmoor Room

## BOARD OF DIRECTORS MEETING:

9:30 AM second Tuesday of month  
Clubhouse II, Rossmoor Room & Zoom

## BOARD OF DIRECTORS

<b>President</b>	<b>Paula Seebode</b> <a href="mailto:PaulaS330@aol.com">PaulaS330@aol.com</a> 301-944-4759
<b>Vice President</b>	<b>Betsy Davis</b> <a href="mailto:BetsyTDavis1@gmail.com">BetsyTDavis1@gmail.com</a> 240-383-7155
<b>Secretary</b>	<b>Chris Everett</b> <a href="mailto:Chris@CEverettOnline.com">Chris@CEverettOnline.com</a> 410-428-7549
<b>Treasurer</b>	<b>Edwin Bradley</b> <a href="mailto:edsbrad@aol.com">edsbrad@aol.com</a> 202-641-7455
<b>Directors:</b>	<b>Doug Allston</b> <a href="mailto:dkallston@gmail.com">dkallston@gmail.com</a> 301-598-2557
	<b>Marcia Laundy</b> <a href="mailto:malaundy@gmail.com">malaundy@gmail.com</a> 301-598-3027
	<b>John Looney</b> <a href="mailto:JackL02@icloud.com">JackL02@icloud.com</a> 240-669-3530

## COMMITTEE CHAIRS

<b>Communication Distribution</b>	<b>Virginia Rehbehn</b> 301-438-0949
<b>Landscaping</b>	<b>Betsy Davis</b> 240-383-7155 & <b>Marcia Laundy</b> 301-598-3027
<b>Maintenance</b>	<b>John Looney</b> 240-669-3530
<b>Social</b>	<b>Kay Looney</b> 240-669-3530 & <b>Diane Rosenfield</b> 301-996-2549

## CONTACTS

<b>Sr. Property Manager</b>	<b>Robert Brunelle</b> <a href="mailto:RBrunelle@lwmc.com">RBrunelle@lwmc.com</a> 240-560-5565
<b>Admin Assistant</b>	<b>Stacey Carranza</b> <a href="mailto:SCarranza@lwmc.com">SCarranza@lwmc.com</a> 301-598-1338
<b>Editor</b>	<b>Chris Everett</b> 410-428-7549
<b>LW Admin</b>	301-598-1000
<b>PPD</b>	301-598-1500
<b>Main Gate (Security)</b>	301-598-1044
<b>Comcast</b>	1-855-638-2855 <a href="mailto:willis_gray@comcast.com">willis_gray@comcast.com</a>

Mutual 16 — Leisure World, Silver Spring, MD 20906 ■ [www.lwm16.com](http://www.lwm16.com)

## FROM THE DESK OF THE PRESIDENT

It is the Mutual 16 Board of Directors' duty, by law and by common sense, to know what is going on in the Mutual. You have given the Board the responsibility to oversee changes to the Mutual in order to maintain a consistent and harmonious Mutual esthetic. In three pages of legal-ese, Article X, Sections 1-6 of the current bylaws basically say that you cannot make any changes to the outside of your house or any structural changes to the inside unless you get the approval of the Board of Directors (BOD). We have a few new neighbors and now is a good time to go over the process for getting Board approval for changes to your unit.

- If you want to change anything outside of your house, you are supposed to fill out an Application for Building Modification (ABM) and submit it to the Board for approval. If you are planning to make a change but are not sure if you need an ABM, ask.
- If you are using a contractor for a large project (like new windows, moving a wall, adding electrical boxes), you will need to have the contractor's license number and a copy of the contractor's Certificate of Insurance with Mutual 16, Leisure World of Maryland Corporation, and yourself listed as additional insured. This ABM goes to our Property Manager for a recommendation, then to the BOD for approval. When in doubt, ask.
- If you are planning a smaller project (painting your door, self-installing a security system), you may not need the contractor's information and the ABM can go directly to the BOD for approval. When in doubt, ask.
- Either way, include a detailed description of what you want to do.
- You can get an ABM form from any member of the Board, the Mutual Property Manager, the Mutual Admin Assistant, or you can get it online at [www.lwmc.com](http://www.lwmc.com) or [www.lwm16.com](http://www.lwm16.com).
- Most ABMs are approved. Many inside changes, even major ones, do not require an ABM. When in doubt, ask.
- If you have a question, talk to a Board member, our Mutual Property Manager, or our Mutual Admin Assistant. Their phone numbers and emails appear on this page. When in doubt, ask.

Let's keep Mutual 16 beautiful so it will always be known as the Potomac of Leisure World. If you are in doubt about what that means, ask.

### IN THIS ISSUE...

1. President's Message

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5. From the Editor  
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# M16 LANDSCAPE COMMITTEE UPDATE

**Doug Allston** is taking a well-deserved break from the Landscape Committee. **Betsy Davis** and I are hoping to fill his shoes. You may have seen Doug and I riding his golf cart and checking the yards of the 95 homes in Mutual 16. The increase in rain, humidity, and heat has led to a bumper crop of weeds and growth of bushes. Some homes have dead bushes that need to be removed. Over 30 of the 95 homes need gardens spruced up. Upon reflection and discussion, Betsy and I have decided to waive the inspection for now and give everyone this heads up. We will reassess the issues in September. If you have questions, let me or Betsy know and keep in mind the gardening services listed in our newsletter. We are grateful for Doug's service. He deserves accolades and thanks for his years of dedication. If you have any questions, call me or Betsy. Thanks! **MARCIA LAUNDY**

# RAVE REVIEWS: THE PARK AT THE ROCK!

Over two hot days in July, Friends of the Park worked to make the Park at the Rock more beautiful. They watered, deadheaded, and weeded. As they worked, two ladies from Vantage Point East stopped to praise their efforts and tell them how much enjoyment the Park adds to their daily walk. **PAULA SEEBODE**



Jane Welsh waters extremely dry flower bed.

**Jan Romanoff, Rick Masemore, Paula Seebode, Marcia Laundry, and Julie Repeta** interrupt their labors for a photo. Photo by Arlene Theiss of Mutual 18 who also complimented their hard work.



Sandy Robinson and Ann Ferren from Vantage Point East take a short break from their daily walk while way in the back, **Julie Repeta** toils away clipping and trimming old growth.



## MILESTONES

### HAPPY BIRTHDAY!

- Thomaseena Cox** July 01  
15553 Prince Frederick Way
- Barbara Higgs** July 09  
3308 Solomons Court
- Helen Pechacek** July 09  
3420 Island Creek Court
- Paula Seebode** July 10  
15408 Prince Frederick Way
- Robert Hortin** July 25  
15537 Prince Frederick Way

### IN MEMORIAM

**Josephine Phillips**  
July 5  
late of 3306 Solomons Court

## JULY 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**

**YESOTR**

□ □ □ □ □ ○

**ISERM**

○ M I S E R

**CSPMA**

○ □ □ □ □

**RMCBU**

□ □ ○ □ □

**ELMRBI**

□ □ ○ □ ○ □

**BONUS WORD**

CLUE: DOG DAYS OF -----

○ ○ ○ ○ ○ ○

See next month's Word Scramble for answers

## JUNE ANSWERS

EPORRP  
**PROPER**

ORUPC  
**CROUP**

IEFLUT  
**FOTILE**

LAMER  
**REALM**

ODRECL  
**COLDER**

**BONUS WORD**  
CLUE: MIX RED & BLUE,  
GET -----

**PURPLE**

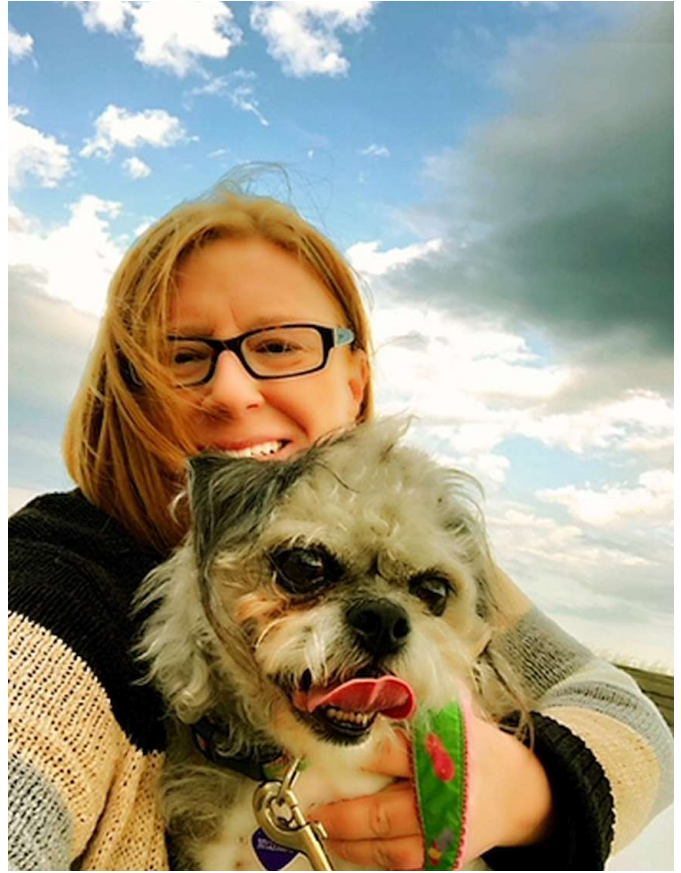
## GET TO KNOW YOUR NEIGHBORS

### JACKIE BAKER AND HEATHER HORAN

3401 PARKER CREEK LANE

Mother and daughter, Jackie and Heather are life-long DC area residents. Jackie worked in national security for over 40 years, first in industry as a contractor to the Federal government in a woman-run firm and then as an employee. She worked for the Navy Department then the State Department. She is the first woman to win the coveted Cogswell Award for Industrial Security Excellence. For her job, she traveled all over Europe and the Middle East; often taking her two daughters, Heather and Shanan with her. You will have to imagine the details of Jackie's career but she worked with several Presidents, First Ladies, Ambassadors, and other high-ranking officials throughout her career. At the same time, she was her daughters' school room mother which involved playground duty and birthday cupcakes. She was also their softball coach, never missing a game.

While Heather's mother spent her career on one path – national security – Heather's path has had a few twists and turns. In grade school and high school (Holy Redeemer, Holy Cross, and Einstein), Heather was academically average but socially superior. She excelled in making friends, many of whom she has to this day. Upon high school graduation, Heather got a job in a dentist's office and worked her way up from dental office assistant to office manager. She had always been interested in public safety. After work and on weekends, she volunteered with Montgomery County Fire and Rescue. She became certified as an emergency vehicle operator, driving advanced life-support ambulances. She also became an Emergency Medical Technician. All this was as a volunteer. When she was laid off from the dentist's office, she decided to get paid for what she loved to do. She applied to be a dispatcher for the Arlington County Emergency Communications Center where they send fire, police, and ambulances to people in trouble.



Heather Horan and Emma (Jackie Baker not shown)

She worked her way up again and is now training manager for all the dispatchers in Arlington County.

When Heather was a EMT in Montgomery County at Kensington Fire Stations 5 and 21, she came to Leisure World all the time. She was drawn to it. From her 20s on, she said she wanted to live in Leisure World. It took her mother a lot longer to be convinced of the appeal of Leisure World.

Jackie suffered a severe broken leg in 2019. Heather moved into her mother's house to take care of her after several surgeries. During her 15-month recovery, they found that living together worked. When Jackie decided it was time to downsize and have some (but not too much) yard work, it was Heather who talked her mother into moving to Mutual 16.

Jackie and Heather enjoy cruising, the beach, playing mahjong, and baseball. They love the Nats, the Orioles, and now the Mets since as Jackie says, "They stole all the Nat's World Series players." If you can catch them at home, stop by and say hi, and give Emma, the Shih Tzu/Pug, a treat or a pet behind the ears.

# MEET THE PETS OF MUTUAL 16

Mutual 16 has many wonderful features to recommend it as Leisure World’s best community. One item that is frequently referenced is the pet-friendly atmosphere that is a key part of our neighborhood.

Recent “Get To Know Your Neighbors” articles have included resident’s photos that featured their pets. Everyone finds the articles to be very informative, but many readers have raved about the pet images.

So, *Mutual 16 Matters* is now asking for you to send us photos of your animal companion(s). We have an audience that is eager to meet your pride and joy.

Send a photo – and please include your name, your pet’s name, your pet’s address, your pet’s breed/species, and any anecdotes you would like to share. A sentence or two (or three) would be ideal as you introduce your pride and joy to the neighbors. We look forward to meeting the animals who share your homes and your lives.



Meet the “girls” – **JoJo** (a Heinz 57 mix) and **Tina** (a beagle) – animal companions of **Dan Bryder**. Formerly in a nice Silver Spring high-rise, the “girls” now enjoy the more comfortable Mutual 16 lifestyle at 3417 St. Leonards Court.



Meet **Emma**, a Shih Tzu/Pug, who resides at 3401 Parker Creek Lane. Emma shares her home with **Heather Horan** and **Jackie Baker** (Jackie not shown in photo).



Say hello to **Phoebe**! At nine months old, she weighs seven pounds and dwells at 3302 Solomons Court. Since she’s a Toy Poodle, she doesn’t shed... and she’s very smart. That’s the good news and the bad news for Phoebe’s housemate, **Rick Masemore**.

## FROM THE EDITOR

### THIS IS YOUR NEWSLETTER



Looking back over the past few years of the *Mutual 16 Matters* newsletter, most of the best articles are the result of content submitted by the residents of Mutual 16. We've seen tasty recipes, helpful household tips, community photos, mini-biographies, social events, memories of special lifetime events, safety warnings, reports of being trapped in a snowstorm, and so much more. It's time to toot your own horn.

This month, we've added a solicitation for photos of neighborhood pets. So far, the examples only show dogs, but we're certain there are some cats out there. There may be some goldfish, too. Maybe someone has a tarantula? A lizard? A snake? A turtle? A unicorn? Let's see who (and what) you have sharing your home!

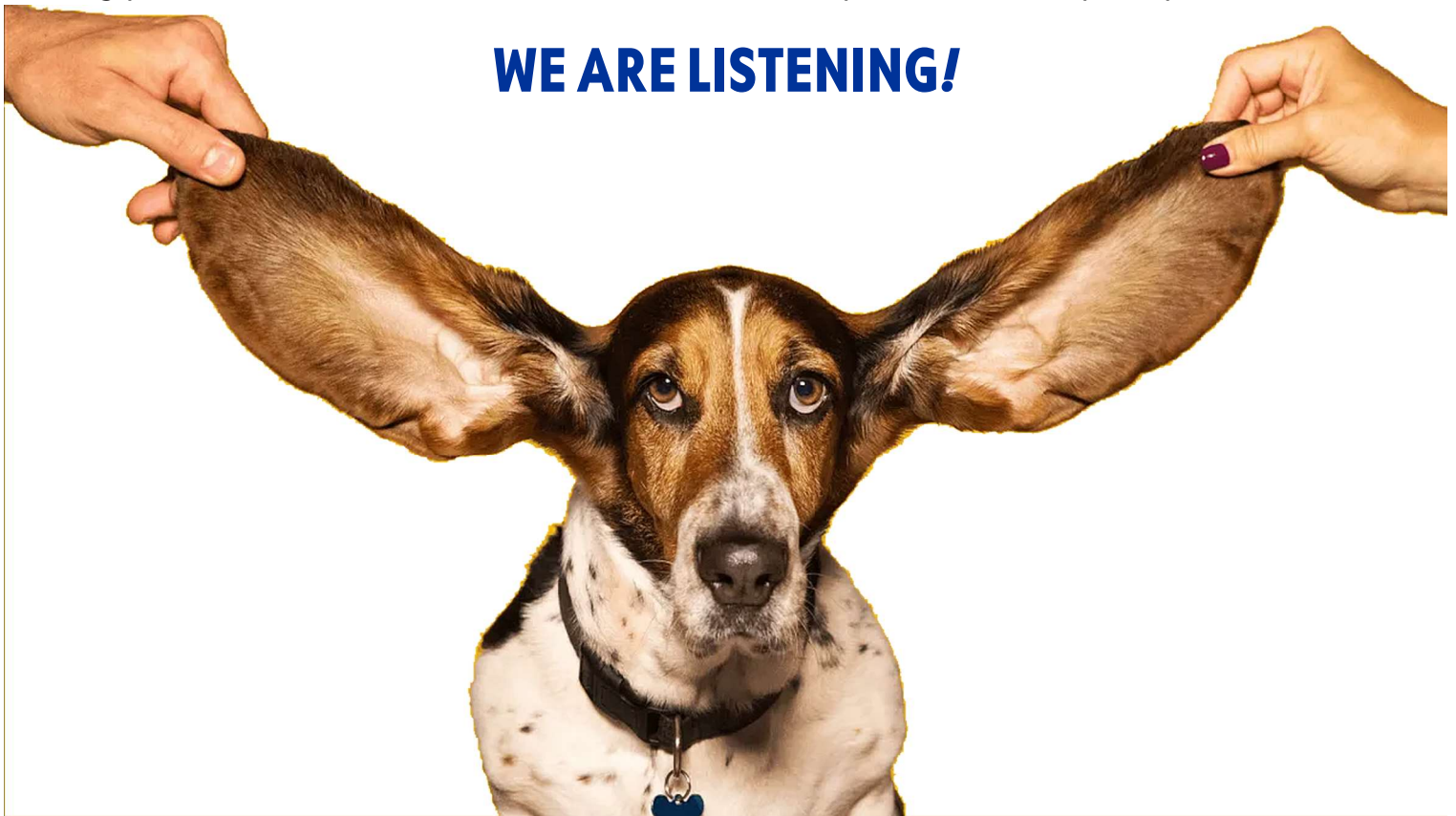
More than these pet images, we'd also love to see more neighborhood photos of landscapes, garden highlights, close-ups of some special details, wildlife, and whatever your imagination conjures up.

Mutual 16 is blessed with an assortment of residents with diverse skills, abilities, and interests. Tell us about your hobbies and your participation in some of the Leisure World groups. Golfers: where are the photos of you in action? Artists: show us some of your creations. Poets: share some of your work.

Somewhere in your past, there may have been an adventure or an achievement that makes for a good story... especially if you have photos of the event. We'd love to hear about it.

What was the story of your life *before* you moved here? We get a lot of positive feedback about our "Get To Know Your Neighbors" articles. Where is *your* story? Maybe your children can interview you. If you don't think of yourself as a writer, give me a call. We can chat and I'll generate a draft that we can discuss before publication. Surprise yourself.

## WE ARE LISTENING!



## RESOURCES

### CONTRACTORS

- Carpet Cleaning** Rod Gardner  
Unique Carpet Cleaners  
301-455-4623
- Electrician** Ethan Greene  
240-388-1616
- Garage Doors** Billy's Garage Doors  
301-367-9160
- General Contractor** Mike Morrow  
[Morrow1200@me.com](mailto:Morrow1200@me.com) 301-613-8781
- HVAC, Plumbing** Pete Kristiansen  
Jiffy Plumbing, Heating and AC  
240-882-8696  
[petethehvacguy@gmail.com](mailto:petethehvacguy@gmail.com)
- Painter** Ralph Carter  
[Ralphcarter8@aol.com](mailto:Ralphcarter8@aol.com) 301-302-1211

### HANDYMEN & APPLIANCE REPAIR

- Scott Davis 240-463-6134  
[t00lman7@yahoo.com](mailto:t00lman7@yahoo.com)
- John Kent 301-385-8866  
[a1handymanjack@gmail.com](mailto:a1handymanjack@gmail.com)
- Alex Santos 202-945-3178  
[aasremodel@gmail.com](mailto:aasremodel@gmail.com)
- Senior Appliance Repair 571-445-2623

### GARDENING SERVICES

- Gloria Sherman (LW Res) 301-980-2867
- Jane Zimmerman (LW Res) 301-219-8745
- Austin Angles 301-598-5161
- 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
- Sam & Mari Gardens 301-590-5977

## M16 CONNECTIONS

### HELPING HANDS

- Peter Loan** 240-676-6074
- Lenny Sammarco** 240-535-8627

### FRIENDS OF THE PARK

- Paula Seebode** 301-944-4759  
[PaulaS330@aol.com](mailto:PaulaS330@aol.com)

### SUNSHINE LADY

- Melinda Proctor** 301-847-9644  
[mefoxp@gmail.com](mailto:mefoxp@gmail.com)

## 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 so Pepco has no record of your 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](mailto: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 **Paula Seebode**, 301-944-4759. 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.

### FRIENDS OF THE PARK

Mutual 16 is home to a Leisure World landmark: the Park at the Rock. Join in to help out – call **Paula Seebode** at 301-944-4759 for more information.

### "FILE OF LIFE"

Do you have a red vinyl "File of Life" magnetically attached to your fridge door? If not, get one of the red pouches 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.

### HELPING HANDS VOLUNTEER

Need help with a minor household task? Call **Lenny Sammarco** 240-535-8627, or **Peter Loan** 240-676-6074.

### 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](mailto:grounds@lwmc.com) or call 301-598-1314 to notify them you have yard debris for pickup. Use tall brown paper recycling bags.

### 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.