

MUTUAL 16 MATTERS

MAY 2024

PLANNING 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

RULES COMMITTEE MEETING

1:30-3:00 PM second Friday of month
15501 Prince Frederick Way

BOARD OF DIRECTORS

President	Paula Seebode PaulaS330@aol.com	301-944-4759
Vice President	Betsy Davis BetsyTDavis1@gmail.com	240-383-7155
Secretary	Chris Everett Chris@CEverettOnline.com	410-428-7549
Treasurer	Edwin Bradley edsubrad@aol.com	202-641-7455
Directors:	Doug Allston dkallston@gmail.com	301-598-2557
	Marcia Laundy malaundy@gmail.com	301-598-3027
	John Looney J.Looney007@comcast.net	240-669-3530

CONTACTS

Communication Distribution	Jean Jones	301-467-3387
Friends of the Park	Paula Seebode	301-944-4759
Helping Hands	Peter Loan & Lenny Sammarco	240-676-6074 301-598-3027
Landscaping	Betsy Davis & Marcia Laundy	240-383-7155 301-598-3027
Maintenance	John Looney	240-669-3530
Newsletter	Chris Everett	410-428-7549
Social	Kay Looney & Diane Rosenfield	240-669-3530 301-996-2549
Sunshine Lady	Melinda Proctor	301-847-9644

SUPPORT

Sr. Property Manager	Nancy Sprinkle NSprinkle@lwmc.com	240-560-5565
Admin Assistant	Stacey Carranza SCarranza@lwmc.com	301-598-1338
LW Admin		301-598-1000
PPD		301-598-1500
Main Gate (Security)		301-598-1044
Comcast		1-855-638-2855
	willis_gray@comcast.com	

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

FROM THE DESK OF THE PRESIDENT

At the recent Annual Meeting, we got a lot done. The Council of Unit Owners (that's us) reelected **Betsy Davis** and **Doug Allston** to the board for three-year terms. We heard various reports.

From **Ed Bradley**, Treasurer: Mutual 16 had a budget surplus for 2023 due to a much lower electric bill; our roof reserve and replacement reserves are in good shape funding-wise and for 2024, the average condo fee was reduced. From **Betsy Davis**, Vice President, we heard that sub-meters for individual homes are being studied; preliminary information indicates that sub-meters save money and energy and they are something we should start educating ourselves about. From **Chris Everett**, Secretary, we heard that the newsletter, *Mutual 16 Matters*, needs your input – poems, artwork, mini-bios, photos, M16 pets, "News You Can Use" – to help make our newsletter even more interesting. From **Doug Allston**, Landscape Coordinator, we heard about the Mutual's tree planting initiative which involves getting 48 FREE shade trees from Montgomery County for planting throughout the Mutual. We will also purchase 10 Redbud trees to plant. We also had the opportunity to listen to and question **Bob Kimble**, LWMC General Manager. He was a wealth of information about the Leisure World Trust properties including the new administration building and parking lot, and the Norbeck Gate reconfiguration.

All this took quite a bit of time. I saw people shifting in their seats like first graders wanting to go to lunch, so I cut my report short. Mostly, what I wanted to say was "Thank You!" I will say it here:

Thank you to the members of the Rules Committee for working on the Bylaws and the Rules for the past two years and on into the future:

Doug Allston, Dee Berkholtz, Rhonda Finehout, Marcia Laundy, Colleen McCarty, Maureen O'Hara, Art Popper, and Bob Strade.

Thank you to the members of the Social Committee for planning and executing all our events: **Judite Fernandes, Rhonda Finehout, Kay Looney, Melinda Proctor, Julie Repeta, Diane Rosenfield, Susan Willcoxon, Jane Welsh**, and adopted M16er: **Jules Greer.**

Thank you to The Friends of the Park for working in the Park at the Rock, keeping it beautiful in all seasons: **Rhonda Finehout, Marcia Laundy, Kay Looney, Rick Masemore, Helen & Bob Pechacek, Julie Repeta, Bob Strade, Jane Welsh**, and newest member: **Jeanette Akhter.**

Lastly, thank you to our Mutual Operations/Services Team for helping us daily to get the work of the Mutual done efficiently and effectively:

Stacey Carranza, Mutual Assistant; **Nancy Sprinkle**, Property Manager; and **Waleska Carcuz Lafuente**, Administrative Assistant.

All these people who can never be thanked enough, make it easy to be the President. I couldn't do it without YOU. With much gratitude, Paula.

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SCENES FROM M16 ANNUAL MEETING



Bob Kimble, Ed Bradley, Bob Strade, Paula Seebode, Chris Everett, and Colleen McCarty.



Joe Halpin, Vincent Lam, Kathy Flanders, Lenny Sammarco, Virginia Rehbehn, Shirley Gilmore, Jim Rosenfield, Dick Lawlor, Maureen O'Hara, Susan Polydoroff, Diane Rosenfield, Jeanette Akhter, and Art Kosatka.

BIRTHDAY LIST UPDATED

During the Mutual 16 Annual Meeting, attendees were asked to submit (or verify) their Birthday information for the monthly greetings in the *Mutual 16 Matters* newsletter.

We would like to extend a very special Thank You to **Jeanette Akhter, Mohammad Akhter, Thomaseena Cox, Shirley Gilmore, Arlene Halpin, Joe Halpin, Art Kosatka, Marcia Laundry, Dick Lawlor, John Looney, Colleen McCarty, Maureen O'Hara, Diane Rosenfield, Jim Rosenfield, Mary (Jean) Schaible, and Bob Strabe.**

If you were unable to attend the Annual Meeting, you can still take a moment to submit your own Birthday info. Just send an email to Chris@CEverettOnline.com. Please include your name (or your preferred nickname), include your birth month, and include your birth date. It is not necessary to include your birth year (birth years are not published in the newsletter).

MILESTONES



Rick Masemore May 02
3302 Solomons Court

Virginia Rehbehn May 13
15533 Prince Frederick Way

Arlene Halpin May 21
3405 Island Creek Court

IN MEMORIAM

Bob Hortin
May 18
late of 15537 Prince Frederick Way

MAY 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**

R A Y E L



R A N D O



T A L N S



N E L A G I



N C E O G T



BONUS WORD

CLUE: SLOW AND ----- WINS THE RACE



See next month's Word Scramble for answers

APRIL ANSWERS

NETLI
INLET

ALRSIO
SAILOR

OIALV
VIOLA

LNBM EI
NIMBLE

DDOEG
DODGE

BONUS WORD
CLUE: SOME SAY A CAT
HAS NINE -----

LIVES

GET TO KNOW YOUR NEIGHBORS

VALERIE CAMPBELL

15557 PRINCE FREDERICK WAY

Valerie was born on Staten Island, a scion of the original Dutch settlers of the island. She went to an all-girls Catholic high school but spent much of her youth taking in all the glories of Manhattan. When she came to DC to go to college, she asked her friend and guide: "When will we get to the city?" while driving on F St. and 11th NW! During college, she worked at the newly-opened Kennedy Center. There she met Isaac Stern, Hubert Humphrey, and Gregory Peck to name a few. She also broke barriers by becoming the first female lifeguard for the NY City Department of Recreation – pretty good for a summer job. She graduated from Trinity College with a degree in voice, went back to live again on Staten Island. She took the ferry to work in Manhattan for the NY State Council on the Arts, distributing funds to various arts groups – which meant she got free tickets to lots of concerts.

She then moved to Hawaii and later, California where she led a free-spirited vagabond life living in a truck, seeing the sights, teaching swimming, singing, and waitressing to pay for gas. She and a friend explored the California coast and the Southwest. Eventually, she landed in Colorado where she met her future husband, an Air Force officer. They married, had two children and she started her second vagabond life. As they say in Thailand: "Same, same but different." The family moved every two to three years being stationed in Colorado, Illinois, Utah, England, South Korea, and Virginia. During those travels, she was an Air Force wife, a choir director, a swimming teacher, an English-as-a-Second-Language teacher, and she worked for USAA. When her marriage dissolved, her children were in high school. She spent some time coaching swim teams, but getting up for 5 AM practices and working on weekends was not sustainable. She went back to school and became a massage therapist.

In this career, she found her bliss. She says that being a massage therapist is empowering. Helping another person, making the human connection, having the trust of her clients, knowing she can make them feel better gives her great joy. And since the first part of her life's philosophy is "Find joy in all," she considers herself a very fortunate person. She worked full time until Covid when she realized the job was getting a bit too physically taxing. Now, she is semi-retired, still seeing a few clients whom she has known for over 30 years.

She moved to Leisure World because she knows a lot of people here. Mutual 16's **Sherry Rubin** and **Lilibet** were her friends. She also chose Mutual 16 because it is affordable, and because, being proactive, she wanted a one-story home. Now in her semi-retirement, she travels; she sings with Capital Harmonia for women's groups and the Threshold Choir of DC for people in hospice; she swims and hikes; and when she gets a bit more settled, she thinks she'll play pickleball. The second part of Valerie's life philosophy is: "Keep living until you die." It's plain to see that Valerie takes this philosophy very seriously.



USEFUL NEWS

Memory Expert Scott Turner to Speak about Current Research and Treatment of Alzheimer's Disease and Other Dementias



Director, Memory Disorders Program
Georgetown University Medical Center

June 4, at 1:30 PM in the Clubhouse II Auditorium, sponsored by the Health Advisory Committee.

MENTAL HEALTH THERAPY Olney Counseling Center and Leisure World Partnership

Olney Counseling Center provides four treatment locations for Leisure World residents: (1) Onsite In-Person at the Leisure World Medical Center, M-Fri 8 AM to 5 PM; (2) In-Home Therapy for residents who need it, M-Sat 9 AM to 6 PM; (3) Olney office: 3300 Olney Sandy Spring Rd., Suite 340, Olney, MD; or (4) Virtual Sessions.

OCC accepts Medicare & Secondary Insurances

Billing completed by OCC Staff

To make an appointment:
call 301-570-7500

email office@olneycounseling.com

website www.olneycounseling.com

EMERGENCY CONTACT INFO

Please be sure to give your emergency contact info to a neighbor or to a Mutual 16 officer. This will never be published, but if something happens, it will allow someone to contact your loved ones when needed.

SCENES FROM MUTUAL 16



TOP PHOTO
It's that time of year when a mother deer may temporarily leave a fawn in our yards... until she returns later.
Photo by **Lenny Sammarco**.

MIDDLE PHOTO
McFall and Berry doing some tree trimming.

BOTTOM PHOTO
Betsy Davis' Secret Garden at 15548 Prince Frederick Way.

EVENTS



THE PARK AT THE ROCK



The Friends of the Park weed, water, and plant annuals: **Bob Strade, Judite Ferandes, Rick Masemore, Jane Welsh, Marcia Laundry, and Paula Seebode.**

Additional thanks to **Jodi Lyons** and **Joan & Al Safer** (in memory of **Kramer** the black lab) for donations to the Friends of the Park.

Iris donated by Sandra & Rand Huntzinger, Mutual 18, bloom throughout the Park at the Rock.

Thanks to **Ruth Day, Barbara & Michael Higgs, Bob & Helen Pechacek, Art & Helen Popper,** plus **Bob & Patti Strade** for their donations of books to the Little Library. Thanks to all the anonymous donors too. Keep 'em coming.

Happy Hour at the Rock

Friday June 14

Pizza at the Rock

Wednesday September 18

Holiday Potluck

Sunday, December 8



RESOURCES

CONTRACTORS

•Electrician

Ethan Greene
240-388-1616

•Garage Doors

Billy's Garage Doors
301-367-9160

•General Contractor

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

•HVAC, Plumbing

Jiffy Plumbing, Heating & AC
Pete Kristiansen
petethevacguy@gmail.com
240-882-8696

Robertson Plumbing Services
robertsonps@yahoo.com
301-602-4007

•Painter

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

HANDYMEN/APPLIANCE REPAIR

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

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

Alex Santos 202-945-3178
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

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.

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 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.