

MUTUAL 16

Mutual 16 – Leisure World, Silver Spring, MD -20906

Rita Molyneaux - molyneux@erols.com

Web Site – www.lwm16.com

BOARD OF DIRECTORS

President	Joan Allston 301-598-2557
Vice President	Jim Turner 301-598-4390
Secretary	David Darr 240-669-8386
Treasurer	Edwin Bradley 301-598-3860
Directors:	Jean Jones 301-438-2333
	John Looney 240-669-3530
	Fred Seebode 301-944-4759
<u>Committee Chairs:</u>	
	John Looney 240-669-3530
Landscaping:	David Darr 240-669-8386
Social	Julie Repeta 301-774-9610
Emergency Preparedness	David Darr 240-669-8386
Park	Paula Seebode 301-944-4759
Communication	
Distribution	Virginia Rehbehn 301-438-0949
Assistant for Property Management	Roberta Carter 301-598-1316
Main Gate	301-598-1044
PPD	301-598-1500
Security & Transportation	301-598-1044
Administration	301-598-1000
Comcast	1-855-638-2855

FROM THE DESK OF THE PRESIDENT:

It seems like fall was short lived and winter is around the corner. With the cold weather come some precautions. Hoses should be detached from the receptacles and the outside water turned off (if possible). Responsibility for the outside 4 feet near your house does not end with the colder weather. Remove spent plants. Tidy up the area before winter sets in. Once the leaves have all fallen we are planning to once again clear gutters throughout the mutual.

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. Most of the board members also serve on advisory committees, allowing the mutual to have a voice in the running of the entire community. Paula Seebode and her committee have maintained our “new” park to keep it seasonal. Julie Repeta and her committee work to keep the social side of the Mutual active. Rita Molyneaux makes our newsletter a fountain of information. Virginia Rehbehn and her group of hardy residents deliver both the newsletters and the Leisure World news right to everyone's mail-slot. Evelyn Smith sends cards to our hospitalized residents. Our Assistant for Property Management Roberta Carter helps to steer us in the right direction on numerous matters. Thanks to all.

On behalf of the entire Mutual Board I wish you a happy and healthy Holiday Season and a prosperous New Year to come.

There will be no M-16 BOD December meeting.



IT'S COMING GET PREPARED

SNOW REMOVAL: Hopefully you read the article in the last Leisure World newspaper. The contract calls for the more dense areas (high rises) to be cleared first then clearing goes down the list based on the size of the Mutual. Consequently we are one of the last Mutuals to be cleared. Remember that PATIENCE is necessary during snowy periods. If you have a re-occurring medical appointment (dialysis, etc.) please let grounds (301-598-1314) know and you will be put on a list to have your lead/sidewalk cleared ahead of everyone else.

HEADING SOUTH; If you are fortunate enough to head for warmer weather for any period of time this winter make sure your residence is protected. Turn off the main water valve as well as the valve to your washer. Turn off the circuit breaker to the hot water heater. Stop mail and paper deliveries. Notify security that you will be gone and most important notify your neighbors. Turn the thermostats in all rooms down to 55 or 60 degrees. **UNPLUG** (not just turn off) all unnecessary appliance (TV, Radio, Toaster, Printer, etc.

YARD REFUGE WINTER SCHEDULE YARD REFUGE WINTER SCHEDULE

Yard waste will continue to be picked up on Mondays and Thursdays on an “as needed” basis. So if you have yard waste to be picked up you must call Grounds at 598-1314 prior to 8am on the day of the pickup. Refuge must be put in a PAPER Bag unless you notify Grounds of a different receptacle.

Should the Mutual Pay for It?

When you need work done in your home that you feel the Mutual should pay for you **MUST FIRST**
Call Jack Looney (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 Physical Properties directly **you will be responsible for any charges incurred** unless it is an emergency situation.
For Emergencies after hours or on Weekends:
Call the Main Gate @301-598-1044

Comcast Issues: Call 1-855-638-2855



NEED A LANDSCAPER TO HELP CLEAN UP YOUR FOUR FEET?

HERE ARE SOME IDEAS

Dave Darr, our Landscape Chair is compiling a list of names and contacts of landscapers that have done work in Mutual 16 or in Mutuals like ours (duplexes and triplexes). There is no intention of endorsement by Dave or the Mutual 16 Board for the work done by anyone on the list. The list is meant to inform residents who are looking for a landscaper. If you have had good experience with a landscaper who is not on the list and want to share the information, let Dave know and we will update the list for future newsletter articles.

Work done in Mutual 16

Shrubbery Maintenance (Bill Bowers) - 301-831-7893

REC Lawns (Russell Cooper) - 301-614-2938

The Other Side of Landscaping (Meryl Moran)—301-219-8703

Work done in Mutual 10 - Names from the Mutual President

Jose Mayorga - 301-346-5880

Mark Emmel - 301-249-3655

Gloria Sherman - 301-980-2867

Carlos Gavidia- 240-395-8813

Work done in Mutual 11

Kozlowski Lawn Service—240-370-2200—also used by McFall-Berry for residential landscaping jobs

BECOME A !MUTUAL 16 ROCK STAR!

In addition to the Vinca, daisies and **Black Eyed Susans**, your Park Beautification Committee has planted a crape myrtle tree in the Park at the Rock. The tree is in memory of MaryAnn Swindler. We water the new tree every other day, pull weeds, and water the others plantings if there is no rain. We have also added some touches of Autumn charm to the park.



Family and Friends



Park Committee Chair Paula Seebode,
Kay Looney and Julie Repeta

A dedication ceremony was held on October 19 attended by MaryAnn's daughter and son, Joanne and John Swindler, who were joined by many friends and neighbors.

The tree and the seasonal decorations have been made possible by donations from residents, the **!Mutual 16 Rock Stars!** The current **!Rock Stars!** are: Joan and Doug Alston, Suzie and Ed Bradley, Louise Bryan, Carolyn and Malcolm Caponiti, Dorothy Child, Bob Crooks, Sandy Greer, Barbara Heisler, Anne Hughes, Frances Hunt, Jeannie Jones, Marcia Laundry, Kay and Jack Looney, The McGrew Family, Rita Molyneaux, Emma Mullins, Virginia Rehbehn, Julie and Bernie Repeta, Jan Romanoff, Paula and Fred Seebode, Evelyn Smith, Sue and Jim Turner, Cookie Wurdeman, and Mary Young.

The committee continues to take donations so that we can keep the park beautiful during all seasons. To donate to your park beautification committee, call Paula Seebode, 301-944-4759. Become a **!Mutual 16 Rock Star!**



M16 NEWSLETTER SUGGESTIONS

Joe Halpin

Comcast cable boxes - Some time ago Comcast changed the arrangement with the Leisure World TV contract. Now with only the Comcast TV service, we can get 2 X1 high definition (HD) and 2 standard definition (SD) boxes. If you now have the older HD boxes you will find many new features in the X1 boxes. Some features are-voice-activated commands like search, watch, find; touch the remote and the keys are lit, which makes using the controller in dim light much easier; easier access to On Demand programs and apps; browse to find programs two weeks out and many other features. Plus this additional capability is at no extra cost to us!

Tire Pressure-as the weather cools we will notice that our tires may appear a little flatter. This is because colder temperature will cause the tire pressure to decrease, so it is a good idea to either check the tire pressures yourself, if you can, or to have these pressures checked when your vehicle is serviced. Remember to include the spare tire in these checks.

What tire pressures to use? Check the driver's side door post where these numbers are typically posted. If not there, look in the owner's manual.

Have you made guacamole only to have the top layer turn brown? Try this-put the avocado seed in the mix. We found this tip worked for at least several days! If you are not using the entire avocado at one time, leave the seed in the fruit for the same reason.

Egg shells and drains do not mix well since the shell is not easily broken down and can lead to clogs. It is best to trash egg shells.

We have termites in this area. When working our perimeter gardens, it is a good idea to look at the separation of the soil from the bottom of the siding. You want to have at least several inches separation. This separation makes it more difficult for termites to get under the siding and helps to spot when termites are making tunnels to get into the siding.

For shrubs growing next to the house, look to maintain a separation between the plants and the side and roof of the house. This separation will allow air to circulate and reduce the likelihood of mold and mildew on the siding. Also, this separation makes it more difficult for insects and raccoons to create problems.

A reminder about disconnecting the outside hose :, If you have an inside shutoff, shutting off the supply and drain the line to this spigot. Failure to do this can cause the inside water line to freeze and burst, leading to considerable damage to your home and an expense for which you will be responsible.

From Joan the Mouse Lady

Because last winter was mild it seems like most of Mutual 16 had a mouse problem last spring.

The Mutual does not pay for mice extermination several residents were upset with me for not solving their mouse problem.

Since the weather has turned colder we have had several reports already of mice, While I was able to capture the mice last year by using traps and electronic rat traps (from Home Depot). It was not a pretty sight.

Having done some research on the internet the following suggestions may prevent the problem from recurring:

Use mouse repellent. Place a substance known to repel mice in the corners of your home and around doors, cracks, and other places mice may enter.

- Peppermint and other strong oils contained in "strewing herbs" repel mice. Cut a sponge into 1" (3cm) squares and saturate each with peppermint or eucalyptus essential oil, then place these strategically around your house and kitchen.
- Bay leaves also repel mice. Crush them up and sprinkle them around your house, or tuck whole leaves in the corners of your pantry and cabinets.
- Mothballs are an effective repellent, but these are toxic and can cause problems for children and pets. Naphthalene is a pesticide and sublimates readily so you should think thrice before employing this method. Additionally, moth balls are more expensive, require replacing often when the balls sublimate, and are not as eco-friendly as herbs or herb-based essential oils. Make sure children and pets are kept away and closely monitor them for signs of a reaction to the mothballs should you decide to use them.
- If there are mice in your walls you can usually get rid of them by using a syringe and squirting ammonia into the wall. The fumes and smell will chase them out. This is especially effective in manufactured and mobile homes where there is often a space at the bottom of the wall for easy access.

I can't promise that these things will work but they are worth a try. The other alternative that my daughter chose was to get a cat!!! Good Luck!

Joan Allston



How to Save Energy (and help to save the planet)?¹

Joe Halpin

Lifestyle Changes – little or no extra cost things we can do:

Setting your thermostat – with the windows closed – is probably the most important life style factor. You have to be comfortable, but setting it lower in winter and higher in summer means the system runs less and, therefore, uses less electricity. To accommodate thermostat changes consider how we can dress in each season, i.e., sweaters and heavier underwear in the winter and lighter clothing in the summer.

When you replace a light bulb, consider this:

- Compact fluorescent lamps (CFLs) – last up to 10 times longer than traditional incandescent bulbs.
- Light-emitting diodes (LEDs) – use 75-80% less energy and have a lifespan up to 25 times longer than traditional incandescent bulbs. If you like brightness with lower energy consumption, choose an LED. The soft white LEDs are 2700K color temperature and the daylight ones are 5000K color temperature. You might prefer the brighter daylight versions for your house except for the bathroom where the soft whites might make you look less pale.

Turn off lights when leaving a room for more than 15 minutes.

The water heater is one of the highest energy users in the average home. Check the temperature setting on your water heater; if your water is super-hot you might be able to set the water heater at a lower setting. PEPCO recommends setting it at 120°F, which will also avoid burning or scalding of the skin.

Wash clothes in cold or warm water instead of hot water.

In the summer, a ceiling fan or portable fan can make a room feel cooler and you can raise the thermostat a degree or two. However, running a fan when no one is nearby is a waste of energy; an exception is having the air conditioner fan running constantly to circulate the air in the home which also helps to eliminate hot spots.

In the winter lower the temperature overnight; not only will this save energy but will make sleeping more comfortable. This is where programmable thermostats are helpful.

Instead of leaving outdoor lights on all night, install lights with motion detectors that turn the lights on only when needed.

¹ This article is adapted from an article written by the Mutual 9 Energy Committee “Newsletter No. 6 May 7, 2016.” The author also thanks the following for their reviews and comments: Lori Sundstrom, Arlene Halpin, Ed Boesch, Bob Pechacek and Frank Roddy.

If you have a storm door outside the doors to your home, don't keep the inside doors open when the heat or air conditioner is operating.

Keep the garage door closed to act as a buffer for the outside temperature.

When the temperature outside is comfortable, consider turning off the heat and/or air conditioner and opening the windows. The added benefit - it is believed that the outside air can often be less contaminated than our inside air.

Depending on the type of filter your furnace/air conditioning system uses, check it every 2-3 months and clean or replace, as appropriate.

Low cost things we can do:

Make sure you have – or add – weather stripping around doors and caulking around window frames. Weather stripping can breakdown or be damaged over the years, so periodically check the condition of the weather stripping around the doors and windows and replace as needed.

Have your heating and cooling system inspected and serviced yearly to ensure it is operating properly.

Inspect and seal leaks in duct work, especially where the ducts join the vents, using caulk or special tape.

If you have a fireplace, ensure the damper fits properly, and/or install a glass fireplace screen. If you are no longer using the fireplace, one can use rigid-foam insulation cut to cover the damper area, caulked into place to permanently eliminate drafts.

Can you get rid of the extra refrigerator that some of us have in our garage? A half full refrigerator or freezer is not running at full efficiency.

Managing the shades and blinds in your home can help make the home more comfortable and energy efficient. For example, in the winter we want the sun to come in; in the summer we want to keep the sun out. Managing the shades and blinds also helps to minimize the temperature extremes in the home.

Not using a room, close the door? If it is a rarely used room, close the air vent.

When leaving for several hours or days, change the thermostat to a vacation temperature which in the summer can mean turn off the air conditioner and in the winter lower the temperature no lower than 50 degrees for long absences. (This is where a heat pump with a programmable thermostat makes these changes easy.)

Unplug electronics and chargers that you rarely use. Many of these devices draw low current to be on standby. Alternatively, plug all of your electronics into a power strip that has a surge protector and an off switch. Then, when you go to bed and, especially when you go away for days, turn off the power strip.

Investments that will reduce your use of electricity:

Replace the baseboard heat and air conditioning systems with an energy-efficient, heat pump which provides both heating and cooling in one system. The more efficient the heat pump the more you can save. (for more details go to <http://lwmc.com/advisorycommittees-energy.html> and click on this link- Considerations for Replacing a Cooling and/or Heating System)

Insulate the attic. (This has to be done properly. Improperly installed insulation can trap moisture in the attic and reduce the life expectancy of the roof.)

Install energy-efficient windows and doors with a low U-Factor for more comfort and efficiency. (This includes the front door, patio door and the door from your home into the garage.)

Note: the above 3 items require an ABM and Mutual Board of Directors approval.

Where the air handler for the heat pump or air conditioner is in the garage, at least have the visible ducts insulated with Fiberglas. If other portions of the air handler appear to be leaky, seal openings and insulate, as appropriate.

Only buy and install appliances with an EnergyStar label: washers and dryers; range, wall oven or cook top; refrigerator; dishwasher; microwave oven; and chest freezer. Check with PEPCO for possible rebates.

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The December Pot Luck "Holiday Dinner" will be

Thursday, Dec. 7

6:00 p.m.

Club House II Activities Room.



Featuring Elaine O'Leary on the piano

Fliers will be out by Nov. 20,
followed by a Robo call the following week.