

THE GRAPEVINE



Published by and for Mutual 14 of Leisure World

Issued Monthly – No. 396, February-March, 2011

Mark Your



Calendar

Next Board Of Directors'
Meeting Thursday,
March 17, 2011



JOIN US!!!

in the Administration Building at 1:30 p.m. All unit owners and residents are encouraged to attend all Board meetings.



► Property Maintenance Committee,
Thursday, March 3 at 1:30 PM,
Administration Building



Annual Meeting of Mutual 14
is scheduled for Thursday,
April 28th at 3 PM

Please plan to attend.

Also see the article on nominating someone (you?) for the Board.

The President's Corner

Writing this on President's Day reminds me that governance and the operation of any democratic society depends on whether the citizens are willing to do the job. We have been fortunate to have a number of "good citizens" in Mutual 14 who have done a super job making our Mutual a great place. For example, the Grapevine keeps us informed, but it doesn't do it automatically. Beth Leanza gives her time and attention every month to prepare the newsletter – and "nag" me to get my column in (mine is usually the last item finished). Many of the important reminders that appear in the Grapevine were put together and organized by Jackie Rabinow, another of our "service heroes." Those reminders are important for keeping safety and health needs in our minds. We all hope we don't have problems, but what do you do if one does come along? Those reminders are truly valuable. Jackie, who edited the Grapevine for several years, has been our President, is still on the Board of Directors, and now chairs the LW S&T Advisory Committee. We all owe a debt of thanks to those two good souls for keeping us "in the loop."

Our Building Representatives and Agnes Glass, who chairs the Mutual Advisory Committee where the Building Reps meet and share issues and concerns and report on conditions related to the residents and their needs, are a group we can't thank enough. They are the connection through which the residents and the officers of the Mutual stay in touch. Every building should have a Building Representative and an alternate or associate building rep. If your building does not have both (you can check with your building rep to see), please consider stepping up and helping out.

You have received the annual request for nominations from our Nominating Committee. Harold Crisp and his colleagues are another group who step up regularly when I call on them. Help them complete their mission and let them have your name if you are willing to serve. We need a list of people who would be willing to serve, even if all who are willing to run can't be elected in any one election. Time moves on for all of us. Board positions can become vacant if a member needs to resign for health or family reasons. We need to know whom we could call on to fill in if that happens (as it has at times in the past).

This listing can go on to the Mutual Committees (Property Maintenance, Social, Landscape), and they all do great work for us that I hope I have given credit for in other columns. Those committees, too, need active willing participants. Every building should be represented on each. If you are interested, check with the appropriate committee chair to see if there is a space for you (Frank Lozupone for the Property Maintenance Committee, Sharon Moores for the Social Committee and the Landscape Committee). I know the Social Committee is in need of some folks to help with some of their plans. It is particularly important for newer residents to connect to the community. Don't be shy – you are welcome here and your participation would be deeply appreciated.

Richard Bambach, President Mutual 14 Board of Directors
301-598-5322
richard.bambach @verizon.net



Ash Wednesday March 9 2011

From the Editor:

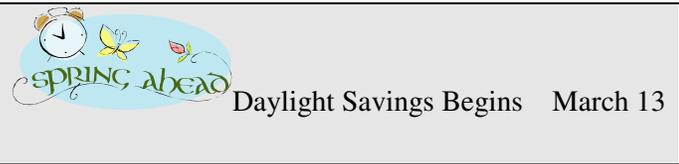
Please help us keep the Grapevine current. Special occasions, either happy or sad; anything you think your neighbors should know –

Please send the information to me or to one of the board members.

I try to have the Grapevine ready by the Monday following the board meeting. I start working on the next Grapevine as soon as I get a completed issue over to the Mutual Assistant.

I live in building 12 – my phone number and email address are in the footer of every Grapevine.

Thanks! Beth Leanza



- 3/06 – Margaret Meredith – (B13-1G)
- 3/07 – Frank Lozupone – (B17-3A)
- 3/11- Evelyn Perlmutter – (B12-2G)
- 3/14 - Penny Duff – (B15-1B)
- 3/21- Sue Bailey – (B12-3C)
- 3/23 – Bette Campbell – (B13-1C)



From Ruth and Ray Boyd (12-3F)
Thanks to our neighbors for the lovely cards and sentiments for Ray's 88th birthday on February 20th!

Congratulations!!

Helen & Josh Bass (11-3G) celebrated their 60th wedding anniversary on January 27th.

Native Washingtonians, they are parents of three, grandparents of 4.



Welcome to Marvin Stone (B12-2C)
And to J. Donald Pruett (B16-2B)



Nominating Committee

Did you know that spring is coming?
 Did you know that Mutual 14 has its Annual Meeting in the spring?
 Did you know we have to elect two new members to the Board at the Annual Meeting?
 Did you know that there is no Board without OUR participation?

Do you know what can happen without a Board? Maybe the snow doesn't get removed. Maybe the grass doesn't get cut. Maybe your elevator doesn't get repaired, or the broken concrete fixed, or a leaking roof replaced, or your dryer vents cleaned or any of a thousand other things. Thankfully, none of this happens, because we have a few dedicated homeowners who are willing to serve on the Board.

At our Annual Meeting in April, we will have the opportunity to choose two people for the next Board of Directors. These will be the people who will help support and maintain all of the benefits we experience while living in Leisure World. Our community would not exist without the efforts of our Board of Directors. And the Board of Directors would not exist without the support and participation of the homeowners in Mutual 14!

Your 'world' within Leisure World needs YOU to continue to flourish. Please give some thought to helping out! Many of us have the background and talent to be on the Board. We are all busy, but surely most of us could find a little time, and not always depend on someone else to do it. If it's just not the



right time or match for you to be on the Board, please look around at your friends and neighbors. We all know someone we would trust to help maintain all we enjoy!

Please talk to a member of the Nominating Committee: Harold Crisp 240-393-4800; Stephanie Sidella 301-598-3086; or Joseph Fones 301-598-3010. Or, you can call a Board Member or your building representative to let us know that you are interested in the future of Mutual 14. Volunteer, suggest someone you think could help, give some advice, or even just some words of support! Make that call now while it's on your mind.

-Harold Crisp

Reminders & Vital Info



Clothes Dryers

We have a responsibility to ourselves and to our neighbors for properly operating and caring for our Dryers. Keeping the dryer clean from lint build up will prevent unnecessary energy use. **Lint screens should be cleaned after each use.** Some lint particles can accumulate around and under the dryer increasing the fire hazard.

You are, of course, aware that the Mutual cleans the exhaust lines every two years. However, it is a good idea for you to test for any excess heat while it is running. Alert our Mutual Assistant if you find this to be so. It is also a good idea to make a visual check of the outside exhaust point to assure there is no lint build up there and that the flap is operating freely..

Use of fabric softeners have been found to cause a waxy, invisible substance to build up on the lint screen blocking the air. Occasional washing of the lint screen with soap and water will prevent this.

• Kitchen Drain Test - Check It Out!!!

All apartment residents should perform the following test of your kitchen drainage **monthly** in order to avert a flood:

- 1) Fill the sink with water up to 1-1/2 "from the top.
- 2) Remove the stopper and let it drain.
- 3) If the water flows out quickly, all is well; your drain has 'passed' the test.
- 4) **BUT**, if the water drains sluggishly, your drain may be clogging up and could cause a flood in your

apartment. **REPORT** this at once to our Mutual Assistant so that the drain can be checked and cleaned out by the plumber.

• Smoke Alarms

It is important that you **DUST** and **CHECK** your Smoke Alarm periodically. Please consider this as a reminder to take care of one of our most important safety gadgets.

QuickTime™ and a PDF decompressor are needed to see this picture.

Here is another good reminder from the
Leisure World Energy Utilization / Conservation Committee
by Arnold Litman
 Published in LW News

A few years ago, there was a lot of information in the media about compact fluorescent light bulbs (CFLs) and why replacing the well-known "regular" incandescent bulbs with CFLs will save energy and money while at the same time improving the environment. The committee strongly endorses this idea. We understand that in the next two years a major manufacturer of incandescent light bulbs in the U.S. will cease production. That says a lot about the standard bulbs' future. PEPCO, Leisure World's electricity provider in keeping up with the times, continues to sponsor a CFL discount program. The discount is applied at the register of several retailers whose names can be found at www.PEPCO.com/home/energy/conservation.

To emphasize the above, scientists at Sandia National Laboratories confirm that tossing new 60-watt incandescents and replacing them with fluorescents would save money. Why? Over the CFL's 12,000 hour lifetime, there would be a savings of over \$50 at normal energy provider rates because the 60 watt would cost over 14 cents per average day to operate while the CFLs equivalent lumen output unit per day would cost three cents. Another drawback of incandescent bulbs is the uncomfortable heat generated by the standard bulb.

Gaining momentum in lighting usage are light emitting diodes (LEDs). We are now seeing new applications of this decades old technology. Equivalent light from a 50-watt regular bulb can be had from an LED unit containing 38 points of light that reportedly uses only 1.3 watts and lasts up to 60,000 hours—almost seven years of continuous service.

Many late model automobiles have LED tail lights. You can spot them by noting a multitude of



small circles within a large containing fixture. Clearwater Lights in California believes that automobile headlights will also eventually use LEDs. They have pioneered a line of sophisticated dimmable driving lights built around a new generation of larger, white higher-powered light emitting diodes. These new LEDs make even the latest generation of halogen headlights look kind of dim and yellow by comparison.

Unfortunately, the marketing of LEDs for home use with a standard base is just getting underway. Consequently, they may be hard to find and cost may be an obstacle.

The committee would be amiss if it did not repeat help in taking the chill out of this miserable winter.

First, advice from Pepco: Set your thermostat at 68 degrees Fahrenheit during the day and 60 degrees at night. Adding sweaters and blankets for our LW crowd would probably be inevitable. But remember, you save three percent on your heating costs for every degree you reduce the temperature below 70 degrees Fahrenheit. Second, winterize windows with weather stripping for all moveable joints and calk for non-moveable parts. Install a window kit to the inside of your windows. Third, change heating system filters often—even once a month if they are clogging up. Other steps can be taken, but that is enough for now.

by Arnold Litman



IN MEMORIAM

Our condolences to the family of Anthony Bugel who passed away in North Carolina on December 10th 2010.

M14 ONLINE:



www.professionalusa.net/m14/

To use any Internet Links in the Grapevine, please read it on the Mutual's web site.

First Day of Spring March 20th



I got this information in an email from the **Seniors and Caregivers** newsletter from

Montgomery County eSubscription.
Beth L.

It's cold outside!

There have been recent tragic events involving older adults and cold weather. Experts recommend taking certain precautions during the winter months.

- Cold weather puts an extra strain on the body. Individuals with heart disease or high blood pressure should follow their doctor's advice about shoveling snow or performing other hard work in the cold. If someone has to work outdoors, dress warmly and work slowly as the body is already working hard to stay warm.
- Try to stay indoors when the weather is extremely cold, especially if there are high winds. Make any trips outside as brief as possible.
- Dress warmly and stay dry. Cover your face and mouth; wear sleeves that are snug at the wrists, mittens (they are warmer than gloves), a water-resistant coat and boots, and several layers of loose-fitting clothes.
- Please check on elderly relatives and neighbors to make sure their homes are properly heated and they have adequate food.

If you must venture out—□ Stay away from potentially icy areas and apply rock salt or sand frequently. □ Make sure you know where you are going before heading out in your car. Keep a charged cell phone with you at all times. Make sure you always keep the gas tank half-full.

Ask us for a FREE File of Life

The File of Life consolidates basic health information including medical history, medications, allergies, etc. in one place for easy reference by emergency medical personnel or "first responders." Call Aging and Disability Services at 240-777-1131 and leave a voice mail message with your name and address.

Get a FREE emergency-planning brochure

Call the Office of Emergency Management and Homeland Security at 240-777-2300. □ □



[For the Internet resources – if you want to get these downloads – read the Grapevine online in our Mutual’s web site.]

Resources on the internet:

Make sure that in an emergency, you can continue taking the medicines you need.

To download a brochure called Emergencies and Your Medicines, go to link below.

□ http://www.montgomerycountymd.gov/content/hhs/ads/PDFs/md_seniors_final_v2pharm_2009.pdf

For information on winter safety tips, go to Fire and Rescue link below.

<http://www.montgomerycountymd.gov/content/frs-safe/resources/citizens/winter.asp>

Seniors Today

Seniors Today is the County's public affairs television program for seniors. □ This month's show features: Howard Glickman and Susanne Minkz discuss “Care-giver Support” Roberta Gosier talks about “Daily Money Management” Melanie Polk talks about “Health Eating”

When:

Sundays, 2 p.m.

Mondays, 11 a.m.

Tuesdays, 6 p.m.

Wednesdays, 9:30 a.m.

Thursdays, 12:00 p.m. and 7:30 p.m.

Fridays, 9:30 a.m. and 8 p.m.

Saturdays, 12:30 p.m.

air times are subject to change

Where:

Comcast and RCN channel 6

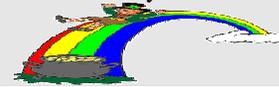
Verizon channel 30

You can also watch Seniors Today episodes on demand at the County’s website:

<http://www.montgomerycountymd.gov/codtmpl.asp?url=/content/CableOffice/CCM/cod/OnDemand.asp&Pname=Seniors%20Today>



St. Patrick’s Day March 17th



BOARD OF DIRECTORS

- President:** Richard Bambach
- Vice President:** Frank Lozupone
- Secretary:** Agnes Glass
- Treasurer:** Ralph Romano
- Director:** James Moores
- Director:** Jackie Rabinow
- Director:** Helen Bass

COMMITTEE CHAIRS

- Advisory:** Agnes Glass & Aleen Phillips
- Budget & Finance:** Ralph Romano
- Landscape:** Sharon Moores
- Property Maintenance:** Frank Lozupone & Bill Buck
- Social:** Sharon Moores & Mary West

Web Site: <http://www.professionalusa.net/m14/>
<http://www.lwmc.com>

Mutual Assistant: Gloria Robar - 301-598-1338

- Building Problems? - **Call** Gloria at 301-598-1338
- Emergencies, when Gloria is not available - **Call** Physical Properties –301-598-1500
- After hours & weekends – **Call** Main Gate – 301-598-1044

Comcast Issues - contact 301-920-9951