
THE GRAPEVINE



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Mark Your



Calendar

Next M-14 Board of Directors' Meeting Thursday, August 20, 2009



JOIN US!!!

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

- ▶ M-14 Property Maintenance Committee, Thursday, August 6th @ 1:30 p.m., Administration Building
- ▶ LWCC Executive Committee, Friday, Aug. 14 @ 9:30 a.m., Administration Building
- ▶ M-14 Advisory Committee – Wed., Aug. 19th @ 10 a.m., Clubhouse I
- ▶ LWCC BOD, Tuesday, Aug. 25th, @ 9:30 a.m., Montgomery Rm. Clubhouse I

The President's Corner

After several too-long commentaries, here is a shorter one.

Hats off to Joan Reynolds for organizing our participation in the Independence Day Parade — and thanks to all our participants. We had six golf carts and Joan had painted fine signs for each as well as getting us some excellent new decorations. Our success this year is a good example of the value of volunteering. Last year nobody stepped forward and so we were not able to be represented in the parade last year. But this year we could put on a good show. Thanks again, Joan. You are a good example for us all.

The Property Maintenance Committee has had a thorough inspection done on the exteriors of all our buildings by Mr. John LeClere of the Leisure World Physical Properties Department. For a number of years we have just done “spot” maintenance and some problems, especially with paint condition and rust, have become fairly serious. We plan to initiate a program of regular general care that will include painting all exposed wood and metal surfaces. The program will prioritize what needs to be done most and we intend to contract to do one or two buildings a year to get us back into tip-top shape. In the next few years we also must start putting on new roof shingles because all our roofs are now 19 years old. We do have reserve funds for such large projects, so, although we may need to have some modest increase in fees to insure we replace those funds over time, we will not have any shocking additional fees. No matter what, we must do this work to protect both the integrity of our homes and our property values, especially in what has become a very competitive market environment.

I urge you to take Joan Reynolds' example to heart. We need several more volunteers. One particularly important job is assistant editor of *The Grapevine*. Jackie Rabinow continues to do a super job, but she should not be forced to do it alone. Also, there are going to be times when she will be away in the future. I invite anyone interested to give Jackie a call (301-598-3672, e-mail js.rabinow@verizon.net). She has set up the template for formatting our Newsletter. Working on it now is not difficult. Let's help her out.

I hope you signed up for the Ice Cream Social on July 22. It is always a happy summertime event. Enjoy the warm weather.

— Richard Bambach



NOTES:

- New Comcast telephone number for cable issues – 301-920-9951.
- Clubhouse II Indoor Pool closed until September for locker renovations.
- Document Shred drop boxes available in Clubhouse I, Clubhouse II, PPD and Administration Building.
- The entire L.W. Budget for 2010 is available for review in the Library and Administration Office (call Executive Secretary for appointment). A two page summary will be available to Property Managers and Mutual Assistants for distribution to Unit Owners.



Safety in the Home – Part 4- Common Household Hazards

(by Roma Sohn)

This, part of the “Safety in the Home” series, will examine everyday household hazards. Home appliances such as irons, hair dryers, electric stoves and ovens, microwaves, toasters, washing machines and dryers, television sets, radios and record/CD/DVD players, can be sources of electrical fires. Negligence and errors cause many candle fires. Many other things can be sources of dangerous conditions around the house.

Here are some suggestions for a safer home:

- Routinely check your appliances and wiring.
- Replace all worn, old, dried up, or damaged electrical cords. Do not just put tape around the worn area.
- Avoid using extension cords as much as possible. Never overload an extension cord.
- Keep electrical appliances away from wet countertops and floors, sinks, showers and bathtubs.
- Keep clothing, curtains and any potentially combustible item at least 3 feet away from a hot appliance.
- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it into a two-slot outlet or extension cord.
- Never overload wall sockets.
- Any light switches or wall sockets that are loose or hot to touch and/or lights that flicker, need professional attention. Immediately shut off the lights or whatever is connected to the wall socket and do not use until they have been professionally serviced.
- Check electrical tools regularly for signs of wear. Replace cracked or frayed cords and replace the tool if it overheats, shorts out, gives off even small electrical shocks, smoke or sparks.
- Use the appropriate size power and/or extension cords to carry the load of any power tools
- Do not use a light bulb with wattage that is too high for the fixture. Look for the label inside each fixture which tells its maximum wattage.
- When buying electrical appliances, look for products that have been evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL)
- Dryers must be vented to the outside, not into a wall or attic. Vents must be cleaned periodically. Lint screens should be cleaned after each use.
- Never leave home with appliances running.
- Do not trap electrical cords against the wall, run them under rugs or twist them around a nail or hook
- Allow air space around the TV, radio, stereo and powerful lamps to prevent overheating.
- Don’t use extension cords with space heaters and never leave the room when space heaters are on. Keep them in good repair and at least 3 feet from the wall and any newspapers or other combustible materials.
- Make certain that your space heaters have a “tip switch” (switches that are designed to shut off the heater if it accidentally tips over.)
- Check electric blanket wires and cords for signs of aging or fraying.
- Watch for signs of overloaded electrical systems such as dimming lights when an appliance goes on, a shrinking TV picture, slow heating appliances, frequent fuses or circuit breakers blowing. If you see any of these, call an electrician.
- Stay in the kitchen when you are frying, grilling or broiling food.
- Insure that candles are in sturdy metal, glass or ceramic holders, placed where they cannot be easily knocked over. Whenever possible, place them on a fireproof tray.
- Make certain that lit candles are not near any combustible materials or under cabinets.
- Don’t use candles for light.
- Extinguish candles after use.
- Never leave burning candles unattended.
- Discard all medications that have passed their expiration date.
- Keep all medical information readily available and up to date in a “File of Life” on your refrigerator.
- Bathroom doors should have locks that can be opened from the outside.



- Use non-skid mats or strips on bathtub and shower floors.
- Use rugs with non-skid backing on your bathroom floor.
- Adjust the water heater to 120 degrees or less to avoid scalds.
- Use a glass or metal screen in front of your fireplace.
- Do not use an excessive amount of paper or throw wrapping paper in a fireplace. This can ignite creosote in the chimney.
- In your gas fireplace, do not turn on the gas, until after you have lit your match.
- Identify all caustic and poisonous liquids, spray cans and/or gases in your home. Make certain they are in properly sealed containers and stored in a secure area away from heat and chance of misuse. Flammable liquids should not be stored indoors.
- Examine batteries for signs of corrosion or leakage. Dispose of them properly. Do not put them in the trash.
- Make certain you have extra batteries, in case of an emergency.
- Close match containers and lighters after using them.



Repair and Maintenance of Individual Units in Mutual 14

The spring inspection was completed in late June and the mutual has begun repairs which will include the replacement of the concrete in another carport (bldg.13) and the repair of its drain system. The flat roofs on the Florida rooms will be painted and the brick chimneys and vents will be repaired. We are also considering painting two buildings completely this year with the intent of setting up a rotation system so that all the buildings will be painted once every 5 or 6 years. The roofs of all our buildings including the plaza homes are going to need to be recovered in about two to four years and a schedule will be set up.

During the spring inspection it was pointed out that many units are in need of repair and/or painting in areas where the unit owners are responsible.

Unit owners are responsible for maintaining their units in satisfactory condition... This includes keeping your windows clean and replacing any broken, cracked or fogged windows. Any enclosed or screened in balcony or patio is the responsibility of the unit owner to keep in repair and painted. Privacy fences, enclosed patios or other enclosed areas of the plaza homes must also be kept in good repair and painted by the unit owner.

If the mutual sees that your unit is in need of repair or painting you will be informed in writing and given a specific time to have it done. Please try to comply in the given time. You may use Physical Properties or an outside licensed and bonded contractor.

Is Your Homeowner Insurance Up to Date?

A new Maryland State Law, effective as of June 1, 2009, requires that the unit owner – **not the Mutual** – is responsible for the first \$5,000 of an insurance claim when the cause of the damage or the destruction originates in the owner’s unit. This means: You will be responsible for the cost of clean up and repair up to a maximum of \$5,000 if your toilet overflows, or any other damage originates from your unit. If you don’t yet have a policy, now’s the time to get one – before you need it!

(Copied from *Mutual 12 Highlights* of June, 2009)



- 8/01 - **Joe Moran** - 12-3A
- 8/05 - **Irving Flyer** – 17-2G
- 8/06 - **Agnes Glass** – VHC 1A
- 8/14 - **Grace Straw** – VHC 2B
- 8/19 - **Charles Glass** – VHC 1A
- 8/28 - **David Peters** – 17-3G



WELCOME

Our new residents: Delores Scott of 3VHC
Gregory Frank of B17-1C



IN MEMORIAM

Mutual 14 sends its condolences to the family of Josephine Herbert of 13-3C, who passed away on June 25th.

Did You Know?

If you hire a company or worker from outside leisure world to repair, replace or renovate your unit, ANY DEBRIS, MATERIALS, TRASH, ETC. RESULTING FROM THE WORK DONE, MUST BE CARTED AWAY BY THAT COMPANY OR WORKER.

When the Physical Properties Department does the work they do not load up our Trash Room dumpsters with debris. They know it must be taken away and disposed of elsewhere.

Would you believe some time during the weekend of June 12, a large carton containing a broken toilet was placed inside the dumpster of the trash room of Building 13? This caused that dumpster and the Trash Room to become and remain incomprehensibly clogged with trash until our scheduled trash pickup on the following Tuesday.

Please, folks, be considerate of your neighbors and the property in which we all share ownership. Our Bylaws and Rules are expected to be followed in order to assist us in respecting each other and our property.



4th (3rd) OF JULY PARADE

Well, We Did It! We made up for having no parade contingent last year by having SIX (6) carts in this year's Independence Day Parade.

Thank You, Thank You, Joan Reynolds (13-2A) for pulling us together, for your leadership, and your planning so Mutual 14 was able to show its patriotism and support.

Thanks also go to those who lent their carts: Steve Grilles, Jim Moores, and Norman Arm, Mary West and Linda Andrews; and to those who helped decorate them so beautifully in the Red, White and Blue: Mary Vaughn and Mary West in addition to those who paraded.

Our participants were our president Richard & Susan Bambach, Jeanne Mast & Larry Hills (VHR), Bill Buck (VHC) & Jackie Rabinow (B13), Barbara Martin (B14) & Edie D' Ambrosio with dog (B17), Linda Andrews (VHR) with her grand & great grand children, and Joan Reynolds (B13) and her grandchildren.

We had a wonderful time waving and tossing candy to the viewers of our annual parade.

Reminders & Vital Info



• Garbage Disposal

It doesn't all go down the drain! Please use your garbage disposal prudently to prevent clogs and 'back-ups'. Your garbage disposal can be used for most types of food waste, OTHER THAN hard materials (no Bones, Fruit pits, Corncobs, Nut Shells, etc.) or fibrous materials (no Onion Skins, Celery, Banana Peels or other stringy materials).

Turn on the cold water, turn on the Disposal, and then place the garbage into the disposal. Let the water run for a full minute after you have turned the disposal off. (Running Hot Water into your Garbage Disposal does not help and can even be detrimental to its functioning.)



GREASE should NEVER be put into the Disposal. It should be poured into an empty can, placed in the refrigerator to solidify, and then discarded with the regular trash in a plastic bag.

• **Washing Machine Hoses**

If your washer hoses are 10 years old or older, they are liable to burst and cause a great deal of inconvenience and damage from flooding. Better be safe than sorry. Call PPD to inspect and replace any hoses that are in bad shape.

• **Water Heater Leak Check:**

Please keep a sharp eye on your water heater. Especially check the pan under it for water. As soon as it shows signs of leaking, it is imperative that it be replaced immediately.

Here is a useful tip: Place a small post-it note, with the words “Check Water Heater Pan” on it, next to the clothes dryer switch (knob). Every time you turn on your dryer, you’ll see the post-it note, and look into the water heater pan for a sign of water.

BOARD OF DIRECTORS

President: Richard Bambach
Vice President: Frank Lozupone
Secretary: Agnes Glass
Treasurer: Paulina Garner
Director: James Moores
Director: Jackie Rabinow
Director: Ralph Romano

COMMITTEE CHAIRS

Advisory: Agnes Glass & Aleen Phillips
Budget & Finance: Paulina Garner
Landscape: Sharon Moores
Property Maintenance: Frank Lozupone & Bill Buck
Social: Sharon Moores & Mary West

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

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 301-920-9941



Swine Flu and You

Adopted from an article by Kaiser Permanente

What is swine flu? Swine influenza (swine flu) is a respiratory disease of pigs caused by Type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and did not extend beyond three people.

How widespread is swine flu in the U.S.? In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in California and Texas. Since then other states have reported cases of swine flu infection in humans, and cases have been reported internationally as well. As of June 6, Maryland had 139 reported cases of varying severity. For the latest information on Swine Flu, go to www.cdc.gov/swineflu.

Is this swine flu virus contagious? Yes. The CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, we do not know how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people? They are similar to those of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread? Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person when infected people cough or sneeze. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else? Infected people may be able to infect others, beginning one day before symptoms develop and up to seven or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu? First and most important: wash your hands. Stay healthy, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat swine flu? Yes. Your physician will consult with a local infectious disease expert to determine when these medicines are needed for treatment or prevention of swine flu.

How long can an infected person spread swine flu to others? People with swine influenza virus infection should be considered potentially contagious as long as they have symptoms and possibly for up to 7 days after they become ill. Children, especially younger children, might potentially be contagious for longer periods.

What surfaces are most likely to be sources of contamination? Surfaces that other people also touch or that may receive air-borne droplets from a sneeze or cough. Germs can be spread when a person touches something contaminated with germs and then touches his or her eyes, nose, or mouth. Germs can be spread when a person



touches respiratory droplets from another person on a surface like a door knob or desk and then touches their own eyes, mouth, or nose before washing their hands.

How long can viruses live outside the body? We know that some viruses and bacteria can live two hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick? There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing? Cover your mouth and nose with a tissue when coughing or sneezing, and put your used tissue in a waste basket. If you have no tissue, cover your cough or sneeze with your elbow, not your hand. This unnecessarily puts germs on your hands, which will inevitably touch other surfaces. Nevertheless, clean your hands often.

What is the best way to wash my hands to avoid getting the flu? Do it often to protect yourself from germs. Wash with soap and water for 15-20 seconds, or use an alcohol-based hand cleaner. Alcohol-based disposable hand wipes or gel sanitizers are available at most drugstores or supermarkets. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work: the alcohol in it kills the germs on your hands.

What should I do if I get sick? If you become ill with flu-like symptoms - including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea - you may want to contact your doctor, particularly if you are worried about your symptoms. Your doctor will determine whether flu testing or treatment is needed. If you are sick, stay home and avoid contact with other people as much as possible to keep from spreading your illness to others. In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Can I get swine influenza from eating or preparing pork? No. Swine flu viruses are not spread by food, so you can't get flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. IF you have persistent health problems, or if you have additional questions, please consult with your doctor.