

TIDINGS

June 2012

Leisure World

Mutual No 10

Main Gate: 301-598-1044

www.lwm10.com

PPD: 301-598-1500

KNOW WHO TO CALL!

Below is the list of Board member duties:

Mike Showalter, President
(301) 598-3247
showmt@hotmail.com

*Roads & Pavements *Water/sewer line breaks
*Energy issues

Dora Pugliese, Vice President
(301) 598-0265
dorapugliese1@verizon.net
*Landscape *Drainage issues

Janet Martin, Treasurer
(240) 669-8954
janetmartin@earthlink.net
*Review and approve invoices for Mutual *Advise
Board on availability of funds for major projects.

Joan Byrnes, Director
(301) 598-4949
*Fences, gates

John McMahon, Director
(301) 598-3584
*Roofs, gutters, downspouts *Patio door
replacements *Plumbing, Electrical problems

Dotty VanScoyoc, Director
(301) 598-2878
dotty36@verizon.net
*Welcome new residents and obtain contact
information

Paul Eisenhour, Director
paule@lwm10.com
301-460-5588
*Website *Termite infestation problems

From the President

By Mike Showalter
(301) 598-3247
showmt@hotmail.com



It seems hard to believe but we are nearly half way through 2012. Time whizzes by. Summer is almost upon us and we soon will be experiencing its heat and humidity. In order to make sure your air conditioner is there for you when the hot weather comes, give PPD or your HVAC contractor a call and schedule them to come check out and service your cooling system.

Sidewalk Maintenance: PPD is currently working on our mutual's sidewalks. You will notice that some of the seams between adjacent sidewalk sections have been ground down. This is being done to remove tripping hazards and make the sidewalks more traversable for residents who must use walkers. Also, gaps between sidewalk sections are being caulked where necessary to close gaps and prevent deterioration.

Energy Saving Measures: A highlight for this past month was the Quick Home Energy Check-up (QHEC) services that took place at many of your homes. This free service was provided to those of you that

chose to participate and involved making a series of energy-saving measures at your home which will reduce your use of both electricity and water. I was very gratified that our mutual had an approximate 80% participation rate. I want to thank everyone who participated -- especially those who took the time to fill-out and return the survey about the services that were provided by the installation teams from Ecobeco and ZeroDraft. Your surveys helped us determine whether the services advertised were actually delivered. The vast majority of you rated the services as Excellent or Good.

However, several issues surfaced that we are addressing with Ecobeco. One deficiency was that the company did not have an adequate supply of 3-way bulbs and Ecobeco has been notified of this deficiency. Of more concern was the number of survey respondents who indicated that Smart Power Strips were not offered and installed at their homes. These power strips were mainly intended for use by those of you who have computers and such associated equipment (peripherals) as printers, monitors and speakers. If you do not have a computer then you most likely don't need a smart power strip but if you do have a computer and no power strip was offered and installed please contact me if you want one. The smart power strips are designed to cut off the electricity being used by your peripherals during times when your computer is idle for extended periods. Electricity to the peripherals is restored the moment you begin using your computer again but during idle periods a significant amount of energy is saved.

For new residents: When you move in please provide your name(s) and phone

number to our administrative assistant, Cris Juarez, at 301 598-1371 or email her the information: cjuarez@lwmc.com. We need to know how to get in touch with you and keep our resident databases up to date. Thanks.

Emergency Preparedness: With this edition of the Tidings we are going to begin a section on Important Emergency Preparedness Items. These are intended to help you in the event of a personal emergency or when something occurs that affects the entire mutual. We intend to include a few items in each edition so as not to overwhelm you. Here are two important items:

1. Buy and install an old fashion non-portable phone. Your portable phones will be inoperable during power outages but the old non-portable one will still work because it is independent from your electrical system. Cell phones help alleviate this problem, but some of us don't have one, others do but don't keep them handy or turned on and the mutual probably doesn't have your cell phone number on record if we should need to contact you. So please get an old fashioned phone and hook it up. They are very inexpensive and are well worth the cost.
2. Please provide our administrative assistant, Cris Juarez, at 301 598 1371 with a point-of-contact (POC). This is someone who you would want notified in the case of an emergency or who can get in touch with you should the need arise. Some of you have done this already but most have not.



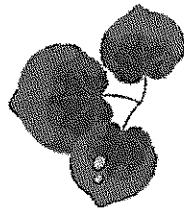
And the winner is

KELMSCOT VILLAGE

We are now working on signs to be installed at the two entrances to Kelmscot Drive from Leisure World Boulevard. Although the design has not been determined, they will say "Mutual 10 Kelmscot Village". Mike & Delores Showalter & Robert Bush both submitted this name for the contest so they split the \$100 prize. Mike & Delores have donated their \$50 to the Social Committee and Mr. Bush has donated his \$50 to the landscape fund. Thank you both for your generosity.

Landscape

By Dora Pugliese
(301) 598-0265
dorapugliese1@verizon.net



The Board would like to thank Mr. & Mrs. Bush for donating their \$50.00 gift certificate to the Landscaping committee to buy more flowers.

The drainage problem at 14660 Kelmscot Dr is finally going to be addressed early June. Mrs. Price has been very patient, thank you. The proposals for maintenance, trimming and cutting down trees will also be done in June.

There are a lot of bare spots in lawns but now is not the time to seed these areas, we'll have to wait till the fall.

I still see mulch piled against the siding of the houses, please tell your landscaper to leave at least 4 inches clear from your siding.

The kousa dogwoods, redbud and cherry trees were outstanding this year. I hope the crape myrtles will be as beautiful.

A recipe to plant azaleas and other bushes:
2 parts pine bark mulch, 1 part humus, 1 part sand.
Good luck!

Treasurer's Report

By Janet Martin
(240) 669-8954
janetlmartin@earthlink.net



April, 2012:

Income	\$ 84,838
Expenses	\$ 56,423
Surplus	\$ 18,036
YTD Surplus to budget	\$ 45,810

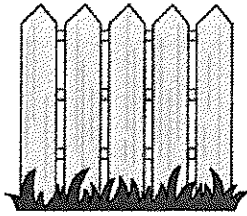
Reserve Balance 4/31/12 \$1,148,259

Headed into what is expected to be a very hot summer, we are in solid financial shape. If air conditioning bills are especially high, we will be able to offset them with the budget surplus we have attained so far this year. The only significant expenditures from the reserves this year have been the planned replacement of three roofs. We are also currently investigating the best and most cost effective means of some needed road replacements within the community.

As always, please contact me if you have any questions.

Fences & Gates

By Joan Byrnes
(301) 598-4949



Some reminders about the fences:

NO gas or electric grills close to the fence; the heat will melt the fence.

NO nails in the fence to hold metal hangers; if you have one please remove it and patch the hole.

NO metal hangers of any kind only plastic hangers. We'll get some plastic hangers in September. If you need some at \$2.50 each, contact me after September 15.



NEW RESIDENTS
By Dotty VanScoyoc
(301) 598-2878
dotty36@verizon.net

Please welcome our new neighbors:

- Bob & Becky Namovicz, 3303 Densmore Court
- Thomas & Brenda Thompson, 14714 Lindsey Lane

We hope you are enjoying your new home

FUTURE SOCIAL ACTIVITIES

July 22nd	Ice Cream Social
Oct. 27th	Annual Fall Coffee

ANNUAL DINNER

It was great to see everyone at the Annual Dinner; for those were not able to attend, you really missed a great event. The food was delicious and entertainment was provided by Elaine O'Leary at the piano

and the Leisure World Chorale. These events are a great way to meet new neighbors and renew friendships.



ICE CREAM SOCIAL

The Ice Cream Social is back by popular demand. The social will be held on July 22nd @ 3:00 in the Chesapeake Room in Clubhouse I. A flyer will be sent to everyone in July, please mark the date in your calendar, as you really don't want to miss this.

Our next Board meeting is scheduled for June 28, 2012 at 9:30 am in the Sullivan Room of the Administration Building. All are welcome to attend.

COMING SOON.....

Neighbor Spotlight

Our thanks to Shirley Griffin for volunteering! We look forward to knowing more about our neighbors.

To all Mutual 10 Residents:

Mutual 10 board members are working very hard to help everyone with their problems but we also have a private life so PLEASE call us Monday through Friday 10am to 5.30 p.m. On Saturdays and Sundays IF it is an emergency call Mike Showalter or Dora Pugliese or PPD otherwise wait till Monday.

Important Notice

1. This notice applies to items that fall within the mutual's area of responsibility. The mutual's responsibility is limited to repairing or replacing items that involve normal wear and tear. The owner is responsible for repair/replacements costs for damage caused by the owner or a guest.
2. If you believe an item requiring repair or replacement is the mutual's responsibility do not call PPD or a service contractor to have the work done unless it is an emergency. Instead, contact a member of your Board of Directors. Failure to follow this procedure may result in your being held responsible for the cost of the services provided.

... CHECK IT OUT...

By Paul Eisenhour
301-460-5588
paule@lwm10.com

Notice on our mutual website homepage two things:

- 1) A few pictures and a video snippet of our very successful Annual Dinner on May 18. It was a very enjoyable evening to mingle with our neighbors and have a nice meal followed by good entertainment.
- 2) You'll notice the top banner logo is no longer just Mutual 10, but also includes the name Kelmscot Village, as it is now our unofficial name. It's not an official logo, so I welcome any thoughts you think might improve its appearance.

Also, the tally of the Leisure World Name Survey has been finalized. Thank you for the participation of our residents and their opinions combined with those of other Leisure World residents. The final survey results should be reported in the LW News June 19th edition. Prior to that, on June 13th, is an open forum meeting of the LW Community Name Committee in Clubhouse I. This meeting should be brief and there will be a discussion of the results. Any resident is welcome. (please remember that this survey is not a binding decision of a name change, but is a fact for consideration by the Board of Directors).

A Father

A father is a source of strength,
A teacher and a guide,
The one his family looks up to
With loving trust and pride...
A father is a helper
With a willing hand to lend,
A partner, an adviser,
And the finest kind of friend.
~Anonymous

HAPPY FATHER'S DAY!



They say a penny saved is a penny earned. Looking to save more? **ASK FOR A DISCOUNT!!**

Check out the list of places that offer great discounts at the end of this issue, keep it handy and keep more \$\$ in your wallet.



SUNSTROKE

Sunstroke is a type of heatstroke. Heatstroke is a condition that occurs after exposure to excessive heat. In sunstroke—also called heat illness, heat injury, hyperthermia, heat prostration, and heat collapse—the source of heat is the sun. Other types of heatstroke occur after exposure to heat from different sources. Heatstroke is a life-threatening medical condition. In severe cases, heatstroke can even cause organ dysfunction, brain damage, and death.

Symptoms of sunstroke can occur suddenly. Once your body loses its ability to regulate heat, body temperature can rise quickly. Symptoms of sunstroke include sudden headache, dizziness, weakness, or fainting. Because your body's thermostat is malfunctioning, you will only sweat a little bit or not at all. The skin is hot and dry. Body temperature can rise to 102°F (38.9°C) or higher. In severe cases, repeated vomiting and coma can occur.

Symptoms of Sunstroke

- Sudden dizziness, weakness, or faintness
- Sudden headache
- Little or no sweating
- Hot and dry skin
- High body temperature, typically 102°F (38.9°C) or higher
- Rapid heartbeat
- Muscle cramps
- Vomiting
- Coma

Young children and the elderly are at an increased risk for heatstroke and sunstroke. Elderly adults are less sensitive to changes in temperature, so their thermostats work

less efficiently. People with excess body fat are also more likely to retain heat. Conditions or medications that cause dehydration can increase your risk for sunstroke. Skin disorders such as scleroderma can interfere with your ability to sweat. Dehydrating medications such as diuretics make less water available in the body for sweat, thereby crippling your body's cooling system.

Risk Factors for Sunstroke

- Very old or very young age
- Low level of physical activity
- Obesity
- Smoking, drug, and alcohol use
- Heart disease
- High blood pressure
- Diseases of the skin, kidney, or liver
- Decreased ability to sweat, such as in scleroderma and cystic fibrosis
- Medications that can aggravate sunstroke, including water pills (diuretics), allergy pills (antihistamines), tranquilizers, anticholinergics, and amphetamines
- Poor ventilation or lack of air conditioning in home
- High humidity
- Heavy, restrictive clothing

Strategies for Preventing Sunstroke

- Drink plenty of non-caffeinated, non-alcoholic fluids during the day, even if you are not thirsty.
- Replenish water lost through sweat by drinking at least every 20 minutes during exercise.
- Stay in cool, shaded, or air-conditioned areas.
- Avoid being outside during the hottest hours of the day (10 AM to 6 PM)
- Wear cool, non-restrictive, light-colored clothing.

NEIGHBORS' NEWS

Free:

- One programmable thermostat in perfect condition. Contact Mike Showalter at 301 598 3247 or showmt@hotmail.com
- Computer (HP), speakers, and Samsung Screen. 2003 Vintage. Good working condition. AVAILABLE NOW. CALL VIRGINIA, 301 598-5159 (FYI- you will need a keyboard and mouse)

To request that something be printed, call Cris Juarez at 301-598-1371 or e-mail her at cjuarez@lwmc.com. The deadline for July's Tidings is June 25, 2012

YOU must ASK for your discount!
(We can't guarantee all of these are current)

RESTAURANTS

- Applebee's: 15% off with Golden Apple Card (60+)
- Arby's: 10% off (55+)
- Ben & Jerry's: 10% off (60+)
- Bennigan's: discount varies by location (60+)
- Bob's Big Boy: discount varies by location (60+)
- Boston Market: 10% off (65+)
- Burger King: 10% off (60+)
- Chick-Fil-A: 10% off or free small drink or coffee (55+)
- Chili's: 10% off (55+)
- CiCi's Pizza: 10% off (60+)
- Denny's: 10% off, 20% off for AARP members (55+)
- Dunkin' Donuts: 10% off or free coffee (55+)
- Einstein's Bagels: 10% off baker's dozen of bagels (60+)
- Fuddrucker's: 10% off any senior platter (55+)
- Gatti's Pizza: 10% off (60+)
- Golden Corral: 10% off (60+)
- Hardee's: \$.33 beverages everyday (65+)
- IHOP: 10% off (55+)
- Jack in the Box: up to 20% off (55+)
- KFC: free small drink with any meal (55+)
- Krispy Kreme: 10% off (50+)
- Long John Silver's: various discounts at locations (55+)
- McDonald's: discounts on coffee everyday (55+)
- Mrs. Fields: 10% off at participating locations (60+)
- Shoney's: 10% off Sonic: 10% off or free beverage (60+)
- Steak 'n Shake: 10% off every Monday & Tuesday (50+)
- Subway: 10% off (60+)
- Sweet Tomatoes: 10% off (62+)
- Taco Bell: 5% off; free beverages for seniors (65+)
- TCBY: 10% off (55+)
- Tea Room Cafe: 10% off (50+)
- Village Inn: 10% off (60+)
- Waffle House: 10% off every Monday (60+)
- Wendy's: 10% off (55+)

- White Castle: 10% off (62+)

RETAIL & APPAREL

- Banana Republic: 10% off (50+)
- Bealls: 20% off first Tuesday of each month (50+)
- Belk's: 15% off first Tuesday of every month (55+)
- Big Lots: 10% off
- Bon-Ton Department Stores: 15% off on senior discount days (55+)
- C.J. Banks: 10% off every Wednesday (60+)
- Clarks: 10% off (62+)
- Dress Barn: 10% off (55+)
- Goodwill: 10% off one day a week (date varies by location)
- Hallmark: 10% off one day a week (date varies by location)
- Kmart: 20% off (50+)
- Kohl's: 15% off (60+)
- Modell's Sporting Goods: 10% off
- Rite Aid: 10% off on Tuesdays & 10% off prescriptions
- Ross Stores: 10% off every Tuesday (55+)
- The Salvation Army Thrift Stores: up to 50% off (55+)
- Stein Mart: 20% off red dot/clearance items first Monday of every month (55+)

GROCERY

- Albertson's: 10% off first Wednesday of each month (55+)
- American Discount Stores: 10% off every Monday (50+)
- Compare Foods Supermarket: 10% off every Wednesday (60+)
- DeCicco Family Markets: 5% off every Wednesday (60+)
- Food Lion: 6% off every Monday (60+)
- Fry's Supermarket: free Fry's VIP Club Membership & 10% off every Monday (55+)
- Great Valu Food Store: 5% off every Tuesday (60+)
- Gristedes Supermarket: 10% off every Tuesday (60+)
- Harris Teeter: 5% off every Tuesday (60+)
- Hy-Vee: 5% off one day a week (date varies by location)

- Kroger: 10% off (date varies by location)
- Morton Williams Supermarket: 5% off every Tuesday (60+)
- The Plant Shed: 10% off every Tuesday (50+)
- Publix: 5% off every Wednesday (55+)
- Rogers Marketplace: 5% off every Thursday (60+)
- Uncle Guiseppe's Marketplace: 5% off (62+)

TRAVEL

Airlines:

- Alaska Airlines: 10% off (65+)
- American Airlines: various discounts for 65 and up (call before booking for discount)
- Continental Airlines: no initiation fee for Continental Presidents Club & special fares for select destinations
- Southwest Airlines: various discounts for ages 65 and up (call before booking for discount)
- United Airlines: various discounts for ages 65 and up (call before booking for discount)
- U.S. Airways: various discounts for ages 65 and up (call before booking for discount)

Rail:

- Metrorail (Smartrip card for 65+)
- Amtrak: 15% off (62+)

Bus:

- Metro bus (9-3 free)
- Greyhound: 5% off (62+)
- Trailways Transportation System: various discounts for ages 50+

Car Rental:

- Alamo Car Rental: up to 25% off for AARP members
- Avis: up to 25% off for AARP members
- Budget Rental Cars: 10% off; up to 20% off for AARP members (50+)
- Dollar Rent-A-Car: 10% off (50+)
- Enterprise Rent-A-Car: 5% off for AARP members
- Hertz: up to 25% off for AARP members
- Holiday Inn: 10%-30% off depending on location (62+)
- National Rent-A-Car: up to 30% off for AARP members

Hotel:

- Best Western: 10% off (55+)
- Cambria Suites: 20%-30% off (60+)
- Clarion Motels: 20%-30% off (60+)
- Comfort Inn: 20%-30% off (60+)
- Comfort Suites: 20%-30% off (60+)
- Econo Lodge: 20%-30% off (60+)
- Hampton Inns & Suites: 10% off when booked 72 hours in advance
- Hyatt Hotels: 25%-50% off (62+)
- InterContinental Hotels Group: various discounts at all hotels (65+)
- Mainstay Suites: 10% off with Mature Traveler's Discount (50+); 20%-30% off (60+)
- Marriott Hotels: 15% off (62+)
- Motel 6: 10% off (60+)
- Myrtle Beach Resort: 10% off (55+)
- Quality Inn: 20%-30% off (60+)
- Rodeway Inn: 20%-30% off (60+)
- Sleep Inn: 20%-30% off (60+)

ACTIVITIES & ENTERTAINMENT:

- AMC Theaters: up to 30% off (55+)
- Bally Total Fitness: up to \$100 off memberships (62+)
- Busch Gardens Tampa, FL: \$3 off one-day tickets (50+)
- Carmike Cinemas: 35% off (65+)
- Cinemark/Century Theaters: up to 35% off
- U.S. National Parks: \$10 lifetime pass; 50% off additional services including camping (62+)
- Regal Cinemas: 30% off
- Ripley's Believe it or Not: @ off one-day ticket (55+)
- SeaWorld Orlando, FL: \$3 off one-day tickets (50+)

CELL PHONE DISCOUNTS:

- AT&T: Special Senior Nation 200 Plan \$29.99/month (65+)
- Jitterbug: \$10/month cell phone service (50+)
- Verizon Wireless: Verizon Nationwide 65 Plus Plan \$29.99/month (65+).

MISCELLANEOUS:

- Great Clips: \$3 off hair cuts (60+)
- Super Cuts: \$2 off haircuts (60+)