

LW Security: 301-598-1355

Administration: 301-598-1000

# THE KELMSCOT VILLAGE TIDINGS

November 2012

Leisure World

Mutual No 10

Main Gate: 301-598-1044

www.lwm10.com

PPD: 301-598-1500

## KNOW WHOM 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

janetlmartin@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 Eisenhaur, Director  
paule@lwm10.com

301-460-5588

\*Website \*Termite infestation problems

## REMINDER:

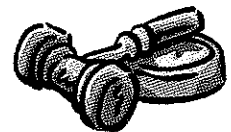
For repair work you expect to be paid  
by Mutual 10, you **MUST** call Mike  
Showalter or Dora Pugliese for  
approval **BEFORE** calling PPD.

### From the President

By Mike Showalter

(301) 598-3247

showmt@hotmail.com



I was away on family business from late-  
September through October 20 but the rest  
of our Board shouldered the workload and  
things remained functioning normally. I  
may be superfluous; hopefully not, but it is  
good to know that the board functions so  
well as a team. In any event, I have the  
following items for you.

**Aftermath of Sandy:** Today, Tuesday,  
October 30, we can thankfully say that  
Sandy was kind to the Leisure World  
community and our mutual. In spite of the  
winds and heavy rain it appears we  
sustained only light damage and our  
electricity was uninterrupted. We dodged  
the bullet that hit vast areas of the Mid-  
Atlantic and northwards with such brutality.

**2013 Budget:** Mutual 10's proposed budget for 2013 was voted on and approved at our September 27 Board of Directors meeting. Please see our Treasurer's comments for further details. In 2013, we will begin a large 3-or 4-year capital-improvement project to install vinyl siding on all of our residences. This improvement should significantly enhance the appearance of our community and of our homes and their value. We are all looking forward to this new undertaking. Obviously, we would have preferred to do everyone's residence next year but the cost forces us to spread it out over a 3- or 4-year period. The homes will be done in roughly the same order as was used with our vinyl patio fences.

**Pepco's Quality Home Checkup (QHEC)** program makes great strides within Leisure World: Resident participation in the QHEC program has soared within Leisure World as a whole and especially within the master-metered (3M) communities. The participation rate within Leisure World has surpassed the 1100 resident mark and the 750 mark within the 3Ms. This equates to approximately \$140,000 in annual energy savings for LW as a whole or \$96,000 annually for just the 3Ms. In addition, participating residents have received an estimated \$55,000 in free energy saving equipment. For those mutuals that participated in the program on a mutual-wide basis the resident participation rates reached the mid-50 – mid-60 % levels. Villa Cortese (Mutual 6C) achieved an outstanding 84% participation rate.

Although great progress has been made, there is still much to do. For Leisure World as a whole, lack of participation by the majority of the high-rises has been

disappointing. And for the master-metered community, the failure of Montgomery Mutual to participate, with its 898 residences, has been a major disappointment. If Montgomery Mutual decided to participate on a mutual-wide basis, the energy savings that would result with a 60% participation rate would be about \$67,000 annually and would provide almost \$27,000 of free energy-saving equipment to its residents.

**Mutual's 2012 Street Paving Project Completion and the Importance of the Bidding Process:** I apologize in advance about the length of this item but I feel it is important enough to discuss at length. Please bear with me.

During the second half of September, Brothers Paving and Concrete Corporation replaced 1,100 linear feet of damaged curbing and 5,900 square yards of asphalt pavement using the "mill and overlay" process, which consists of grinding away the cracked and brittle top two inches of the road surface and replacing it with an equivalent amount of new and pliable asphalt pavement. The project included all of Deerhurst Terrace, Densmore and Hallaton Courts and an 860-foot-long section of Kelmscot Drive. The company also was prepared to replace as much damaged "base" (a course but strong asphalt foundation that supports the top layer of pavement) as needed. After milling was completed, and the base was exposed, the company was able to determine that the base was in good condition and needed no significant repairs. The reason I am telling you this will be explained shortly.

**1. Why was Brothers Selected?** The key difference and a major point of

contention in evaluating Brothers' (and four other contractors) bids with H & H's bid involved the proposed method of construction. H & H recommended complete removal and replacement of the roadways under consideration for repaving. The four other contractors and Brothers were confident that the "mill and overlay" method coupled with selected base repairs was the method of choice. Except for H & H, which insisted that the base was in shambles, the other contractors assessed that the base was essentially sound and as Brothers put it, "why would you want to replace perfectly good base?" H & H also proposed replacing all of the curbing as part of its proposal even though the majority of it was undamaged. Brothers list of clients include one of the largest property management companies in the area, Leisure World of Virginia, the Federal government, and others, some of which are indicated on its website ([www.brotherspaving.com](http://www.brotherspaving.com)). Based on its obvious expertise in paving and concrete work combined with the affirmation of the other bidding companies we took its recommendation over H & H's.

**2. Enormous Ramifications:** Put simply, we estimate that with Densmore and Hallaton Courts included, we saved at least \$180,000 by choosing Brothers over H & H to do our paving project. H & H's bid for Deerhurst Terrace and the section of Kelmscot Drive that needed replacement was over \$237,000 alone and the bid did not include the two courts. By choosing Brothers, we were able to pave and replace damaged curbing for Deerhurst Terrace, the

Kelmscot Drive section plus both Densmore and Hallaton Courts for \$105,000. Brothers' price was \$45,000 under budget. Keep in mind that the H & H bids were higher because it was recommending total curb replacement and the "removal and replacement" paving method instead of damaged curb replacement and the "mill and overlay" paving method recommended by the other contractors. H & H's contention was that the road base was compromised so badly that without its complete replacement the pavement would not hold up. It was our assessment after talking to multiple contractors that H & H was recommending far more work than was needed to do the job adequately. This decision was borne out by the good condition of the base when it ultimately was exposed by the milling process.

**3. Personal Comment:** Other than the obvious factor of price, our reason for choosing Brothers was that the company has a track record and stature to challenge H & H, which seems to be the contractor of choice within much of the Leisure World community. H & H has been recommended by a number of sources within Leisure World as providing quality work at the best prices for concrete and paving work. The problem is that the company adamantly insisted to us that far more work was required than was deemed necessary by the other contractors that bid on our project. As a result H & H's total price was far higher for the proposed work even if its unit prices were less expensive. I am relating this exercise with you because it demonstrates the importance of the bidding process in

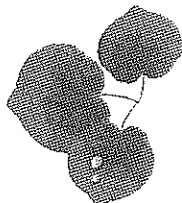
awarding major contracts. I want to thank our treasurer, Janet Martin, for counseling that we should take the time and effort to secure bids for our project rather than using the "one bidder" option that would have been a less stressful but easier course.

**4. Side Note:** An interesting side note to our experience is that another mutual recently received the same "remove and replace" recommendation from H & H for its paving needs. Both Brothers and A.B. Viers, another large paving and concrete contractor in this area, visited and examined the paving project in question. Both companies recommended the "mill and overlay" method over the "remove and replace" proposal – at approximately one quarter of the cost -- and they both expressed surprise by (H & H's) proposal that "removal and replacement" was necessary. The price difference was \$66,000 from A.B. Viers versus \$244,000 from H & H for the same paving project. As a result of our and our neighbor mutual's experience with H & H, it is my opinion that H & H Construction needs some serious competition for future paving projects here in Leisure World.

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### Landscape

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



After 2 weeks of sunshine on the French Riviera, I was not prepared for our tropical storm. Mutual 10 was very lucky. Besides some branches on the ground- most of them

were leftover from the last storm- we did not have any damage to houses or trees.

Next week I'll pull out all the summer annuals from under the streets signs and tidy up the flower beds. If you have your indoor plants outside, now is the time to bring them in. Be sure to spray them with an insect killer product so that you don't bring in some unwelcome visitors. The mums are almost finished flowering, do not cut them down for the winter; instead, wait till the end of March.

It's time to turn off your outside spigots. Home depot sells inexpensive foam covers for them.

McFall & Berry will not blow the leaves from your flower beds. Too many people complained about the mulch being blown away so now it will be the resident responsibility.

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### Treasurer's Report

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



Our finances through September, 2012 are as follows:

Income	\$933,352
Expenses	\$854,397
Surplus	\$ 78,955

Variance over budget \$78,139

Reserve Balance 9/30/12  
\$1,117,200

We continue to rack up surpluses each month. These surpluses will largely disappear

In 2013, however, as we reduced the amount budgeted for electricity and thus reduced the condo fees.

As always, please feel free to call me at any time if you have a question about our finances.

**Our next Board meeting is scheduled for November 29, 2012 at 9:30 am in the Sullivan Room of the Administration Building. All are welcome to attend.**

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### **FINAL FLU SHOT CLINIC**

**TUESDAY, NOVEMBER 27, 2012**

**9:00 AM TO 1:00 PM**

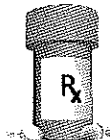
**CLUBHOUSE I**



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### **LEISURE WORLD MEDICAL CENTER SEMINAR**

**MEDICARE PRESCRIPTION DRUG PROGRAM RESCHEDULED**



**TUESDAY, NOVEMBER 13  
10:00 A.M.  
CLUBHOUSE 2**

#### **SPEAKER:**

**LETA BLANK, PROGRAM DIR.  
SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)**

**CALL 598-1320 TO RESERVE A SEAT**

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### **Thanksgiving Day Safety Tips**

(article from ehow.com)

Thanksgiving is a holiday that brings friends and family together to share a good meal, conversation and laughter. But Thanksgiving also comes with several health hazards, including an increased chance of fires, food poisoning and choking. Take a few minutes to review these Thanksgiving Day safety tips, and enjoy the holiday without worry

**Fire-** The U.S. Fire Administration reports that, on Thanksgiving Day, more than 4,000 fires occur. The average number of cooking fires doubles on the holiday. In addition to installing a fire detector in the kitchen, there are several easy ways to avoid fires:

Don't leave the kitchen while frying and grilling. Use a timer and do kitchen checks when simmering, baking, broiling and roasting. If deep frying a turkey, keep the fryer outside, away from walls, fences and other structures. Also, keep the fryer away from moisture to avoid burns from steam and spattering oil.

Keep pot holders and food wrappers 3 feet away from the stove or other hot surfaces. Kids should stay 3 feet away too. Make sure the handles of pots and pans are facing inward. Avoid loose clothes, especially those with long sleeves, while cooking. And make sure all candles and smoking materials are put out after the guests leave.

**Turkey-** Eating undercooked turkey is another Thanksgiving health problem. If a turkey is thawed at a temperature above 40° Fahrenheit, salmonella or other bacteria that cause food poisoning can grow.

Safely cooking a turkey starts with correct defrosting. There are three methods for safe defrosting. The turkey can be thawed

in the refrigerator—one day for every 5 lbs. of the bird. The turkey can be submerged in water if it is in leak-proof packaging—30 minutes for every pound. The water should be changed every half hour. It's also safe to defrost a turkey in a microwave. Remove any packaging and follow the manufacturer's instructions.

With all three methods it's important to cook the turkey immediately after thawing. Don't slow cook or partially cook the turkey, and check the temperature with a meat thermometer to determine if it's done. Even if the turkey came with a pop-up thermometer, it's necessary to check the innermost part of the thigh and wing, and the thickest part of the breast. The turkey needs to be at least 165 degrees Fahrenheit (and the stuffing, too).

Let the turkey rest before carving. This gives the juices time to set.

**Choking** - The most common cause of choking is talking while eating. If a person is unable to cough, breathe or speak, the first thing to do is call 911. Next, the Red Cross recommends a technique called FIVE-and-FIVE for choking victims.

The first step is giving the choking victim five sharp blows on the back, using the heel of the hand. If the obstruction is not dislodged by this move, the next step is to give the victim five quick, upward abdominal thrusts.

Some people run from the table when they start choking. It's important to stay with other people so they can give assistance. If the victim is alone, he can give himself the five abdominal thrusts using his hand or by pressing his abdomen firmly against the back of a chair.

**Leftovers**- Eating Thanksgiving leftovers that have been improperly stored can also lead to food poisoning. Leftovers need to be put away within two hours after serving

the food. (This includes pumpkin pie.)

They go in the refrigerator if they are going to be eaten within three days, otherwise they go in the freezer. Food should be stored in shallow containers. Meat should be removed from the bone before being put away.

Reheated leftovers should be cooked to 165 degrees Fahrenheit. Gravy should be brought to a vigorous boil.

**Pets**- Thanksgiving brings health hazards to dogs and other pets as well as humans. Don't give turkey bones to pets. Turkey bones and other bird bones are hollow, which makes them likely to splinter. This can cause tears in an animal's esophagus, stomach or intestines.

Fatty holiday foods, like turkey skin and gravy, can contribute to pancreatitis. More pets are brought to vets for pancreatitis after their owners have had a party or holiday dinner.

Be careful about leaving chocolate candies out (or kids dropping candy on the floor). Chocolate can cause illness and even death when dogs ingest it. In addition, dogs shouldn't be fed grapes, raisins, onions, alcohol or anything with caffeine. It's also important to keep the string used to tie the turkey and other food wrappings out of reach of pets.

Dogs also tend to be excited when there are lots of people in the house. When they are excited, they often eat too quickly, and this can lead to bloating, a very dangerous condition. Feed your dog before the guests arrive and don't let them be too active before or after eating.

*Have a happy and safe  
Thanksgiving Day!*



# NEIGHBORS' NEWS

*Best wishes to Dotty Van Scoyoc  
for a speedy recovery from  
surgery.*

**Free:** Garmin Nuvi 260w GPS unit with auto plug-in adapter. I believe it works fine but will need the maps updated. If interested, call Mike Showalter, 301 598-3247.

**Found:** A grey woman's jacket was left at the M-10 Fall Coffee affair. If you think this is yours, contact Delores Showalter at 301 598-3247

## FALL MUSIC FESTIVAL

MUSIC FROM THE 20'S TO THE PRESENT  
PATRIOTIC MUSIC  
**BITTERSWEET BAND**  
ALL ELEVEN-MEMBER PROFESSIONAL BANK  
**WEDNESDAY, NOVEMBER 14, 2012**  
**7:30- 9:30 P.M.**  
CLUBHOUSE I in CRYSTAL BALLROOM  
Cash Bar, Refreshments, Dance Floor, Tables  
*Sponsored by Rossmoor Woman's Club*  
**Donation ticket is \$10 per person**  
**Purchased at E&R Office or at the door**

(Checks Only)

Questions: Call Jean Hitselberg, 301-598-1936

To request that something be printed, call Cris Juarez at 301-598-1371 or e-mail her at [cjuarez@lwmc.com](mailto:cjuarez@lwmc.com). The deadline for December's Tidings is November 26, 2012.

**Administration Building Renovation Options**  
**Presented by Community Planning Advisory Committee**  
**August 20, 2012**

**Justification for the renovation and upgrading of the administration building:**

The existing administration building is over 40 years old and in many ways has outlived its useful life. The renovation of the building has been on the Community Planning Committee agenda for more than eight years. This year three options for the renovation have been developed and a decision needs to be made as to which option we should pursue to completion.

The objectives for the renovation or expansion of the administration building are:

1. Optimize the efficiency and working relationship of the several departments.
2. Provide current standard space requirements and furnishings for the working staff.
3. Update the heating, air conditioning, electrical and plumbing installations.
4. Renovate interiors, windows, walls and roofing.

The three schematic design options for the renovation of the administration building, besides providing adequate working environment for the 43 member existing staff, also take into consideration providing accommodation for the following community services:

1. Retention of Bank of America office space
2. Accommodation of Post office
3. Retention of space for real estate sales agencies
4. Expansion of meeting and conference facilities
5. Additional space for future needs

Brief summaries of the three options under consideration are as follows:

**Option 1**

Renovation of administration building within its existing footprint, - 16,700 sf.

Accommodates all staff with enlarged working spaces, two staff meeting rooms, staff lunch room, a smaller Sullivan Room, a post office and a receptionist counter in the lobby.

Does not have space for real estate agency, smaller file storage space and no future expansion space.

Will require temporary relocation of staff during construction to other LW quarters and to temporary office trailers.

Cost - \$2,300,000. Estimated completion by spring of 2014



## Option 2

Renovation of existing administration building with a 3,000 sf. addition, - 19,700 sf.

Accommodates all staff with enlarged working spaces, three staff meeting rooms, staff lunch room and pantry, a conference room twice the size of the Sullivan Room, an additional staff toilet and a receptionist counter in the lobby.

Provides space for real estate agency, a larger post office room, more file storage space and 1,370 sf. future expansion space.

Will require temporary relocation of staff during construction to other LW quarters and to temporary office trailers.

Cost - \$3,200,000. Estimated completion by summer of 2014

## Option 3

Construction of a new, two story, administration building on the main parking lot, next to Leisure World Boulevard, demolition of existing administration building and constructing 92 parking spaces on the site. Total size: 20,600 sf.

Accommodates all staff with enlarged working spaces, three staff meeting rooms, staff lunch room and pantry, a conference room 30% larger than the Sullivan Room, toilets on first and second floors, and a receptionist counter in a lobby which would be one third the size of the current lobby.

Provides space for real estate agency, a post office room twice the size of the existing, 3,000 sf. for a bank, and 950 sf. future expansion space.

During construction the staff will remain in the existing administration building. After construction is complete, the staff will transfer to the new building, the existing administration building will be demolished and a 92 space parking lot will be constructed on the site, close to Club House I. During construction 128 spaces (one third of parking) will be lost to the new building and construction staging. After construction of the new building and the 92 spaces at the current administration building site, there will be six more spaces than in the existing parking lot.

Cost - \$5,200,000. Estimated completion by summer of 2015