

Montpelier Woods Homeowners Association

Winter
Newsletter
January 2014

MWHOA Board of Directors:

President	Donna Harding
Vice President	David Sohn
Treasurer	Paula Oas
Secretary	Lynn Musser
Member at Large	Teresa Krikor

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From the woodpile...President's Article



Here we are again with another year gone by. I hope 2013 was a good year for all but lets make 2014 even better. I would like to thank the members of the Board for their service to our community. We said goodbye to Liz Hobbins as she has decided to leave the board, we will also say goodbye to Wes Musser who has decided to leave as well. He has served on the board this past year as the secretary. Good luck and many thanks to both of them. We will be welcoming two new board members. David Sohn is joining us as the Vice-President and Lynn Musser has taken the secretary position. And with that being said.....

ELECTIONS

The results of the election can be seen in the table above showing members of the board.

SOLICITING IN THE NEIGHBORHOOD

Unfortunately we do have solicitors in our neighborhood from time to time. As a community we have posted notices at our entrances that prohibit solicitation without prior consent from the board. Sadly these posted notices do not deter all solicitors. The best way to deter solicitation is to post a "no soliciting" sign in your yard. If this still does not deter the pesky solicitor from knocking on your door at this point (and you decide to open the door) you can ask them to leave. If they persist and all else fails call the police. I do want to warn that you be very careful. If you decide to open the door please do so with caution. Have someone in the house with you, ask for a license from the county and a photo ID, do not leave an open door unattended, and do not ask anyone you do not know to come inside.

WINTER is here full steam ahead. Hopefully we have all prepared for these harsh times. Staying well stocked on items that can be used in case of a power outage is always wise. Canned food, water, and toilet paper are always some of the first things that disappear from the grocery shelves when bad weather is called for, and these are the very things that can be stored for a period of time. Snow shovels and rock salt will also come in handy when that blizzard sneaks up on us! Don't forget the flashlights and fresh batteries.

GRINDER PUMPS



The Grinder Pumps continue to be an issue in the neighborhood. If you experience any Grinder Pump issues, below is information for the company that still services them. Not all houses in the neighborhood have these, but some do. The company that installed the original pumps for the Montpelier Woods builder is *Freemire & Associates, 1215 Old Dorsey Road, Harmon, MD. 21077, phone 410-768-8500*. They are still in business and have spare parts to repair these pumps. **Note:** *This is being provided for informational purposes only and is not an endorsement of the company.*

Have you been to our website lately? There is information there that can be very useful, e.g. frequently called numbers for County offices, association meeting dates, our Newsletters (in color), Police Tips for safe winter driving, back to school safety tips, and lots more. If there is something that you would like to see on the website, please let us know; we can be reached at 240-554-2438.

~Donna Harding, President

NEIGHBORHOOD WATCH: *Helping the Community*

Everyone working together to prevent Crime



Hoping everyone is feeling a bit safer as we look forward to a great 2014. We have experienced continued low crime rates in our area. Crime rates in general in Prince Georges County continue to drop to all time lows over the past five years. Last year homicides were down 38%, violent crimes were down 30% and property crimes were down 26%. There are, however, still people out there who would commit crimes given an opportunity. Watch out for your neighbor's property as well as your own.

Vehicle thief and car jacking are way down on the list of crimes in the county. However, a new theft technique has sprung up in the area - theft from autos at service stations. It started in the District and has now spread into PG County. Be very watchful as you service your car. Lock the car while you are filling the gas tank. These precautions will deter the thieveries. The simplest way to prevent all types of property crimes is to "**LOCK IT.**"

We still need Neighborhood Watch Block Captains on Basswood Court, Drive, Terrace and Bignonia Drive. This community service takes very little time and can be rewarding as you make social contact with your neighbors. We will provide materials and help you get started.

Please call Dale at 301-498-3780.

It has been said that security requires eternal vigilance. When you see anything that may lead to a criminal act or crime in progress, immediately call the police at **911**. Let the police sort out the problem and take the necessary action. Information not called in is immediately lost.

Police Numbers:

911 – Crime reporting

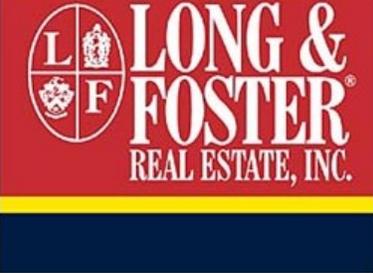
301-352-1200 – Non-emergency information reporting

301-931-3575 – Police tip line (always monitored)

Neighbors working together will take a bite out of crime. We are all the first line of defense against criminals. Be aware of your environment.

Security and safety start at home. There are many good tips at our website, MWHO.COM. Check them out.

Dale Good, Neighborhood Watch Chairman



TERRI SHIPP

Direct: 301-873-4769 SRES, CNE, SFR
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WWW.TERRISHIPP.COM



TREE HAZARDS

- If you see a hazardous tree in one of the common areas, **call the Board.**
- If a Bradford Pear (or any tree in a parking strip) is a hazard, call 311 to report it. The county is responsible for all trees in the parking strips. It is their responsibility to trim and remove hazardous branches and downed trees.

WHAT IF WE NEED TO CONTACT YOU

If we needed to contact you today, could we do it?

Perhaps there is a billing question or a neighborhood emergency that might impact you.

Situations arise when we need to contact homeowners in a timely manner.

If you have not already done so, please send us your email address and phone number. The information will be kept secure and will only be used as mentioned above.

MWHO A Budget 2014



Receipts

Household Assessments	\$ 20,184
Late Fee Income	\$ 660
Resale Packages	\$ 195
Interest Received	\$ 144
Other	\$ 200
Total Receipts	\$ 21,383

Expenses

Web Site	\$ 120
Printing	\$ 900
Postage & Mailing	\$ 1,100
Grounds Maintenance	\$ 3,600
Tree Cutting	\$ 10,000
Beautification	\$ 200
Insurance	\$ 1,800
Telephone	\$ 165
Office Supplies	\$ 100
Taxes	\$ 600
Legal Fees	\$ 1,000
Bank Fees & Charges	\$ 0
Community Function	\$ 200
Meeting Room Rental	\$ 540
Post Office Box	\$ 186
Other	\$ 500
Total Operating Expenses	\$ 21,021
Net Operating Inc. (Loss)	\$ 362
Survey Common Areas	\$ 16,246
Net Income (Loss)	\$ (15,884)

MWHO A Financial Update



Balance Sheet

As of 12/31/2013

Assets

Bank, Savings & Investment Accounts	
Checking – Bank of America	\$ 220.52
Savings – Bank of America	\$ 9,106.99
Money Market - E-Trade	\$ 7,576.99
CD - Risk Free - Bank of America	\$ 19,373.18
CD - Reg. - Bank of America	\$ 30,992.23
Total Assets	\$ 67,269.91

Liabilities and Owners Equity

Prepaid Owner Assessments	\$ 132.00
Owners Equity	\$ 67,137.91
Total Liabilities and Owners Equity	\$ 67,269.91

Financially, MWHO A has had a great year! We ended 2013 with a net income of \$6,171 instead of a net loss of almost \$6,000, which is what we were anticipating. This nice turn of events is mostly due to drastically less tree cutting expense—\$5,400 instead of the \$20,100 which we incurred in 2012.

The survey of the common areas which was planned for 2012, then 2013, is now planned for early 2014. This will take a big chunk of money from our "reserves", and will not affect the annual assessment, which remains the same for 2014 - \$58. You should all have received a 2014 invoice by now; if not, please contact the Board immediately.

I hope you all have a good year!

I enjoy serving as your treasurer.

~ Paula Cas, Treasurer

 <p>Welcome to our New Neighbors</p> <p><i>Thank you for joining us in Montpelier Woods!</i></p>	
Juan Anaya	12110 Amblerwood Drive
Brian Fields	12102 Amblerwood Drive
Alexander Castellanos and Jacqueline Sorto	12103 Aspenwood Lane
Pattiann Chaplin and Carl Williams	10301 Bristolwood Court

Notaries in Our Neighborhood	
Nickie Pinnick 301-646-1546	

Driving in Snow and Ice

The best advice for driving in bad winter weather is not to drive at all, if you can avoid it. Don't go out until the snow plows and sanding trucks have had a chance to do their work, and allow yourself extra time to reach your destination. If you must drive in snowy conditions, make sure your car is prepared, and that you know how to handle road conditions. It's helpful to practice winter driving techniques in a snowy, open parking lot, so you're familiar with how your car handles. Consult your owner's manual for tips specific to your vehicle.

Driving safely on icy roads

1. Decrease your speed and leave yourself plenty of room to stop. You should allow at least three times more space than usual between you and the car in front of you.
2. Brake gently to avoid skidding. If your wheels [start](#) to lock up, ease off the brake.
3. Turn on your lights to increase your visibility to other motorists.
4. Keep your lights and windshield clean.
5. Use low gears to keep traction, especially on hills.
6. Don't use cruise control or overdrive on icy roads.
7. Be especially careful on bridges, overpasses and infrequently traveled roads, which will freeze first. Even at temperatures above freezing, if the conditions are wet, you might encounter ice in shady areas or on exposed roadways like bridges.
8. Don't pass snow plows and sanding trucks. The drivers have limited visibility, and you're likely to find the road in front of them worse than the road behind.
9. Don't assume your vehicle can handle all conditions. Even four-wheel and front-wheel drive vehicles can encounter trouble on winter roads.

If your rear wheels skid...

1. Take your foot off the accelerator.
2. Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
3. If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
4. If you have standard brakes, pump them gently.
5. If you have anti-lock brakes (ABS), do not pump the brakes. [Apply](#) steady pressure to the brakes. You will feel the brakes pulse — this is normal.

If your front wheels skid...

1. Take your foot off the gas and shift to neutral, but don't try to steer immediately.
2. As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

If you get stuck...

1. Do not spin your wheels. This will only dig you in deeper.
2. Turn your wheels from side to side a few times to push snow out of the way.
3. Use a light touch on the gas, to ease your car out.
4. Use a shovel to clear snow away from the wheels and the underside of the car.
5. Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
6. Try rocking the vehicle. (Check your owner's manual first — it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again. Each time you're in gear, give a light touch on the gas until the vehicle gets going.

This information can also be found on the MWHOA website.

In case you did not know.....

The County has launched an Alert System for Emergencies. With "Notify Me Prince George's," county residents will receive emails, text messages or pages during major events and local emergencies.

With "Notify Me Prince George's," the county's government officials will send real-time updates to residents. Registered users will also receive messages that pertain to Amber Alerts, severe weather or traffic, school closings and government delays, among other things. "Prepared citizens will lead to a better prepared county," County Executive Rushern L. Baker III said in a statement. "This notification system should encourage all residents to take the lead and plan ahead." Go to <https://notifyme.princegeorgescountymd.gov> to sign up for the alerts. For more information, call the county's Office of Emergency Management at 301-883-3300.

HEALTH AND WELLNESS TIPS



COOL BEANS: The next time you shop stock up on canned beans. Try different varieties, including adzuki, garbanzo, navy, kidney, black and pinto beans. They are a high-fiber, cholesterol-free, low-fat, nutrient-rich protein source. Beans can be used in a variety of dishes. Rinse them under cold water to remove much of the sodium and they are ready to add to salads, pitas, rice, pasta or soups. Consider using them in place of meat as part of an entrée several times a week.

THE GIFT OF VOLUNTEERING: Taking a few hours to help others throughout the year will make you feel great. Volunteering gives you an opportunity to change people's lives and your own. It offers many benefits including learning a new skill, being a part of a community, meeting new people and getting life experience. Check for volunteer opportunities in your local area or search the Internet to find a cause close to your heart. You can make a difference!

SNACKING: Healthy snacking may help keep hunger at bay and boost your energy between meals. Smart snacking can also prevent overeating at mealtimes, provide you with vitamins and minerals, and keep your blood sugar from dipping too low. Opt for healthy snacks such as fruits, veggies, low/nonfat yogurt, pretzels without salt, or several cups of low/nonfat popcorn.

STAY HEALTHY WITH GOOD ORAL HEALTH: Did you know that preventing periodontitis (the advanced form of gum disease that can cause tooth loss) is not only important for your oral health, but can also be an important step in maintaining overall health? Researchers have found that periodontitis can be associated with other health problems such as cardiovascular disease, stroke and bacterial pneumonia. In most cases, good oral health can be maintained with good daily oral hygiene brushing and flossing and through regular visits with your dentist.

TRY THIS TASTY MARINADE: Looking for a healthy way to marinate lean meats, poultry, fish, tofu, or veggies? Try mixing one packet of Italian dressing seasoning with 2 tablespoons of olive oil and one-third cup of balsamic vinegar. According to our registered dietitian, this flavorful alternative provides less fat than traditional bottled marinades.

Organic / Conventional? Smarter Shopping, Better Health

Until recently, organic produce was found mainly in home gardens, quaint farmers' markets and specialty health food stores. Over the past few years, however, the heightened eco-consciousness of the green movement and health concerns about chemicals used in conventional farming have led to consumer demand for fruits and vegetables grown without synthetic pesticides, artificial fertilizers, irradiation or biotechnology, making organic the fastest growing sector in the food marketplace.

In addition, research is beginning to support the contention that chemicals used in conventional farming can have a negative impact on health. The 2008-2009 annual report from the President's Cancer Panel, "Reducing Environmental Cancer Risk: What We Can Do Now," published in April 2010, encourages consumers to choose organically grown food to help decrease their exposure to environmental toxins, stating in their recommendations, "Give preference to food grown without pesticides, chemical fertilizers and growth hormones."

Despite being more widely available, the cost of organic produce can be as much as 40 percent higher than conventionally grown crops, placing it out of reach for many consumers. The good news is that choosing organic foods to improve your health doesn't have to be an all-or-nothing proposition. The Environmental Working Group (EWG) publishes an annual Shoppers Guide to Pesticides based on lab tests conducted by the USDA Pesticide Data Program. According to the EWG, you can lower your pesticide consumption by nearly 80 percent by avoiding the 12 most contaminated conventionally grown fruits and vegetables and instead eating the least contaminated produce. When you eat fresh produce from the "Clean 15" (the least contaminated fruits and vegetables), you'll be exposed to fewer than 2 pesticides per day, compared to as many as 67 pesticides per serving found in the "Dirty Dozen."

Dirty Dozen (worst on top)

Apples
Strawberries
Grapes
Celery
Peaches
Spinach
Sweet bell peppers
Nectarines (imported)
Cucumbers
Potatoes
Cherry Tomatoes
Hot Peppers

Clean 15 (best on top)

Sweet Corn
Onions
Pineapples
Avocados
Cabbage
Sweet peas - frozen
Papayas
Mangos
Asparagus
Eggplant
Kiwi
Grapefruit
Cantaloupe
Sweet potatoes
Mushrooms

Look Inside For:

- From the Woodpile: President's article
- Neighborhood Watch
- New Neighbors
- Health and Wellness
- Financial Update
- Other things of interest
- [Terri Shipp Real Estate Ad](#)

NEXT MWHOA MEETING DATE



***Deerfield Run Community Center
13000 Laurel Bowie Road***

Monday, 24 February 2014

Meetings begin at 7:30 pm

Please check www.mwhoa.com
for future meeting dates.

Homeowners are encouraged to attend!

**Montpelier Woods
Homeowners Association, Inc.
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