



# London Terrace Towers | News

October 2006

## New Elevators & Sidewalks

We are about halfway through the elevator modernization project. The new elevator cabs are being met with praise for their design. The unseen new mechanical upgrades will improve service greatly.

It has been nothing short of remarkable about how cooperative and patient residents have been! No doubt it was a tad easier during the summer months when many residents were away from the City. Please remember to keep in mind that courtesy

should dictate the holding of an elevator for the opportunity for a neighbor to board but extending holdings for conversation, etc., should always be avoided.

Elevator breakdowns experienced in both 410 and 465 should not occur when the modernized cars are in service.

Your past, present and future patience - so generously extended - continues to be appreciated by us all.

The new sidewalks have been in place since the end of summer. It took several weeks for them to "cure" completely. Now that they have, the sidewalks actually look larger, more grand for our grand buildings. The design and coloration more clearly define the entrances to the residential unit. The cracks, broken edges and curbs, as well as the uneven individual flags have disappeared. Equally as important, the new sidewalks have satisfied our obligations to the City of New York and our insurance company.

**"It has been nothing short of remarkable about how cooperative and patient residents have been!"**



Dear Shareholders:

On November 8th, we will be holding the Annual Meeting of Shareholders for London Terrace Towers Owners, Inc. On the agenda at this meeting is the election of the nine-member Board of Directors of the residential cooperative. These nine directors will also serve on the Board of Managers of the condominium. (The commercial unit owners will have a separate meeting at a later date to elect their three representatives to the Board of Managers.)

Our By-laws require that there must be at least one director from each of the four buildings that comprise the cooperative. The candidates with the highest number of votes from each building fill the first four seats. The remaining five seats are filled by those candidates who receive the highest number of votes (including both resident shareholders and the Sponsor's candidates).

82.59% of the residential cooperative's shares have been purchased to date, leaving the Sponsor with 17.41% ownership. This assures the Sponsor of two seats on the Board. But because the Sponsor always votes all of its shares and the resident shareholder turnout is typically low, the Sponsor has been successful at winning more seats on the Board than their numbers entitle them. They currently hold three seats on the Board.


I think all the resident board members would agree that the Sponsor's representatives on the Board have been informed, helpful and thoughtful. But they do not live in London Terrace Towers. Resident Board members do live here and have a financial and personal investment in their apartment and the building complex.

At the 2005 Annual Meeting, 63% of the shareholders voted but that included 100% of the Sponsor's shares, which represented 30%. If we have a higher participation of resident shareholders votes, we can elect additional residential directors.

All you need to do is vote or give your signed proxy to someone who will vote on your behalf. It is that simple. Two years ago, we were barely able to muster up enough votes to even hold the election. So please vote this year.

If you think you may be interested in running for the Board and have any questions, please do not hesitate to call any member of the Board or Tom Arbuckle, our building Manager.

I look forward to seeing you on November 8th.  
Sincerely,



Steven Engel  
President, LTTO, Inc.

This and That | at London Terrace Towers

• **London Terrace Gardens is now managed** by Rose Associates. Ellen Gribben Borne the General Manager and the Property Manager is Andrew Di Schino.

• **The London Terrace Street Fair is back!** It will be held on 24th Street between Ninth and Tenth Avenues on September 30th rain or shine. To reserve a space or for information, call one of the following people: George at 212-691-5174, Jocelyne at 212-234-6038 or Natasha at 718-855-8175.

**The following are some items about which the management office has received numerous complaints:**

• **Trash and Recyclables:** Residents continually complain that trash is being placed with recyclables. Please throw your trash down the chute in tied bags and not place them with recyclable as this creates a vermin and insect problem. Your recyclables and newspapers should be placed in the designated receptacles in the compactor room for removal by the porter.

• **Large cardboard boxes and Styrofoam should not be left in the stairwells.** Our stairwells are firestairs and leaving these - and other bulk items - is extremely dangerous. Not only would they burn at a rapid rate but will cause toxic fumes and tripping hazards.

**Your cooperation and consideration of your neighbors is crucial to avoid serious injury...and heavy fines from the NYFD.**

• **Luggage Carts: The luggage cart is just that** - a cart for carrying luggage. It is not built to withstand the weight of heavy tiles or other types of heavy materials. Do not remove it from the building for extended periods of time. Please be considerate of your neighbors since all residents rely on its use to assist them with their luggage.

• **Guests and Access: Please contact the management office directly** - not the lobby attendants - to give notification of any guests staying in your apartment or individuals who have permission for access. If the office is closed, please leave a voice message on the office phone or send a FAX to 212-675-3614. The management office will generate an authorization for access memo or guest authorization memo and send them to the lobbies. This will expedite information to the lobbies and avoid any errors.

Published quarterly for LONDON TERRACE TOWERS, INC. under the direction of the Board of Directors. Comments, suggestions and news for publication are welcome. To submit material, contact Edward Maichin or bring it to the Management Office. We reserve the right to edit, accept or reject submissions.

Contact Edward Maichin at: [d1maichin@aol.com](mailto:d1maichin@aol.com)

#### Resident Board of Directors

Steve Engel (465)  
President

Sylvie Destian (470)  
Treasurer

Allen Maniker (405)  
Vice President

Thomas Arbuckle (465)  
Resident Member

Scott Koniecko (410)  
Secretary

Susan Singer (405)  
Resident Member

## Fifth Anniversary of 9/11

Even though this newsletter will be distributed after the fifth anniversary of 9/11, we thought it appropriate to make special note of not only the worst day in the history of our country and NYC but of 2,749 individual victims, the public service heroes we lost from our own Chelsea community and the special contributions of LTT residents.

Our Chelsea Fire Station  
(Engine 3, Ladder 12, Battalion 7)  
on 19th Street lost five brave members:

**Orio Palmer**  
Battalion Commander

**Steven Belson**  
Commander's Aide

**Phillip Petti**  
Lieutenant

**Michael Mullen**  
Firefighter

**Angel Juarquen**  
Firefighter

In addition, Police Officer

**Glenn Pettit**,  
a three year veteran of the  
10th Precinct, died that day.

London Terrace residents responded with remarkable speed and spirit that day. The Douglas Elliman Property Management Staff, Board of Directors and London Terrace Associates (the Sponsor) quickly started evaluating space to house volunteers, resulting in making several vacant apartments available as well as space in the Health Club. A collection and distribution site for donations was designated in the Management Office.

Many - too many to recount - LTT residents provided housing, food, water, bedding, furniture, TV's and worked at Ground Zero.

Five residents, however, are worthy of particular note:

**Bruce Solomon (465)**  
was appointed the NYC housing coordinator for out-of-town volunteers, matching these courageous people with generous New Yorkers who provided housing while in NY.

**Allen Maniker, MD (405)**  
a neurosurgeon, volunteered and was rushed to Liberty State Park. One of his patients was an unidentified firefighter who - for five days - was thought lost. The discovery that he was alive and survived surgery was one of the only bright spots in the aftermath of 9/11.

**Michael Millare (470)**  
raced to Ground Zero and volunteered his nursing skills.

**Doctor Bill Hansen (470)**  
volunteered at Trinity Church.

**Denise Markey (410)**  
volunteered at Ground Zero, organizing donations and supplies for the rescue teams.

Should you want to view Volume X, Number 3, you can go to [www.londonterracetowers.com](http://www.londonterracetowers.com). Click on Sitemap, then newsletters and scroll to December 2001.

## Transitions

### Tom Arbuckle



On June 15th, Tom Arbuckle began as the new General Manager of London Terrace Towers, employed by Douglas Elliman Property Management.

Tom brings a wealth of experience to the position. For over thirty years, Tom was a Vice President of Helmsley-Spear, Inc. and the General Manager of the International Toy Center, a four building complex of over one million square feet that dominates 23 Street and Fifth Avenue. He serves on the Board of Directors of the 23rd Street Association and served on the Board of the McBurney YMCA for many years. Tom also served on the Steering Committee of the 23rd Street/Madison Square Park Business Improvement District.

Tom is a longtime Chelsea resident, having lived in the London Terrace Gardens for many years before purchasing a cooperative in the Towers. Tom served six terms on the London Terrace Board of Directors and Board of Managers, as well. His familiarity with the neighborhood, its businesses, the Gardens and all aspects of the cooperative will serve our community well.

Tom lives in 465 West 23rd Street with his wife, Joanne, the Acting Dean of the School of Art and Design at the Fashion Institute of Technology, and son, Robert, a recent graduate of Emory University.

### Nancy Frawley Marquis



Nancy served ten terms on the London Terrace Board of Directors and Board of Managers, seven of those years as President. From January 2005 through June 15, 2006, Nancy was the General Manager of London Terrace Towers, employed by Douglas Elliman Property Management.

2005 was a year of many changes for Nancy. She retired from United Airlines (after 36+ years), changed careers to become the General Manager at LTT (right in time for the 465 gas crisis!) and got married on November 5th.

"I loved my job and NYC. London Terrace Towers had been my passion for a decade. But commuting to New Hampshire every week to be with my new passion and husband (and friend for thirty years!), Bobby, simply became too difficult. A decision had to be made that was in the best interest of the cooperative, my employer and my personal life. I so appreciate all the support from the residents through the years and am grateful to the Board of Directors and Douglas Elliman Property Management for the opportunity they gave me. I particularly want to thank Owen O'Sullivan, Marsha Katz, Izzy Betancourt and Heather Johnson for...well, everything!"

Nancy, pictured here in NH with Bobby, still has her apartment here in 405, will be in the neighborhood from time to time and will continue to be an active shareholder.



### Bob Kulikowski

Tom Arbuckle's resignation from the London Terrace Towers Board of Directors and Managers left an open position on these boards. The Board selected past Board Member, Bob Kulikowski (465) to fill the vacancy.

Bob is the Director of the NYC Office of Environmental Coordination. This agency ensures that the environmental impact of City projects are disclosed by decision makers and advises the Mayor on matters of environmental policy. The "greening" of New York City is a primary focus.

Bob lived in 405 before moving to 465 and served on the Board of Manager for several years. We welcome Bob back and look forward to his ideas for the greening of London Terrace.

## Proposed Legislation for Cooperatives

Each year, our representatives in the New York State Legislature propose, debate, and ultimately pass or reject scores of laws and pieces of legislation. Below are some of the bills making their way through the assembly this term.

### Written Rejection

One of the most confounding aspects of the cooperative purchasing process for many buyers is the fact that building boards are not obligated to give rejected buyers any reason whatsoever for their rejection. Now, a group of proposed bills aimed at streamlining and equalizing the application/rejection process are making their way through both houses of the Legislature. Assembly bills A10733 and A00259 tackle the issue of rejections, and propose that “cooperative housing corporations provide a prospective purchaser with a written statement of reasons when withholding consent to purchase.”

The other bills cover everything from requiring boards to give their reasons for rejection within five business days of the decision to “sanctions, fines, and other punitive damages” for cooperatives that willfully withhold their reasons for rejection from prospective buyers. The bills also propose a standardized cooperative purchasing application that would be universal among all buildings in the state. If a board drags its feet and doesn't give the buyer an answer one way or another, the buyer is automatically approved.

Not everyone thinks these are good ideas, however. The Executive director of the Federation of New York Housing Cooperatives and Condominiums (FNYHC) reports that this group doesn't favor the so-called “written rejection” proposals. “This bill is a duplication of rights that already exist,” says Carlson. “If a person feels that they have been discriminated in one the fourteen protected classes (age, alien status, children or no children, country of national origin, creed, disability, gender, lawful occupation, marital status, military status, partnership status, race, religion and sexual orientation) in New York City, they can make a complaint to the Human Rights Commission, and if it's warranted, the agency can make the cooperative give a reason for the rejection.” A similar bill has been in Albany for years - and has yet to see the light of day. This bill was brought on by independent, non-REBNY (Real Estate Board of New York) brokers. REBNY testified against the bill.

### Indecent Disclosure

Another interesting-and perhaps long-awaited-development for prospective buyers comes with the introduction of Bill A06361, which extends the requirements for property condition disclosure statements to sales of condominiums and cooperative apartments.

Currently, apartment sellers are not legally obligated to disclose information about an apartment's physical condition to prospective buyers. Physical defects can't be deliberately hidden in order to make a sale, but sellers aren't required to disclose a history of leak problems, for example. Assembly bill A06361 would hold apartment sellers to the same standards that apply to sellers of single-family homes.

If there's a downside to the bill, it's in the form of potential liability. Shareholders may not have the same knowledge about their unit as a single-family homeowner would about their home. More liability exposure means more potential for having the appearance of nondisclosure.

### Dog Owner Liability

Assembly bill A04187 proposes to make the owner of any dog liable for damages suffered by any person who is bitten by the dog while in a public place or lawfully in a private place-including the property of the owner of such dog.

What makes this piece of legislation different-and of particular concern to both dog owners and the neighbors of dog owners in the city-is that it puts liability on the dog owner “...Regardless of the former dangerousness or viciousness of the dog or the owner's knowledge thereof.”

Basically, that means there would no longer be such a thing as “one free bite.” According to the bill, “At present, the courts in New York State apply a common law standard known as the 'one free bite' rule. Under this standard, the owner of a dog is not liable for any damages-no matter how savage the attack-unless it can be proved that the dog has a prior history of viciousness and that the owner was aware of this history.”

As written, A04187 would alter that standard and put dog bites on a par with other legal actions. The bill isn't a zero-tolerance policy, however-it provides a defense for dogs that bite “while the dog is defending itself from an annoying, harassing or provoking act.” That said, if the bill is signed into law, what constitutes “annoying, harassing, or provoking” may become a point for debate.

### Tax Rebates

New York's Byzantine tax-and-rebate system can often seem impenetrable to all but the most knowledgeable CPA or certiorari attorney. It's sometimes difficult for a board made up of laypersons to figure out their building's tax landscape. A newly proposed piece of legislation aims to clarify for boards and managers exactly how certain tax rebates and refunds are to be disbursed among shareholders and unit owners.

The bill is A05162, and it deals with STAR abatements, which are property tax rebates given to New York State residents 65 and older whose annual household incomes are below the state average. This proposal will provide for the imposition of a fine for the failure of a cooperative apartment corporation to credit the STAR exemption to a tenant-shareholder. The bill guarantees that those residents in cooperative apartments receive their STAR benefit exemptions as provided by law.

According to the sponsors' justification for the proposed bill, “Tenants in apartment cooperatives are entitled to STAR benefits like many other citizens. There have been many cases where the corporation has not distributed the benefit in a timely manner or has not distributed it at all. When this does happen, currently tenants have no remedy. This bill would provide a remedy to those tenants.”

Note: LTTO, Inc. distributes STAR rebates within the month they are received.

### Law or No Law?

While all of these measures have been proposed, there's no guarantee that they'll make it to a vote and be ratified. In order to be approved, the bills have to be ratified by both chambers of the State Legislature, a practice that doesn't often happen with cooperative or condominium specific legislation. The best way, however, to track the progress of a particularly important piece of legislation is to visit the New York State Assembly's website at [www.assembly.state.ny.us](http://www.assembly.state.ny.us) and read up on where the law is in the process. If you feel particularly strongly about a proposed bill, you can contact the bill's sponsors-they're listed on each individual bill's page-and let them know how you feel.

## LTT Website News

If you haven't looked at our website lately, you may want to do so. In a recent issue, *HABITAT MAGAZINE* cited the London Terrace Towers website as one of the most comprehensive, informative and utilized cooperative websites in New York. We have just added two new features....useful links and available apartments.

### Links

This site features links to useful sites such as government agencies, Douglas Elliman Property Management, the 23rd Street Association and more.

We have also added links for neighborhood restaurants and galleries. If you know the owners of such businesses that may want to - for a small fee - advertise on our site and have a link to their establishments, they can contact Nancy Frawley Marquis at [nancyfrawley@cs.com](mailto:nancyfrawley@cs.com). Nancy will provide details to them.

### Available Apartments

#### This site has three features:

- Realtors that do business at London Terrace Towers can have their information and a link to their own websites. There is a yearly fee of \$250 for this service.
- Shareholders who want to sell their apartments - whether by Owner or with the assistance of a Realtor - can advertise the apartment here. There is a fee of \$100 for the posting and the posting can remain on the site until the apartment is sold or taken off the market.
- Shareholders who want to sublet their apartments - whether by Owner or with the assistance of a Realtor - can advertise the rental availability here. There is a fee of \$100 for the posting and the posting can remain on the site until the apartment is rented or taken off the market.

.....► **If you are interested, contact Nancy Frawley Marquis at [nancyfrawley@cs.com](mailto:nancyfrawley@cs.com). As with all LTT publications, LTT reserves the right to accept, reject or edit postings.**

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## Paint Off, Shine On

### A simple "spa treatment" restores your paint-encrusted hardware.

Good painters remove or cover door hardware first. The other kind of painter just slops it over any exposed metal and ruins the door's appearance. Fortunately, any knob, escutcheon plate, or hinge, whether covered with errant drips or entombed under many layers of paint, can easily be made to shine again without the need for noxious chemicals, expensive tools or uncomfortable gear. The secret to restoring metal's gleam is simple: Give it a long, hot, sudsy soak in a crockpot.

The advantage of using a crockpot is its gentleness. It preserves the patina of old hardware and won't harm the lacquered finish on new hardware. More often than not, you can slide all the cooked paint layers off with your fingers. A scrubbing with a nylon brush removes the stubborn bits. (Wire brushes or power tools are much too aggressive for this kind of work.)

To protect the soft patina on this plated hardware, apply a beeswax furniture

polish after stripping. If you want shiny and don't mind the extra work, a nonabrasive polish can restore the sheen to solid brass or thickly plated hardware. And the next time the door needs painting, do yourself a favor - take the hardware off before the painter shows up.

### Below are the steps to do it yourself!

#### 1. Cut the paint

Protect the surrounding paint from damage by carefully scoring the perimeter of each escutcheon plate with a utility knife. Loosen the set screw holding the knob to its spindle and slide out the pieces.

#### 2. Remove the plates

Gently carve out the thick buildup of paint in the screw slots with the point of the knife. Back out the screws, taking care to not to apply a lot of pressure; you don't want the screwdriver to slip and gouge the metal. Once the screws are out, pry off the escutcheons.

#### 3. Heat and soak

Place the hardware in the crockpot. Cover with water, add a couple of tablespoons of liquid laundry detergent, and turn the heat to medium. Put on the lid and let the contents of the pot cook all night. The next day, the paint will be soft and ready to fall off the metal.

#### 4. Scrub

Remove the hot hardware from the crockpot with tongs and immediately push off any remaining paint with a toothbrush or nylon bristle brush. (A wire brush can scratch the surface.) The paint hardens quickly once it's out of the pot; dip the pieces back in the hot water to help loosen any recalcitrant particles.

#### 5. Wax

Protect the metal with a coat of beeswax polish, rubbed out with a soft cloth.

#### 6. Reinstall

Remount both plates, insert the knob and spindle through the latchbolt hole, and slip on the opposite knob. Tighten the set screw and you're done. Apply a new coat of wax polish about every six months.

### Last word: Lead & Chemicals

On any painted door more than 30 years old, it's best to assume the worst-that lead is lurking in one or more layers-and take the necessary precautions. Wet down the paint. A quick spritz on and around the hardware will keep down lead dust. Protect the floor. Plastic sheeting underneath the door will catch any falling bits of paint. Clean up thoroughly. When the work is done, wipe down the door with a liquid household cleaner. Then, carefully wrap up and dispose of the debris in the sheet, mop uncarpeted floors in the vicinity, and wash hands thoroughly. On carpeted floors, use a vacuum with a HEPA filter.

### About Chemicals

While hot water is amazingly effective at removing paint from metal, it needs some time to work. But if time is something you're running short of, then a chemical stripper will hasten the process. Fast-acting methylene chloride will do the job in less than an hour. A less volatile, less toxic stripper needs several hours. Whichever chemical you use, be sure to protect skin and eyes from splashes and always work outdoors where there's plenty of fresh air.



## LondonTerraceTowersHealthClub

**The New Get-Fit Rules:** Super-fast results, whether you're a newbie, a regular, or a fanatic. | Wing Kee Kwok, A. F. P. A.

**Whether you've been working out for two weeks or two decades, you're probably making mistakes that prevent you from getting optimal results. Here are some exercise dos and don'ts collected from top fitness pro sources.**

### Tips for Beginners

**Do... Work out every day.** That's right, seven straight. It's important for beginners to form an exercise habit. Doing something daily, even if it's small, helps with consistency. For the best results, don't overwhelm yourself. Aim for 30 minutes of cardio every day and strength training twice a week for two to three months, or until you feel that exercise has become an ingrained part of your daily routine.

**Do... Stay loose.** Whether it comes from a lack of confidence or a determination to lose weight f-a-s-t, beginners are particularly prone to tensing up when working out. If you're white-knuckle-gripping the bars on the bike and clenching your teeth, you're wasting a lot of energy. Relax the muscles you're not working, and focus on the ones you are. You'll have more energy and get better results.

**Don't... Get stuck on the treadmill.** New exercisers often do the same routine for the same duration and at the same intensity every time they work out...staying on the treadmill until you either die of boredom or get hurt! This bad habit gets reinforced because, as your workouts get easier, you're fooled into thinking you've become uberfit. In reality, your muscles have just grown accustomed to the challenge. Be sure to mix up your routine by varying your time and intensity and by cross-training on the bike or elliptical machine, or by going for a jog outside.

**Don't... Be a slouch.** Whether you're leafing through the latest gossip rag on the elliptical or curling dumbbells on a bench, straighten up. Posture affects your mood as well as your performance. Slumping causes you to check out of your workout both mentally and physically. The less you focus during your sweat session, the less you'll receive in the way of benefits. Slouching also keeps you from breathing deeply, which is necessary for delivering the oxygen your muscles need to work at full capacity.

### Tips for Regular Exercisers

**Do... Set new goals.** It's easy for gym regulars to hit a slump and stop seeing the benefits or having the fun that kept them motivated in the past. Before you start dodging gym dates, find a new challenge: Sign up for a 5K, or plan an active vacation like hiking the Tetons or kayaking and surfing in Baja.

**Do... Breathe better.** To improve your performance, focus on your breathing. Inhale deeply during the rest phases of an exercise, and exhale forcefully in the work phases. Try inhaling to a count of three and exhaling to a count of three. A powerful exhale can help you generate more force, which means you'll be able to do more work.

**Don't... Skimp on shoes.** Choose footwear for its functionality, not because it's stylish. Inadequate shoes can lead to injuries. Go to a sporting goods or athletic-shoe store, where knowledgeable staff can fit you with shoes designed to support your feet during specific activities. If you wear your shoes regularly, make sure to replace them every three months. Though the treads might still be intact, the cushioning and support in the midsoles will likely have worn out by then.

**Don't... Be unbalanced.** Most regular exercisers are diligent about including cardio, strength, and flexibility in their routines, but they forget about balance. This critical skill allows you to move fluidly and avoid injuries. At the end of your workout, stand on one leg and lift the other out in front of you. Try to hold this for 20 to 30 seconds, then repeat with the other leg. When this move gets too easy, you can shake things up by closing your eyes, making circles with the raised leg, and/or standing on the edge of a step or balance disk.

### Tips for Fitness Fanatics

**Do... What you hate.** Many advanced exercisers don't like struggling with things they aren't naturally good at, so they avoid the exercises that really challenge them. But those are the moves that help build a stronger, more balanced body and prevent overuse injuries. Whether you're avoiding squats, crunches, or stretches, add the moves to your routine two or three times a week.

**Do... Work out with someone slower.** Once a week, exercise with a buddy who moves at a more leisurely pace. You'll give your body a chance to regenerate, and maybe you'll even have a bit more fun. Fitness fanatics tend to exercise competitively. This group has a higher injury rate as they always push as hard as they can. You need to take it easy periodically so your muscles can repair themselves and become stronger before your next workout.

**Don't... Be a slave to the numbers.** Tracking your heart rate or running time can provide instant, valuable feedback; but when used obsessively, these tools can dampen the joy of exercise itself -- or even make you push yourself when you're not feeling 100 percent. Every now and then, go unplugged and focus your attention on what your body is telling you. Move at a pace that feels good, listen to your body, and enjoy the experience.

**Don't... Eat like an Olympian.** Energy bars and sugary sports drinks are necessities for top athletes who struggle to meet caloric demands out on the playing field. But unless you're training for the Ironman, a 200-calorie energy drink and a 300-calorie carb bar can undo all your hard work. Fuel up with three balanced meals and two light snacks, such as fruit and crackers, per day. Any more than that will just go to your waist.