



The Quail Runner

For and By the Residents
Of Quail Run



March—April 2013

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

March Board of Governors (BOG) News

By now everyone is aware that **Bob Freedman**, the BOG president passed away. He will be greatly missed by the Board, his friends at Quail Run, and his family.

Until the BOG elections in May, **Vince Picarello** agreed to rejoin the Board. His previous contributions to the Board were invaluable. Also on an interim basis, **Bill McPhail** agreed to become the president of the Board. Following the May Board elections, the new Board of Governors and positions will be posted on the Quail Run web site and in the Quail Runner.

The new Quail Run roofs have now been thoroughly tested by snow, wind, and rain. Unfortunately as you most likely know, approximately 43 units experienced problems with snow drifting into the attics, melting, and causing damage. Per SPS and Noblin, there is no venting product that will allow proper attic airflow and keep out drifting snow. As a resolution to this problem, Noblin and SPS installed snow screening in ten of the more severely damaged units where the screening could be installed via inside crawl space access. Providing the screening resolves the issue, the balance of the units will also be retrofitted. However, not all damaged units have inside vent access. These units
(Continued on page 10)

Election of the new Board in May.

If interested in joining the Board, submit the nomination form Dartmouth is sending out.

It's Coming !!

Pancake Breakfast

Who? Why? What? When? Where?

Saturday April 20-- 9:00 to 11:00 AM

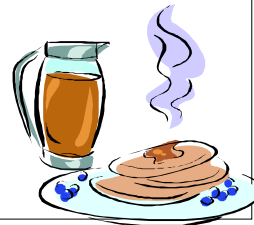
Be there or Be SQUARE!

Pancakes, Ham, Sausages, Fruit, Coffee, Cake, Good Company etc. \$ 5.00

Call Peggy 978-567-6964; or

Leland 978-562-7249

or sign up at the
Community Center



Variety Show,

Saturday 4 May

7:00 at the Community Center

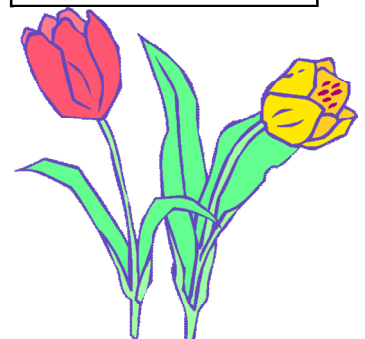
Refreshments. \$2.00 at the door.

Program includes:



Music, song, jokes, dance routines, and a **Dressed Banana Contest w/ Prizes**
Open to all

Use your imagination — what can you turn a banana into? A gun, sundae, Chiquita, or some strange animal? Bring



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The Quail Runner Staff

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4/9 Autumn **Marilyn Hoffman**
5/7 Autumn **Terri Kilshaw**
6/11 Autumn **Mary Lewis**
1/3 Strawberry **Sally Mauro**
2/4 Strawberry **Barbara Champine**
5 Strawberry **Lee Rouse**
6/8 Strawberry **Toby Allen**
7/12 Strawberry **Barbara Paradiso**
1/4 Rotherham **Kevin Fitzgerald**
6 Rotherham **Harry Morgan**

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Area News—Barbara Champine
Healthy Living—Peggy Rittenhouse
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Senior Money Sense—Howie Pearlman

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Website: QuailRunHudson.com

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Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested

Back issues of the *Quail Runner* are available at the Community Center or from the editor.



Vacation Delivery

To Receive *Quail Runner* while away, give your reporter or the editor an extra long envelope with two first class stamps and your vacation address. The editor has some free extra large envelopes. Or you can get issues emailed to you, or view the current issue on QuailRun Hudson.com.

Editor’s Desk

MJ Ebens, editor



This has been one of the hardest issues I’ve had to put together. As Harold points out in his eulogy to Bob Freedman (page 10), living at Quail Run with its over 55 population means that we’re going to be attending more funerals than new baby celebrations.

I met with Bob and the rest of the Communications Committee just two days before he died and am still trying to grasp his death as I know many of you are.

Even though most of us knew that George Champine was slipping away, his death still causes an awful void in our hearts. He was someone I worked with on a regular basis and always the “go to” guy for computer problems.

Tony Palmer’s death was also quite sudden and leaves us all stunned. Linda, Barbara, and Jane will have to personally struggle with their loss, but we all will grieve with them.



I’m starting to think about stepping back as editor of the Quail Runner after 10 years and would like to have an Associate Editor (page 9). I also need a Proof Reader — yet one more thing that Bob Freedman did. If you’re a good speller, then you are **qualified!** Talk to me about how the job functions.

MJ

Web Watch

E-mail scams are getting more sophisticated and harder to spot. To help protect you, the FBI and the National White Collar Crime Center have created the Internet Crime Complaint Center.



You can find tips and file complaints at www.IC3.gov.

Welcome New Residents

Be sure to let **Barbara Morgan**, 978-568-1929, h.morgan@comcast.net, know if you have new neighbors. She’s our “Welcome to the Neighborhood” representative.



HEALTHY LIVING

by Peggy Rittenhouse

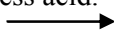
Osteoporosis, Part I

For decades, dairy industry advertisements have convinced Americans that cow's milk is an appropriate and even essential food for humans. We have been led to believe that cow's milk is necessary for healthy, strong bones. As it turns out, dairy products may have the opposite effect, according to a number of scientific studies.

We have adopted the habit of drinking another species' milk. Cow's milk is an excellent food source for calves which weigh about 100 lbs. at birth and gain approximately 8 times their weight by the time they are weaned and are capable of reproduction in a few more months. But unlike humans, once calves are weaned, they never drink milk again. And the same applies to every mammalian species on the planet. Each species has its own "designer" milk and cow's milk is no exception. For example cow's milk contains about 3 times the amount of protein than human milk does and may create metabolic disturbances in humans that have detrimental bone health consequences. Milk also contains a large amount of calcium and is the reason milk is advertised as being so beneficial in preventing osteoporosis.

Like all animal protein, milk acidifies the body pH which in turn triggers a biological correction. Calcium is an excellent acid neutralizer and the biggest storage of calcium in the body is in the bones. The human body has a narrow range of body pH, 7.35-7.45, a little bit alkaline. So the very same calcium that our bones need to stay strong is utilized to neutralize the acidifying effect of milk. Once calcium is pulled out of the bones, it leaves the body via the urine.

Calcium is a mineral that the body needs for numerous functions, including building and maintaining bones and teeth, blood clotting, the transmission of nerve impulses, and the regulation of the heart's rhythm. The body gets calcium it needs in 2 ways. One is by eating foods or supplements that contain calcium. Good sources include dairy products, dark leafy greens and dried beans. The other way the body gets calcium is by pulling it from bones. This happens when blood levels of calcium drop too low, and then calcium is pulled from the bones in order to neutralize the excess acid.



ROMEO's

Retired Old Men Eating Out (and having fun!)

This group is open to all men at Quail Run; it's a good opportunity to get acquainted and a chance for conversation.

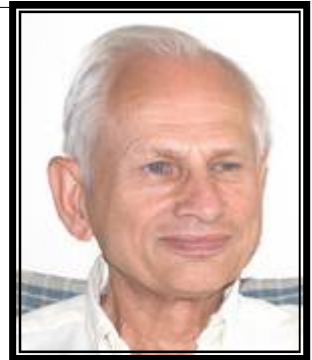
It is important that you give notice that you plan to attend so there won't be a last minute rush to provide enough seating.



Hugo Guidotti is chair. Contact him at 978-562-6501 for more information.

George Champine

lost his long battle with leukemia yesterday, March 28. He died peacefully in his sleep with family members in attendance. He has requested that his memorial service and burial be in the city where he grew up and still loves, Fairmont, Minnesota.



For those who knew him here there will be a chance to meet with the family and share memories at the Tighe-Hamilton Funeral Home in Hudson from 6 to 8 pm. on Wednesday, April 3.

In Lieu of flowers you may make a donation in his name to the: Bone Marrow Transplant Program Fund, Massachusetts General Hospital, Development Office, 165 Cambridge Street suite 600, Boston, MA 02114-2792.

George's full obituary is posted at the Community Center.

Osteoporosis or "porous bones" is the weakening of bones caused by an imbalance between bone building and bone destruction.



In the next edition of *The Quail Runner*, we will continue with Osteoporosis, Part II, when we will look at things to do to prevent osteoporosis and the role of drugs in its treatment.

Quail Run Real Estate News

by Hugo Guidotti

Despite all the snow storms we know the spring real estate market is upon us by the recent up tick in activity even in our small QR microcosm of real estate activity. It seems everyone has noticed and heralded the recent flurry of interest in the industry and this bodes well for the overall domestic economy. Just here in QR I can tell you how the action has increased from the simple measure of how many people show up to my open houses. The past couple of open houses attracted 5-6 couples each time, which is a big improvement over Jan & Feb. Of course the historically low interest rates have sparked the activity but the pent up demand from buyers who heretofore were unwilling to extend themselves in the past several years because of the poor economy provides a serious boost to the business that I believe will start adding some serious value to existing homes and condos. Some economists are predicting an increase in values of 5% or more for homes in our area.

Compounding those conditions is the fact that the inventory of homes available for sale is the lowest in many years and the old supply and demand law kicks in and we have a pretty good formula for increased number of sales at rising prices which we have not seen since 2006. Indeed, most realtors and economists feel we have turned the corner from being a "buyer's market" to becoming a bona fide seller's market".

Presently we have the following QR homes for sale;

- 5G Strawberry listed for \$299,900
- 4E Rotherham listed for \$309,900
- 2F Strawberry listed for \$319,900
- 9C Autumn listed at \$275,500 and has an accepted contingency offer



Building & Grounds

The Building and Grounds Committee will be meeting soon (if the snow ever leaves) to evaluate winter damage and prepare a report for the BOG. The B&G will be preparing a review of the plowing process this past winter and likewise present that report to the BOG



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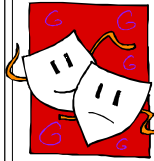
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08/13

Curtain Call

Our next meeting is Wed. April 10 at 3:PM, in the Community Center.



Contact Toby Allen to become part of the group for future events.



The group generally attends matinees in the area and are always glad to car pool.

Town election date has been changed to April 30 to coincide with the special Senate election.

Last day to register to vote April 10

Styrofoam Recycling Continues

April 27, Grace Church, Framingham, from 10-3; 76 Salem End Rd

Open to All

What to Save

Some items accepted:

- Packing blocks
- Produce and meat trays with the recycle symbol in the triangle
- Take-out containers (please rinse)
- Hot cups such as Dunkin Donuts and Honey Dew (We cannot take Starbucks/most McDonalds because they have cardboard infused on them.)
- Trays and egg cartons
- White insulation sheets



Events are run by Refoamit, check out their web site for more details and for a list of items not accepted.

Senior Money Sense

by Howie Pearlman

Senior Death Scam Alert

Identity thieves are sinking to new lows—specifically, six feet under. Each year they use the identities of nearly 2.5 million deceased Americans to fraudulently open credit card accounts, apply for loans and get cell-phone or other services, according to fraud prevention firm ID Analytics.

Nearly 800,000 of those deceased are deliberately targeted—roughly 2,200 a day. The identities of the others are used by chance. Crooks make up a Social Security Number that happens to match that of someone who has died. It’s called “ghosting,” and as it can take six months for financial institutions, credit card reporting bureaus and the Social Security Administration to receive, share or register death records; the crooks have ample time to rack up charges. Plus, of course, the dead don’t monitor their credit—and often, *neither do their grieving survivors.*

Sometimes, crooks glean personal information from hospitals or funeral homes. More often, the crime begins with thieves trolling through obituaries. With a name, address and birth date in hand, they can illicitly purchase the person’s Social Security number on the internet for as little as \$10. This time of year, criminals may file tax returns under the identities of the dead and collect refunds (they totaled \$5.2 billion in 2011) from the IRS.

The only good news here is that the surviving family members are ultimately not responsible for such charges (*or for legitimate debts of the dead if their names are not on the accounts*). But ghosting can still cause plenty of angst. So protect yourself by taking these steps after a loved one’s death:

- In obituaries, list the age but don’t include the birth date, mother’s maiden name or other personal identifiers that could be useful to I.D. thieves. Omitting the person’s address also reduces the likelihood of a home burglary during the funeral (sadly, this does happen).
- Using certified mail with “return receipt,” send copies of the death certificate to each credit reporting bureau—Equifax, Experian and TransUnion—asking them to place a “deceased alert” on the credit report. (continued right)



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07/13

The Benevolent Fund is a little known Town organization whose purpose is to provide financial assistance for some needy and indigent citizens. Over the years a number of philanthropic individuals donated funds to the Town to be overseen by The Trustees of Benevolent Fund.

There now exists a fairly sizable endowment amount that can be drawn from annually. Every year the BF funds activities by local churches and other 501-3C non profit groups for paying rent, fuel costs medical expenses etc. for needy people and families.



A Quail Runner is looking for re-election to this board.

Senior Death Scams (continued from left)

- Mail certificates to banks, insurers, brokerage houses and credit card and mortgage companies where the deceased held accounts. If you are closing an individual account, make sure the institution lists “Closed: Account Holder Is Deceased” as the reason. For joint accounts, remove the deceased’s name.
- Report the death to Social Security by calling 800-772-1213.
- Contact the department of motor vehicles to cancel the deceased’s driver’s license, to prevent duplicates from being issued to fraudsters.
- A few weeks later, check the credit report of the person at annualcreditreport.com to see if there’s been any suspicious activity. Several months later, go to the same site to get another free report from a different credit-reporting bureau.

For more tips, visit idtheftcenter.org and type “deceased” in the search box.

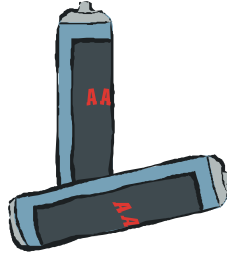
AARP Bulletin/March 2003 By Sid Kirchheimer

Condo Care

Based on the model, the **inside unit fire alarm unit** life cycle is three to ten years. One unit owner has already encountered an issue with failing fire alarms and had them replaced. Something to keep in mind.

Run the various seldom used features of your unit occasionally, i.e. ceiling fans, vent fans, showers, faucets – indoors and out, and oven cleaner, to be sure they haven't "frozen or rusted" **Reminder** for residents who do not use their shower very often. The diverter/hot-cold balance valve will freeze in the unit and not respond to the hot water side if NOT USED often. The valve should be used once or twice a week by running it on hot water for a minute or so.

Change the **batteries** in your smoke detectors (also in the fall when you change from / to Day Light Savings Time



For Sale/Trade/Free/Wanted

Wanted—Exercise weights in 2, 3, 5, 6, or 7 pounds — or any of these. Contact MJ Ebens, 978-562-7880

Trades People Recommended

Warning: The Ebens had an unpleasant experience with Classic Consignments in Sudbury. Contact them for the details.

Stitch & Knit

The group meets the second and fourth Tuesdays at 7:00 each month at members homes. All knitters (or other types of handwork) are welcome.



For more information **Barbara Baker**, 978-562-2460.

The Dartmouth Group

Dave's Landscaping has implemented an email communication system to keep its clients better informed during the course of the storm. However, TDG's request is that any issues be directed to our Property Assistant Judi Foley at 781-533-7208 or jfoley@thedartmouth-group.com so they can be coordinated and communicated properly to Dave's office.

At this time, it would be helpful to have all Owners check for signs of this problem. If you are not home during this season, we would appreciate if you have a neighbor check your unit to ensure that our list below is accurate.

We will be providing more information as soon as it is available. We thank you for your cooperation. Known affected units: Autumn: 2a, 2b, 4a, 6f, 6g, 11a, 11f, 11g; Rotherham: 1a, 1b, 1c, 1d, 1e, 1f, 1g, 3a, 3b, 3c, 3d, 3e, 3f, 4g, Strawberry: 2a, 2f, 2g, 4d, 4e, 6f, 6g, 8f, 8g, 12a, 12b, 12c, 12d, 12e, 12d, 12e, 12g

Deborah Jones PCAM, The Dartmouth Group



Winter sticks its tongue out at Quail Run!


Weight & Nutrition Support Group

The Group meets Wednesdays, at the Community Center, 9:30 am — 10:30

No dues or fees. The group supports and help one another by exchanging ideas, recipes, and strategies.

Open to all ladies here at Quail Run. Contact **Marlynn Stott** or **Marcella Monte** – 978-562-0823 marcella-monte@comcast.net)

1/13



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Quail Run Birthdays

April

- Gary Hegan 3
- Barbara Champine 7
- Joe Fallon 11
- Sharon Berthiaume 12
- Jennie Frame 14
- Craig Evans 19
- Charlie Bosio 20
- Helena Cabral 23
- Tony Nefzger 24
- Edward Berthiaume 26



May

- Janice Hornberg 7
- Roger Montgomery 9
- Patricia Ruest 23
- Jo Fierro 23
- Jack Doherty 24
- MJ Ebens 28
- Marie T. Mangan 31

To include a birthday, contact your reporter or the editor

MARK YOUR CALENDAR:

April 13: Ed Mascari Piano Studio and First United Methodist Church present "Concert of Show Tunes, Standards and Jazz" 7pm First United Methodist Church, 34 Felton St. Hudson: Free

April 26, 27, 28: River's Edge Players present Noel Coward's "Blithe Spirit" Fri 7:30pm, Sat. 7:30pm, Sun 2pm. Hudson Town Hall, Adults \$13, Seniors \$11

April 26-27: Musicians of the Old Post Road "In Celebration of Spring" Apr 26 8pm Worcester Historical Museum, 30 Elm St. Apr 27 8pm Emmanuel Church 15 Newbury St. Boston \$



Astrology — What's Up

By Beverly Beylouné

TAURUS April 20 - May 20



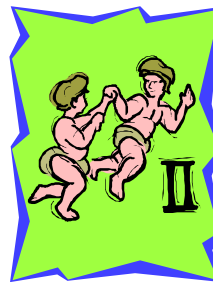
The stars brighten your financial outlook this summer. You'll have enough cash if you decide to invest.

If you are looking for a job this spring, you'll find a position that would be just right for you. This year you'll find that your ability to compromise will set a great example to your family, mending some fences and bringing those close to you even closer. You'll also find this year that relationships are stronger than ever especially as you break free and visit some gorgeous and restful places. Pay attention to your dreams because the stars will be sending you clues to your future through them. Keep a dream log to help you remember.



GEMINI May 21 - June 21

You'll find more interaction this year with older relations. There will be a lot of family togetherness and a lot of happiness. There is nothing you can't accomplish this year for the stars will be shining brightly on you! You'll notice a financial surge this year around spring/summer. At the same time you may feel an urge just to get away and see the sights. An opportunity to travel will come to your attention and you'll want to go especially when you see how reasonable the rates are. Late spring could bring someone amazing into your life. This year the stars will also give you the confidence to go after what you truly want. This should be an exciting year!



MARK YOUR CALENDAR:

May 4-5: Symphony Pro Musica "Very Verdi" May 4, 7:30pm Hudson HS. May 5, Mill Pond School, Westborough \$

May 11: Assabet Valley Mastersingers, "Music of the Soul" 8pm, Mill Pond School, 6 Olde Hickory Path, Westborough \$

May 16-26: Calliope productions, "Snoopy!!!", a musical by Larry Grossman and Hal Hackady, 150 Main Street, Boylston \$

Transitions

Condolences to **Jane Freedman**, 4-A Rotherham, on the death of her husband Bob. He was elected to serve on the Board of Governors in May 2008, as Treasurer. In 2009 he was elected president and served in this capacity until his death.

Donations in his memory maybe made to: Lubavitch World Headquarters, 770 Eastern Parkway, Brooklyn, NY, 11213

For a tribute to Bob see page 10.



Condolences to Linda Palmer, 3 B Autumn Dr., on the death of her husband Tony who died suddenly while vacationing in the Caribbean on Feb. 1. He was an exceptional man of many accomplishments in his field of music education. His formative years were in California where his family moved soon after World War II and where he received his M.A. from California State University and in 1975 his Ph.D. from UCLA. In addition to a long career in teaching from the elementary to the graduate school levels he found time to compose music and write articles for many professional journals, which took him to conferences in England, Japan, Italy and Canada.

Tony and Linda moved to Massachusetts after his retirement as associate professor of music at the University of Hawaii, Manoa. Not satisfied with just sitting around, Tony took on the direction of the Waltham Symphony and later spent another 9 years on the faculty of Boston University. He was the director of the Tanglewood II Symposium, held in 2007 which attracted 32 music educators to Williamstown to discuss the future of music education in the next few decades. Just before his death he was rewarded with the publication under his editorial supervision of the book *Tanglewood II: Summoning the Future of Music Education*. It will be a required text in graduate music education classes throughout the U.S. He gave back to his community as well by volunteering to speak to students at Hudson High School for their annual First Amendment Day.

A private memorial and celebration of Tony’s life will be held later this year in California with family and friends. Donations in memory of Tony may be made to the American Heart Association; 7272 Greenville Ave.; Dallas, TX 75231



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3/14

Variety Show Coming — May 4

Plan to take part in Quail Run’s first Variety Show!

So far we have several acts lined up, but could use a few more 3—10 minute skits. If you’d like to take part but not sure what you could do, we have some skits that need players.

So far the evening looks like this:

- Dance Routine
- Senior Moments
- Rosa' Eulogy, a 5 minute play
- Visit to the Nursing Home
- Sing A-Long
- Quartet
- Dressed Banana Contest



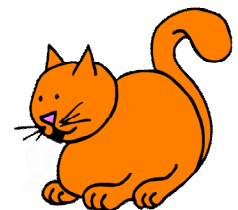
Do you have an excerpt from a favorite book, would like to recite a poem, joke routine, or a humorous story?

Sally Guidotti has volunteered to play for anyone who would like to sing.

The evening will include refreshments by the Social Committee.

Contact Curtain Call Productions: MJ Ebens or Toby Allen.

The Cat Says “Even though you know you’re superior to everyone in the room – don’t gloat!”



Area Highlights

By Barbara Champine



Worcester Historical Museum

The Worcester Historical Museum is the only institution devoted to local Worcester history. It includes a research library, an archive and a collection of artifacts, all vital to the study of area history. Even if you have paid a visit in the past it is time to do so again. In September 2008 the museum announced plans to move into the old Washburn-Moen factory building. Plans went array when in 2010 the factory went up in flames and became structurally unsafe. Moving on from the loss of the project, the museum renovated its current home and has recently unveiled “The New 30,” a reference to an expanded approach that begins in its site at 30 Elm St. and extends into the city as a way to celebrate its past.

Like a sort of time machine, the interactive family gallery has been designed to give “hands-on” encounters with four distinct sites in Worcester, each representing a particular time in the city’s history.

1) Salisbury Store ushers visitors back to 18th century Worcester. 2) The Factory brings alive the ingenuity of six city residents. 3) City Square evokes Worcester’s continuing development. 4) Mrs. B’s Diner fuses the past and present through music, oral history and imaginative play.

The Worcester area is home to many United States “firsts” so the exhibits should be of interest to all. I recently discovered that I had cousins who came to Worcester from Sweden to work in a factory. Information about these immigrants is contained in the museums archives and library so everyone may find something of interest.

WHERE: 30 Elm St. Worcester---HOURS: 10am to 4pm Tue to Sat; open until 8:30 the fourth Thursday of the month---ADMISSION: Under 18 free, Adults \$5, Seniors \$4. SELF GUIDED TOURS \$1.50 per person, guided tours \$3 per person Call 508-753-8278 or www.worcesterhistory.org DIRECTIONS: I-290 to Exit 18, turn right and follow signs to Rt 9 West, at 2nd light right onto Rt 9 W Highland, 3rd light left onto Lancaster. Go 7 blocks (Lancaster becomes Linden. Left lane is turn only and go left onto Pleasant. 1 block go left unto Chestnut. Parking is 50 yards from the end of the block on the left. Walk around to front entrance on Elm.

Social Committee News



Our next Coffee Morning will be held at the Community Center on **Saturday, 6 April from 9:30 -11:00**. Come and join your neighbors for coffee, snacks and conversation.

Communications Committee Update

The committee is pulling together replacements for George Champine’s many jobs. Truly, it takes a committee to replace him! Here is the new line up:

- **Harold Edelstein** is taking on the role of Quail Run events photographer and posting the pictures on the website with back up from **Lee Bradbard**
- **Pete Recklet** continues to maintain the Quail Run directory and is looking for a back up who knows Access
- **Carole Perla** will maintain our email distribution list with **Pete Recklet** as her back-up
- **Barbara Picarello** sends out email to the Quail Run community. **Jane Pugsley** is her back up. Barbara also handles the copying and distribution of the Quail Run Directory. The next issue will go out in June
- **Barbara Baker** will manage the on-line community calendar assisted by **Sally Mauro**
- **MJ Ebens** continues as chair of the committee as well as editor of the *Quail Runner*. We have an opening for an Associate Editor.



Wanted: Associate Editor for the Quail Runner

Someone to take over publishing the newsletter several times a year and, if interested, eventually take over as editor. Training available.

Contact the editor if interested, 978-562-7880



BOG News (continued from page 1)

will be addressed once the weather permits access to the roofs without damage. The Board will continue to closely monitor this situation.

The new gutters were also thoroughly tested. Leakage is occurring around the front porch corner seals. Marlborough Seamless Gutter is checking with the manufacture of the material used to seal the gutter corners and will repair once the weather permits. *If you have an issue with leakage and have not reported it to Dartmouth, please notify Judi Foley jfoley@thedartmouthgroup.com, or 781.275.3133 immediately.* The Board will also continue to monitor this situation.

There are front doors that were not painted or painted while the door was closed and the trim around the door has siding paint bleed through or were painted poorly. *If your door needs painting/repainting and/or trim needs touchup, please contact Judi Foley as above.*

During the last two months the Board has received two types of complaints:

- First, there was concern with the speed of snow removal during the blizzard. The Board followed up with Dave’s Landscaping. It is important to remember that it was a blizzard with very high winds causing driveways and walks to drift back in after being cleared.
- Second, there have been complaints about debris blowing out of recycle bins. Again we have had high winds which most certainly will occur again. So, please make sure items in the recycle bins are secure enough to stay in place until the trash company pickup.



With Spring on our doorstep (without regard for the calendar), the Board is obtaining bids for deck painting and, as needed, repairs; is reviewing the ValleyCrest list of trees needing replacement verses deep fertilizing and what we can afford; will review damage

to lawns and follow-up on needed repairs; and once weather permits, *the man hole on Strawberry Drive will be permanently repaired.*



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Farewell to a Friend- Robert Freedman

As we get older, especially when we live in an over age 55 condominium, we soon realize that if we make close friendships we should value them greater than when we were younger. Back then we felt we and our peers were immortal. Now in these so called “golden years” we realize our contemporaries are made of mortal stuff and do leave us. We have recently lost a friend which we shall surely miss on all the levels of human interaction. As a decent, fair, elegant, quiet human being he always came across as a regular guy. Some one you would be proud to call a friend

Robert Freedman’s many attributes were not thrust upon you as a blow-hard know it all. But as you interacted with him in his various capacities such as as the president of the Board of Governors, you soon realized that underneath that quiet façade was a bright, proactive, knowledgeable mind. He could always figure out many answers to many difficult problems and he made the answer sound so easy to come by.

I was privileged to know and appreciate the late Bob Freedman on both a close personal level and as a member of Quail Run. Like you dear reader, we were all recipients of his wise counsel as president of the Board of Directors. It is for his latter role that he helped us all in investigating the present and future problems. He recognized the classic situation of a condominium director who had to balance costs versus benefits. How to spend finite funds to do the most good for all of us condo owners.

The list of smart, inventive solutions he gave us during the several terms he served Quail Run are too numerous to mention. He worked to assure the most for every dollar we spent to make Quail Run a great place to live. He made it look effortless and the only obvious choice to solve the problem. (When there were many poor choices which were not obvious.) Bob saw through the complexities and gave us the right solution. He did this all with good humor, graciousness and a warm smile. We will be hard pressed to find another like him.

We will miss him. Harold Edelstein

Intel Massachusetts is again sponsoring a PC/TV & Home Electronics Recycling Drive this year. It will take place on April 19-20 at the Center at Hudson shopping plaza at the intersection of Route 85/Washington Street and Technology Drive (Stop & Shop plaza).

The event is open to the entire community and provides individuals and small businesses the opportunity to dispose of electronic-waste properly. A minimum donation of \$10 for individuals and \$20 for businesses will be requested; all donations will benefit the United Way of Tri-County. Intel volunteers will be on hand to assist with unloading recyclable electronics from the vehicles.

Collection runs on Friday, April 19th from 12:00pm-6:00pm and on Saturday, April 20th from 8:00am-2:00pm. There is no residency requirement to bringing TVs, PCs or other home electronics for recycling.

Advanced Recovery Inc. has worked with Intel on this event since 2002. They are pioneers in the recycling and reclamation of CRTs and electronic equipment along the East Coast. Items accepted for recycling include computer monitors, CRTs (cathode-ray tubes), fax machines, copiers, typewriters, CPUs (central processing units) including accessories, DVD or VCR players, radios, telephones, cameras, microwaves, and stereo equipment.

Items NOT accepted for recycling include large home appliances (stoves, refrigerators, etc.), air conditioners, and electronic devices that contain liquid or gas.

The location of the PC/TV collection is sponsored by EDENS, owner of the Center at Hudson.

For more information contact Nicole Tarantelli at 978-553-2158




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2/13

JULIETS NEWS

All Quail Run women are invited to Lunch —

At the Longhorn Steakhouse – on Tuesday, April 16 at 12:30 p.m. Choose from the Menu and separate checks will be provided. LongHorn Steakhouse – 191 Boston Post Road W. – Marlboro, MA



To attend, contact either:
Ginger Pearlman – 978-212-5081 – Ginzing@comcast.net
Or
Marcella Monte – 978-562-0823 – marcellamonte@comcast.net

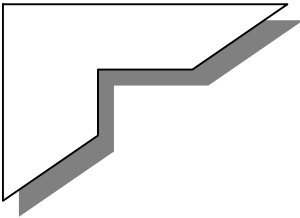
Or sign up at the Community Center.

Little Known Facts

- **Stewardesses** is the longest word in the English language type with only the left hand — if you're a touch typist.
- **Lollipop** is the longest word typed with the left hand.
- No words in the English language rhymes with **month, orange, silver, or purple.**
- A **cat** has 32 muscles in each ear.
- A **goldfish** has a memory span of three seconds.

Now aren't you glad you read this — think of the friends you can amaze with these tidbits from Kevin Fitzgerald!

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Technology Corner



Carole Perla

iPhone/iPad Home Button for IOS 5 or IOS 6

(If your iPhone is not a 4S/5 or iPad is not a 3rd generation or higher and using IOS 5 or 6 some of the following suggestions may not work on your device.)

The home button on the iPhone 4S/5 or iPad 3rd generation and higher has a variety of different uses.

1. Tapping the Home button once wakes up you iPhone or iPad.
2. Holding down the home button wakes up Siri. Siri is a voice assistant that allow you to search the web or perform certain tasks on either device. To turn Siri on go to Settings -> General -> Siri and moving the slider to On.

If you have set a passcode on your device Siri can work with or without it. Go to Settings -> General -> Passcode Lock -> Siri.

Siri is used by holding down the home button until the Siri icon (a round microphone) appears. Tell Siri what you want such as finding an address for a person in your Contacts app.

3. Double click the home button. All the apps you have opened previously will be visible. Swipe your finger to the left or right. When you move your finger to the right the iPod controls and the Lock Screen icon will be accessible. If you move you finger to the left all the apps you have used will be available to you. These open apps use memory and battery life. To close the app(s) hold your finger on one of them until they start shaking. A delete line will appear in the upper left corner of the app icon. Tap the red line and it will close the app.

4. Does it bother you that your iPhone/iPad changes direction when you are reading a page? The Lock Screen position icon is found when you double click



the home button and swipe your finger to the right across the apps at the bottom. You will notice an icon at the far left.

Tap the button with the lock. This will lock the iPhone/iPad into the portrait position. The direction of the page will not change. Tap the icon again. This will unlock the position. Turn your device 90 degrees to the landscape position. Tap the lock button. Now your screen is locked into a horizontal position.

5. Push the home button once and it will take you back to the last home page you viewed. If you are on a home screen pushing the home button once takes you to the previous screen. The little dots at the bottom of the home pages tell you how many pages you have and on what page you are.

Free Financial Apps

You can use use you iPhone/iPad to do your banking including depositing a check. There are some apps just for the iPhone or iPad and then there are iPhone apps that can be used on your iPad. Here are a few suggestions:

- Bank of America
- Citizens Bank
- Fidelity
- Avidia
- Capital One
- Chase
- Scottrade
- E*Trade

Let Carole know what topics you'd like to see covered—computers, both PC and Apple, other technology applications such as I-Pad and assorted Smart Phones. cperla@me.com

