



The Quail Runner

For and By the Residents
Of Quail Run



September — October 2013
Massachusetts

Began Publishing 2003

Hudson, Massa-

Movie and a Pizza!!

Saturday, October 19th.

Pizza served at 6:00. Movie to follow. (BYOB)

Movie "*The Bucket List*" starring
Jack Nicholson and Morgan Freeman.

\$5.00 per person. Sign up deadline: Wednesday, October 16th.
Signup sheet posted at the clubhouse, or call
Barbara Baker at 978-562-2460, or email
bakerb2939@gmail.com.

It's a great movie, so come and join us for a
good time. Coffee, cookies and conversation
with your friends and neighbors to
follow the movie.



September Board of Governors (BOG) News

As of the date of this article, the Board has not met in September. As a result several items are on the table but not voted on or approved. The Board has been through a transition. **Tim Lilley** resigned due to health issues and his neighbor **Klaus Schneller** volunteered to fill his position as Member-at-Large. Our thoughts, prayers and best wishes go to Tim with hopes for a positive outcome in his treatment. A special thanks to Klaus for filling the vacant Board seat. Klaus has already proven to be a valuable asset to the Board. During the past several months **Deborah Jones** has been our interim Property Manager. **Fran Hall** will become our Property Manager effective September 26, at our next Board meeting. **Judi Foley** will still be the contact for any issues, repairs, etc.



Klaus Schneller

The switch of trash companies has been delayed until October 25, 2013. Allied Waste/Republic Service has run into difficulty obtaining the recycle bin quoted in their contract. Unit owners will receive a notice in the mail in the next couple of weeks regarding the logistics of switching trash receptacles.

The deck painting and repair project is finished. After hearing on the news about a deck collapse at a condo complex in Hopkinton, we can't say how happy we are that we took care of the needed repairs.

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 5/7 Autumn **Claire Kilcommins**
 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**

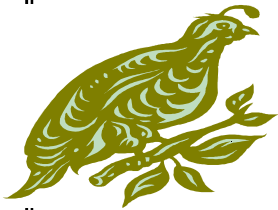
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Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested.

Back issues of the *Quail Runner* are available from the editor.

Vacation Delivery

Give your reporter or the editor a long envelope with two first class stamps and your vacation address. Or you can get issues emailed to you, or view the current issue on

www.QuailRunHudson.com.

Editor's Desk

MJ Ebens, editor



Life at Quail Run continues to evolve and change. We're all so sad to see the **Bradbard's** leave — they have been so involved in much of our activities. We wish them well in their new adventure. We're also indebted to "Lee" for writing up their moving process. I'm definitely saving them for when the time comes. (If I can figure out where to put the info so I can find it later on!)

Lynn Fishman's death was not totally unexpected, but it still saddened us. She had such a lively and fun personality. She always told me how much she liked the *Quail Runner* and what a great job we were doing!

We appreciate **Tim Lillie's** stepping forward to be on the BOG and wish him the best with his health problems.

Howie Pearlman has written his last column. We appreciate the time and effort he has put into his Senior Money Sense.

We could use another column to fill that space. Would you like to write a financial column or perhaps one on a different topic such as car repair? We could also use someone to do restaurant reviews...

MJ ...

Always remember This:

You don't stop laughing because you grow old; you grow old because you stop laughing.



Welcome New Residents

Rick & Ruth Carwile—3B Strawberry, 978-897-6452, rickcarwile@gmail.com

Mr/Mrs Charles Kent—2F strawberry, 775-567-5784, nanabanagoodwin@gmail.com and their dog Molly. They're from Gorham, ME.

Bernie & Marsha Strauss—5F Autumn, 978-212-5753, bernard-strauss46@comcast.net.

Let **Barbara Langley or Barbara Edelstein** know when someone moves into your neighborhood.



HEALTHY LIVING

by Peggy Rittenhouse
Stroke



A stroke means that part of your brain has lost its blood supply, so the results can be devastating: paralysis, the loss of your ability to speak, or even death. But there are many things you can do to protect yourself. Here is what you need to know.

The usual culprit for a stroke to occur is a blood clot plugging a key artery. Blood vessels can also break and leak blood. Blood flow is disrupted and brain cells are destroyed. So what can you do? For starters, we know that strokes are much less common if your blood pressure, body weight, cholesterol, and blood sugar levels are in the healthy range. Here are some things you can do to prevent a stroke:

- Go easy on salt: this helps keep your blood pressure down. It means limiting salt in cooking and not adding it at the table and favoring low-salt food products. It means reading labels.
- Keep fruits and vegetables front and center on your plate: Harvard researchers found that every daily serving of fruits or vegetables cuts your stroke risk by 6%. So an apple a day trims your risk by 6%, a side of Brussels sprouts with dinner that same day lowers your risk by 12%, etc.
- Get regular exercise: Physically active people are usually at healthier weights and have lower blood pressure and better blood sugar levels. Getting exercise regularly slashes your stroke risk by 25-30%.
- Avoid tobacco. Within a year of quitting smoking, you cut your risk of stroke in half.
- Check your medicine cabinet: Birth control pills increase the likelihood that blood clots will form, especially in women over 35 who smoke. Estrogen/progesterone combinations used as postmenopausal hormone replacement therapy also raise stroke risk.

The sooner you notice the signs of stroke and call 911, the better the chance of recovery. Take a minute to learn how to act **F.A.S.T.** It's an easy way to remember the signs of stroke.



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, and **Reply to him in email — not the Quail Run Website.**

Phonebook / Email Updates

Joan Ferri email jhf25@aol.com.

Curtain Call

The October play is "Steel Magnolias". Sunday 27 October at 2.00 PM at the Calliope Theater in Boylston 150 Main Street. Price \$15.00



Call Toby for reservations by Monday, 7 October 978 562-7437.

Toby Allen

Our next official meeting is Wednesday, 9 October at 3:00 PM in the Community center.

Act F. A. S. T.

Face: Ask the person to smile. Look to see if it's uneven.

Arms: Ask the person to raise both arms. Check if one arm is weak.

Speech: Ask the person to speak. Listen for slurring.

Time: Call 911 at the first sign of stroke.

(An additional sign may be that the person's tongue is "crooked".)

Quail Run Real Estate News

by Hugo Guidotti

After the rush of buyers here at QR in the spring and early summer things have quieted down a bit but that is generally true of the fall market time. There are currently three homes on the market and buyers have a bit more of a selection as there are three different models to choose from with an A, a B and a C unit all on the market. 2G Strawberry (an A unit) is on at \$299,900, 6F Rotherham (a B unit) at \$330,000 and 1A Autumn (a C unit) is on at \$335,000.

Below is a chart indicating all activity here at QR in the last 6 months as found on the MLS system. Reviewing this chart you can see all the Real Estate action in a simple, summary type of format.

The Bradbard's home at 1B Strawberry is now under agreement and Lee and Paula will be leaving QR and moving to an independent living complex near their daughter's home in Tolland, CT. They will be sorely missed here as they were so very involved in all our activities. Wish them the best future possible when you see them as they certainly deserve that!



Address	Days Mrkt	List Price	Sale Price
9C Autumn	177	275,500	270,000
5G Strawberry	55	299,900	292,200
2G Strawberry	17	299,900	
12E Strawberry	9	309,900	309,900
4E Rotherham	96	309,900	305,000
2F Strawberry	107	309,900	306,250
6F Rotherham	91	330,000	
1A Autumn	5	335,000	
9A Autumn	2	335,900	333,500

Recommended Trade People

Necessities for Needlework 86C Main St., Westborough, 508-366-1132 Great selection for all types of needlework and knitting; very helpful staff — **Ebens**

Knight's Airport Service —1-800-822-5456 Knight's has changed their service slightly so that riders don't get a tour of the area — riders are ferried to a central pick-up, drop-off spot and then go on to their destination. Many residents use Knights including the **Ebens**



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Hugo Guidotti, SRES®
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08/14

Warning from Hudson Police

Hudson Area utility customers are being targeted by something known as the Utility Green Dot Scam. This scam has cropped up in a number of locations across the country and appears to target utility customers.

Here are the specifics:

- The caller tells customer their power will be turned off in 45 minutes if they do not make an immediate payment (usually \$500 - \$1,500).
- The caller tells customer that payment will only be accepted through the purchase of a "Green Dot" pre-paid debit card.
- The caller provides customer with a number to call to make payment once they have purchased the Green Dot card.
- Once the customer provides the Green Dot payment info, their money is gone.



Reports from other areas of the country indicate the scammers are sophisticated enough that they are able to "spoof" the number on Caller ID so that it appears as though the utility really is calling.

If you receive a phone call that seems suspect, DO NOT give out any personal or debit/credit card information to the caller. **Hudson Light and Power will always give you a call back number, and would never require you to purchase a debit card.**

Captain Michael D. Burks Sr., Hudson Police Dept.
978-562-7122 mburks@townofhudson.org

Senior Money Sense

by Howie Pearlman

Aging baby boomers may find long-term care elusive

Nearly half of all long-term care services for the frail and elderly in the U.S. is paid by Medicaid, the state-federal health care program for low income people and the disabled.

The Affordable Care Act, also known as Obamacare, had included a provision for a voluntary, national long-term care insurance program. But early this year, Congress repealed the so-called CLASS Act (Community Living Assistance Services and Supports) when it was determined it would be too unwieldy and too costly to establish the system along with President Barack Obama's health plan.

"They walked away because they clearly found that they could not offer this product at a price point that anybody would afford," said Jesse Slome, the executive director of American Association for Long-Term Care.

Now, a congressional commission is charged with developing a plan for financing a sustainable long-term care system at a time when the industry is under pressure.

Costs at assisted living facilities and nursing homes have risen at an annual rate of more than 4 percent over the last five years, according to a Genworth study. During that period, interest rates have been at record lows. As a result, insurers have found it virtually impossible to generate enough investment growth to be able meet future claims.

Three major plan providers, Metlife, Prudential and Unum have stopped selling individual policies within the last three years. "Companies have had a very difficult time hitting profit objectives," said Marc Cohen, chief research and development officer at insurer LifePlans. "Many of the assumptions underlying the pricing of these policies didn't hold true."

Among the assumptions firms made when they began selling plans in the 1990s was that policyholders would let their coverage lapse at about the same rate they do life insurance products. The lapse rate for long-term care has proven to be much lower. Policyholders who buy coverage during their senior years tend to hold onto their coverage and collect on their claims.



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07/14

Long Term Care continued from left

The industry has responded to that kind of bad underwriting by tightening qualifications for the coverage, setting caps on benefits and raising prices. With 76 million baby boomers reaching retirement age over the next decade, the need for long-term care services is expected to surge. Cohen, co-author of a Scan Foundation study on long-term care reform, said it will take a combination of public and private sector initiatives. The government could provide reinsurance as a backstop for long-term care underwriters, he said. He also believes more employers should help workers access coverage and save for long-term care, just as they do for retirement through 401(k) s.

"Less than 1 percent of employees in the United States are working in firms that offer private long term care insurance," said Cohen. "Taking advantage of the employer group market would be very important."

At a hearing last month by the congressional Commission on Long-Term Care, Joanne Lynn, the director of the Center for Elder Care and Advanced Illness at the Altarum Institute, advocated for expanding Medicare and Medicaid reimbursement to cover home care for seniors. Both programs are geared to assisted living or nursing home care. "We cannot get a home health aide to keep the person clean, provide a good nutritious meal, or a place to live, thus saving a huge amount in medical costs down the road, unless we place the patient in nursing home facilities and the like," she said.

Lynn proposed using an accountable care organization model, a coordinated care program that ties reimbursement rates to health outcomes rather than on the volume of services, which is now being used by Medicare. However "I don't see Americans ready to take on a new national program—not in the foreseeable future," said Slome. The commission is expected to report its findings to Congress by October.

Continued on page 12

Condo Care

Time to:

- Switch overhead fans to the winter setting with the button up. Also a good time to dust the blades
- Replace the batteries that run the. If the batteries die, according to the LuxPro tech, the thermostat defaults to about 40° and will continue to turn the furnace off and on. You have 30 seconds to swap the batteries before your program is lost.
- Replace the 9V batteries in the smoke detectors once a year. They are at the 2 bedrooms, dining/living area, loft, and the often forgotten basement.
- Replace carbon monoxide detectors 9V batteries.
- Replace the battery in the outdoor garage door opener key pad.
- Check your smoke detector-- push the button, perhaps with a broom handle, and make sure they are still functioning.
- Turn-off outside water faucets

Don't wrap or cover your air conditioner over the winter – that could cause serious condensation problems and it makes a cozy home for the small critters who do other types of damage.

Replacing you're A unit washer and dryer as many of us are? Then you'll need to add an additional electric outlet in the laundry room. The old stacked unit required just the one outlet, but the new, separate machines take 2.



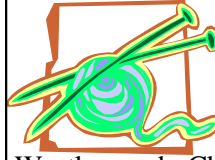
Window Washing at Quail Run —

Our windows do tilt in. Push the bottom pane up a few inches and then release the latches at either side of the top of that pane and pull forward. To do the top pane, pull it down a few inches and then release the latches at the top. **Be careful with the top pane — it is very heavy!** You may want to rest it on the back of a chair or something similar.

Oven Cleaning suggestions — empty the drawer under the oven and open the cabinet drawers on either side of the stove. The white cabinets are susceptible to the heat from the oven in cleaning mode.

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.



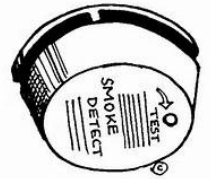
A number of yarn and needlework shops in this area have closed, but there still is a very good one in

Westborough. Check the Recommended Trades people below.

For information on the group, contact **Marie Kapsalis 978-568-0713**

Smoke and carbon monoxide (CO) detectors

There seems to be some confusion regarding the combination smoke and CO detectors.



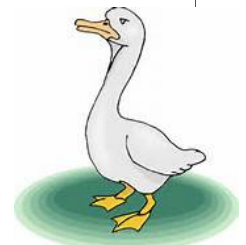
According to the Hudson fire chief, it is **not** mandatory to have the smoke/CO detectors in one contained unit. The separate CO detector plugged into the wall outlet is still ok.

I would recommend a visit to the Hudson fire department to get the flyer detailing the type of detectors and the placement of both smoke and CO detectors in your home.
George Shaw


For Sale/Trade/Free/Wanted

Sale: Lamps (2), ginger jar style, 28" high with ivory pleated shades, ivory base with rose, blue, and gold floral design in Oriental style. \$45 each or \$80 pair. Also, Tiffany style chandelier in shades of green glass with lavender iris pattern and some blue accents. Asking \$50 or BO. For more information, please contact **Ruth** at 978-897-6452.

Sale: Queen-size 100% white **goose down comforter** with cotton cover. Includes blue duvet cover and breathable storage bag. Used very little – our Quail Run home is too well insulated! Stop by and check it out if you know someone who might like it for a Christmas or Hanukah present. \$75 value for \$50 or best offer. **Ebens**, 978-562-7880



1/14



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Quail Run Birthdays

October

- Al Durand 1
- Claire Kilcommins 4
- Barbara Picarello 5
- Vinnie O'Brien, Ginger Pearlman 6
- Ralph Trask 7
- Greg McMahon 8
- Jeannine Bensette 9
- Ken Hart 12
- Helen Montgomery 17
- Marjory Carpenter 19
- Ruth Fay, Nancy O'Brien 22
- Harold Edelstein 26
- Harry Morgan 30



November

- Shirley Howard 3
- Rosemary Fitzgerald 4
- Regina Darcy 9
- Bob Rittenhouse 11
- Vincent Picarello 16
- Tamara Boriakoff 18
- Patricia Smith 19
- Aida Fallon 20
- Beverly Beylounne 23
- Donna Milot 25

To include a birthday, contact your reporter or the editor

Weight & Nutrition Support Group

We meet on Wednesdays at 9:30 at the Community Center. Each of us set our own reasonable goal and the group helps us stay focused.

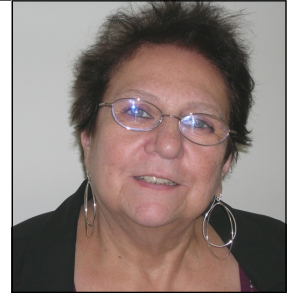
No dues or fees. The group supports and help one another by exchanging ideas, recipes, and strategies.

Open to all ladies here at Quail Run. Contact **Marlynn Stott** or **Marcella Monte** – 978-562-0823

Astrology — What's Up

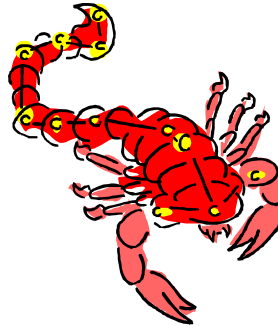
By Beverly Beylounne

SCORPIO October 23 - November 21



This year, you are likely to befriend many people who will be there for you in need and for fulfilling your desires.

Your popularity will increase. Help of younger siblings would also be there. However, you might have some disagreements with older siblings. Try to have an open communication with everyone close to avoid chances for misunderstandings.



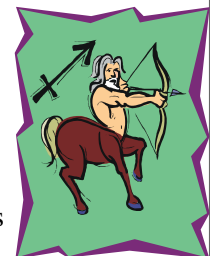
You may gain money through speculative activities and/or lottery during 2013 and the beginning of 2014. Monetary gains through relatives are also possible and with the extra spending cash you may decide to make a big purchase...maybe a new car.

Whatever you do be prepared because this holiday season will be the happiest you've had in recent memory. Enjoy!

SAGITTARIUS November 22 - December 21

This year brings to you a lot of happiness and positivity. You will meet with success in many endeavors despite a possible minor obstacle. You will make many decisions which will be supported by friends and relatives. Also, there is good rapport with neighbors and others.

There will be many happy occasions and you will be spending quality time during 2013 and the beginning of 2014 with relatives. For your children, the upcoming year is good. They are doing well and might even have a chance for a foreign trip.



This year and the beginning of 2014 will bring professional success and monetary prospects. Try to secure loans or other financial help during the latter half of 2013. Your kindness brings you an unexpected reward in December.

Downsizing at Quail Run

I thought I had downsized when I came to Quail Run. No more rakes, lawnmower. No shovels, no clippers etc. But, WOW!! When I took a look at that beautiful basement in our condo, Paula and I decided it was going to be too much for us to do alone. So we made a decision. Let me back up a little, in the spring we went to a Senior event day sponsored by State Senator, Jamie Eldridge. One of the speakers we heard was **Laurie Nordman**, who was owner of a service called “**Next Stage Associates**”. In her talk, she made reference to a book published by the University of Minnesota called “**Who wants Grandma’s Yellow Pie plate?**”

The book is full of information about the decisions that need to be made when assigning your possessions to your family members. It is a workbook and contains all kinds of instructions and lists, and suggestions.

Laurie also talked about her business called “Next Stage Associates” which provides help in all aspects of the process including, but not limited to: packing, unpacking, decision making about moving and downsizing, as well as providing resources to help in that process. She is available at [508-898-8688](tel:508-898-8688). We were so impressed that we kept the information and later hired her to help us with our move. She began by consulting with us and providing us with written information about the services that are offered. This initial consultation is free, but they charge by the hour and take no commission fees. (Sounded good to me).

She had suggestions about how to solidify the decision making process and had little tricks to make the job easier. The biggest job is making the decisions about what to take and how to allocate the things that you don’t want. First job is to find out if members of your family want any of your “stuff”. The second is to determine who wants what, and then the decision of who gets what, and finally, when will they come to get it.

She gave us some handouts which listed various resources available to help get rid of stuff. First was the consignment shop which will sell your stuff and share the revenue on a 50-50 basis. Then there are places to donate your stuff. Most of these will come to take it away. One of the best was **Habitat for Humanity**. They have a place to sell the donations, like the **Salvation Army**, called the “**Re-Store**”.



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3/14

They will take tools, shelves, benches, beds, hardware, etc.

No place wanted to take particle board furniture. We ended up hiring **David French** to come and haul away large items to the **Hudson Dump (Transfer Station)**. He is available through Next Stage Associates. The dump charged \$40 for the fridge and another \$35 for the load of particle-board furniture. The **Salvation Army Store** will accept clothing and smaller household items. The handouts from “Next Stage Associates” listed other places too. Donations are a great way to go and most will give you a slip to be used at Tax time. Biggest problems for disposal are the hazardous chemicals (oil paints, kerosene, some cleaning materials etc). It is necessary to get someone special to deal with these materials.

Another great resource was a Hudson man named **Rich** who took away any metals. For me there were some shelves and other stuff (would you believe tire chains!!). His phone number is [978-804-2332](tel:978-804-2332).

Finally you need someone to do a final sweep through the house to take any stuff that is still left. Oh yes! There sure was some stuff including odds and ends of wood pieces. Laurie was able to supply names of people to take care of these matters. She came to the house several times to make sure we were not going astray in our efforts. One of her best suggestions was to use Kitty Litter to help harden Latex paints so they could be sent to the Dump.

AMAZING! The best part of this process was her assurances that we were on track and doing the right things at the right time.

The hardest part of all was leaving Quail Run and all the wonderful friends we had made here. So long to all and hope to see you soon. Stay well!

PS. If I sound like I am endorsing Next Stage Associate, it’s because I am!!

“**Lee**” Bradbard

Area Highlights

By Barbara Champine
National Guard Museum and
Archives



The Concord Armory has become the new home of the National Guard Museum and Archives. The collection was established in 1995 and until now was housed in the Worcester Armory. Archival records and museum displays chronicle the growth of the colonial militia. The Massachusetts militia began the Revolutionary War on April 19, 1775 at the battle of Lexington and Concord so with the history of Concord and the tie-in to the Independent Battery, it is a natural spot for the museum. Included are records of the Massachusetts Volunteer Regiments that fought in the Civil War.

The moving of the collection began in June though the final organization may take about a year. If walls could talk, the Concord Armory, built in 1915, would divulge a fascinating narrative of its own, filled with historical moments that rival any other Concord buildings. In 1960 the armory became the first home of the Boston Patriots football team, now the New England Patriots. The team used the armory for warm-ups and practiced across the street on Emerson playground.

Museum holdings include the archives of the Office of the Adjutant General as well as the military records of Massachusetts Soldiers, Sailors, Marines, Militiamen, and National Guardsmen from 1775-1940. Displays in the museum depict the history of the Massachusetts National Guard beginning with its organization in 1636 as the colonial militia. During the Civil War, Massachusetts Volunteer Regiments were the first Northern regiments to mobilize, deploy, and shed blood in the Civil War. In World War I the Massachusetts Guard provided the largest number of units for the famed 26th "Yankee" Division. The 26th was the first U.S. Army division to arrive in France in 1917 and fought in six campaigns. The 26th fought in four campaigns during World War II in battles from France all the way to Czechoslovakia. Since World War II the Massachusetts National Guard has served in four wars.



The museum is open weekdays from 8 a.m. to 4 p.m. Admission is free. Why not check it out now and again in a year when the organization of the facility is finished. The Concord Armory is at 91 Everett Street Concord. Take Route 62 to Thoreau Street, (you will cross Route 2) turn right and then left on Everett just past the park.

Social Committee News

Coffee — October 5, Saturday, 9:00—11 at the Community Center. Come and join your neighbors for coffee, goodies and conversation. Charge \$1.00. Please bring an item for the food pantry.



Pot Luck Supper — November 16, Saturday, 6:00 PM at the Community Center. A sign up sheet is posted at the Center. Sign up to bring an Entree', salad or dessert. BYOB. Coffee and tea will be available. *This is usually a fun evening, so we hope to see you there!*

Thanks to the Social Committee's hard work, the regulations for the rental use of our Community Center have been updated and put in place by Mark Reed.

Check out our website, www.QuailRunHudson.com.

Transitions:

Leland and Paula Bradbard are moving to 403 W. Center St. # 422, Manchester CT. 06040 . Tel: 860-432-8854 They will be missed, but we wish them happiness in their new home closer to their daughter.

Condolences to the many friends and neighbors of **Lynn Fishman**, 2G Strawberry Lane. Lynn was one of the original residents at Quail Run and we will all miss her sunny outlook on life.

Condolences also to **Margaret Derderian**, 5G Strawberry, on the death on 9/30 of her husband **Harry**.

Public Library Book Sale

Saturday, 19 October 9 – 4:00

Sunday, 20 October 12 – 3 – fill a bag with books on Sunday for one low price.

Location: Hudson VFW, 3 Palmieri Dr. Located off Cox St., left at Tedeschi Store.



BOG News continued from page 1

In July a notice was hand delivered to each unit indicating that no overnight parking is permitted on the circles or main roads. Please adhere to this policy.

On September 5 a broadcast email message was sent indicating that a total of five Haveahart traps were removed from the back side of 3 Autumn. The traps were placed there in order to capture a groundhog that has been burrowing into the stone retainer wall. The email requested that the person(s) who took the traps leave them where they were found or leave them at the Community Center. To date these traps have not been seen. If not returned, the association is responsible for the cost of the traps which is \$375. This is not how we would like to spend our condo fees.

As you are aware Hudson implemented a no watering ban until the end of September except for hand watering. First thanks to everyone for adhering to this water ban. We have been somewhat fortunate with Mother Nature giving us rain but not totally. ValleyCrest has been only mowing our lawns on occasion and in selective locations. In the meantime they have been trimming shrubs where needed. The Board voted to have the trees deep fertilized. We have been told that this can take place even though the trees are not being irrigated. Also, ValleyCrest was to deep fertilize the Arborvitae.

We had soil samples taken from several missing/failing trees to help us determine what will grow in our soil. We are still waiting for a meeting with the arborist. The Board also voted to delay planting any new trees until spring. The concern is not to expose new trees to winter damage.

There is concern with overgrown shrubs in the front of units. The Board approved to have these shrubs trimmed by ValleyCrest where needed without concern for blue stakes, but not to touch other plantings. Note: blue stakes are used to let the landscape contractor know that the flower bed in front of units or around circles is being maintained by unit owner(s).

There was a water issue at the Community Center which was taken care of very quickly. Lower sections of the hall walls and baseboard were removed. Now we need to repair the damage. The Board received an initial estimate from SPS. Additional estimates have been requested. These repairs will take place once we



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3/14

Lee Bradbard's Grapenut Pudding

- 2 eggs
- 1/2 tsp salt
- 2 C. milk
- 3 heaping spoons Grapenuts
- 1/2 c. sugar
- 1/2 tsp vanilla (or more)
- 1 Tbls butter (or oleo)

Beat eggs very well--add sugar, salt, vanilla, beat some more. Scald milk w/ butter and add to egg mixture slowly—While stirring with whisk. Add Grapenuts. pour in pan. Put pan in larger pan and pour in boiling water about half way up the first pan and bake for 30-45 minutes at 350.

Grapenut Pudding 4X sm. Chafing Dish

- 8 eggs
- 1 tsp salt
- 8 C. milk
- 12 spoons Grapenuts
- 1 1/2 to 2 C sugar
- 1 to 2 tbls vanilla
- 4 Tbls butter (or oleo)

Beat eggs- add sugar, salt, vanilla. Scald milk with butter and add to egg mixture slowly--add grapenuts-pour in pan. Put pan in boiling water and bake for -45 minutes at 350.

BOG continued from left

have all the estimates and approval by the Board. A garbage disposal has been installed in the sink at the Community Center. A much needed addition.

In the meantime we were informed by the electrician that the dish washer is not wired per National Electric Code (NEC). As a result, the Board has requested a quote to resolve this issue.

The Board received an initial estimate from ARR-MAX to replace the pea stone in front of the mailboxes and to replace the mailbox platforms at three locations. A second vendor was contacted and is to give us an addition cost estimate. The Board intends to move forward with this situation as more than one unit owner has fallen on the lose pea stone.

JULIETS NEWS

All Quail Run women are invited to Lunch —

October 16, Wednesday at 12:30 at Shaker Hills Country Club 146 Shaker Road in Harvard, about 30 minutes. An easy drive; directions at club house if needed.

Separate checks and choice of menu which will be posted at club house

Contacts - **Jaye Donato** 978-562-2429 and **Ruth Durand** 978-562-3338

November 13, Wednesday at 12:30 at Dino's Restaurant in Marlborough. Separate checks, one price \$14.25 includes salad, entree, coffee and desert.

Choices will be posted at club house. Contacts - **Ginny Bosio** 978-568-0301 or **Barbara Edelstein** 978-567-5909




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4/14

Parking Problem

Recently there was an unfortunate incident whereby someone took matters into their own hands and marked with black marker on a vehicle parked at the circle.

Please be advised that this action is vandalism and has been reported to the Police as such.

The Police will conduct their own investigation.

It is everyone's concern that the rules and regulations of The Villages at Quail Run are upheld for the safety and well-being of all residents. However, any and all enforcement of these rules must be performed by the Board through the Management Company. Owners taking matters into their own hands risk repercussions themselves as their actions are not sanctioned, and are not covered by the D & O policy should their actions result in a legal matter.

We expect everyone's immediate cooperation.

Sincerely, The Dartmouth Group as agent for The Villages at Quail Run



Heritage Chorale

John Finney, Music Director and Conductor present masterpieces by Bach and Handel

Sunday, November 24, 4:00 p.m. St. Mark's School Performing Arts Center; 25 Marlborough Road, Southborough

J. S. Bach: *Missa Brevis* in G major, BWV 236
George Frideric Handel: *Messiah*, Part III



Ticket prices:

- \$20.00 - General Admission
- \$15.00 - Seniors and Students
- Children 6 to 12 FREE

Tickets will be available for purchase at the door or from Chorale members

Contact **Elaine Recklet** for more information
erecklet@comcast.net 987-562-2721
www.heritagechorale.org

Our Board of Governors

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This listing also appears on page 2 in the *Quail Run Directory*.

TELL OUR ADVERTISERS YOU SAW THEIR AD IN THE QUAIL RUNNER.

Technology Corner

KEEP YOUR PC CLEAN AND FAST RUNNING

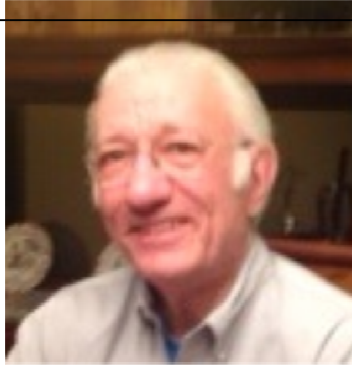
Like anything else, computers get messy over time. Programs create temporary files that just don't go away and tiny bits of information from the Internet pile up in your browser's cache. All this clutter eventually can fill up your hard drive and slow down your computer. It can also contain sensitive personal information. Periodic cleanings can keep things running smoothly and make you safer, but finding everything to clean is not an easy task. Here are some free programs that make it easy to keep your computer clutter free. I've also included programs to help you keep your files organized. Except where noted, all these programs are for use with the Windows operating system.

CCleaner (www.piriform.com) is a comprehensive cleaning program. It works on Microsoft's programs and some third-party ones. The cleaning options are clearly presented. CCleaner will remove cookies, temporary files and even your Web history. It does more than just clean, however. You can also use it to uninstall programs and modify which programs run at startup. It even includes a registry cleaner. Caution: Although you need to be careful when messing with your registry, CCleaner backs it up before making any changes.

Square Privacy Cleaner (www.novirusthanks.org) This program is similar to CCleaner, but lacks some of the more advanced features. It focuses more on cleaning. It is harder to accidentally delete things that might be important which makes it better for casual computer users. It still however has everything you need for cleaning your computer. You can also run it automatically on startup or shutdown, thus automatically keeping your computer clean. Just go to Settings>>Edit Settings, then select the Schedule tab for scheduling options.

Duplicate Cleaner

(<http://www.digitalvolcano.co.uk/dcdownloads.html>) Duplicate files can fill up a hard drive quickly, especially when it comes to photos and music files. Duplicate Cleaner helps you find and remove these duplicate files. Just point the program at any folder and it will



Pete Recklett

scan the folder for duplicate files. Once you see all the duplicates in a list, you can easily determine what's worth keeping and then delete unneeded copies.

Defraggler

(<http://www.piriform.com/defraggler/download>) Removing the clutter from your computer helps, but it still leaves the hard drive fragmented. Parts of a single file may be stored in multiple locations on your drive, increasing the time it takes to access a file. Defragging not only speeds up your computer, but it can also increase the free space on your hard drive. This simple program is more powerful than the program built into Windows. You can defrag the entire hard drive or individual files and have your computer running faster in no time. Once you've installed and started Defraggler, click "Analyze" to test how fragmented your drive is, or just click "Defrag" to get started. You can watch your files get organized in the handy graphic.

CAUTION: When you go to download Defraggler, click the Piriform link in the left-hand column to choose the *free version*. The installation process will prompt you to download Google Chrome and make it your default browser. If you don't want to do that, just uncheck the selection box.

WARNING: If you have a computer with a solid-state hard drive, or SSD, you shouldn't defrag as that will only cause the drive to wear out more quickly.

Let Carole or Pete know what topics you'd like to see covered in the Tech Corner, both PC and Apple, other technology applications such as I-Pad and assorted Smart Phones.

**Carole cperla@me.com,
Pete precklet@comcast.net**

Long Term Care continued from page 5

Note from Howie Pearlman: Anyone who purchased a long-term care product 3 – 5 years ago, or more, should keep the policy if at all possible. The same policy with the same benefits and premiums can not be duplicated today.

Published: Friday, 2 Aug 2013
By: [Bertha Coombs](#) | CNBC Reporter