



The Quail Runner

For and By the Residents
Of Quail Run



January—February 2014

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

The 11th Annual Polar Bear Dinner

The Polar Bear/Valentine Dinner will be held at the Clubhouse on Saturday, 15 February catered by The Buffet Way.

Dinner Choices are: Sirloin Tips with onions, mushrooms and peppers; Baked Haddock with lemon garnish; or Chicken Piccata (Chicken breast sautéed with garlic, lemon juice, shallots, white wine and capers). All entrees include Salad, Butternut Squash, Oven Roast Potatoes, and Cherry Pie with Ice Cream for dessert.

Doors open at 6:00 to meet and mingle and enjoy some crackers and dip. Dinner will be served at 6:30. Coffee, tea will be served or BYOB

The cost is \$29.00 per person, payable in advance. The absolute deadline for signup is Friday, February 7th.

Door prizes will be awarded.

To sign up, please fill out the attached form and return it with a check made out to Barbara Baker. The check and form can be left at Barbara's door, 4D Autumn, or at Sally Mauro's, 1D Strawberry, in the containers on the front porch.

Name 1. _____ Telephone# _____

Chicken Piccata _____ Sirloin Tips _____ Baked Haddock _____

Name 2. _____

Chicken Piccata _____ Sirloin Tips _____ Baked Haddock _____

Total amount of check \$ _____ Please inform us of any dietary restrictions.



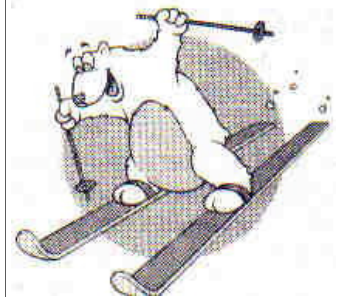
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January Board of Governors (BOG) News

The Annual Budget Meeting was held on December 5, 2013 at 7:00 P.M. at the Community Center. Our new Property Manager, Fran Hall was present along with Deborah Jones who served as our interim Property Manager for several months and Jim Stento, Controller for The Dartmouth Group. Thanks to everyone who chose to be present.

As a Board, we thought it was a good meeting and very thankful for residents' input. The Board took away a couple of action items to be addressed in the coming months. First the street sign at the entrance to Autumn Drive is to be replaced; and we will look at installing lights at both entrances and to a review of overgrown plants along the back of 1 Autumn Dr. in the spring. If folks feel other items were mentioned at the meeting, but not in this article or listed as items to be addressed, please contact the Board so they may be placed on our agenda. Note: rusted basement windows needing paint are on the Board's list of items to be addressed in the spring. (Continued p 5)



The Quail Runner Staff

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 4/9 Autumn **Marilyn Hoffman**
 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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Technology Corner— Carole Perla
 & Pete Recklet
What's Up — Beverly Beylouné
Area News—Barbara Champine
Healthy Living—Peggy Rittenhouse
QR Real Estate News—Hugo Guidotti
QR Cook Book—Claire Kilcommins

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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



One of the joys of living in a supportive community like Quail Run, is how we all look after each other. This is done not by being nosey but offering help in any way we can. Whether this help takes the form of providing emergency assistance, sharing grief over the loss of a loved one including pets, or loaning Medical Devices of one sort or another.

As you can read on page 4, we are looking for someone to help with compiling and tracking a list of Medical Devices here at Quail Run that are available for loan. This need recently came to light in a discussion among several residents when they discovered that one party had rented a wheelchair and another party had one just sitting in the basement.

Some of us tried something new for *New Year's* by inviting residents to join in a low-key celebration of the evening. Only a few turned out, but there were a number of others expressing interest, but not able to make it then. Next year we'll try to send out more advanced information.

Claire Kilcommins needs recipes for our newsletter Cook Book. Be sure to send yours.

MJ

Our Board of Governors

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978-562-5227

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

Welcome New Residents

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



Transitions

Jennie Meola, 8C Strawberry Lane passed away on December 27. She was 94 years old and a remarkable person. She was a long time employee of Hood Rubber Co. in Watertown and later the former Frye Boot Co. in Marlboro.

Shirley & Wally Howard (1A Autumn) moved to 23 Rebecca Rd. in Hudson.

Ed Berthiaume passed away 12-12-2013 at the age of 76. He worked for 30 years at New England Life Insurance Co. from which he retired as Sr. Vice President. He and Sharon lived at 6B Strawberry. They were one of the original residents here at Quail Run.

Charles E. Millett Jr., 7D Autumn, 92, a life long resident of Hudson, died in December. He is survived by his wife of 70 years, **Mary** (Sims) Millett of Hudson. Charles was born and raised in Hudson, son of the late Charles E. Millett Sr. and Ethel (Roach) Millett. He attended local schools and was a graduate of Hudson High School. He was a veteran of WWII, serving in the U.S. Navy until being honorably discharged from active duty in 1945.

He was employed as an estimator by Coldwells Lumber Co. in Berlin for 35 years and retired in 1983. Charles spent 82 years residing at several homes on Lincoln Street due to the expansion of his family and was dubbed the "Mayor of Lincoln Street" by his loving neighbors. He was a member of the V.F.W. in Hudson; life member and past Exalted Ruler of the Hudson Elks and member of Saint Michael's Parish in Hudson.

Donations in memory of Charles may be made to St. Michael's Church, 20 High Street, Hudson, MA 01749

In Memoriam 2013

Quail Run Residents who passed away in this past year.

- Lynn Fishman
- Harry Barsamian
- John F. Waltrup Jr.
- Bob Freedman
- Tony Palmer
- George Champine
- Jennie Meola
- Ed Berthiaume
- Charles Millet
- Tim Lilley

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.**

Nothing sucks more than that moment in an argument when you realize you're wrong.

Quail Run Recipe Book

Hosted by Claire Kilcommins

Lightly Spiced Sweet Potato Fries



- Makes 4 servings
- Ingredients:
- 1 Tablespoon Oil
- 1 large sweet potato (about 1 pound); peeling optional
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- ¼ teaspoon Paprika
- ½ teaspoon Cinnamon

Directions:

1. Heat oven to 425°F.
2. Cut potato lengthwise into 1/2-inch-thick slices. Cut each slice lengthwise into 1/2-inch strips.
3. Arrange strips on baking sheet; drizzle oil over potatoes and toss with hands or spatula.
4. Combine salt, pepper, paprika and cinnamon in small cup; sprinkle half the mixture over strips. Bake 10 minutes, until lightly browned. Flip with spatula and sprinkle with remaining spice mixture. Bake 10 minutes more, until browned and tender.

From the kitchen of MJ Ebens



Quail Run Real Estate News

by Hugo Guidotti

Here we are in a brand new year, and based on the record performance of the market in 2013, most prognosticators are going out on a limb and looking to repeat or exceed that level in 2014. Many of the signs are there indicating that could be the case and we certainly hope the signs are pointing the right way.

First and foremost is the interest rates are still at or near historic lows. This is particularly encouraging for the first time home buyers who purchase the homes of the middle aged buyers who are moving into over 55 communities. And it appears that more of these middle aged buyers are looking to downsize into the active adult phase of their lives.

Secondly we find the banks have loosened up their purse strings a bit in the past year and are willing to lend with fewer restrictions which enables the border line buyers greater access to mortgage monies.

Finally, we see the inventory is so low in our area that there are often multiple offers when a property is newly listed.



Now closer to home, we see only two active listings at QR. My listing at 8E Strawberry is still available but we have two buyers waiting for their homes to sell, The beautiful home owned by Sharon Evans at 6F Rotherham is listed for \$330,000.

The home at 6C Strawberry is still bank owned but I am unable to contact the lender for more information.

I recently had two separate customers looking here in QR and they love the place but absolutely needed a two car garage. Anyone out there ready to make a move??

Available Medical Device List?

Do you have a wheel chair, walker or other medical device you would be willing to loan to another Quail Runner?

There seems to be a need for some things like this and for someone who would be willing to manage the list of who has what and who borrowed it.

How about you taking this on??



Prudential

Hugo Guidotti, SRES®
REALTOR®

Prime Properties

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08/14

Services Offered

\$25 Tune up for Windows PCs and Laptops (XP, 7 and 8)

- Repair of Registry errors.
- Hard disk clean up to improve efficiency.
- Identification of applications and services slowing the startup process.
- Installation of missing program updates and patches.
- Assessment of antivirus and spyware protections, user accounts and passwords, browser settings and plug-ins with recommendations for improving security and privacy.

Contact Pete Recklet at 978-562-2721 or precklet@comcast.net

Trash Dates Reminder

Allied Waste/Republic Service remaining 2014 holidays that delay Quail Run trash pickup until Wednesday.

Holiday	Day/Week	Date
President's Day	Monday	Feb. 17
Patriot's Day	Monday	April 21
Memorial Day	Monday	May 26
Labor Day	Monday	Sept. 1
Columbus Day	Monday	Oct. 13
Veteran's Day	Tuesday	Nov. 11



Board of Governors Meeting Minutes

You can read these on our website.
www.QuailRunHudson.com
For the password, contact the chair of the Communications Committee, MJ Ebens, 978-562-7880.

BOG News (Continued from page 1)

We renewed our Master Insurance policy with Arbella Insurance Group. The Board was pleasantly surprised to only see a 3% increase over last year’s policy. This is significantly lower than the industry trend. Our new policy is \$76,186, while our budget projection was \$90,000. This leaves us with a \$13,815 budget surplus. The surplus will be used to help fund the following two non-budgeted items:

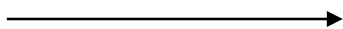
First, the generator turbocharger croaked and was replaced for a cost of \$2,289.60. The generator is used to supply power to the pump house in case of power failure.

Second, the number one 10 hp pump in the pump house is being replaced due to age and the need for a variable speed pump. This is critical since the current pump runs 24X7 and has already been rebuilt once. The cost of \$14,388 was approved by the Board. We will receive a rebate from the Hudson Light and Power Department; however, the specific amount is unknown at this time. Note: the pumps in the pump house provide the needed water pressure for Quail Run “mountain”.

When the roofs were replaced one of the primary agenda items was to make attics colder in order to help eliminate ice dams and related damage. Now due to the extremely cold weather, some unit owners experienced frozen water pipes in the A unit upstairs bathrooms. There have also been a couple of issues with leaks into units. All repairs covered by our roof warranty have been addressed by SPS. Damage due to frozen pipes or vent hose condensation leaving water damage on bathroom ceilings, etc. are the unit owner’s responsibility. The Board understands that this is a very “hard pill to swallow”.

The Board and The Dartmouth Group have worked very closely with Dave’s Landscaping on the snow plowing. We believe we have seen performance improvement.

The Board was asked by a unit owner to entertain setting up a priority snow removal process based on some folks needing to leave for work early. The Board discussed and had discussions with multiple unit owners regarding work leave times. At least one person leaves for work at 4:15 A.M., another at 4:45 A.M., someone else at 5:30 A.M., and several by 6:00 A.M.



07/14

Our best thoughts go to these early morning risers. After gathering this information and lacking any data on folks needing early medical treatment, the Board chose not to implement a priority snow removal process. Also it would cost us non-budgeted money.

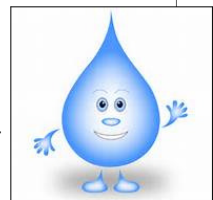
The fall gutter cleaning was finished on January 15th. The proposal from SPS for deck repairs identified by the Building and Grounds Committee was approved. SPS will schedule once the weather is conducive to painting as some will be needed. The proposal from ValleyCrest to prune/clean the fence behind Strawberry and Rotherham was approved. ValleyCrest will complete this work as part of their spring clean-up.

The Community Center water damage repairs are complete. The men’s bathroom was not painted as it was not part of the contract. The Board agreed that we need to look at having the men’s bathroom painted; not something one could easily see when the baseboard trim was missing. Also, the dishwasher electrical wiring needed to bring it up to electrical code is complete.

The Board has received the revised Noblin reserve study. We are in the process of reviewing with the assistance of Dartmouth.

Per the *Community Advocate* (a local free newspaper many may not receive) the town of Hudson has contracted with Marlborough to continue to purchase water until December 2014. One of the two wells shut down last summer is in the process of being brought back online. But in the meantime it’s presumed our water bill will not decrease from the 30% increase of last year and we may again be facing a no watering ban. Also, the Board has made a number of visits to Hudson Water Department to dispute our water bills. The Water Department agrees that our bills are inaccurate and not in our favor. We are waiting for these to be recalculated and for the cause of the issue to be resolved.

(Continued on page 10)



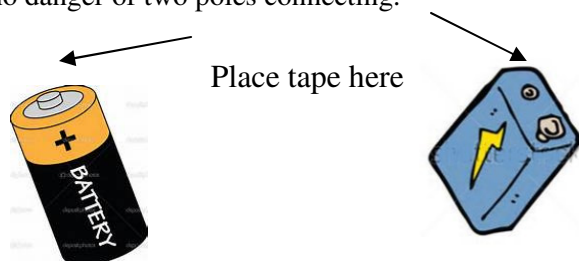
Condo Care

George Shaw contacted AIRTEK located in Hudson, who agreed to clean our dryer vents for an agreed on price of \$75.00 per unit. This cost has to be paid by the unit owners. They will need access to your unit to perform this service.

This company also specializes in cleaning heating air duct. If you want that performed they will also discount that. Neil has extended the service until the end of February.

The contact person, the owner, is Neil Maloney, 978-567-1072. Their website is WWW.AIRTEK.com

The link below shows what can happen when batteries are not stored and/or thrown away properly. <http://www.youtube.com/watch?v=OSJH21WmALc> Avoid a fire by making sure that the opposite poles can not come in contact with each other. The video recommends covering the poles with electrical tape. So there is no danger of two poles connecting.



Technology Corner from page 12

FIND AND REMOVE VIRUSES No matter how good your antivirus is, eventually it's going to miss something. There are all different kinds of "malicious software" or malware and each type infects your computer differently to achieve different goals. There are just too many threats out there for one program to handle.

MALWAREBYTES (<http://www.malwarebytes.org/>) This free powerful virus and spyware scanner can catch threats other software might miss. Since it doesn't run scans automatically, it won't conflict with your other antivirus programs. Run a scan with it at least once a month, or when you suspect that a virus has invaded your system. Before scanning, make sure to update the virus definitions from the Update tab otherwise, it won't detect the latest threats.

Stitch & Knit

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



For information , contact **Marie Kapsalis 978-568-0713**

For Sale — Free — Wanted FREE to Quail Run residents or anyone you know. Call Barbara Champine 978-567-5982

- Gift certificate from Robinsons hardware for a party pack for 32. Includes a 20' x 20' canopy, four round or rectangular tables and 32 chairs for up to 4 days. Do you know someone who is having a graduation party or other event? Approx. value \$289
- Yamaha 415 Spinnet organ, 3 keyboards, solo keyboard, rhythm, bench. This organ can be worth \$1500 to \$2500 according to Google. You move it. This is a heavy organ and you may need to hire a piano moving company.



Free — Quite a few 3 ring binders — both 3" & 5" for anyone who would like to have one or more of them. Also a plastic chair mat to put under a computer chair. No charge just do not need the items anymore. Carole Perla 978-568-9979

Wanted Still Collecting Men's Ties -- If you haven't gone through your closet to discard any unwanted ties now would be a great time to do so. You may drop your unwanted ties off at 4 A Rotherham, or give Janey Freedman a call at 978-212-5112 to arrange a pick up time. Janey again wants to thank all of the men who have given her ties already.



1/14



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Quail Run Birthdays

February

- Pat Trask, Terry Hanlon, 1
- Ron Ruest, 2
- Susan Ciampi, Joanne Doherty, 3
- Evelyn Spears, Kenneth Ward, 5
- Jean Mercury, 6
- Mary Mitchell, Lori Robak, 8
- Barbara Baker, Gerry Hegarty, 9
- Bob Reid, Howie Pearlman, 11
- Barbara Morgan, 17
- Carole Perla, 23
- Elaine Recklet, 27

March

- Bob Frame, 1
- Sherry Schneller, 3
- Peter Recklet, 4
- Ben Iannotta, Beverley Duncan,
- Janice Owen, Barbara Chisholm, 6
- Sue Rosen, 9
- Kevin Fitzgerald, 29



To include a birthday, contact your reporter or the editor

I have a hard line deciphering the fine line between boredom and hunger.

Weight & Nutrition Support Group

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

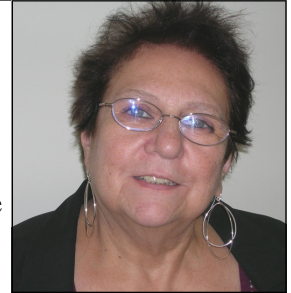
No dues or fees. The group supports and helps one another by exchanging ideas, recipes, and strategies.

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

Astrology — What's Up

By Beverly Beylouné

Pisces February 19 - March 20
December may have been festive for most people, but for you, happiness and joy comes in January and continues for most



of the year. You seem to have had to work hard through the holidays, but beginning in January you'll find sweet relief. You appear to be surrounded by many happy faces in January, thanks to the new moon on January 1. All new moons bring a potent period so the beginning of 2014 should be super social. You will have the opportunity to meet many new people now, all very encouraging of your ambitions. Among the people you meet will be one or more who may become a long-term friend. The people you meet will be highly successful and well heeled. They would not be flashy types, but fashionably and elegantly dressed. Consider joining a club, and if you already are a member of a social club, or a professional club, attend a meeting this month. Something is bringing you in contact with many others and your spirits are high. You will need those new clothes you bought lately to look really great—just have some fun!

Aries - March 21 - April 19

As you begin 2014, you mean business about getting a job of your dreams. A new moon will appear directly on January 1 and will help you get ahead professionally or finally accomplish a lifetime desire. New moons help bring honors, awards, and achievement. This year you are likely to get along very well with an older or very realistic, practical person and come away enlightened. This person may become a mentor or simply someone you go to for advice. You'll find that being with groups of people, in seminars, mixers, trades shows, and/or club events will bring surprises. Participating will be good for you, for you will allow the element of randomness into your life. By that I mean that you can connect with people with whom you would not ordinarily rub shoulders. This year the element of randomness will be the spark to lead you into new directions. Later in the year you will switch your attention to a home or a family situation. You seem to be ready to see the culmination of an event or decision that will be going on there. Surprises will rain down on you, and you will have a very happy year.

Heritage Chorales' 2014 Pops Concert

John Finney, Music Director and Conductor
Present

Going Our Way – Our Annual Pops Concert

Sunday, February 9, 2014, 4:00 p.m.

Nevins Hall, Memorial Building, 150 Concord Street Framingham, MA

The Heritage Chorale’s 2014 Pops Concert will be a veritable celebration of transportation, as we entertain our audience with songs about trains, cars, boats, and even balloons! We’ll plan to “Ease on Down the Road,” and we’ll sing about traveling on the “Chattanooga Choo Choo” and motoring west on “Route 66.” We’re certain this music will transport us “Up, Up, and Away”!

Lively rhythms and memorable melodies abound in these songs about transportation, and our audience will be invited to “sing along with the Heritage Chorale” on some of the most well-known selections.



Conducted by John Finney and accompanied by our amazing pianist Darryl Hollister, this concert offers an afternoon filled with popular songs, with refreshments provided by the members of the Heritage Chorale. Our audience members can choose to sit at a table with friends and family, or to enjoy the concert from the spacious balcony of Framingham’s impressive and acoustically resonant Nevins Hall.

Table seating goes fast so if you are interested please contact me by Sunday, January 19th

Ticket prices:

To purchase table seating (\$25), contact a Chorale member for tickets.

Balcony seats (\$20) will be available at the door.

All tickets include light refreshments.

Tickets may also be purchased through Eventbrite <http://goo.gl/5uVZNU>

I totally take back all those times I didn’t want to nap when I was younger! ZZZZZZZZZZZZZZZZZ



Avidia Bank is here to help you open doors and take full advantage of life’s opportunities.

Come share your dreams with us. The door is always open.



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www.facebook.com/avidiabank

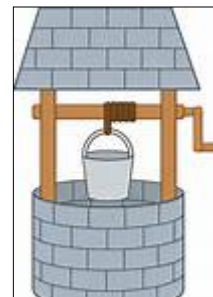
3/14

DRINKING WATER NOTICE

To all users of the Town Of Hudson Water Supply Division located in Hudson, Massachusetts.

On January 9, 2014, the Massachusetts Department of Environmental Protection conducted a site visit to the Kane Well. The town has connected the well, via a new water transmission line, to the Chestnut Street Water Filtration Plant. This well, out of service since September 2012 due to high levels of Manganese, has been approved for operations and will be returned to service on January 27, 2014.

Daily samples of finished water from the filtration plant will be taken by DPW personnel to assure compliance with the appropriate regulatory standards for Iron and Manganese in drinking water.



Weekly samples, during the first month, will be taken and sent to a state certified lab for compliance and reporting purposes. Bi-weekly samples, for the next two months, will be taken and sent to a state certified lab. All results will be available in the office of the Director.

For more information and further updates, please contact Anthony Marques, Director of Public Works at 978-562-9333 or visit www.townofhudson.org and go to the DPW section.

- Was learning *Cursive* really necessary?
- Obituaries would be a lot more interesting if they told you HOW a person died!
- Bad decisions make good stories!

Area Highlights

OLMSTEAD HOUSE

I have previously covered a visit to the grounds of The Frederick Law Olmstead National Historical Site. (March-April 2012)



After several years the improvements to the Olmstead home and design office have finally been completed and are now also open for touring. Forty-five minute ranger led tours are now offered several times throughout the week. This historic site houses both the home, design office and the grounds.

Fredrick Law Olmstead was the founder of American landscape architecture and park design. He was famous for designing Central Park in New York City, Mount Royal in Montreal, the oldest park at Niagara Falls and Boston’s Emerald Necklace. He designed Arnold Arboretum and Jamaica Pond. He also designed the Chicago World’s Fair (Read “The Devil in White City”). He designed Vanderbilt’s Biltmore Estate in North Carolina. He even designed a city park in San Jose, California.

I have just returned from a visit there. His home is beautiful and the office is as he left it. Olmstead moved his home to this site in 1883 and established the world’s first full-scale professional office for the practice of landscape design. In 1979 the 36 room house and office complex became a national historic site. For almost a century, his sons and successors perpetuated Olmstead’s design ideals, philosophy, and influence.

Winter Hours are Friday and Saturday with tours at 10am, 11am, 1pm, 2pm, and 3pm. The grounds are open for self-guided tours 365 days a year from dawn to dusk. Grounds guides can be found by the visitor entrance.

The site is located at **99 Warren Street, Brookline**. From I-95 follow Rt. 9 for approximately 5 miles, through a major intersection with Lee Street and continue on 9, passing Brookline Reservoir on the right side. At the next intersection turn right onto Warren and follow 1/8 mile to Dudley. Olmstead NHS is on the right-hand corner. Or just use you GPS.

Trash — What is / Isn’t

“Single Stream” items that are acceptable

- Aluminum food and beverage containers
- Brown, clear or green glass containers
- Plastic containers (#1-7) please no caps
- Newspaper, white paper, magazines, catalogs, telephone books, junk mail and other paper
- Corrugated Cardboard

Do Not Include:

- Microwavable trays
- Mirrors
- Window glass
- Light bulbs
- Plastic bags
- Hangers
- 3-ring binders and spiral binders
- Cookware and bake ware

Please note:

- All containers need to be empty and free of metal caps and rings and contain less than 5% foods debris.
- All fiber products (paper etc.) must be dry and free of food debris and other contaminating material.
- Tissues, paper towels and other paper products that have been in contact with food are not acceptable.



How many times is it appropriate to say “What?” before you just nod and smile because you still didn’t hear or understand a word they said?

The Dartmouth Group / BOG
Circuit Breaker Tax Credit for 2013

The amount paid to the Department of Water and Sewer for 2013 was \$79,135.77. Divided by two it's \$39,568 time the unit's beneficial interest. The calculated amount by beneficial interest is:

Unit Type	Beneficial Interest	Tax Credit
A	0.660	261.15
A2 (2 car ga-	0.678	268.27
B	0.671	265.50
B2(2 car garage)	0.689	272.62
C	0.682	269.85

Phonebook / Email Updates

Toby Allen Attie6940@gmail.com.

Second Bolton Local Repair Café Event

Do you have a broken toaster? A bike with a broken brake? Maybe a shirt or blouse with a loose or missing button? Don't toss it!

Bring it to the Second Repair Café on Saturday, 1 February from 9am—1 pm at Davis Hall at the First Parish of Bolton Church, 673 Main St., Bolton. Residents of surrounding towns are also invited to come and find out what a Repair Café is all about.



At the Café, organized by Bolton Local, everything centers on making repairs. Knowledgeable volunteers will be available to help make all possible repairs on things like small appliances, computers, lamps, bikes, and clothing — free

of charge. There may be a cost for some small parts supplied. If they cannot repair it, they will offer suggestions about where to take it for repair, if repair is possible.

Unlike a “fix-it” shop, you must stay with your item while it is being repaired and taking the opportunity to enjoy chatting with neighbors and/or having a snack .

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3/14

BOG News (continued from page 5)

The Board approved the renewal of the landscape contract with ValleyCrest. We still have not scheduled a meeting with the ValleyCrest arborist to discuss the results of the soil samples taken earlier in the year. But trees are very high on our priority list.

Parking Issues

Until lines are painted in the satellite parking areas this spring, we would like to ask residents to be thoughtful of others when parking in these areas, especially during the winter with parking at a premium. A prime example is the satellite parking area located between 4 and 6 Strawberry which can easily accommodate five vehicles; however, residents sometimes park their vehicles in such a manner that only four vehicles fit. When using these parking areas, please park a reasonable distance from the edge of the lot or from the car next to you so that maximum usage if permitted. Thanks.

Remember there is a no parking ban in the circles or on the roads at night. Folks failing to adhere to this policy will be subject to fines after three violations.



Congratulations!

Dear constituents in *Bolton, Hudson, Maynard, Stow,*

If you, a friend, or relative are celebrating an anniversary, birthday, or milestone of note you can request a citation from Rep. Hogan to commemorate the occasion.

If you would like more information, please contact **Scott** at (617) 722-2692.

JULIETS NEWS

All Quail Run women are invited to Lunch —

February 12 @ 12:30PM

Bolton Street Tavern on Route 85

There will be separate checks and we can order off the menu

Evelyn Spears 978-567-0742

Marcella Monte 978-562-0823



March 19 @ 12:30PM

Fuji Steak House 200 Boston Post

Rd. (Rte 20 east) Marlboro

They will provide separate checks and we can order off the menu

Janice Mudgett 978-562-0598

Ginny Fullam 978-562-2787

Barbara Champine 978-567-5982

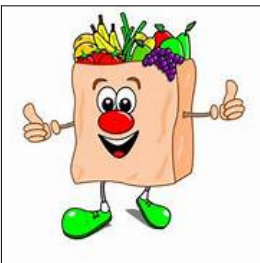
Contact these ladies to sign up or use the sign-up sheet at the Club House.

Quail Run Circle News

Strawberry 7 / 12 celebrated **Barbara Langley's** 75th birthday with a Ladies Tea complete with homemade scones. **Jeannine Bensetzung, Joyce Blank,** and **Jeanette Blank** hosted a very good time.

Hudson News

The Hudson Pantry would like to say "Thank You" to the residents of Quail Run for their generous donations of food throughout the year of 2013.



We appreciate your help in helping those in need.

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



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4/14

Social Committee

Question from the Social Committee

A few years ago, someone donated several china cups and saucers to the Committee. We would like to hear from that person. Please contact **Barbara Baker**, 978-562-2460 or bakerb2939@gmail.com.

Curtain Call Productions & Social Committee!

Sponsor another Variety Show

Saturday, 29 March at 7:00 at the Club House. \$2.00 at the door



The Program includes another short *Ethel & Albert Radio Show* starting **Lee and Sherry Jacobs** with the assistance of **Harold Edelstein.**

Musical entertainment will be provided by **George Shaw** and others.

Other acts are under consideration. Would you like to take part in the fun and light-hearted evening? Contact **Toby Allen** or **MJ Ebens**

The Social Committee is providing light snacks and *finger food.*


TECHNOLOGY
FREE PROGRAMS TO PROTECT YOU FROM THE BAD GUYS

There are an endless number of threats in the digital world. Hackers, scammers, identity thieves and governments are after your information. Trying to keep your personal information secure sometimes can seem overwhelming, so that's why you need to start with the basics; strong, up-to-date security software to prevent theft of your bank passwords or account information.

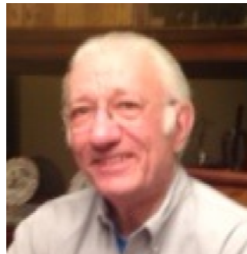
FREE TOP RATED ANTIVIRUS PROGRAMS If you don't have anti-virus software, or your subscription has expired, here are three excellent free options available. You can also download full featured versions on a subscription basis.

Warning: if you already have an anti-virus program you're happy with, do not install another one. Anti-virus software will often not play well with one another, rendering one useless and the other less effective.

AVG AntiVirus (<http://free.avg.com/us-en/download.prd-afh.line-2013>) is consistently one of the top-rated antivirus programs around. It often scores better than paid programs in security tests. It has real-time virus and spyware protection, along with powerful malware detection systems. An optional browser toolbar blocks ad-tracking and warns you about sites with low reputations. The major drawback is that it is geared toward more-advanced computer users.

Choose the link corresponding to your version of Windows (32 and 64-bit). When you install AVG, you'll see a screen during the process offering to install the AVG toolbar. This is a safe add-on for your Web browsers. It may help protect you against online threats, but it will change your browser settings. This toolbar is enabled by default, so if you don't want it you'll have to uncheck the boxes. If you click "Next" without paying attention to what you're doing, you could unwittingly change your browser settings. The installer will guide you through the process. Once installation is complete, allow AVG to update itself and then scan your computer. You should also schedule daily or weekly scans.

Avast! (<http://www.avast.com/en-us/index>) works on both PCs and Macs and is another top-rated free secu-



urity program. As with AVG, the free version blocks viruses and spyware automatically, and it has a good detection rate. The interface is more user-friendly, so this might be a better option for the casual user. Avast also has a free mobile security application for Android phones and tablets.

Microsoft Security Essentials

(www.microsoft.com/security_essentials) for Windows XP and 7 protects against both viruses and spyware. It is easy to install and use. It downloads updated virus definitions almost daily, maintains a constant barrier against malware and can be scheduled to run weekly scans. Set it and forget about it. **Windows Defender** is built right into Windows 8 and requires no download or installation. Like Security Essentials it updates automatically and protects against both viruses and spyware.

MOBILE SECURITY Lookout Mobile Security can help keep your tablets and smartphones secure. It includes antivirus and anti-spyware protection, backs up your contact data and can help locate a missing or stolen smartphone. Download from play.google.com or iTunes.

SPYWARE Not all anti-virus programs protect against spyware. Spyware is like a virus, except it doesn't damage your computer, it merely hides and observes. Spyware can record and transmit your passwords, account numbers, keystrokes and more to a hacker. The following anti-spyware programs will not conflict with your antivirus software.

SPYWAREBLASTER.

(<http://www.brightfort.com/spywareblaster.html>) for Windows (32/64 bit) is an effective anti-spyware tool. Unlike most anti-spyware programs, it does not scan the hard drive for spyware, but instead prevents modifications to your files and settings. For example, it can block browser toolbars from installing themselves or prevent changes to critical Windows files.

SPYBOT - Search and Destroy (<http://www.safer-networking.org/spybot2-own-mirror-1/>) guards against spyware and adware without conflicting with other anti-virus software. It can fix registry problems inflicted by spyware on your computer. It's regularly updated to deal with all the latest threats to your online privacy. Once the free program is downloaded, click *Start a Scan*. Once the scan is completed, you can clean temporary files, clear out malicious files and clean up your system, just by clicking "Fix selected".

(Continued on page 6)

