

The Quail Runner For and By the Residents Of Ouail Run



Hudson, Massachusetts

Contents

May—June 2016

Began Publishing 2003 www.QuailRunHudson.com

Strawberry Social Friday, 17 June, 7 P.M. at the Community Center

Fresh strawberries, shortcake biscuits, whipped cream.....yummy!!

\$2.00 per person.

Sign up sheet at the Community Center.

Watch your email for more details or Contact **Marlynn Stott** for more information.



Updating Phonebook / Directory

Review your listing in the current directory. Are you sure it's right? Are you missing some Quail Run emails?

> Contact **Pete Recklet** <u>PRecklet@comcast.net</u>.

The Directory update scheduled for July 1.

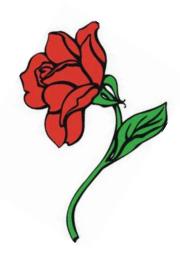
Community Center Entry

The key-pad has been replaced. The code now only requires four (4) numbers - 0174.

Board of Governors (BOG) News Page10)



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The Quail Runner Staff

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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 <u>long envelope</u> <u>with two first class stamps</u> 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

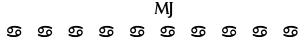
Jane Pugsley is taking over delivery of the *Quail Runner* for Mary Lewis. Thanks to both ladies for handling this important duty. **Pat McKay** is heading off to Maine for the summer before she moves to Southbridge in



Shrewsbury. Kathy Palmaccio will fill in for her.

One of the nice things about living here at Quail Run is how we care for each other. One windy Tuesday, our trash barrel blew over. Before we could get to it, one of our neighbors stopped and righted it, saving us from chasing down a lot of trash!

Thank Kevin Fitzgerald for the dumb jokes.



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A DISTRAUGHT SENIOR CITIZEN PHONED HER DOCTOR'S OFFICE. "IS IT TRUE," SHE WANTED TO KNOW "THAT THE MEDICATION YOU PRESCRIBED HAS TO BE TAKEN FOR THE REST OF MY LIFE?"

"Yes, I'M AFRAID SO," THE DOCTOR TOLD HER. THERE WAS A MOMENT OF SILENCE BEFORE THE SENIOR LADY REPLIED, I'M WONDERING, THEN, JUST HOW SERIOUS IS MY CONDITION BECAUSE THIS PRESCRIPTION IS MARKED "NO REFILLS"

Our Board of Governors

Les Malecki <u>Imalecki@comcast.net</u> 978-212-5697 Mike McCormack DLMMC@verizon.net 978-562-1266 Bill McPhail <u>aruba109@verizon.net</u> 781-646-4449 Pat Ritter-Waltrup <u>ritterwaltrup@gmail.com</u> 978-562-5227 Klaus Schneller <u>kssmet@verizon.net</u> 978-562-1779

Also appears on page 2 in the Quail Run Directory.

The Quail Runner

Hudson, Massachusetts

HEALTHY LIVING

by Peggy Rittenhouse Sun exposure while driving could be a health risk

The driver's side window in many cars and trucks may fail to

adequately protect drivers from the most damaging kind of ultraviolet light, according to new research published in JAMA Ophthalmology.

A study that looked at 29 automobiles from 15 manufacturers found that side windows generally blocked far less UV light than the nearly impenetrable front windshields — a finding that may in part explain increased rates of cataracts in left eyes and skin cancer on the left side of the face. "I believe that there is a potential public safety issue here on a large scale," said Dr. Brian Boxer Wachler, the study's author and an eye surgeon in southern California.

(Peggy is recuperating from some health issues and plans to be back with her column by next issue.)



Building & Grounds Committee

The following Quail Runners make up the new Building and Grounds Committee for 2016:

Harold Edelstein, Chairman **Autumn Drive:**

> **Ron Chiasson, Captain Arnold Johnson Bernard Strauss** Lenny Suslowicz

Rotherham Way John Smith, Captain **Roger Gagne** Harry Morgan Joseph Yossi Elaz

Strawberry Lane Lee Jacobs and Ken Ward, Co-Captains **Joyce Blank** Susan Bohall Les Malecki Jan Painter Ken Spears





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ROMEO's

Retired Old Men Eating Out

(and having fun!)

Pete Recklet is checking out the options for the next lunch. He will send out an email with the details.

Please contact Pete at 978-562-2721 or precklet@live.com if you plan to attend.



The group is open to all men at Quail Run.

Welcome New Residents

Kathleen Czerapowicz, 12-C Strawberry, 508-358-4697, cell – 508-494-4494; KCRN1967@verizon.net

Bill and Nancy Dome, 3-F Rotherham, 978-562-5809; Bill's email BDome53@hotmail.com Nancy's NEDome@aol.com

Marc and Faith Marcello, 9-D Autumn, 508-393-5629; Marc's email MarcAJ@verizon.net Faith's FDMarcello@verizon.net

Alison J. Towle, 12A Strawberry, 978-568-0806 AlisonJTowle@gmail.com

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

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The Quail Runner

Hudson, Massachusetts



Master Key Access

Many folks here purchased previously owned units at Quail Run and had their locks changed. Not a bad idea. But, the master key no longer works. The new keys can be modified to work with the master key. This is especially critical in cases where access to a unit is required for emergencies. Repair crews may need to get into adjacent units. If the owner cannot be contacted, crews are left with no alternative to breaking in the front door.

Warner Eldredge, an approved Hudson locksmith, has the codes to re-key your locks. \$50 for a house call and \$12 per lock. You have 2 locks on your front door. He is quick and efficient and cheaper than replacing a front door.

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.

Recommended Tradespeople

Window Washing Rick Mitchell, retired fire fighter; washs windows, sliders and does immaculate work 978-430-4523 Recommended by Guidottis

Mullahy's Artisan Cheese & Specialty Foods 63A Main St. Hudson -- Ebens

Compassion Veterinary Clinic 275 Boston Post Road East – Ebens

Clock Repair, including Antique Clocks. Tessa Demers 508-873-8714, <u>tethysmnjem@gmail.com</u> Call or email for an appointment. Will come to your home for large clocks.

-- Tessa is responsible for maintaining the City Hall clock in Worcester. Ebens



AS HE WAS ABOUT TO GET THE ANESTHESIA, HE

ASKED TO SPEAK TO HIS SON. "YES, DAD, WHAT IS

DON'T BE NERVOUS, SON; DO YOUR BEST, AND JUST

REMEMBER, IF IT DOESN'T GO WELL, IF SOMETHING

HAPPENS TO ME, YOU MOTHER IS GOING TO COME

AND LIVE WITH YOU AND YOUR WIFE..."

IT?"

The Quail Runner



Quail Run Birthdays

June

David Bernhardt, Rosemary Hanlon, 2 Dan O'Keefe, Bernie Strauss, 3 Ray Samra, 4 Harold "Ted" Baker, 5 Mary Lewis, 7 Marlynn Stott, Lee Rouse, 8 James Donato, 9 Hugo Guidotti, 12 Sherry Lupien, Bill Dome, 24 Tom Haley, 27

July

John Smith, 1 Margaret Derderian, 6 Barbara Edelstein, 8 Connie Nefzger, 11 Ginny Fullam, 12 Ginny Fernandes, 21 Dot Haley, 25 Ruth Carwile, 26 Ginnie Samra, 27 Peter Stott, Ruth Durand, 29 Marion Anderson, 30



To include a birthday, contact your reporter or the editor

Weight & Nutrition Support Group

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

Open to all ladies here at Quail Run. Contact **Marcella Monte**, 978-562-0823, for more information.



Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it. This is so true. I love to hear them say "You don't look that old"

Astrology — What's Up By Beverly Beyloune

<u>CANCER June 22 - July 22</u> You have a happy year in store. Four joyful little heavenly bodies will be stacking up in your solar eleventh house of friend-



ship, fun, new acquaintances, and events sector, so it seems clear that you will be socializing up a storm. Temporarily let go of the many obligations you've been dealing with lately and shake things up. It's time to enlarge your circle of friends and acquaintances, for by doing so, your friends will inspire you and expose you to new ideas. Nothing of enormous importance will happen in the next few months because five out of eight planets will be in retrograde (appear to go backwards). You won't lose out on any opportunities during this time but, you may have to wait a little longer for things to happen. And while you're waiting the planets are urging you to look closer at your past, and for now, to put the future on hold. We cannot do well in the future until we are sure the foundations we have built are steady and secure. Cultivate new friendships, but more importantly be in touch with friends from your past. Projects can always benefit from you having a second look to see if any one of them can be polished and groomed to a higher level of excellence. It is human to always look forward, but this year, looking back, getting closure, and reconnecting will have greater value. This is your year to kick back and have fun. Enjoy this time!

LEO July 23 - August 22

The Sun and Jupiter will be in exceptionally fine form and communicating in a way that will shower you in gold dust all year. The Sun is your ruling star, so although everyone will love this year, you will really love it more than most. Jupiter is in your money sector, so you see, this year will bring opportunities to increase your finances. Planets will be making a harmonious aspect this summer and all Leos, will do well financially during this time. If you work for others, you can be sure that new business will flow in, and the money you earn will be impressive. This year Leo will also be influenced by retrograde planets (planets that appear to go backwards). Your world will seem to slow down. Having five planets retrograde is unusual, and most of us, will be spending more time looking back than looking forward. To do well, you, too, will have to look back to examine all that went right and all that went wrong, and of the later, spend a little more time on whatever it is that could use more attention. You can stage talks or make plans now but try not to chisel anything in stone. A close relationship and/or a child will also appear to be taking an important role in your life. You seem to have it all ... Leo... Career if you want it, financial rewards and a love life that means the world to you. I doubt if anything could stop you this year. Enjoy!

The Quail Runner

Hudson, Massachusetts

Area Highlights

By Barbara Champine GARDEN IN THE WOODS

Now that the warm weather is here, our thoughts turn to ways to enjoy the beauty of New England. One lovely place to do

this is the New England Wild Flower Society's Garden in the Woods, a public botanic garden that displays native New England plants in a naturalistic setting.

The garden is now open daily April 16-October 15, 10am to 5pm, including holidays. This lovely garden is in nearby Framingham, just south of route 20 Sudbury.

The garden is a living museum of more than 1600 kinds of rare and common native plants, set on 45 acres. Two miles of paths meander over glacier-sculpted ridges and through narrow valleys. A pond, a wooded bog, several springs, and a brook bring diversity of wildlife into the garden. Adults and children will find plenty to see and do here. Visit the Garden Shop to pick up native plants for your garden and browse their selection of books and gifts. There is a schedule of educational programs.

If you have mobility issues you can sign up in advance for a cart tour of the garden. For this option please contact Lana Reed: <u>lreed@newengland</u> <u>wild.org</u>. You can get a map of the garden at the Visitor Center. If you will visit over the noon hour, boxed lunches from the Garden Shop are available. For this option Email: <u>boxedlunch@newengland</u> wild.org. Their phone is 508-877-7630 x 3201.

Adults \$12, Seniors \$9 and Youth (3-17) \$6. Veterans receive 50 percent discount with proof of service. The address of the garden is 180 Hemenway Road, Framingham. Use your GPS or Google Maps for directions or take route 20 east to the principle



shopping center of Sudbury. Just as you pass the police station on your right you will see signs for the garden. Turn right on Raymond Road which becomes Hemenway. The entrance is 1.3 miles from route 20, across the northern Framingham line. ENJOY.





Book Club

Meetings are at the Community Center, from 7 to 9 P.M., generally the last Wednesday of each month.

- June <u>A Man Called Ove</u> by Fredrik Backman
- July <u>Circling the Sun</u> by Paula McLain

Carole Perla, 978-568-9979 is now chairing the group.

Curtain Call

There is a Tea on June 14 to end the season. Since many of us will be at the JULIET'S lunch that day. we will just have sweets at our Tea, starting around 2 P.M. depending on when we get back from lunch.



Contact **Lorraine Corcoran** by June 8 if you plan to come and would like to bring something.

Transitions

Condolences to **Ginny Bosio** whose sister, **Dorothy Rouse**, recently passed away. Another terrible loss for **Ginny** in such a short time.

Moving — **Pat McKay** will be at Southgate in Shrewsbury when she returns from her summer in Maine. She will be greatly missed by her many friends here at Quail Run, but she's says she'll only be 20 minutes away and hopes friends will visit.

The Quail Runner

Hudson, Massachusetts

JULIETS NEWS Quail Run women are invited to Lunch

June 14 at 12:30 at Conrads, 120 Boston Post Road, Sudbury. Order off menu and separate checks.

Contacts Marsha Strauss 978-212-5753 and Claire Kilcommins 978-562-3336

<u>July 12</u> at 12:30 at 110 Grill, 60 Highland Common East, Hudson, order off menu and separate checks

Contacts **Barbara Langley** 978-212-5006 **Janice Painter** 978-568-0758

Sign up with these ladies or on the list at the Community Center.

Social Committee Plan Ahead Schedule

June 4 – Coffee Hour 9:30 A.M.

June 17 – Strawberry Social – 7 P.M.

July 9 – Coffee Hour 9:30 A.M.

August 6 – Ice Cream Social - 7 P.M.

August 20 – Coffee Hour – 9:30 A.M.

September 10 – Buffet Breakfast – 9:00 A.M.

October 15 – Progressive Dinner - 6 P.M.

November 12 – Pot Luck Supper – 6 P.M.

December 10 – Holiday Party - 7 P.M.

Wanted — Quail Runner Co-Editor

Wanted, someone to handle one or two issues of the newsletter a year. No particular writing ability needed. This is an editing job. Take the material emailed to the Editor and cut and paste into position. Proof-readers help spelling, punctuation and errors that *Spell Check* misses. Newsletter software available from the Editor.

Contact MJ Ebens, 978-562-7880. RMJEbens@verizon.net



Social Committee

The social committee will start our new season of activities and events. See our **Plan Ahead Schedule** at the left. Our first event will be a coffee hour on June 4 at the Community Center.

The social committee is responsible for planning and setting up monthly activities and events such as breakfasts, dinners, coffee hours, Juliets, yard sale and various other events.

We are also responsible for private rentals at the Community Center, welcoming of new residents and purchasing of supplies for the Community Center.

We meet once a month, usually the first Wednesday of each month, to plan and organize the various events. If you are interested in hearing more about our committee or if you would like to become a member, please give **Marlynn Stott** a call at 978-567-5912.

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On several occasions when we are conducting a "walk-through" for a private rental of the Community Center, the dishwasher has been full of dirty dishes.

You all are certainly free to make a cup of coffee or tea for yourselves whenever you are at the Community Center, but please wash the cup and any utensils you used and put them away. It would be much appreciated. Thanks!

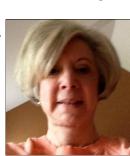


TELL OUR ADVERTISERS YOU SAW THEIR AD IN THE *QUAIL RUNNER.*

The Quail Runner

Hudson, Massachusetts

Technology Corner Don't Be Hacker Bait: Do This One-Hour Security Drill — 5 Steps to make your



digital self less attractive to Carole Perla hackers, phishers and overly aggressive marketers.

By GEOFFREY A. FOWLER

Ask a hacker if your digital security is at risk, and the answer is always yes. You could hide in a mountain bunker lined with tin foil and twigs, and somebody still might drain your bank account.

It's no reason to feel helpless. You can make yourself less of an easy target for hackers, money-hunting phishers and overly aggressive marketers by bolstering your security and data privacy. I'll show you how to do it in an hour or less.

The answer isn't the antivirus software we were all trained to run on our PCs. That can be useful to identify problems, and now antivirus is built into Microsoft's Windows 10. But viruses don't spread the ways they used to — and the bad guys change their strategies so quickly, traditional antivirus can't keep up.

The foundation of smartphone and laptop safety is software updates, smarter passwords and more defensive Web browsers. Then it comes down to learning a few new digital habits to avoid being duped by criminals who exploit our own good natures.

If you suspect your computer is already in trouble because it's slow or keeps flashing shady-looking offers, your first step should be to check for malware, damaging software you might have unwittingly picked up on the Web. I recommend downloading the free Malware-Bytes, which does a great job of finding and removing worms, Trojans and other nasty stuff on Macs and PCs.

Then dedicate an hour, and work your way through this checklist, starting at the top. Even if you only get through a few areas, you're less likely to be hacker bait.

1. Update your software

Why it matters: Software changes constantly now, which can be annoying—but helps address new vulnerabilities. The golden rule of security is that if you install something, you have to stay on top of it. **Quick fix**: Update your phone and computer OS, then move on to your apps. If you browse the Web with Chrome or Firefox, make sure they update automatically in Settings.

Updating software can be either fast or tedious depending on when you last did it. (Before a major update, it's also a good idea to backup your device.)

On iPhone or iPad: Plug in your device and connect to Wi-Fi. Tap Settings, then General, then Software Update. To update apps, tap the App Store app, then Updates in the bottom right corner. To turn on auto updates, select Settings, then iTunes & App Stores, and then toggle Updates to on.

Using a screen lock or fingerprint on an iPhone makes sure its contents are encrypted.

On Android: Every handset maker handles updates slightly differently, but look for Settings, and then System Updates. To update apps, go to the Google Play Store app, then My apps, then Updates. To turn on auto updates, inside the Google Play Store app, select Settings, then Auto-update apps.

On Mac OS X: Open the App Store, and select updates in the toolbar. To turn on auto updates, select System Preferences, then App Store, and check Automatically check for updates.

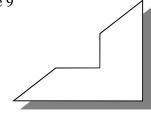
On Windows 10: Select Settings, then Update and security, then Windows Update. Be sure Windows Defender is turned on, unless you have a better third-party antivirus program.

Deeper dive: Update the software that runs your Wi-Fi router, an often-overlooked back door for hackers, either with its app or by pointing a Web browser to its setup page. Know what I'd do? Just buy a new router—they keep getting faster and easier to manage.

If you have smart home cameras, locks or thermostats, you've taken on extra risk. So confirm they're running the latest software, usually by checking their control apps.

If you want to make sure all the third-party software on your computer is also up to date, Flexera Software's free and rather handy Personal Software Inspector can scan a Windows computer.

Continued on page 9



Hudson, Massachusetts

Technology Corner Continued 2. Fix your passwords

Why it matters: A good password is truly all that stands between you and a hacker. Using passwords the right way can contain the threat when sites get compromised, and keep out snoopers closer to home too.

Quick fix: Go to your most-used Internet services and turn on what's called two-factor authentication. This way, they ask you for additional information when you log in, and notify you if someone else is trying to access your account. Start with the big five: Apple ID, Google, Facebook (called "login approvals"), Microsoft and Twitter (called "login verification"). Some banks also offer this feature.

Deeper dive: To maximize safety, use a different password on every site — so if one company is compromised, a hacker can't use your stolen password somewhere else. The best passwords are long, random strings of numbers and letters that our overstuffed noggins can't usually remember on their own.

I strongly recommend using a password manager such as Dashlane or 1Password to collect and keep these passwords in sync across all of your devices. (It'll even let you print them all out, if you so wish.) This takes a little extra setup but will save you time in the long run.

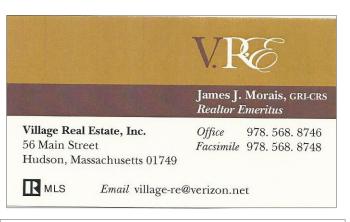
3. Encrypt your drives

Why it matters: If you lose your phone or laptop, criminals or even governments could access valuable information. Encryption makes it much harder to retrieve anything without your permission.

Quick fix: Add a password or fingerprint screen lock to your iPhone or Android phone. That makes sure iPhones and newer Android phones are encrypted. On older Android phones, you have to turn on encryption separately.

Deeper dive: Password-protect and encrypt your computer. The Mac's OS X and Windows 10 both have it built in, though you have to turn it on separately. If you get an external drive, even for backup, use a disk utility to encrypt that, too.

This article is continued in the July/August issue.



END OF FREE WINDOWS 10 UPGRADES JULY 29

The Windows 10 free upgrade program for owners of PCs and laptops running Windows 7 or 8.1 ends July 29th. After that date, the upgrade will cost users \$119. Users may opt to continue using Windows 7 or 8.1 since Microsoft will continue to provide support and security patches until 2020.

Some older systems may not meet the minimum hardware requirements for Windows 10. Users can go to the Microsoft website or click on the Windows Icon displayed on the right side of the taskbar located at the bottom of the screen for a system scan and evaluation of their equipment.

If you need help evaluating whether to update your computer or determining the adequacy of your current equipment or need advice on how to carry out the upgrade and configure the new operating system, call **Pete Recklet** at (978) 562-2721.



Windows 10

Let Carole, cperla@me.com, or Pete, precklet@live.com, know what topics you'd like to see covered in the Tech Corner, both PC and Apple, other technology applications such as iPad and assorted Smart Phones.

May Board of Governors (BOG) News

A huge thanks goes to everyone who voted for the new Board members and attended our Annual Meeting. We did have a quorum and our new Board member is **Michael McCormack. Klaus Schneller** and **Bill McPhail**, as incumbents, were reelected and will continue their service to the Board. As a Board we want to thank **Angela Donato**, our previous Board Treasurer, for her years of service. Her input was always held in the highest regard by the Board. The Board would also like to thank **Barbara Kansky** and **Lenny Suslowicz** for running for the Board. Hopefully they will be willing to run again next year.

Almost all items on the Board's agenda were detailed in the PowerPoint presentation at the Annual Meeting. A copy of the presentation has been emailed to residents and posted to the Quail Run web site under Minutes. As a result they will not be reiterated in this article. On May 21 early in the morning we incurred a break in the main water joint in the basement of 3F Rotherham. This unit took in over 18 inches of water. Water does travel downhill and our basements are all connected. The basement at 3E Rotherham had some water infiltration but not significant. The basement at 3D Rotherham had over 3 inches of water infiltration. The pumps in the pump house were shut off for a time and all water to 3 Rotherham was also shut off for a time. We contacted the Hudson Fire Department to drain the water from the basements, the Hudson Public Works Department to shut off the main water supply outside the unit, Ever-Source to turn off the gas at 3F Rotherham (the Town of Hudson Inspector must inspect this unit before the gas may be turned back on), Curley's Plumbing to fix the main water joint in the unit and turn the water back on.



Board members and The Dartmouth Group Property Manager were also notified. Service Master was contacted and installed appropriate equipment to finish removing the water and drying out the impacted basements. While unofficial, the Board members present have agreed that we need to take the following measures to ensure that this does not occur again:

- Have the Hudson Department of Public Works identify the location of the exterior main water shut offs to all buildings.
- Have a plumber inspect every unit with a main water pipe joint in their basement to make sure they are secure. This requires basement access to the identified units.
- Have all main exterior water shut off heads marked and exposed, but covered. It took more than an hour for this to be located.
- Purchase a "t" bar used to remove the cap on the main exterior water cap and have it stored in the pump house. If we have another issue, any "strong" individual living at Quail Run can use it to shut off the main exterior water supply.

In the meantime, when the pumps at the pump house were being shut down it was noticed that our main water pump (pump 1) was not working. When the pumps were turned back on the main water pump did not cycle back up. Williamson's, our pump maintenance contractor, was contacted and responded. They found that the switch to the number one pump was in an off position. The generator for the pumps cycles up weekly on Fridays and could have caused the pump switch to shut off. The generator and the electrical equipment in the pump house are connected. The appropriate contractor will be contacted to check the generator.

The deck repairs and painting are currently scheduled to commence on May 23, weather permitting. (See the update email from Dartmouth.) The input from the Building and Grounds Committee's April inspection regarding deck damage and ball caps has been given to Majestic Painting so all identified repairs are made. The entire deck floor will be power washed. Unit owners need to remove deck furniture, flower pots, planters, etc. Grills may be left on the decks and will be moved as needed. However, Majestic Painting will not be responsible for damage to items they move.

Hope everyone has a good Memorial Day and enjoys the warmer temperatures.

Board held a special meeting on May 24. **Mike McCormack** will assume the position of Treasurer. All other roles remain the same.