



The Quail Runner

For and By the Residents
Of Quail Run



September—October 2014

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

PROGRESSIVE DINNER

October 25 - 6:00 P.M.

Here's a chance to visit with your neighbors here at Quail Run in their home and share a small, intimate, home-made dinner.

\$6 per person

Start off with appetizers at the Community Center from 6:00 to 6:45. You'll be assigned a host, and proceed to your host's home for a delicious chicken dinner. After dinner everyone comes back to the Center for desserts and coffee or tea at approximately 8:00.

This is sure to be an enjoyable evening for all.

Contacts: Barbara Baker, 978-562-2460, bakerb2939@gmail.com, Theresa Bosio, 978-568-1416, c_bosio@comcast.net, and Sally Mauro, 978-568-0821, srednims@aol.com

We are looking for volunteers to host groups of 6 people (including the host).

More details on page 11.

Absolute cutoff date is Saturday, 18 October



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Board of Governors (BOG)

September News

The Board has scheduled the **Annual Open Budget Meeting for 7 P.M. December 9** at the Community Center. Hope to see everyone at that time.

A very special thanks to the Rotherham entrance work party. The goal was to cleanup/prune what we could without professional equipment. We think the effort of everyone involved made a great improvement to this area. The Board originally obtained bids for this work plus additional improvements and found we did not have appropriate funding. So the work party was formed. Thanks again for everyone's efforts!

Weston Nurseries has been back to Quail Run to check on our new trees. Guess we

are "loving" some of them too much.

Please refrain from watering the new trees to no more than once per week until frost. Then don't water them.

ValleyCrest deep fertilized the arborvitae in August. The Board and the ValleyCrest Senior Tree Care Manager also identified 14 arborvitae under warranty to be replaced. This should happen before the end of September.

Based on current budget constraints, the Board asked ValleyCrest to turn off the irrigation system. This took place on September 16. To the best of the Board's knowledge, all irrigation leaks were repaired prior to the shutdown of the irrigation system. ValleyCrest will winterize the irrigation system the first week of October. Also, Dynamics will be removing

(Continued on page 3)

The Quail Runner Staff

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

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Area News—Barbara Champine
Healthy Living—Peggy Rittenhouse
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QR Cook Book—Claire Kilcommins

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Website: QuailRunHudson.com
Published first week of Febru-
ary, April, June, August,
October, December



Deadline the 23rd of previous month.

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



We've got more additions to the *Quail Runner* Staff. Both **Bev Minot** and **Elaine Recklet** volunteered to do proof reading. Our current proof readers do a great job — I'm always amazed at how they each seem to find different errors. **Kathy Palmaccio** is taking over the delivery of the 2-49 Autumn route since **Nancy O'Brien** is laid up with a bad leg.

Take a good look at the article about the Hudson Food Pantry. I had a great chat with Anne Marie on a recent Avidia Bank trip when she explained about the need for help at the Pantry. Our local Pantry cooperates with aid agencies in the area to help each other meet the needs. The Hudson building is not very big, but it has a big impact on the town. Ask **Toby Allen** about her volunteering there. **Hugo Guidotti** also works with a group to provide turkeys in the Thanksgiving season. How sad it is to have such need in this area and how great to have people willing to give of themselves to work towards meeting that need.

This issue concludes **Dave Bernhardt's** article on Smoke and Carbon Monoxide Detectors. The laws and technology have changed a good bit since Quail Run opened and we appreciate the updated information.

Rich and I are back from our trip to the Italian and French Riviera. The last *Quail Runner* got "put to bed", as we news people phrase it, just before we left. Thanks to **Barbara Langley**, my Assistant Editor, for handling the distribution. She has agreed to continue doing this.

When I left on the trip, I had a sprained right ankle and a sore right foot. I didn't find out it was broken until we got back! If you haven't seen me out walking — that's why. However, with good physical therapy, I'm on the road to recovery and hope to be literally on the road soon.

MJ

Our Board of Governors

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

BOG News from page 1

all of the backflow preventers for the winter.

Before the end of September, ValleyCrest will replace all gutter drain extenders damaged by the mowing. ValleyCrest will begin fall cleanup in early October. At that time shrubs not pruned in the spring will be pruned. Again, cut to no higher than the top of porch railings or the bottom window sills in the front of the units. As stated before, the Board is well aware that this decision may not sit well with some unit owners, but to be able to see out front windows and porches is a priority. A reminder for new unit owners, a blue stake in flower beds indicates the flowers and, in some cases, the shrubs are being maintained by the unit owner.

The Board is waiting on clarification from potential vendors for fall gutter cleaning.

A chain link fence was installed around the grass area beside 2 Rotherham and a section behind 7G Strawberry. PVC fence was installed beside and in front of the generator and along the electrical panel at 1G Rotherham and the five panels of stockade fence falling down between the Autumn Dr. entrance and the day care center were removed. The line striping of our satellite and Community Center parking spaces and the road surface crack sealing are complete. Lighting was installed on the Quail Run sign at the Autumn Dr. entrance.

Our new website will be up by September 27. The look is different but all the existing features are still present. What remains is to establish website update roles and responsibilities with update usage instructions. This should be occurring during October. There is an ongoing annual charge of \$174 that we are including in the 2015 budget.

SPS is in the process of repairing a water infiltration issue at 5E Autumn and will be on site to look at water damage at 5H Strawberry and 3F Rotherham. Both of these are believed to be from water infiltration from the roofs, which are under warranty.

Due to complaints regarding the cleanliness of the Community Center, the Board approved a quarterly professional cleaning, once yearly window washing, and yearly carpet cleaning/shampooing. This will begin in September. Carpet cleaning is scheduled for March.

At the request of some unit owners, the Board has been investigating the Master Insurance deductible. Our cur-

rent policy has a \$5000 deductible. We were told most condominiums have a higher Master Insurance deductible. This makes them at less risk for losing their current policy and having to seek insurance from the high risk market. And gosh, we don't want to go there again – once was enough! What we have determined to date, is that most HO6 condominium owner policies, by routine, are written with a \$10,000 minimum dwelling coverage (Part A) and the cost of this coverage is very cheap. The dwelling coverage is used to cover the costs of the Master Insurance deductible and, if higher, potentially any other insurance needs that might occur that are not covered by the Master Insurance or other sections of the HO6 policy. The Board has requested a meeting with our Master Insurance agent, HUB International, in order to determine what they feel is the best course of action for Quail Run.

Winter is coming. During the winter of 2013/14 we had lots of snow. Many complaints were filed regarding the services by Dave's Landscaping. In the beginning of the 2012/13 winter season, the Board entered into a three year fixed price contract with Dave's for \$70,000 annually. We are now in our last year of that contract. However based on the complaints, the Board chose to obtain bids from three other contractors. The results were quite remarkable – something to think about next year. The cheapest was \$15,000 per year greater than Dave's Landscaping. We don't want to raise condominium fees just for snow removal, and as a result, the Board agreed to continue with Dave's Landscaping for this coming winter season. We will just have to deal with what comes and do our best to make sure our needs are met.

You can check our financial statements on The Dartmouth Group's website [SenEarthCo](#). The Association currently has a budget deficit due to several unanticipated expenses. As a result the following items have been moved to next year:

- Painting metal basement windows.
- Landscaping the hillside between 11 Autumn and 3 Strawberry.
- Landscaping behind 7 Strawberry where the fence extension was installed.
- Installation of a wireless fire alarm system.
- Enhancements to the Rotherham entrance.
- Installation of supports for high deck stairs.

The Board received the first draft of the 2015 budget from The Dartmouth Group. We will review and then meet with Dartmouth to prepare a final budget.

Quail Run Real Estate News

by Hugo Guidotti

From month to month Real Estate activity here at Quail Run is the slowest we have seen in the past eight years. This is not because of lack of interest on the part of buyers as is evidenced by the current list of buyers I have. They are just waiting for new listings to become available. The only home available last month was at 6D Strawberry Lane and that closed on Sept 19. I do not have the details at the moment.

S000! If anyone has any thought about selling now or in the near future it may be worth your time to give me a call and I may be able to help you make a plan for the future. With my knowledge and experience in Real Estate we may be able to combine that with your specific needs and come up with some kind of short and long term plans that will meet your housing needs for many years to come.



I now have a strong contact with NEW HORIZONS in Marlboro that offers many different kinds of plans for adult living from independent to assisted living all the way to convalescent care without ever having to move again. If you think you need more information with no

strings attached just call me at 978-857-9712

You can also call me at 978-857-9712 and I will be happy to provide you with a free Market Analysis to establish a reasonable market value for your home.

ROMEO'S

Retired Old Men Eating Out (and having fun!)

Look for more on this in your email. This group is open to all men in Quail Run; it's a good opportunity to get acquainted and a chance for conversation.

Confirm with the host so that there won't be a last minute rush to provide enough seating.

Rich Ebens will host the next lunch, contact him at 978-562-7880 for time / location



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08/14

How to maintain a healthy level of insanity in retirement:

- At lunch time, sit in your parked car with sunglasses on and point a hair dryer at passing cars...watch 'em slow down!
- Skip down the street rather than walk and see how many looks you get.
- Order a "Diet Water" whenever you go out to eat, with a serious face.
- Sing along at the opera
- When the money comes out of the ATM, scream "I won! I won!"
- When leaving the zoo, start running towards the car park yelling "Run for you lives! They're loose!"
- Tell your children over dinner: "Due to the economy, we are going to have to let one of you go..."
- Go to a large department store's fitting room, drop your drawers to your ankles and yell out, "There is no paper in here!"

Finally, if anyone questions you about your behavior, just reply "I live at Quail Run, and I read about it in the *Quail Runner!*"

Above, courtesy of Kevin Fitzgerald



Mr. Evans, it's a speeding ticket. You can't plead insanity.

HEALTHY LIVING

by Peggy Rittenhouse

How can you tell if a food is Real or Modified?



I don't know about you, but I am concerned about the number of the foods we eat that are genetically modified (GMO). According to a helpful article in *Good Housekeeping* magazine by Sari Harrar entitled "How Can You Tell If They Are Real or Modified?", 70% of processed foods at the grocery store contain at least one GMO ingredient.

Of course *Good Housekeeping* is not a scientific journal, but I found the article to be very helpful in understanding more about this complex issue.

- What is a GMO? It is any food that's been engineered with DNA from another plant, animal, insect or even bacterium. This can be done to food itself, like corn on the cob, or to an ingredient in food such as the corn in tortilla chips. This is usually done to help the food item resist spoilage and other threats.
- Can GMO foods harm my health? This is a contentious issue, because there haven't been any long-term studies on safety yet.
- What about food allergies? This is another topic for debate because there is no proof.
- Is there any reason to worry about GMOs? Yes, according to some scientists because the safety of GMOs has not been established
- How can I avoid GMO foods? Many Americans would like GMO foods to be clearly labeled. Now the only labels you can trust either say "Organic" or feature the "verified" seal from a nonprofit group called the Non-GMO Project.
- Vermont became the first state to require labeling but that won't take effect until 2016. Whole Foods market has recently announced plans to label GMO products. Chipotle and Ben & Jerry's are in the process of eliminating GMOs from their offerings and Target is removing GMO products from their Simply Balanced brand.

Many consumers want to know how and where products are manufactured in this age of
(Continued at right)



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www.chaveshvac.com

07/15

Healthy Living (Continued from left)

transparency. "It's not necessarily that GMOs are bad for you, but people are entitled to make informed decisions" says Miriam Around, director of the Good Housekeeping Research Institute.

- The Big Four foods that are often GMO are corn, soybeans, canola and cottonseed.

If you are concerned about this issue, go to goodhousekeeping.com/GMO for a shopping guide. It will say things like "very few fruits and vegetables for sale in the US are genetically modified", "cereals and breakfast bars are likely to include GMO ingredients" and "corn soybean, and canola oils almost certainly contain GMO products. Choose pure olive, sunflower, safflower and peanut oils".

I found this source to be helpful.

Welcome New Residents

Michael and Cheryl Baker 5B Strawberry, 978-310-7554; mfbaker1@gmail.com, CherylPresley9@gmail.com

The Bakers came to Quail Run because it's a quiet, peaceful community. Let's hope their raucous neighbors don't discourage them!



Kevin Wentzell and Jean Meola, 8C Strawberry, (Kevin) 508-963-3525; (Jean) 508-935-6229; KPWchief@comcast.net. They have moved here as part of an effort to down-size.

Clare Needle Moschella 6D Strawberry, 978-562-3080; Clare544F@gmail.com. Clare comes here looking for community living. We hope she joins in on our activities.

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

Condo Care

Smoke detectors and CO detectors

Submitted by Dave Bernhardt
your neighbor at 11C Autumn Dr.

Last issue, Dave wrote about Smoke Detectors. Here is the rest of his article dealing with CO detectors.

Do you have any? You should!

In Massachusetts, you are **REQUIRED** to have a carbon-monoxide detector on **EVERY** habitable floor of the structure. So, basement, first floor and second floor -- three CO detectors are required. They can be installed in any position, from a wall outlet to ceiling mounted types, but **MUST** be within 10 feet of each bedroom door.

If you don't already have them, then the detectors that mount directly onto an electrical receptacle (outlet) are the easiest to install, and must have a backup battery. Be sure not to use a switched outlet! Most (if not all) of them have a built-in timer that will beep when they need replacement, so you won't have to worry about forgetting them – they'll remind you! Most detectors will operate for 6 to 7 years after they are initially turned on.

Massachusetts also mandates that CO detectors **MUST** alarm in **TWO** ways: a tone sequence, and a voice-announcement, that indicate the severity of the threat. Unlike smoke, which indicates an immediate life-threatening situation requiring immediate evacuation, the CO detector will alert you first that there is a low level before it is an immediate life threat.

For plug-in detectors with battery backup, Lowes sells First Alert (SKU 304230; \$26.97), and Home Depot sells Kidde (SKU 882643, \$28.97). Or, get together with a neighbor, and buy a 6-pack from Home Depot for \$149!

Want a simpler solution?

Massachusetts permits you to install combination carbon-monoxide and photoelectric smoke detectors, provided that they meet all of the requirements for both types of detectors. So, if you haven't replaced your ceiling-mounted smoke detectors and don't already have CO detectors, this is a great option – one size fits
(Continued right)

CO Detectors (continued from left)

all! Lowes has a First Alert (SKU 429456) for \$58.97, and Home Depot has Kidde (SKU 714543; \$54.97).

While somewhat pricier than the individual detectors, it frees up your outlets and lets you maintain one set of detectors instead of two.

(Disclaimer: This is a good faith effort to communicate the regulations as best I understand them to apply to Quail Run. I am not a licensed electrician nor a fireman. All information is subject to the interpretation of the local fire department.)



Fall Condo Chores

- Switch overhead fans to the winter setting with the button up.
- Replace the two AA batteries that run the LuxPro PSP511 thermostat. 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.

Are you registered to vote? Are you sure?

October 15 is the deadline for the November State Elections. The Hudson Town clerk's office will be open extended hours until 8 pm on the 15th. Questions: 978-568-9615

Vote

1/15



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Quail Run Birthdays

October

- Al Durand, 1
- Claire Kilcommons, 4
- Barbara Picarello, 5
- Vinnie O'Brien, 6
- 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

- Nicole Baker, 1
- Rosemary Fitzgerald, 4
- Regina Darcy, 9
- Bob Rittenhouse, 11
- Vincent Picarello, 16
- Tamara Boriakoff, 18
- Patricia Smith, 19
- Aida Fallon, 20
- Beverly Beylouné, 23
- Donna Milot, 25

To include a birthday, contact your reporter or the editor

Tradesmen Recommendation

Ralph Collins Painting and Contracting - 978-618-2024 Has done 3 projects for me; painting, tiling, plumbing. Reasonable, helpful, communicative and can do anything!

SMB Marble & Granite - Main Street in Hudson 978-562-5188 - Javier gave me a great price on granite counter tops. Good selection and installation was painless. Great local vendor.

Both submitted by **Aileen Wilson, 1D Rotherham**

Astrology — What's Up

By Beverly Beylouné

October 23 - November 21

You have entered a much improved, happier phase, where things are about to go your way.

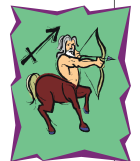
You've paid your dues, and it's time you had an exciting boost of cosmic support. The universe agrees, and the tide is turning to your favor. It may take two or three months for all the planets to move into the right positions, but what matters is they are all heading in better positions for you.

Since October 2012, life had become more serious for you. During the past years, you gained authority, sharpened your ability to be realistic, and learned to handle the kind of responsibility that would have thrown you only a few years ago. All this did not allow much room for fun, but you were being productive and learning more in the past two years than you had in a decade. Think back to where you were in life just two years ago and see how far you have come since then. This planetary aspect comes but once every 28 years so you need to remember all that is being taught to you and start reaping the rewards.

November 22 - December 21

Your chart at the moment is very exciting, and as you move through the coming months, it will become even more so. You are an adventurer by nature, and you get restless when things become routine. There is no chance of that happening around September/October. Several planets have moved into your sign, and a golden triangle will appear in the sky for you, indicating supreme harmony among planets, including Jupiter, the planet of good fortune. This triangle will offer you a chance to make a stunning breakthrough when you need it most, and help you to open a path that did not exist before. You will be among those who benefit most from this golden triangle by the end of this year. The seeds you are planting can change your life for a very long time.

You may have already started several projects this year but at least one or more will grow magically. So prepare yourself for the project on the table you are most concerned about for it now will begin to build momentum quickly and blossom.



Stitch & Knit

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



For information, contact
Marie Kapsalis 978-568-0713

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.



3/15

10 Warning Signs of Alzheimer's disease

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia. A person begins to forget more often and is unable to recall the information later. What's normal? Forgetting names or appointments occasionally.
2. Difficulty performing familiar tasks. People with dementia often find it hard to plan or complete everyday tasks. Individuals may lose track of the steps involved in preparing a meal, placing a telephone call or playing a game. What's normal? Occasionally forgetting why you came into a room or what you planned to say.
3. Problems with language. People with Alzheimer's disease often forget simple words or substitute unusual words, making their speech or writing hard to understand. They may be unable to find the toothbrush, for example, and instead ask for "that thing for my mouth." What's normal? Sometimes having trouble finding the right word.
4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are, how they got there, not know how to get back home. What's normal? Forgetting the day of the week or where they were going.
5. Poor or decreased judgment. They may dress inappropriately, wearing several layers on a warm day or little clothing in the cold. They may show poor judgment, like giving away large sums of money to telemarketers. What's normal? Making a questionable or debatable decision from time to time.
6. Problems with abstract thinking. They may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used. (Continued right)

Alzheimer's Disease (continued from left)

What's normal? Finding it challenging to balance a checkbook.

7. Misplacing things. They may put things in unusual places: an iron in the freezer or a wrist-watch in the sugar bowl. What's normal? Misplacing keys or wallet temporarily.

8. Changes in mood or behavior. May show rapid mood swings - from calm to tears to anger - for no apparent reason. What's normal? Occasionally feeling sad or moody.

9. Changes in personality. The personalities can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member. What's normal? People's personalities do change somewhat with age.

10. Loss of initiative. Becoming very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities. What's normal? Sometimes feeling weary of work or social obligations.

(For more information, the Alzheimer's Association is available 24/7 at Helpline www.alz.org/MA) or 800-272-3900

For Sale — Free — Wanted

Free: We have 5 frosted-glass tulip globes, from vanity lights taken out of service during our remodeling. If anyone needs a replacement glass, they're free. Dave Bernhardt, 11C Autumn, 978 568 1671

Wanted: Garage for the winter. Will pay rent.... Dave and Cathy Bernhardt, dbernhardt@twotonedog.com, 11C Autumn, 978 568 1671

Area Highlights

Concord Art Association

The Concord Art Association is yet another hidden gem in our area that can be found within a few miles of Quail Run.

The Concord Art Association is a non-profit, membership based organization that welcomes non-members to partake in and enjoy their exhibits and programming. It was established as a home to the visual arts in 1917 by American impressionist painter Elizabeth Wentworth Roberts. The association's mission is to promote contemporary art. The members work in a variety of media including painting, printmaking, photography, fiber and sculpture.

Member's work is displayed in a variety of juried exhibitions. The 15th annual RODDY open competition will be on display through October 17. This exhibit includes just 100 entries out of over 600 pieces submitted.

In addition to classes and workshops, the association maintains exhibitions in a main gallery and a member gallery. Their permanent collection contains works from many artists including Daniel Chester French, best known for his Abraham Lincoln Memorial sculpture in Washington DC. Concord Art Association maintains an active collections loan program. Their beautiful galleries and landscaped garden are available for rentals for both professional and personal occasions. In the summer of 2009 their 1750 John Ball House was renovated to provide additional space including a catering kitchen.

The admission is free. Hours are Tuesday-Saturday, 10:00am – 4:30 and on Sunday noon to 4:00pm. The exhibitions change frequently. Phone 978-369-2578. Also check out their classes.

Directions: 37 Lexington Road, Concord. Take 62 to Concord Center. Bear right at the Monument Square flagpole. The Association is a few houses down on your left, across from the First Parish Church.



Weight & Nutrition Support Group

The group will resume meetings 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.

No dues or fees. The group supports and helps one another by exchanging ideas, recipes, and strategies. We occasionally have guest speakers who help focus us on better dietary options.

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



Book Club



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

Contact **Marcella Monte** for more information; 978-562-0823 or marcellamonte@comcast.net

Home Alone?

Help, I've fallen and can't get up!

Keep your cell phone in your pocket if you'd rather not have an emergency call button around your neck. and set it on the toilet seat when you're in the tub.



Michigan Trip

Jeannine Bensette and **Barbara Langley**, 7B Strawberry, spent a great few days at the Homestead Resort on Lake Michigan last month celebrating Barbara's sister and brother-in-law's 50th anniversary. The family reunion included Pat and Bill's three children with their five, seven, and thirteen-year old granddaughters. A fun time in a beautiful setting!

Eileen Devlin was welcomed to 7 & 12 Strawberry at a party given by Barbara Langley and Jeannine Bensette. As always, everyone had a good time.



JULIETS NEWS

All Quail Run women are invited to Lunch —



October 16, 12:30 at The Chateau, Westborough, Rt 30 at Rt 9. Order from menu, one check per table

Sign-up at the Community Center or call Jeannine Bensette / Barbara Langley 978-212-5006

November 12, 12:30. The restaurant is yet to be decided.

The contact people are Jaye

Donato 978-562-2429 and Janice Painter 978-568-0758. A sign up sheet will be available at the October luncheon and then at the Community Center with the restaurant listed.

Who are you now that you're retired?

Need a post-retirement job to fill in those empty hours?

The Hudson Food Pantry needs men to stock shelves and receive incoming orders.

The Pantry is located off Main St at 28 Houghton St., just before the bridge that is under construction. Call for hours and days open.

Contact: Anne Marie Lourens at 978-567-3522 for more information.



The need continues to grow.



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3/14

Curtain Call



The group will see the play *Dial "M" for Murder*.

“Tony blatantly marries Margot for her money, but when it becomes obvious that she is in love with Max, he plots her murder. And then Margot herself is on trial for murder.”

The suspense might kill you.

The play is at the Calliope Theater on Sunday 19 October at 2 P.M.. Price \$15

The deadline is past, but contact Toby if you'd like to be part of the group and get notices of future plays.



Board of Governors Meeting Minutes

Available on our website: www.QuailRunHudson.com
For the password, contact the chair of the Communications Committee, MJ Ebens, 978-562-7880.

Medical Device Committee

The committee has compiled a list of medical devices available for loan from and to members of the Quail Run community. The committee consists of: Marcella Monte, 978-562-0823, 3C Strawberry; Chair, Pete Recklet, database manager, 4F Rotherham; Sheila Mahoney, 978-562-3148, 11D Autumn; Lenny (Jim) Suslowicz, 978-212-5141, 6E Autumn.

The medical devices available are listed at the Community Center. If you have a device that you are willing to loan out, contact a member of the committee to have the item listed. The devices will be kept by the owner and returned to the owner when the need is over.

If you have a need for a device, contact a member of the committee.

COFFEE HOURS

Coffee hours at the Clubhouse are scheduled for:

- Saturday, 11 October
- Saturday, 20 December



Please come and join friends and neighbors and enjoy coffee and a bite to eat. The charge is only \$1.00.

As always, any donation to the Hudson Food Pantry is gratefully accepted. We look forward to seeing you there.



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Safety Note on Oxygen Use

If **Oxygen** is in use in your home – turn off the pilot light/flame in the fireplace. The pilot light can easily be turned back on when needed.



Save The Date!

Our Annual Holiday Party will be held on **Saturday, 13 December**. Appetizers will be served, and there will be a gift exchange (new gift, not a White Elephant gift) for those who wish to participate.

More information will be forthcoming when we get closer to the date.

PROGRESSIVE DINNER

October 25 - 6:00 P.M.

Start the evening off with appetizers at the Clubhouse from 6:00 to 6:45.

Hosts will be assigned and you will proceed to your Host's home for a delicious chicken dinner complete with red and white wine.

After dinner come back to the Clubhouse for desserts, coffee or tea at approximately 8:00.



Absolute cutoff date is Saturday, 18 October

Price is \$6.00 per person

We are looking for people to be hosts for 6 people (including the host).

A relatively simple menu and recipe will be provided. Hosts will be reimbursed for the costs.

Please let us know if you would be willing to host.

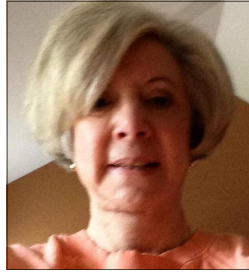
Contacts: Barbara Baker, 978-562-2460, bakerb2939@gmail.com,

Theresa Bosio, 978-568-1416, c_bosio@comcast.net,

Sally Mauro, 978-568-0821, srednims@aol.com



**TECHNOLOGY
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Passwords



Carole Perla

How many different passwords do you have? If you use the same password for all logins on different web sites and one of the sites gets hacked, like Target, all of the sites you visit can be hacked.

For example, the thief can get into your bank accounts, change information on your Facebook page, access your medical records, and use your credit card to make purchases. Each web site you visit should have a different, unique password.

The secret is to make passwords that you will remember but hard to guess. First, look at a few weak passwords to understand why these put you at risk:

Password and 123456 are the most commonly used passwords and they are very weak. These are simple words and easily guessed or broken with a hacker program that uses a dictionary assault on the password.

Michael1900 - Though this uses 10 characters and includes letters and numbers, names that are associated with you or your family, or uses other identifying information such as birth year, are easily hacked.

ElecTr1c - Though it mixes up capitals and numbers, it is too short and substituting the number 1 for the letter l and i is easy to guess. To avoid these easy to guess or hack passwords try one or more of the following tricks:

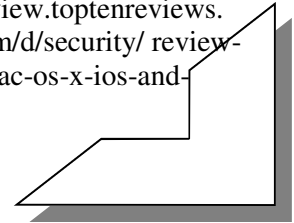
- Use a phrase and incorporate shortcut codes or acronyms. It could be a phrase you use all the time.
aN0!wu(d4u((Ask not what you can do for your country)
1CsatBlMaN (I see said the blind man)
!n3-!n3!N35R (Twinkle, twinkle, little star,)
wug!wGwu5!w5 (Ruth 1:16 Where you go I will go, and where you stay)
- Use passwords with similar letters and numbers, but change it for individual sites. For example:
gracirAmz! (About to use Amazon)
gracirBoA! (About to use Bank of America)
9!9-12e-45S6? 919-123-4567- Use an old phone number from your childhood or a different place that you lived.
IbMiC2005! (I bought my condo in 2005!)

- Replace letters with numbers and numbers with letters.
PX3wgdsWVA6ooq is an extremely hard password to remember. This password was generated by a program that I use called 1Password. It is not free but I find it very useful.

1Password is a program that you keep all of your log-ins in one place, so you'll never have to worry about forgetting passwords again. And all of the information you enter into this app is protected by a master password, which means all you have to remember is the master password.

It also allows you to access the various websites from within the program so you do not have to type in the web address into the URL of your browser (Internet Explorer, Safari, Netscape, Chrome, etc.). Another reason I like 1Password is that there is a version for both PCs, Macs, iPads, iPhones and Android and they can be synchronized so that you have the same items on all your devices.

Some other password programs are LastPass, Keeper, DashLane, RoboForm, PasswordBox, Password Genie, Handy Password, PassBack, Password Wallet and SplashID. You can find a review of these programs at <http://online-password-manager-review.toptenreviews.com> or at <http://www.infoworld.com/d/security/review-7-password-managers-windows-mac-os-x-ios-and-android-189597?pade=0.0>



Concerned about Fraud & Scams?

Check out the site at www.aarp.org/fraudwatchnetwork.

If you're not sure about a call or email, or if you have been a victim or know someone who may have fallen for a scam, contact the AARP Foundation Fraud Fighter Center at 877-908-3360



Transitions

Condolences to Harold Edelstein on the death of his brother.