



The Quail Runner

For and By the Residents
Of Quail Run



July—August 2015

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

It's Ice Cream Time Again!!

The Annual Ice Cream Social will be held on Saturday, 8 August at 7:00 P.M. at the Community Center.

As usual, there will be a selection of Ice Cream and delicious toppings. Come and enjoy making your own Sundae.

Only \$2.00 per person!
You can't beat the price!

Sign up at the Community Center or call
Barbara Langley, 978-212-5006, or
Sally Mauro, 978-568-0821 or
Sherry Lupien, 978-562-5825.



Deadline: Wednesday, 5 August.

A contribution to the Food Pantry is Always appreciated

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Don't Miss These Articles!!

Area Highlights— Free Passes at the Hudson Library

Condo Care— Are you filling your dishwasher correctly?

Healthy Living— Sugar is clogging up our diets!

BOG — Insurance issues not resolved.

Recipe Book— Pat Trask's Trifle

Social Committee— What they do; how about joining?

Technology Corner— Window's 10; do you need it; do you fear it?

Board of Governors (BOG) News

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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.

Editor’s Desk

MJ Ebens, editor



Time for the Annual Ice Cream Social— I think the community has been doing this for about 12 years. That’s a lot of ice cream and fellowship!

Fellowship is one of the things that makes living at Quail Run so special. As **Ginny Bosio** said it so movingly “that fate had a hand in putting me in a place with wonderful caring people.”

Too many of us have suffered through the losses that she has had. Being able to share the pain with friends and neighbors help.

Keep all of this in mind when you read the description of the Social Committee. A lot of work is involved in what they do, but they always have fun doing it. Perhaps this would be a good way to put more zing in your life at Quail Run.

The Ice Cream Social is not the only long running event here on top of the hill. The *Quail Runner* has been publishing since 2003. I’m feeling more and more that it’s time for someone else to “sit” behind this desk. Talk to me if you’d like to explore the opportunity.

MJ

Our Board of Governors

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

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.

Welcome New Residents

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



HEALTHY LIVING

by Peggy Rittenhouse

The Sour Side of Sweets

According to science writer Melinda Wenner Moyer, the average American adult devours almost 20 teaspoons of added sugar daily and teenagers more than that. So over the course of a month that would amount to a 5-lb bag of sugar. And that doesn't include the sugar in fruit and dairy products.

Wow! Sugar is everywhere—in bread, ketchup, flavored yogurt, etc. This amounts to 2 or 3 times the amount of sugar recommended by the American Heart Association. Some experts believe our love affair with the sweet stuff is fueling the country's rising incidence of type 2 diabetes, obesity and heart disease.

A 2014 study conducted by Harvard researchers and involving more than 11,000 US adults reported that those who consumed the most added sugar are nearly three times as likely to die of heart disease as those who consumed the least.

Part of the problem is that it makes us feel so good. According to registered dietitian Brooke Alpert, "When you ingest sugar, it gives your body a sense of euphoria—it takes you to a happy place". At least in the lab, when animals are fed sugar, the reward centers in their brains become active, much as they do after using cocaine and other drugs. Some feel sugar dampens the impact of stress. Drinking sugar is especially problematic. If you eat 300 calories of apple slices, at least you feel satisfied, but if you drink 300 calories of apple juice, it doesn't have the same effect—it may even make you feel hungrier.

When we consume carbs, the glucose enters our bloodstream and our pancreas releases the hormone insulin to remove it to different cells throughout our body that need energy. Some research suggests that insulin may turn too much of that glucose into fat and store it for future use—rather than letting our body use it more immediately for energy. Some researchers feel that frequent blood sugar spikes turns on the process of inflammation, which has been linked to a number of diseases.

(Continued Right)



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.



ROMEO's

Retired Old Men Eating Out (and having fun!)

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

Pete Recklet, 978-562-2721 is heading up the group. Check your email for announcements.



HEALTHY LIVING (Continued from Left)

Sugar isn't always sweet either. Starchy carbohydrates such as bread, rice and potatoes are mainly composed of sugars and may have some of the same effects in the body.

So what's a person to do? Well, for starters you could give up or reduce drinking juices and soda. I know of someone who has lost considerable weight just by omitting fruit juice from his diet. Another major culprit to avoid is processed foods—high sugar, low fiber whereas real food is low sugar, high fiber.

As someone with a "sweet tooth", it takes a fair amount of just plain old-fashioned will power to curb that urge for something sweet. We need to look at our intake of candy, cookies, desserts and the like and decide for ourselves what we will do. It helps to have friends and family on board, too. It won't be easy but you will find that the longer you stick with it, the easier it gets.



Condo Care

Run the various / seldom used features of you unit occasionally, i.e. ceiling fans, vent fans, showers, faucets—indoors and out, and the oven cleaner to be sure they haven't *frozen or rusted*. This is particularly true in the showers where the diverter/hot-cold-balance valve will freeze and not respond on the hot water side. The valve should be used once or twice a week by running the hot water for a minute or two.

Warning: A recent "CONDO CARE" column, under "garbage disposal", says "to mix baking soda and vinegar together to clear up the drain opening." The problem with this says



our resident Chemist, **Harold Edelstein**, is when mixed together, even in the presence of ice cubes, you will create a HUGE VOLUME OF CO² GAS which will cause a mess at the sink and possibly — eye damage or spray to the surrounding area. The neutral Sodium Acetate left has very little cleaning function.

I think it should read "vinegar followed by water and finally, baking soda when the smell of vinegar is slight or gone. Rinse with a final water flush" and also run the dishwasher empty to clean any residue from it..

Dish Washers Many consumers have been loading dishwashers the same way since they were children, even though the appliance can do more than ever, companies say. Nowhere is this more evident than in the practice of pre-rinsing dishes before loading—which most appliance and soap makers don't recommend. Cascade, made by Procter & Gamble Co., warns against pre-washing, except for removing large pieces of food. Enzymes in Cascade detergent are designed to attach themselves to food particles. Without food, the enzymes have nothing to latch on to, P&G says.

Despite increasingly specialized washing cycles, Whirlpool estimates more than 70% of consumers still select the "normal" cycle every time. "With all the changes in water and energy usage that are taking place, consumers need to select different cycles depending on the types of dishes they're doing and the type of clean they want," says Lucinda Ottusch, a consumer scientist at Whirlpool's Institute of Home Science. (Wall Street Journal)

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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.

Here's the schedule for the next few months:

- Aug 11 - **Nicole Baker**
- Aug 25 - **Barbara Baker**
- Sept 8 - **Ginny Bosio**
- Sept 22 - **Ginny Fullam**



Thank You To All My Wonderful Quail Run Friends

I know that I am living in the right place, that fate had a hand in putting me in a place with wonderful caring people.

Thank you all for the love, cards, flowers and plants. So many loving cards really helped me get through a very hard reality. My wonderful daughter has gone from us but I am sure she has gone directly into her father Julio's loving arms. Thank you so much everyone.




Love, **Ginny Bosio**

Phonebook / email Updates

Bernie & Marsha Strauss are now at bernardstrauss46@verizon.net

2015 Directories went out the first of July, if you would like a second, contact **Barbara Picarello**.


1/14

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Quail Run Birthdays

August

- Peggy Kunz 4
- Frank Monte 9
- Jeanne Malecki 13
- Ginny Bosio 17
- Owen Kilcommins 22
- Nancy McMahon 23
- Michael McCormack 24
- Cathy Bernhardt,
Jayne Donato 25
- Joan Ferri 28



September

- Klaus Schneller 11
- Marcella Monte 12
- Joe Aiello 13
- Sally Mauro , Barbara Paradiso , Aileen Wilson 14
- Sally Guidotti 15
- Stephen Hoffman 20
- Kathy Palmaccio 23

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.

We've added a cardiovascular *dance* to aid our hearts!

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

Open to all ladies here at Quail Run. Contact **Marcella Monte** for more information.

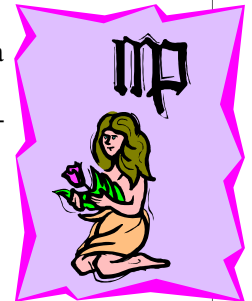
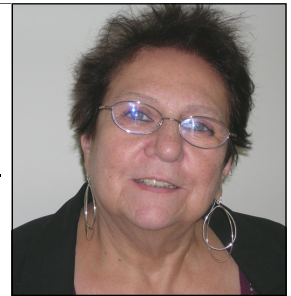
Recently we took part in a Nutrition program at the Hudson Senior Center on Tuesdays.

Astrology — What's Up

By Beverly Beylouné

VIRGO August 23 - September 22

You find pleasure being productive, which is why you so rarely allow yourself time off. Work accomplished makes you feel great, but there is a limit to how much you can do before you get exhausted. August/September will be about having fun and getting your mind off work for a while. Since the beginning of this year you may have experienced some opportunities to seek a new position, get a promotion, or if self-employed to attract new business. If you are not working you may have had opportunities to start a project or join a group that is involved in a lot of event planning. Those situations may still be at play, for you have built up considerable momentum, but the main interviews, presentations, and actions that you needed to do will slow down now forcing you into creating a time out. For most of the summer and fall all you need to do is sit back and let those actions bubble away on your stove. Let nature take its course. In the meantime, the universe is about to create a way for you to take a breather to achieve better balance to your public and private life, now that you have already put in a great deal of hard work over the past year. Watch for the stars to bring a new love relationship or a way to refresh and celebrate the love of your life.



LIBRA Sept 23 – Oct 22

The year started off with the beautiful coming together of the beauty and luxury planet Venus and good fortune Jupiter. This special event will make everyone, of every sign, happy for different reasons, but you will enjoy this cosmic event more than most for Venus is your guardian planet. These two glittering planets met in your house of friendship and fun; therefore, you are likely to hear from friends throughout the summer... so plan some special nights out. You may attend a wedding or other celebrations, or receive a beautiful, pampering experience. Other good news you may hear as the fall begins include good news from your bank regarding a loan or mortgage you applied for lately, a check that

(Continued on page 10)

Area Highlights

By Barbara Champine

FREE and DISCOUNTED FUN

The Hudson Public Library began to serve the public in 1867 with 720 volumes. In 1903 the town voted to accept Andrew Carnegie's offer of support and on November 16, 1905 the present library opened to the public. In 1929 the town voted to add the second floor. Today's Library has many services. There is a new service that sends you free weekly emails featuring their newest acquisitions. You can check out wonderful new books, DVD's, and CDs the library acquires each week. Sign up for this service at <http://www.hudsonpubliclibrary.com/services/wowbrary/>.

The Hudson Public Library has a fine selection of **museum passes for free or reduced rates**. These can be reserved on line from the Library home page under Service Links, Museum Passes. These must be reserved by date. The page will show the dates available and the benefit. Available passes include Boston Children's Museum, Davis Farmland, Discovery Museums, Drumlin Farm, Ecotarium, Historic New England, Isabella Stewart Gardner, JFK Library, Larz Anderson, MFA, Museum of Russian Icons, Museum of Science, Mystic Aquarium, New England Aquarium, Roger Williams Zoo, Salem Witch Museum, Tower Hill Botanic Garden, and the Worcester Art Museum.

FREE FUN FRIDAYS: Free Fun Fridays offers visitors no cost admission to many of the most treasured cultural venues in Massachusetts. There are seven sites open for free each Friday. The following remain free on the listed dates for this summer.

July 31: The Institute of Contemporary Art, Boston; Sandwich Glass Museum, Sandwich; Cape Cod Museum of Art, Dennis; Garden In The Woods, Framingham; Wenham Museum, Wenham; American Textile History Museum, Lowell; The Eric Carle Museum, Amherst.

August 7: Boston Harbor Islands National and State Park, Boston; The Greenway Carousel, Boston; The Old State House, Boston; Concord Museum, Concord; Worcester Historical Museum, Worcester; Springfield Museums, Springfield; Hancock Shaker Village, Hancock.

(Continued on page 10)



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Book Club

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

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

The group's reading list for the rest of the year is:

July - *Longbourn* by Jo Baker

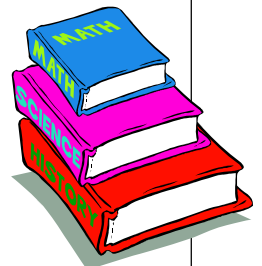
August - *Galway Bay* by Mary Pat Kelly

September - *The Hurricane Sisters* by Dorethea Benton Frank

October - *The Girl on the Train* by Paula Hawkins

November - *All the Light We Cannot See* by Anthony Doerr

December - *The Boston Girl* by Anita Diamant



2015 OPEN REHEARSALS and AUDITIONS

The **Heritage Chorale** and John Finney, Conductor, invite interested singers to attend its Open Rehearsals on Tuesdays, September 8 and 15, from 7:30 to 10:00.

Auditions take place on Thursday, September 17

Location: Scott Hall, First Parish Church in Framingham, 24 Vernon Street (just north of Route 9 and at the end of the green in Framingham Centre.)

The membership of Heritage Chorale consists of over 100 singers coming from MetroWest communities.

Visit www.heritagechorale.org or call the Chorale's info-line at 508-270-3999 for information or **Elaine Recklet**, 4F Rotherham, 978-562-2721, erecklet@comcast.net



JULIETS NEWS

All Quail Run women are invited to Lunch —

20 August, Thursday, 12:30 at the Horseshoe Pub in Hudson, South St. Separate checks and choice of menu.

Contacts are:

Susan Ciampi 978-568-1625 and **Dean McEvoy** 978-562-5238



17 September, Thursday 12:30 at the Wayside Inn in Sudbury. Details on the sign-up sheet at the Community Center.

Contacts are **Claire Kilcommins** 978-562-3336 and **Pat Trask** 978-212-5201

Social Committee Looking Ahead

The Social Committee will soon be starting our new season of activities and events. Our first event will be the Ice Cream Social on Saturday August 8 at 7p.m. at the Community Center.

The Social Committee is responsible for planning and setting up for monthly activities and/or 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 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 me a call at 978-567-5912.

Marlynn Stott, Chairperson



Transitions:

Condolences to **Ginny Bosio**, 2D Rotherham, whose 53 year old daughter, Julieanne Bosio died suddenly.

Moving: **Howard** and **Ginger Pearlman** will be moving soon to Florida. They rent 3F Rotherham.



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4/16

Recipe Book

Trifle

- 1 Angel food cake
- 2 boxes of sugar free pudding (I like lemon but you could use vanilla or white chocolate)



Claire Kilcommins

- Strawberries
- Blueberries
- Fat free cool whip

In a trifle compote dish layers:

- 1. Angel food cake pieces
- 2. Use half of pudding spread over cake
- 3. Strawberries
- 4. Blueberries
- 5. Cool Whip

Repeat all layers again

This can be done ahead of time. I do not use raspberries because they get too mushy.

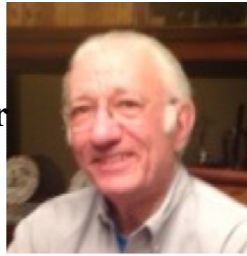
From Pat Trask



**TELL OUR ADVERTISERS
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THE QUAIL RUNNER.**

Technology Corner by Peter Recklet

Is Windows 10 Right For You And Your Old PC?



Microsoft is set to roll out Windows 10 starting July 29th. To persuade us to upgrade, Microsoft is offering Windows 10 as a free upgrade if you have Windows 7 or 8.1. Windows 8 users will need to upgrade to 8.1 first, but that upgrade is also free. Many computer users are poised, even anxious, to take advantage of this upgrade.

But wait a minute. Do you remember upgrading to Windows Vista or to Windows 8? Are you wondering if upgrading to Windows 10 is a smart move, and if Windows 10 is just change for the sake of change? You are not alone, if you have these reservations. There are some situations where upgrading to Windows 10 might not be the best idea. You should consider the following.
When you should upgrade:

If you absolutely hate Windows 8.

You may be among the many people who can't stand Windows 8. From the lack of a Start button, the confusing way apps work, features meant for a touch screen that don't work very well with a keyboard and mouse; it's confusing.

The return of the Start button and Start menu in Windows 10 fixes those problems. Apps will again run in "windows" mode like regular programs. On desktops and laptops, Windows 10 for PCs won't have any of the touch screen elements activated. It will work more like Windows 7.

If you want better performance

Because Windows 8's interface was so bad, most users overlooked the fact that Windows 8 is actually a fantastic operating system. It's faster, cleaner, and more secure and it supports newer hardware even better than Windows 7. Windows 10 should run better than 7 or 8 on whatever computer you install it on. It also has a newer, faster and more secure browser to replace Internet Explorer, and DirectX 12 for users seeking a better gaming experience.

If you're buying a new computer

If your computer is more than five years old and you've been thinking about upgrading, you have a decision to make. You can buy one of the few remaining Windows

7 machines on the market. Microsoft is providing security updates for Windows 7 until 2020, so if you want to keep using it on the computer you already have, there's no reason not to do so, except that a Windows 7 machine isn't going to have the latest hardware options. You can buy a computer with Windows 8.1 at what I suspect will be a bargain price and suffer with it for a few months. I don't recommend doing this. You'll have to learn its interface just to use it for a month or two, before you can switch to Windows 10.

When you shouldn't upgrade

Your computer is running Vista

If your computer is running Vista, then it's probably more than five years old. While Windows 10 will run faster than Vista on the same machine, Windows 10 is really designed to take advantage of the newer motherboards and solid-state hard drives.

If you're thinking of upgrading from Vista (or even XP), I recommend that you wait and buy a system with Windows 10 pre-installed. Vista users don't get the free upgrade, so you'll be spending \$100 or so for the Windows 10 upgrade. Also remember that Microsoft is going to be focusing on smooth in-place upgrading for Windows 7 and 8 so your upgrade from Vista might have some bugs. You're really better off buying a newer computer with Windows 10 already installed and transferring your programs and information from your old PC.

You need features Windows 10 doesn't have

Windows 10 has some nice new features, but it's also going to eliminate some features you might currently use. Microsoft calls this "Feature deprecation". Described below are some features that Windows 10 users will have to find replacements for or live without. Most of these features aren't deal breakers for the average user, but you should know what they are just in case.

Windows Media Center will be removed if you upgrade to Windows 10 from Windows 7 Home Premium, Windows 7 Professional, Windows 7 Ultimate, Windows 8 Pro with Media Center, or Windows 8.1 Pro with Media Center. Media Center is a Windows program that lets you watch and record TV using TV third-party tuner cards in your computer. It's also a nice way to manage and interact with your videos, music and other media.

You can replace this with a free program like Kodi, but you should test out any new program before you upgrade to make sure it does everything you want.

(Continued on page 9)

Technology Corner (Continued from page 8)

Windows 10 will not have DVD playback. To watch DVDs you will need a free program like VLC. Windows 8 already removed desktop gadgets, such as the clock, calendar, CPU meter and others, but Windows 7 users might still want them. Several companies like Winaero make third-party gadget programs that can bring these gadgets back. When it comes to games, Solitaire, Minesweeper, and Hearts games that came pre-installed on Windows 7 will be removed as part of the Windows 10 upgrade. You'll need to go to the Microsoft App Store to download Solitaire and Minesweeper.

You need to run some older devices

Every time Microsoft releases a new version of Windows, some older scanners, printers, digital cameras and other such add-ons might not get updated drivers. Thanks to USB connections and universal drivers, this isn't such a worry for anything purchased within the last five years, but if you have a device that's 10 years old, then there's a risk. A good rule of thumb is if the device works in Windows 8 then it should work in 10. Windows 7 is a little iffier, but you should usually be OK. If you haven't tried the device with any Windows newer than Vista, however, you're likely to be out of luck. You can try using your internet browser to find postings by anyone using your specific peripheral device and has tried it on the newer versions of Windows. Type the name and model of your peripheral device in the browser search window. You may find some postings that can tell you if there's going to be a problem before you upgrade.

This might be a situation where you buy a new computer with Windows 10 pre-installed and keep your old computer around to work with your older hardware. On the other hand, most of the older hardware you have can probably be replaced with a new, less expensive model that works just as well.

Patience

If you expect to upgrade to Windows 10 immediately on July 29th, you are going to be disappointed. While there are a number of people already using the Windows 10 Preview with no problems, there are bound to be some upgrade problems and some features that don't work perfectly on some devices. Remember that unlike Apple software that runs only on computers that Apple manufactures, Microsoft operating systems are expected to run efficiently on computers, tablets and mobile devices

produced by many different manufacturers. Prudently Microsoft has announced that the upgrade process will occur in stages. The first group to be updated will be those users who have already been involved in the review of the various "builds" of Windows 10. Next will be those users who are part of large organizations or "enterprises" supported by IT departments.

The last and, by far, the largest group to be upgraded will be users like us. I expect to see the upgrades for this group to begin in September. By then, Microsoft will have released some updates and fixes to smooth out the inevitable wrinkles in Windows 10. Fortunately, the free upgrade offer is good for a year after Windows 10's official launch date.

Annual Colonial Faire and Muster

Date: Saturday, September 26,
(Rain or Shine)

Time: 10:00am to 4:00pm

Place: Longfellow's Wayside Inn (in the field opposite the inn), 72 Wayside Inn Road, Sudbury

Admission: Adults - \$2.00 Children 12 & under - Free *(This admission fee includes a chance to win one of 2 \$50 gift cards to the Wayside Inn)*

This annual faire, run by the Sudbury volunteer re-enactment group has living history demonstrations, children's games and activities, fife and drum muster, crafts, a variety of food vendors and a colonial parade at noon!

The Sudbury Ancient Fife and Drum Company will perform traditional colonial music throughout the day, including dramatic refrains that accompanied Revolutionary War soldiers on their way to battle.



For more information: 978-443-1776

Sherry Schneller

UNTIL I WAS 13, I THOUGHT MY NAME WAS
"SHUT UP" JOE NAMATH

Area Highlights (Continued from page 6)

August 14: John F. Kennedy Presidential Library and Museum, Boston; USS Constitution Museum, Boston; Cape Cod Children’s Museum, Mashpee; Fuller Craft Museum, Brocton; The Children’s Museum of Greater Fall River, Fall River; Historic Deerfield, Deerfield; Mahaiwe Performing Arts Center, Great Barrington.

August 21: Franklin Park Zoo, Boston; Freedom Trail Foundation, Boston; Museum of African American History, Boston and Cape Cod; The Discovery Museums, Acton; Buttonwood Park Zoo, New Bedford; Emily Dickinson Museum, Amherst; Jacob’s Pillow Dance Festival, Becket.

August 28: Old Sturbridge Village, Sturbridge; Plimoth Plantation, Plymouth; Clark Art Institute, Williamstown; Mass MoCA, North Adams; Ecotarium, Worcester; Griffin Photography Museum, Winchester; Cape Cod Museum of Natural History, Brewster. For more information visit <http://highlandstreet.org/freefunfridays.html>

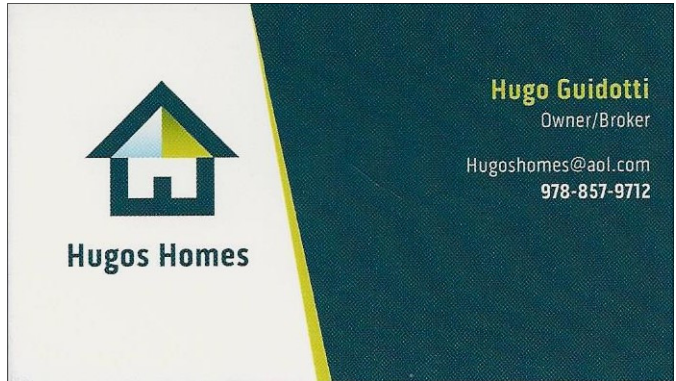
Astrology — What’s Up (Continued from page 5) someone will send your way, or a trip that you are about to take to a very beautiful location. A full moon in Capricorn will bring a home, property, or family matter to a culmination and a finish. This full moon will cause you to feel happy and emotionally over the top, for your friends and especially one special person will still have a strong and positive presence in your life



by year’s end. You seem to have a lot of work to do at the office or with an organization; however, you may feel continually held back with pressing demands there. It may feel like for every two steps forward, you make one step back. Knowing this, plan to be as productive as possible before the fall begins.

I HAD A ROSE NAMED AFTER ME AND I WAS VERY FLATTERED. BUT I WAS NOT PLEASED TO READ THE DESCRIPTION IN THE CATALOGUE:- 'NO GOOD IN A BED, BUT FINE AGAINST A WALL.'

ELEANOR ROOSEVELT



Quail Run Real Estate News
by **Hugo Guidotti**

Because of recent health issues, I am planning to change my tactics and strategy for helping Quail Runners sell their homes. I have engaged a long time broker and friend of mine to join me as a team member in the listing and selling of Quail Run homes. His name is **David Clark** and he is the long time owner (and my former boss) of 495 Realty Group who also teams with long time Broker **Dora Naves Associates of Marlboro.**

I can only see major advantages for our QR people as we go forward from here. Owners will now get a "two-fer", two great Realtors for the price of one. Dave knows Real Estate inside and out and Hugo knows and promotes QR like no one else can after having lived here almost ten years.

And remember Hugo and his wife Sally, bona fide "townies", are extremely involved in activities in and around Hudson and QR. This gives us and our listings terrific exposure to hundreds of potential buyers.



THE SECRET OF A GOOD SERMON IS TO HAVE A GOOD BEGINNING AND A GOOD ENDING; AND TO HAVE THE TWO AS CLOSE TOGETHER AS POSSIBLE.

GEORGE BURNS

July Board of Governors (BOG) News

As of the date of this article, we still do not have a final winter related master insurance claim settlement. The good news is the master insurance company did include the cost of all snow/ice removal from our roof and the SPS estimate for roof repairs. We have been told that the figures from Arbella should be available "imminently". Once they are received and the portion of the \$10,000 insurance deductible has been determined by unit and the portion for the association, you will be notified by The Dartmouth Group. Until our insurance claim is settled, the Board is also unable to determine if there will be a winter related assessment.

Corrections to the insurance claims are in progress.

Most decks that incurred damage due to the ice and snow have been repaired. One deck suffered significant damage and needs extensive repair. We are waiting on proposals with estimates before this work can be approved and begun. R. J. Curley Plumbing checked and reattached the gas lines that run from the gas meters into the units that became detached due to the snow/ice. SPS is in the process of repairing damages to our roofs. SPS is also removing roof vents on units that incurred water infiltration through the roof vents. SPS will also be repairing related internal damage to these units as part of our roof warranty.

By the end of July, we expect to have the proposals back for snow removal and landscaping. Once these proposals are received, the Board will select one or two vendors. Our hope is to only have one company for both snow removal and landscaping.

The basement casement windows have been painted. However, following a walk of the property, approximately four windows were missed. This is being addressed by The Dartmouth Group.

Weston Nurseries replaced five trees that were under warranty. On July 22nd, they checked to see if these trees were okay. The replacement trees do not carry a warranty. Per Weston Nurseries' recommendation, we purchased imidacloprid-bonide and treated several non-replacement trees that were struggling. Just have to wait to see how they look next year. The Board will also be walking around to check all other trees to de-

termine if we need to include tree replacement in next year's budget.

Our irrigation system now appears to be totally up and running. Several leaks/blockages and sprinkler heads were repaired. We also had to replace one irrigation timing clock.

The Board and The Dartmouth Group are working closely with ValleyCrest. The Board has received multiple complaints (including our own) regarding their year-to-date performance. Hopefully, ValleyCrest's performance will improve. ValleyCrest pruned the first half of the shrubs and trees. The balance waits until fall after their blooming season. In the meantime, ValleyCrest had a bit of a mishap during their mowing on July 16th. A very large lawn mower went over the hillside behind 1F Autumn. ValleyCrest has to date been unable to remove the lawn mower and is in the process of bringing in a crane to remove the lawn mower from Reed Road. ValleyCrest has agreed to repair all damages. In the meantime, ValleyCrest also agreed to trim back all vines/trees/overgrowth along the fence on the backside of Rotherham Drive for no additional charge.

Thanks goes to **Klaus Schneller**, **Bill McPhail** and **Ken Hart** for their efforts in obtaining labels and marking the location of all gas meters; and the location of furnace and dryer vents on units without walkout basements. The Board is also in the process of obtaining numbers to label the back of units to identify their address.

The Board has decided that we need a Maintenance Committee. The goal is to take care of small non-strenuous issues as they occur (e.g., painting the doors on the storage shed, painting the mailbox bases, replacing light bulbs on the lamp posts by the mailboxes, etc.). We pay The Dartmouth Group roving maintenance person \$45.00 per hour and this could save us a few bucks. Plus issues may be resolved more quickly than waiting for The Dartmouth Group to schedule the roving maintenance person to visit Quail Run. **Ken Hart** has agreed to chair this committee. We just need volunteers who are willing and able to be part of the committee. If you are interested, please contact Ken at 978-562-3034 or kenandkaren2@comcast.net.

(Continued on page 12)

July Board of Governors (BOG) News

(Continued from page 11)

At the Annual meeting several unit owners mentioned that there was “stuff” behind and beside the storage shed that needed to be removed. Board members cleaned it up.

It has been brought to the Board’s attention that some unit owners are again parking overnight on the streets or within the circles. **Please park all vehicles in your driveway or a satellite parking spot during the night time hours.**

The following are still goals in our 2015 budget that will be revisited by the Board once we know the total cost of our winter damages, the insurance claim settlement and any needed winter assessment. These are one time expenditures.

- Landscape improvement on Rotherham.
- Mulch the hill between 11 Autumn and 2 Strawberry.
- Update the fire alarm system.

Recommended Tradespeople

Batteries + Bulbs, 197 N Boston Post Rd W, Marlboro, next to Panera’s. It doesn't matter who broke it. They fix it. Rather than sending your mobile device away for battery installation or repair, bring it to them - no appointment necessary. They perform the appropriate service, in store, with a quick turnaround. They also carry all sorts of batteries and light bulbs. Very pleasant to work with.

Recommended by **Pat McKay & the Ebens**



Cafe 641 45 Main St., Hudson. Great place for breakfast and lunch. Fits right in with the publicity Hudson’s been getting with our choices of places to eat.

They are under new management, so if you weren’t too pleased before, give them another try. Also a great place to check out their beautiful mural of the old LaPoint Machine Shop. Recommended by the **Ebens**

I HAVE NEVER HATED A MAN ENOUGH TO GIVE HIS DIAMONDS BACK.

ZSZ ZSA GABOR

Sun Burn or Damaged Skin Through Car Windows

UVB is what causes sunburn and vehicle glass does block UVB rays, although now some experts are saying that UVA rays which are not filtered the same way through glass can also cause skin damage—but not sunburn.

John Paul - AAA’s Car Doctor

AAA Northeast
jpaul@aaanortheast.com

Writes “Car Doctor” column in the *Boston Globe*



For Sale — Free — Wanted

Free to the first to call, a slightly used, new looking, powder room light fixture. It is the standard Quail Run “A” unit fixture with two bulb capacity. Used about 1-2 years and replaced. Call **Harold** or **Barbara Edelstein** at (978) 567 5909.



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



Wanted: Good Cooks to Share Their Recipes with the *Quail Runner*!

Send your recipes to **Claire Kilcommins**.

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