



# The Quail Runner

For and By the Residents  
Of Quail Run



March—April 2016

Began Publishing 2003

Hudson, Massachusetts

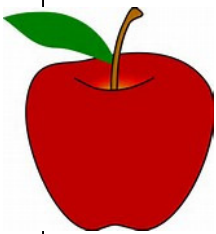
## Pizza\* and Horse Racing at the Community Center

Saturday  
16 April  
6 P.M.

\$5 per person  
BYOB

Come and enjoy the fun  
with your neighbors.  
Sign up at the  
Community Center or contact MJ Ebens

\$20 Gift Certificate from  
Applebees as Door Prize  
\*Gluten-Free Pizza Available;  
contact Sally Mauro for GF



By popular request, racing stables of 2—4 people can pick up their horse any time after April 1 to get it in shape. Fill out the form at the Community Center before you take the horse.

Thanks to **Pete Recklet**, we've added an electronic tote-board to calculate the odds on each horse.

**George Shaw** will again announce each race, as only he can!

\$ Bets are one dollar. \$

Bet as many times on as many horses as you like.



### Contents

- Area Highlights— 6
- Astrology— 5
- Birthdays— 5
- Book Club—6
- BOG—1, 2, 11
- Condo Care—
- Editor's Desk— 2
- Healthy Living— 3
- Intel 10
- Juliets— 7
- Moved—7
- Polar Bear Anthem—9
- Quail Runner Staff— 2
- Recipe Book—7
- Real Estate—10
- Recommended Trades-people— 4
- Romeo— 3
- Safety—9
- Stitch & Knit—4
- Social Commit.— 1,10
- Technology Corner— 8
- Transitions—9
- Trash — 3
- Vacation Delivery—2
- Wanted—10
- Weight & Nutrition—5
- Welcome—10

**Board of  
Governors  
(BOG) News  
Page 9**

### The Quail Runner Staff

**Editor:** MJ (Mary Jean) Ebens  
**Assistant Editor:** Barbara Langley  
**Assistant Distribution Manager:** Joyce Blank  
**Advertising Manager:** Barbara Morgan  
**Proof Readers:** Pat Ritter-Waltrup, Jan Painter  
 Barbara Langley, Bev Minot,  
 1/3 Autumn Shirley O’Connell  
 4/9 Autumn Pat McKay & Kathy Palmaccio  
 5/7 Autumn Claire Kilcommins  
 6/11 Autumn Mary Lewis  
 1/3 Strawberry Sally Mauro  
 2/4 Strawberry Barbara Champine  
 5 Strawberry Lee Rouse  
 6/8 Strawberry Toby Allen  
 7/12 Strawberry Joyce Blank  
 1/4 Rotherham Kevin Fitzgerald  
 6 Rotherham Harry Morgan

**Columnists:**

Technology Corner— Carole Perla & Pete Recklet

What’s Up — Beverly Beylouné  
 Area News—Barbara Champine  
 Healthy Living—Peggy Rittenhouse  
 QR Real Estate News—Hugo Guidotti  
 QR Cook Book—Claire Kilcommins

**Communications:** Chair: MJ Ebens. Quail Run  
 email: “Ted” Baker, Directory: Pete Recklet.  
 Email List: Carole Perla

Website: QuailRunHudson.com

Published first week of February, 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](http://www.QuailRunHudson.com).

### Editor’s Desk

MJ Ebens, editor



Change is one things that’s a constant at Quail Run. **Elaine Recklet** is giving up Proof Reading to take on other volunteer activities. We thank her for her eagle eye!

**Hugo Guidotti** is easing back from his commitment to real estate here at QR, but he’s still available to talk with you about your real estate needs.

**Harold Edelstein** is now chairing the **Building and Grounds Committee** and is looking for others to join him in this important work at QR.

**Lorraine Cochran** is picking up where **Toby Allen** left off with the **Curtain Call** group.

All of these people serve an important place in life here at QR, and they all need our support and help. If you wish you knew more people in the community, joining a group is a perfect way to get acquainted.

We’re still looking for help in editing the *Quail Runner*; see the notice on page 10. I’ve been doing this since 2003 and I would like help. If you’re interested in talking to me about it.

Thank **Kevin Fitzgerald** for the **dumb jokes** below.

MJ

**What do you call a dinosaur with an extensive vocabulary? A thesaurus!**

\*\*\*\*\*

**England has no kidney bank, but it does have a Liverpool!**

\*\*\*\*\*

**I used to think I was indecisive, but now I’m not so sure!**

### Our Board of Governors

Angela Donato [bondona@comcast.net](mailto:bondona@comcast.net) 978-562-3875  
 Les Malecki [lmalecki@comcast.net](mailto:lmalecki@comcast.net) 978-212-5697  
 Bill McPhail [aruba109@verizon.net](mailto:aruba109@verizon.net) 781-646-4449  
 Pat Ritter-Waltrup [ritterwaltrup@gmail.com](mailto:ritterwaltrup@gmail.com)

978-562-5227

Klaus Schneller [kssmet@verizon.net](mailto:kssmet@verizon.net) 978-562-1779

Contact a BOG member for the password to the BOG minutes on the website.

# HEALTHY LIVING

by **Peggy Rittenhouse**

In an evening class at Stanford University, the last lecture was on the mind-body connection -- the relationship between stress and disease.



The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman ... whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends.

At first everyone laughed, but he was serious. Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically, this quality "girlfriend time" helps us to create more serotonin -- a neurotransmitter that helps combat depression and can create a general feeling of well being.

Women share feelings, whereas men often form relationships around activities. We share from our souls with our sisters/mothers, and evidently that is very GOOD for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There's a tendency to think that when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged? Not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

So every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are

indeed very, very lucky. So let's toast to our friendship with our girlfriends. Evidently it's very good for our health.

Thanks to **Ginny Fullam** for sharing this with us.



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!)

**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](mailto:precklet@live.com) if you plan to attend.

The group is open to all men at Quail Run.



### Intel's PC/TV & Electronics Recycling Drive April 16th

Intel Massachusetts will sponsor a PC/TV & Home Electronics Recycling Drive on April 11 Stop & Shop plaza. Collection runs on Saturday, April 16 from 9:00 A.M. – 3:00 P.M.

The event is open to all and there is no residency requirement to bringing TVs, PCs or other home electronics for recycling.

A minimum donation of \$20 for individuals and \$30 for businesses will be requested. All donations will benefit the United Way of Tri-County. Intel volunteers will be on hand to assist with unloading from the vehicles.

Items accepted include computer monitors, CRTs (cathode-ray tubes), fax machines, copiers, typewriters, CPUs (central processing units) including accessories, DVD or VCR players, radios, telephones, cameras, microwaves, and stereo equipment.

Items NOT accepted for recycling include large home appliances, air conditioners, and electronic devices that contain liquid or gas. Advanced Recovery Inc. has worked with Intel on this event since 2002. For more information contact Rachael Hamer at (978) 553-2158.

# Condo Care

Two weeks ago I heard the spring to my garage door snap. Very loud bang and couldn't figure out where the noise came from until I went into the garage and tried to open my garage door. My car was parked inside. I did not lose power. I pulled down on the red handle and couldn't budge the garage door. When I pushed the garage door opener the door went up six inches or so, but no further and pushing again the door went down with a bang.

Called New England Overhead Door. The technician showed up the next day. He pulled down on the red handle and had me push the garage door opener. He held the red handle down until the garage door opener cycle completed. Then he could open the garage door manually. The spring was fixed with other parts replaced and a five year warranty.

When the power next was out, went out and pulled down on the red handle and opened the garage. When the power came back on. I came into the garage and pushed the garage door opener and nothing happened except at the end of the cycle the red handle popped back up and the garage door then closed the next time I pushed the garage door opener/closer.



So, guess if the power is on the manual override does not work until the garage door opener/closer is disengaged. Never knew that before. So maybe other folks don't know this also. **Pat Ritter-Waltrup**

## Recommended Tradespeople

**Wayside Sewing**, 1021 Boston Post Road East, Marlborough MA 01752, phone: (508) 481-2088, web address: [waysidesewing.com](http://waysidesewing.com). Authorized Husqvarna Viking, Elna, Bernina, Singer, Necchi dealer. On-site service center. Scissor sharpening drop-off. Classes, clubs, fabric, notions. On-site sewing and machine assistance. Recommended by **Pat Ritter Waltrup**

**Country Glass Company, Inc.**  
 978 562-2332  
 Custom Frameless Showers • Mirrors  
 Replacement Windows • Entry Doors  
 Insulated Glass Replacement • Medicine  
 Cabinets • Table Tops • Storm Doors and  
 Windows • Screen Repairs • Full Shop Service  
*The Best in Glass and More*  
[www.countryglass.com](http://www.countryglass.com) 9 Bonazzoli Ave, Suite #6 Hudson, MA

## 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.

### Next Meetings:

**Apr 12 Nicole Baker**  
**26 Barbara Baker**

**May 10 Carole Perla**  
**24 Barbara Edelstein**



The group continues to knit hats from left-over yarn to go to the Hudson Food Pantry. Contact **MJ Ebens**, if you need a hat pattern.

Contact **Marie Kapsalis**, 978-568-0713, for additional dates and locations.

## Curtain Call

First of all, thanks to **Toby Allen** for doing a great job of chairing the Curtain Call Theatre Group for over ten years! With her support and assistance, I have agreed to now chair the group.


We will continue to meet on the second Wednesday of the month at 2:00 P.M. in the Community Center, starting April 13.

To get things started, there is a production of Jesus Christ Superstar on Saturday and Sunday, 9, 10 April at 2:00 P.M. All Saints Church, 10 Irving St., Worcester. Tickets are \$15. So far about 8 people are going on Saturday and 2 on Sunday.

Please feel free to contact me, **Lorraine Cochran** with questions or suggestions at [lorrainecochran@comcast.net](mailto:lorrainecochran@comcast.net) or 978-568-0165.



1/14



**OWNER**  
**RON CHIASSON**  
ELECTRICIAN

**COMMERCIAL**  
**RESIDENTIAL**  
**INDUSTRIAL**

Free Estimates  
**Call Today**  
978-562-5510

Fully Licensed and Insured  
Lic. # E29975  
Email: Ron\_Chase@msn.com  
Emergency Service 978-618-4648

### Quail Run Birthdays

#### April

- Gary Hegan, 3
- Barbara Champine, 7
- Joe Fallon, 11
- Sharon Berthiaume, 12
- Jennie Frame, 14
- Cheryl L Presley, Cheryl Baker,  
Craig Evans, 19
- Charlie Bosio, 20
- Marsha Strauss, 21
- Helena Cabral, 23
- Tony Nefzger, 24



#### May

- Arnold (Arnie) Johnson, 4
- Janice Hornberg, 7
- Roger Montgomery, 9
- Sue O'Keefe, 22
- Patricia Ruest,, 23
- Jack Doherty, 24
- Kevin Wentzell, 26
- MJ Ebens, 28
- Marie T. Mangan, 31

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.

Also a good place to find healthy recipes and tips.

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



### Astrology — What's Up

By Beverly Beylouné

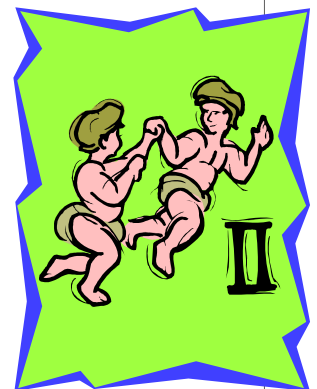
#### **TAURUS** April 20 - May 20

If you have been hesitant to make a final decision about an important friendship over the past few weeks or months, you will make that choice now. There is a possibility that a friend may move away or move in a different direction from you, and you suddenly realize you have less in common. It is also possible that you and a friend won't see eye to eye on a matter causing a brief falling out. But generally aspects this year seem filled with sugar and spice. You will socialize more than usual.

Aspects will bring lots of love and lots of fun which will set your social life ablaze. You will also experience aspects to your house of hopes and wishes which can bring an entirely new path of opportunities. This is a time when you may change your hopes and wishes and ideas for the future to something completely different. Spend a bit of money on yourself.. go shopping for something new.

#### **GEMINI** May 21 - June 21

If you can only see your astrology wheel.. You have a crown of stars twinkling at the top of your chart, in the house of career honors and awards! You could be the subject of a printed article or get a huge promotion. If you are in advertising your campaign may be bought by a client and will soon be seen everywhere. Your house of writing and communication will also be involved. You may be working on a book or an important article or it could be a project that involves the internet. You may be launching an app , a new blog or website... but whatever it is you will come up with original artistic ideas. This is your time for creative brainstorming. You'll find during the summer that you will need to make a powerful decision concerning money. But mainly this is a year when you will be in the spotlight. Be ready to have all eyes on you. This is your time to reach for the stars!



## Area Highlights

By Barbara Champine

### ANIMAL ADVENTURES FAMILY ZOO AND RESCUE CENTER

Animal Adventures is New England's largest privately owned animal rescue center of its kind. They have been operating in Bolton since 1997. They are a rescue center first, taking in hundreds of unwanted or unable to be cared for animals each year. Some find new homes and some stay at the center for the rest of their lives. Want to see an alligator or kangaroo up close? If you have grandchildren over spring break this place would make a great visit and is fun and educational for adults also.

There are live animal shows held three times a day at 11am, 1pm, and 3pm with chances to interact with all kinds of creatures. There are ferrets, chinchilla, skunks, and lizards. There are crocodiles and Bush Babies. Also pythons, turtles, lynx and fox and many, many more. None of the animals are wild caught but are abandoned, orphaned and neglected animals.

Plan your trip around a show time. Before, after and in between shows you can visit the animals, learn from their handlers and interact with some animals. There is a playground and a dino pit. There are private tours and extreme adventure tours for additional cost.

Animal Adventures is open daily except Monday (except holiday Mondays) from 10 A.M. to 5 P.M. They are closed Thanksgiving Day, Christmas and Easter. Rates: Ages 2-3 is \$7. Age above 4 is \$14 with a Sr. discount of 10% and Military discount of 25% with ID.

There is no food for sale, only bottled water but there are picnic tables. They are a rescue center first and a zoo second. Ask the staff questions and learn as much as you can.

Location is only about 5.2 miles away at 336 Sugar Road in Bolton. Take 85 to 117 and turn left towards 495. As soon as you go under the highway take a right onto Sugar Road. As a reference, 48 Sugar Road is Colonial Candies, a good place for an after zoo visit treat. Sugar Road takes a right turn at the intersection with Golden Run Road and there are signs pointing the way. It's a nice place to visit, close to home.



**CHAVES**  
THE KEY TO YOUR COMFORT  
**Heating &  
Air Conditioning, Inc.**

15 BONAZZOLI AVENUE, HUDSON, MA 01749  
877-7-CHAVES or 978-562-5309  
www.chaveshvac.com

## Book Club

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

- April - Invention of Wings by Sue Monk Kidd.
- May - We Are Not Ourselves by Matthew Thomas
- June - A Man Called Ove by Fredrik Backman
- July - Circling the Sun by Paula McLain



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

### An Exciting Addition to our May Concert!

The Heritage Chorale will be joined for our May "Shakespeare & Friends" concert - featuring songs and dramatic readings of Shakespeare texts and music by other composers of his time - by the Young Women's Chorus of the Handel and Haydn Society, directed by Alyson Greer. The works of Shakespeare have echoed for centuries both onstage and in song. We present the Bard's glorious texts in music of many different styles from madrigals to jazz, as well as songs from the composers of Shakespeare's lifetime.

For those of you who enjoyed our fall collaboration with the Voices Boston Children's Chorus, this will be a similar treat. This concert is supported in part by a grant from the Southborough Community Fund, a fund of the Foundation for MetroWest.

**Spring Concert** Saturday, May 14, 7:30 P.M. St. Mark's School; 25 Marlboro Road Southborough, MA



# JULIETS NEWS

## Quail Run women are invited to Lunch

April 13, Wednesday 12 noon  
Bistro Lemoncello Restorante  
290 West Main St. Northboro

Contacts: **Carol Suslowicz** 978-212-5141

**Barbara Picarello** 978-562-5358

We will get separate checks

May 11, Wednesday 12:30

Kennedys upstairs ( no elevator)

We will get separate checks. Contacts:

**Barbara Morgan** 978-568-1929

**Sherry Lupien** 978-562-5825

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



## Building and Grounds Committee

**Harold Edelstein** has assumed the role of Chairman of the Building and Grounds Committee. This Committee meets spring and fall to inspect the property. Committee members do a walkthrough of the property with a check list based on their assigned areas. The results are then compiled and submitted to the board. The results are something the Board depends on to determine if our property is being properly maintained, and as appropriate, open work orders for maintenance,

The will be meeting in April to outline what needs to be inspected and to assign folks respective areas for review.

All residents willing to take a walk are encouraged to join this committee. Contact **Harold** at 978-567-5909 or via email [harold.edelstein@gmail.com](mailto:harold.edelstein@gmail.com).

Thanks so much to everyone who chooses to be a member of in this very important committee.

**Patricia Ritter-Waltrup**,  
President of The Villages of  
Quail Run Board of Govern-  
ors




**Great Lengths**

**Hair & Nails**  
Specializing in all phases  
of hair & nail care for men  
and women

508-481-8086  
176 Maple Street, Marlborough

4/16

## Recipe Book

- 1 angel cake
- 1 large and 1 small pkg frozen strawberries (thaw and drain reserving 1/4 cup juice)



**Claire Kilcommins**

- Put 1 pkg plain gelatin in 1/4 cup juice in pan and boil and cool
- Place 1 large and 1 small cool whip in bowl
- Mix strawberry and gelatin mix together
- Stir into cool whip
- Slice angel cake into three layers
- Spread cool whip mix on all layers sides and top
- Garnish with fresh strawberries

From an old friend **Mildred White**



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

Send your recipes to **Claire Kilcommins**,  
978-562-3336 or [okck@verizon.net](mailto:okck@verizon.net)

**When you get a bladder infection, urine trouble!**

\*\*\*\*\*

**What does a clock do when it's hungry?  
Goes back four seconds!**

\*\*\*\*\*

**Broken pencils are pointless!**

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

Technology  
Corner

by Pete Recklett

Simple Security Settings  
Your IT Guy Wishes You  
Knew



Do you have an "IT guy" in your life? For many of you, it's likely to be a son or daughter, or a spouse, a friend or another acquaintance with computer experience. Speaking as one of these IT guys, it's never a bad thing to make their life easier. This article will suggest some simple settings you can turn on that will make your PCs, laptops, tablets and phones safer, and make less work for your "IT guy".

Supercharge your passwords

The first line of defense for your online accounts are strong passwords. Because creating complex passwords is time consuming and annoying, most of our passwords are easy to make and remember ... and easy for someone else to guess. In the July-August, 2014 and Sept-Oct, 2014 issues of this publication, Carole Perla and I suggested some simple methods for creating strong passwords.

You might also consider installing one of the password manager programs mentioned in Carole's article to help you create strong passwords and then securely store them. You then just have to remember one password. Unfortunately, events beyond our control, could expose our passwords to hackers and scam artists. Every week the news media reports data breaches at retailers, banks, hospitals, insurers and even federal agencies like the IRS and Defense Department. These breaches are happening regularly and your username and password for any account may get exposed.

Fortunately, there's another way to secure access to your accounts. It's called two-factor authentication. It requires that you have two forms of ID to sign onto your account. The first form of ID is your password. The second is usually a one-time code sent to your cell-phone. Even if a hacker has your password, they probably won't also have your phone. Many major companies now offer two-factor authentication for their online accounts, and it takes just minutes to set up.

Block malicious apps on your Android phone  
Malicious apps aren't a big problem for Apple users because they are limited to their app store. Microsoft owners can lower their risk by only installing apps from the major app stores: Amazon, Apple iTunes and Mi-

crosoft's Windows Store.

Although Google has its own app store, Android gadgets allow users to visit third party app stores and install apps from virtually anywhere. Third-party app stores often host malicious apps, usually disguised as the popular real apps. These apps can infect Android devices with viruses that can steal users' information like contact lists which are then used to spam friends and infect their gadgets. All it takes is a few taps on your Android phone and you could be giving hackers full access to your information, including text messages and banking information.

Fortunately, there is a single setting that can almost eliminate this threat. On your Android gadget, go to Settings>>Security and uncheck "Unknown Sources." This blocks Android from installing apps from anywhere but the Google Play store. You should also check the "Verify Apps" option if you have it. While you might still run into an occasional malicious app, you won't inadvertently install it.

Google released an update in March which addressed 16 security vulnerabilities. As this article goes to print, this security update has not yet been rolled out to all Android devices. To see if your device has been updated, go to Settings>>About Phone and scroll down to Android Security Patch Level. If you see March 1 2016, your device is current. If you see an earlier date, check regularly to ensure that the update eventually reaches your device. If you want to be more proactive, go to Settings>>About Phone>>System Updates and tap CHECK FOR UPDATE.

For all Apple, Android or Windows devices, don't assume that because an app is in an official app store it's completely safe. Check reviews and visit the app's official website to confirm that it's trustworthy and not a fake copy. Even legitimate apps can filch information from your phone that you might not want to share. Carefully check the app's permissions before you install it. Think twice about installing an app that wants extensive control over your gadget, especially if it really doesn't need it. Does it make sense for the particular app to learn your GPS location or to have access to your gadget's camera? Read each app's privacy policy. Find out what information it collects and what it does with that information.

3. Keep snoops off your network

Your Wi-Fi network is a great way to get your all gadgets online, but it can also open your home up to passing hackers and snooping neighbors. That's why you need (Continued on page 9)



**Technology Corner** (Continued from page 8)

to protect your network with the latest encryption and a (Verizon, Xfinity, etc.), go to the manufacturer’s website for information on how to secure your router.

**4. Spot Malicious Files In Windows**

A favorite trick of hackers is to hide malicious viruses as harmless files. An easy way to do this is to misname a program file as a music, video or image file. This is easy to do because Windows hides file extensions by default.

Turning on file extensions lets you quickly spot executable program files with extensions like .exe before you click them. In Windows 8 and 10, open any folder and click the "View" tab at the top of the screen. Check the "File name extensions" box and you'll immediately start seeing the extensions on every file. In Windows 7, open any folder and click "Organize" in the upper left corner of the screen. Go to "Folder and Search Options" and then click the View Tab. Uncheck the box that says "Hide extensions for known file types." Then click "OK". Now you'll see the full extension for every file.

**5. Close security holes in programs**

No matter how careful software programmers are, programs are always going to have flaws in them. They're just too complex to catch everything. Hackers spend a lot of time looking for these flaws and using them to break into your computer. Security researchers keep tabs on the flaws hackers find as well as work on finding the flaws on their own. Then, they let the programmers know so they can release fixes. That's why keeping your operating system and programs up to date is so important. Otherwise, hackers have a free pass into your personal files.

Many programs do automatic updates. This feature is usually turned on by default, but it never hurts to check. Make sure automatic updates are turned on for your operating system and your internet browser. Installing free versions of programs like Kaspersky’s Software Updater or Secunia Personal Software Inspector can make this job easier.

**6. Instantly block most online threats**

This is one of the most useful setting changes that you can know about. As I pointed out in a previous article (“Rules to Keep you safe on line” Quail Runner July-August 2014), Administrators shouldn’t be searching the internet.

You may need to change your current Windows user account type from “Administrator” to “Standard”. This could be as simple as changing a setting or two, or creating a new user account. Making this one change can instantly eliminate 80% of the threats to your computer, so it's well worth doing.

**March Board of Governors (BOG) News**

It’s spring - yeah! Hope residents that attended the insurance meeting with our HUB International representative found the meeting helpful. Copies of all master insurance documents have been added to the Quail Run web site.

There is an issue with the catch basin at the Autumn Drive entrance. ARR Max has been out to check it and put up cones. The catch basin will be repaired imminently as it is ready to cave in. The Board has been told by ARR Max that this issue occurred because the catch basin was installed with a three-sided flange as opposed to a four-sided flange.

The photo cells that control the mailbox lamp lights have been raised. They are located on the back of the electric panels. Now that the photo cells are exposed to daylight, the lights are no longer on all day.

During the winter many unit owners/residents reported issues with leaking gutters in front of the porches and/or kitchen windows. All front gutters will be checked and resealed as needed this spring.

The decks are to be re-stained this year. At that time all rotted wood will be replaced including rotted ball caps. Due to the mild weather, Dave’s Landscaping has been on site repairing lawn damage, edging flower beds and has removed the salt/sand barrels. They will shortly be performing the rest of the spring cleanup.

Dave’s Landscaping will fix the hillside between 11 Autumn and 3 Strawberry. They will install loam in the worst areas, aerate and slice seed the hill. They will also replace the one dead arborvitae and deep fertilize all arborvitae.

Some unit owners/residents are still not returning their trash and recycle bins to their garage the day of trash collection. It has also been reported that some unit owners are still parking vehicles in satellite parking for more than three consecutive days without moving them. Per the Revised Rules and Regulations, both of these situations are unacceptable. Please adhere to the rules and regulations except in cases of emergency.

Let’s hope El Nino doesn’t give us an extremely hot spring season.



### Welcome New Residents



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

### Social Committee Plan Ahead Schedule

#### Annual Pancake Breakfast

**Saturday, May 14<sup>th</sup>**

9:30-11:00 at the Clubhouse

\$5.00 (pay at the door)

Contact person: Marlynn Stott

978-567-5912/mandpstott@comcast.net



**June 17, Friday -  
Strawberry Social**



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

### Wanted — Co-Editor For the Quail Runner

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. Four proof-readers help to keep the newsletter in shape including punctuation and errors that *Spell Check* misses. Newsletter software is available from the Editor, or use your own favorite. Contact MJ Ebens, 978-562-7880.

RMJEbens@Verizon.net to talk about this.



**James J. Morais, GRI-CRS**  
Realtor

**Village Real Estate, Inc.**  
56 Main Street  
Hudson, Massachusetts 01749

Office 978. 568. 8746  
Facsimile 978. 568. 8748



### QUAIL RUN REAL ESTATE

by **Hugo Guidotti**

My Real Estate Column for this month will be primarily my status as a realtor here at Quail Run. As you know I have had a bit of a health challenge recently that forced me to consider not being a fully active realtor as I have in the past.



Since I have dealt with so many Quail Runners I felt I needed to provide a realtor contact for other Quail Runners who may have a need for help with their real estate situations. I spoke with a longtime realtor friend of mine who is very willing to help out my Quail Run friends who may need some real estate assistance. When I contacted **Jim Morals** owner of **Village Real Estate** yesterday, he was very willing to become the "go to guy" for real estate at Quail Run. **Jim's** office is located on Main St. next to Murphy Insurance. **Jim** is the longest practicing Realtor in town and for whom I have the highest regard and respect as a Realtor and longtime friend. He is a bonafide Townie and we were even on the same high school baseball team. You will be served as well by **Jim** as by me. See his business card next to this column.

Some QR news, we recently sold **Helen Marckini's** home at 12C Strawberry Lane and will be closing on the unit in a few days. Not much is available at QR at this time but the spring market is upon us and prices are rising.

If you need to sell there's no better time than testing the market right now. Contact me at 978-857-9712 or call **Jim** at 978-568-8746

**Hugo**