



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run

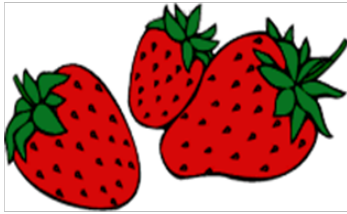


May - June 2018

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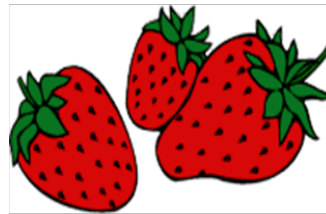
Hudson, Massachusetts

## UPCOMING EVENTS



### Strawberry Social

**Date:** FRIDAY, June 15th  
**Where:** The Community Center  
**Time:** 7:00 PM  
**Cost:** \$2.00 per person



A sign-up sheet is posted at the Community Center or you can call **Marlie Stott** at 978-567-5912. Please mark your calendar, this event is on a **FRIDAY** night.

### Ice Cream Social

**Date:** SATURDAY, August 18th  
**Where:** The Community Center  
**Time:** 7:00 PM  
**Cost:** \$2.00 per person

ICE CREAM  
Meet & Mingle  
SOCIAL!



A sign-up sheet will be posted in the Community Center in mid-July or you can call **Barbara Langley**, 978-212-5006.

**National Gardening week - 1st Week of June**  
**The flower for the month of June - the Rose**



*Here Comes  
Summer!*

**Board of  
Governors (BOG)  
News  
Page 8, 9**

### **Contents**

- Astrology - 5
- Birthdays - 5
- Book Club - 6
- BOG - 1, 2, 8, 9
- Communications - 2
- Condo Care - 3
- Curtain Call - 4
- Donations-Fresh Start - 8
- Editor's Desk - 2
- Facebook - 2, 10, 11
- Free Fun Fridays - 12
- Healthy Living - 3
- Hudson Food Pantry - 4
- Intel - 7
- Interesting Places - 6
- Juliets - 7
- Library News - 7
- Local Events - 7
- New Residents - 6
- Poker Players - 6
- QR Bowlers - 7
- QR Help Wanted - 2
- Quail Runner Staff - 2
- Romeo's - 3
- Stitch & Knit - 4
- Social Commit. - 1, 7
- Technology Corner - 10,11
- Transitions - 4
- Vacation Delivery - 2

## The Quail Runner Staff

**Editor:** Kareen Shaw  
**Assistant Editor:** Barbara Langley  
**Assistant Distribution Manager:** Joyce Blank  
**Advertising Manager:** Barbara Morgan  
**Proof Readers:** Pat Ritter-Waltrup, Jan Painter,  
 Barbara Langley, Bev Minot

### Circle Reporters:

1/3 Autumn Shirley O'Connell  
 2/4/9 Autumn MJ Ebens  
 5/7 Autumn Claire Kilcommins  
 6/11 Autumn Jane Pugsley  
 1/3 Strawberry Sally Mauro  
 2/4 Strawberry Barbara Champine  
 5 Strawberry Lee Rouse  
 6/8 Strawberry Clare Moschella  
 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 Beyloune**  
**Healthy Living - Peggy Rittenhouse**

**Communications Chair:** MJ Ebens  
**Quail Run Email Communications:** "Ted" Baker  
**Telephone Directory:** Pete Recklet  
**Email List:** Carole Perla

**Website:** [www.QuailRunHudson.com](http://www.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

Kareen Shaw, editor



Happy Summer Everyone!

**Quail Runner Help Wanted** in two areas to support our *Quail Runner Newsletter*. We are looking for an additional writing contributor for our "Technology Corner" articles. If you have expertise in computer technology, especially in Apple products, iPhone and Google Android, and would like to write articles for the newsletter, we would love to have you join the team. We have many users in the Community that use these products and we would like to have a person that has expertise in these areas so that we are able to address the needs of all our residents. If you are interested and would like more information, please contact **Carole Perla**, 978-568-9979 or **Peter Recklet**, 978-562-2721 to discuss.

The second area of support is for an Advertising Manager. After many years in this position, **Barbara Morgan** would like to "retire". *Thank you so much Barbara for your dedication in support of the Quail Runner Newsletter!!*

A brief description of this position is as follows:

- assist the editor in finding new advertisers
  - initiate first year advertiser contracts, and track dates for yearly renewal contracts as appropriate (currently we have 6 advertisers)
  - send reminders to notify our current advertisers (via email/mail) of when their yearly payment is due
  - record payments received
  - submit payments to the Dartmouth Group
- Please contact **Kareen Shaw** at 978-562-2340 if you are interested in taking on this position.

### Facebook concerns been on your mind lately?

On page 10 of the *Quail Runner Newsletter*, there is an informative article submitted by **Peter Recklet** regarding *deactivating or deleting* a Facebook account.

## Our Board of Governors

**Les Malecki** [lmalecki@comcast.net](mailto:lmalecki@comcast.net) 978-212-5697

**Mike McCormack** [Mocrown@verizon.net](mailto:Mocrown@verizon.net)  
 978-562-1266

**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

Also appears on page 2 in the *Quail Run Directory*.

## HEALTHY LIVING

by Peggy Rittenhouse

### Foods that Fight Arthritis



I was in the orthopedic doctor's office last week when I picked up the magazine entitled *Arthritis Today* (May/June 2018) to read while I was waiting. I read the article "Foods that Fight Arthritis" which outlined some of the issues I was dealing with.

Some people with arthritis get more swelling, stiffness and aches and pains when they eat too much of certain foods. Some foods trigger more inflammation so it is best to eat a diet that is based on anti-inflammatory foods. Each of us has a unique collection of bacteria and other organisms in our digestive tract, collectively called the gut-microbiome, which relays chemical signals that regulate our metabolism and immune system. Some bacteria release pro-inflammatory cells (called cytokines) that crank up immune system reactions and inflammation. Other bacteria send out anti-inflammatory cytokines that turn down inflammation and calm the immune system. What we eat determines the balance of these bacteria. "To reduce inflammation, we need to encourage the growth of beneficial bacteria by giving them what they like to eat, while reducing intake of foods that feed and grow problematic bacteria," according to Heidi Turner, medical nutrition therapist at the Seattle Arthritis Clinic.

In the gut, more problematic bacteria feed on sugar, refined foods and trans fats, while more beneficial bacteria like fiber, fruits and vegetables. Eating patterns like Mediterranean and vegan diets and nutrition plans that focus on increasing anti-inflammatory ones all start with tossing out processed sugary, chemical-laden products and replacing them with whole foods. Universal culprits for inflammation are foods made with refined sugars and flours, such as cookies, pastries and cakes, breads and pastas, that are not whole-grain, and white rice. Sugary foods and sodas had the worst impact on arthritis symptoms in a survey of people with rheumatoid arthritis. Plants and fish are the backbones of an anti-inflammatory diet. Fruits and vegetables and whole grains have anti-inflammatory fiber and antioxidants that can decrease cell damage and inflammation, also dark berries.

It is also important to stay hydrated with water. This is all information that is worth knowing, especially if you are having a problem with arthritis.

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## ROMEO's

### Retired Old Men Eating Out

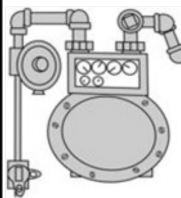
**Pete Recklet** is checking out the options for the next lunch. He will send an email with the details.



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.

# Condo Care

**Reminder:** Please check the date on your outside Gas Meter. Eversouce Gas recommends that the meter be replaced *every seven years*. There is no cost to the homeowner. If your meter is out of date, please contact Eversource Gas at 800-592-2000 to schedule an appointment for a replacement meter. You must be home when the work is performed as they need to check the furnace, water heater, and gas fire place when they are finished with the new install.



Looking for **Condo Care** articles for upcoming *Quail Run Newsletters*. If you have any tips you would like to share with other residents, please submit them, via email, to **Kareen Shaw**, at [kareenshaw@comcast.net](mailto:kareenshaw@comcast.net).

June  
14th



**CURTAIN CALL**

If you are interested in attending future performances and would like to receive further details, please contact **Lorraine Cochran**, 978-568-0165, to be added to the Curtain Call Theater group mailing list.



Residential \* Commercial \* Auto



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June 17th



**Hudson Food Pantry**

Thanks to all the people who continually donate to the Hudson Food Pantry. Most of our donations come from people who usually attend the Quail Run Social events.

Just to let everyone else know, there is a blue donation bin just inside the front door of our Community Center. Anyone in Quail Run can drop off a donation for the Food Pantry at any time.

There is a key to the front door of the Community Center in a "key keeper pad" on the outside post by the front door. If you use this key to open the front door, please make sure that you relock the front door after you drop off your donation and return the key to the "key keeper pad". If you have any questions, please call **Carol Suslowicz**, 978-212-5141.

Thank You - the Social Committee



**Transitions**

**Robert Tessier**, of 11F Autumn Drive, passed away on May 23rd. He will be missed by many family members and his neighbors at Quail Run.

**Cletus Terwiske**, of 6C Autumn Drive, passed away on April 26th. He is survived by his three children, two sisters and many grandchildren and great grandchildren. He was Past Commander of the Hudson VFW and Sudbury American Legion.

**Stitch & Knit**

**Wanted - new or rusty knitters!**

The Stitch & Knit group meets at the Community Center on the 4th Tuesday of the month from 2:00-4:00. Come join us. We have people ready and willing to help with your project.

Contact **Marie Kapsalis**, 978-568-0713 for additional information.



**FUNNY.....**

My wife and I had words, but I didn't get to use mine.

Frustration is trying to find your glasses without your glasses.

Blessed are those who can give without remembering and take without forgetting.

The irony of life is that, by the time you're old enough to know your way around, you're not going anywhere.

God made man before woman so as to give him time to think of an answer for her first question.

I was always taught to respect my elders, but it keeps getting harder to find one.

The trouble when I was living alone, is that it was always my turn to do the dishes. The trouble now that I am living with my wife, is that it is still always my turn to do the dishes.

- Submitted by **George Shaw**



**Astrology - What's Up**  
 by Beverly Beylounne  
**CANCER June 21 - July 22**

Looking back over the years with Uranus in your tenth house of reputation and achievement, you will see that life, at times, was difficult. You've had so many changes and challenges that your head must be spinning. But this year as Uranus enters your eleventh house you will see your social life take flight. Uranus will enter your house of friends, fun, new contacts and acquaintances, and events that will get you out of your home or office much more often. You will enjoy this planetary influence to the fullest. If you've been considering the idea of joining a professional organization or country club, it might be a good idea. And if you are interested in running for some type of political office, you might start collecting signatures. From now until the Fall, don't mix money with friendship – don't borrow money from friends. Also do not loan money to friends, assuming eventually you will get repaid, because that is unlikely. If you are attached, plan to have quite a few glamorous weekends with your one-and-only during this year. Having fun together is important in life and it will be the glue that keeps you together.

**LEO July 23 - August 22**

Uranus is the planet of surprise, but also spontaneity, so expect topics during this year to come up suddenly and unexpectedly. Uranus is individualistic, idiosyncratic, independent, disruptive, and surprising, and his main method of sending messages is to strike like lightning, without warning. Uranus rules all things innovative and newly invented – high tech and in the sciences – it also rules all things not fully understood, like black holes, warm holes, and, yes, astrology too. Uranus will sweep out anything that this planet deems of no further value and help you pave the way to a new life. Uranus will make you into a new person... with maybe a total new look (clothes/hair) or new friends. A lot of exciting changes. But one caution, don't launch anything important in late June, July, and August, and I will add early September here, too. Don't schedule a charity benefit, launch a new service, don't open the doors of a new business...wait till the Fall to start anything important. This year, your living situation – or the likely support you get from your family (or both) – will be one of the most glittering and lucky parts of 2018 for you. You have lots of aspects working together to make your dreams come true!

**Quail Run Birthdays**

**June**

- David Bernhardt - 2
- Rosemary Hanlon - 2
- Dan O'Keefe - 3
- Bernie Strauss - 3
- Ray Samra - 4
- Harold "Ted" Baker - 5
- George Shaw - 5
- Susan Bohall - 7
- Bonnie DeRusha - 7
- Mary Lewis - 7
- Marlynn Stott - 8
- Lee Rouse - 8
- James Donato - 9
- Bev Minot - 12
- Sherry Lupien - 24
- Lela Willoughby - 23
- Bill Dome - 24
- Carole Mahoney - 25
- Tom Haley - 27
- Dottie Baxter - 29



To include a birthday, contact your reporter or the editor



**July**

- John Smith - 1
- Jim Bucceri - 4
- Barbara Edelstein - 8
- Ginny Fullam - 12
- Phyllis Novick - 12
- Dot Haley - 25
- Ruth Carwile - 26
- Ginnie Samra - 27
- Ruth Durand - 29

### "Seenager" (Senior Teenager)

I have everything that I wanted as a teenager, only 60+ years later.

I don't have to go to school or work. I can sleep as long as I want in the morning, stay up at night as long as I want, and take a nap whenever I feel like it.

I get an allowance every month.

I have my own iPad, computer, golf clubs and bicycle and I don't have to share them with anyone.

I don't have a curfew, but I try to make it home before dark.

I have a driver's license and my own car.

I have an ID that gets me into bars and the wine store. I like the wine store the best.

I know that people think that the brains of older people work slower, but I know that the reason for this is because I have so much information stored up there it takes time to sort it all out! Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also older people often go to another room to get something and wonder what they went for. It is NOT a memory problem; it is nature's way of making older people do more exercise. SO THERE!!

- Submitted by **George Shaw**

### New Resident

Edward and Frances Houser have moved to 2F Rotherham Way. They can be contacted by email at fhouser3@yahoo.com.

Please let **Barbara Langley**, 978-212-5006 know if someone new moves in.



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

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



Email [village-re@verizon.net](mailto:village-re@verizon.net)

### Just plain neat information, did you know.....

An old law in Bellingham, Washington, made it illegal for a woman to take more than three steps backwards while dancing!

The glue on Israeli postage is certified kosher.

The Guinness Book of Records holds the record for being the book most often stolen from public libraries.

-Submitted by **Kevin Fitzgerald**



### Book Club



Meetings are at the Community Center, from 7:00-9:00 PM, generally the last Wednesday of each month.

**June** - The Book that Matters Most by **Ann Hood**

**July** - The Nightingale by **Kristin Hannah**

Starting in August, there will no longer be a book list available for the Book Club. Future book selections will be done at the monthly meetings.

For more information, contact **Carole Perla**, 978-568-9979.

### POKER PLAYERS WANTED



First and third Monday of each month, 4:00-6:00 PM, at the Community Center. Contact **Lenny Suslowicz** at 978-212-5141

**Tell our advertisers you saw their ad in the Quail Runner Newsletter**

### JULIETS NEWS

Quail Run women are invited to Lunch. **June 12th, Tuesday, 12:30**, at the **110 Grill**, Berlin, separate checks, choice of menu. Contacts: **Kareen Shaw**, 978-562-2340, **Sally Mauro**, 978-568-0821.



**July 17th, Tuesday, 12:30**, at **Casta Diva Restaurant**, 35 Solomon Pond Road, Northboro, (where Giuseppe's used to be), separate checks, limited lunch menu ~\$10-\$15. Contacts: **Barbara Langley**, 978-212-5006, **Jan Painter**, 987-568-0758.

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

### LOCAL EVENTS

Look at the websites for Events coming soon.

**Hudson High School's Drama Society Theatre Group** Website - [HSDramaSociety](http://HSDramaSociety)

**Symphony Pro Musica** Website - [SymphonyProMusica.org](http://SymphonyProMusica.org)

**Heritage Chorale Concert Season** Website - [heritagechorale.org](http://heritagechorale.org)

**Hudson Historical Society** Website - [Hudsonhistoricalsociety.org](http://Hudsonhistoricalsociety.org)



### Holiday Celebration

### Social Committee Plan Ahead Schedule

June 15 - Friday Night - Strawberry Social 7:00

June 18 - Ladies Coffee Hour 9:30

July 7 - Coffee Hour 9:30

August 18 - Ice Cream Social 7:00



### Great Lengths

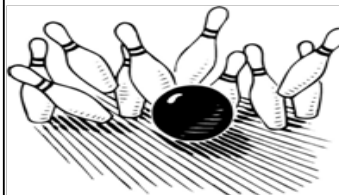
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### QUAIL RUN BOWLERS .. INTERESTED?

We meet every Thursday at 10:00 AM at the Drome Bowling in Acton. Couples and singles having fun!

Candlepins (small balls), \$12.50 for 3 strings, free shoes!



FUN BOWLING and NO EXPERIENCE NECESSARY. You WIN because you came. We make up different teams every week.

Car pooling possible. Sign up with **Carole Mahoney** at 508-746-8635 or with **Alison Towle** at 978-568-0806.

\*\*\*\*\*

### QUAIL RUN LIBRARY NEWS TRY, TRY, TRY AGAIN!!

Many people have 'RESET' the Library in the past. Now we are giving it our efforts. The books will be placed in three categories; Fiction, Non-Fiction and Mysteries.



We are providing a beautiful **BASKET FOR YOUR RETURNS**. Please use this basket when you return a book so our "Library Team" can return the books to their proper place. Any questions please call Alison Towle or Carole Mahoney.



- Submitted by **Alison Towle**

**Intel** Please contact **Rachael Hamer** directly if you have any questions/concerns throughout the **Intel** project at 978-553-2158 or at [Rachael.hamer@intel.com](mailto:Rachael.hamer@intel.com).



### May Board of Governors (BOG) News



Thanks to everyone that attended the Meet the Candidates Meeting and the Annual Meeting. We had a quorum of 56 plus percent. So, the Board remains the same and the roles remain the same.

Copies of the Annual Meeting presentation will be emailed to everyone with an email address.

As indicated in the prior *Quail Runner* article we had a major water leak at the pump house that destroyed/damaged everything. The water line to the number one pump had burst. Water was coming out of the roof. There was over two feet of water in the pump house. This occurred on February 3<sup>rd</sup>.

All appropriate vendors were contacted along with the Hudson Water Department. They all responded promptly.

- The pump house had to be dried out. All insulation had to be, and was, replaced.
- All electrical wires/cables had to be dried out and/or replaced.
- The pump control panel was destroyed and has been replaced.
- The number one pump was destroyed and has been replaced with a variable speed pump that should save us money over time.
- During this long repair process we were getting water from the number two pump which cycles up and down so we were experiencing periodic loss of water pressure.
- The number three pump was shut off until a gasket could be replaced. A new gasket was needed as it was leaking and has been installed. This repair is not part of the insurance claim.
- After we lost power last month we were running off the number four pump for a period of time. The loss of water pressure was noticed. The generator could not produce enough power to bring the number two pump up due to the damage to the generator control panel. Once discovered

the number two pump was quickly, manually turned back on. This occurred before the new control panel could be obtained. It has since been replaced.

- Also it was determined that the check valve on the number four pump needed to be replaced. This has been replaced, or is in the process of being replaced. This repair is not part of the insurance claim.
- The Town of Hudson Water Department and Electrical Inspector monitored the repair of the pump house closely as one item after another was addressed. Several electrical code violations were discovered by the Electrical Inspector and have been fixed.
- A Master Insurance claim was filed. The cost of the repairs to the pump house was \$32,524.89. After our \$10,000 deductible we will be reimbursed \$22,524.89.
- The heating/air conditioner unit was damaged. However, once dried out it works. If it fails, the replacement will be covered by the Master Insurance claim without another deductible.

We are sure you have noticed that all trees in front of 9 Autumn have been removed. The maple tree roots were growing on the lawn surface, interfering with the irrigation and gas lines, and growing against the foundations. The front lawns will be dug up to remove roots, repair irrigation lines, and repair gas lines. After all lawn area repairs are made the lawns will be sodded and reseeded.

Not all trees will be replaced. Some lawn areas are too small to properly support the root system of trees. The tree on the side of 3A Strawberry was removed and will not be replaced due to the slope of the ground. The stump will be removed. Sod and seed will be put down.

(continued on page 9)

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### May Board of Governors (BOG) News

(continued from page 8)



The tree pruning and removal process is finished for the most part. There are still areas at both entrances and a tree down on Reed Road that need to be cleaned up from the snow damage. There are also some trees around the pump house to be cut back and/or removed. A list of trees and arborvitae to be replaced has been put together. There are several corner unit grass areas that need to be enlarged by removing part of the flower bed planting areas. This is needed for proper grass mowing. There are a couple of shrubs that need to be removed due to the proximity of the wood trim. These items will be addressed.



All stack pipe boots have been replaced. The flashing on two skylights has been repaired. Additional shingles and rotted wood has been replaced. There is a list of more shingles that need to be replaced, one deck that needs repair, and replacement of rotted wood on the front bay window of 4B Autumn. These items will be addressed as quickly as possible.



The porch painting and rust stain painting projects are now complete. All mail kiosk posts have been painted. All new wood on decks has been stained, or will be

stained soon, and all new shingles have been stained. Once the additional shingles are replaced, the deck repaired, and rotted wood repaired they will be stained/painted.

Spring cleanup is complete. Mulch has been put down. The irrigation system is in the process of being brought up. There are multiple sprinkler heads that need repair. Grass areas with snow/salt damage will be addressed once the irrigation system is turned on.

ARR MAX has been on site to look at the catch basins in need of repair as well as other minor issues and the water issue on the driveway at 6/11 Autumn. We will follow-up.

Hope everyone has a wonderful rest of the spring, or as case may be, early summer.

- Board of Governors



### “Fresh Start” Furniture Bank, a Local Hudson Charity

When you wish to throw some household things away but they are still in good condition, and you don't know where to bring them, please call 508-485-2080, the FRESH START FURNITURE BANK at 34 Tower Street, Unit E, Hudson.

This charity is always looking for donations of furniture, housewares and linens. All they ask is that items be clean and in good working condition. They need lamps, pot and pans, towels, sheet sets, blankets, comforters, bed frames, kitchen tables and chairs, small TV stands, coffee and end tables, artwork and microwaves. They are low on dishware, baking items, matching glasses, silverware and small appliances. All donations are tax deductible, [www.FreshStartFurnitureBank.org](http://www.FreshStartFurnitureBank.org).

Drop donations off on Tuesdays and Thursdays from 10-12 and Saturdays 9-12 at 34 Tower Street, Hudson. They will pick up larger furniture items on Saturdays. Please leave them a message and they will return your call to see if your items qualify for a pick-up.

Call **Carol Suslowicz**, 6E Autumn Drive, 978-212-5141, if you have any questions.



The Quail Run Community collects for the **Hudson Food Pantry**. Items can be dropped off at the Community Center.

- Submitted by  
Peter Recklet



### **Cutting the Facebook Cord**

Periodically, a news story appears that directly or indirectly impacts almost every one. The story of what transpired between Facebook and Cambridge Analytica is one of these. Cambridge Analytica is being accused of having stolen Facebook users' data and then used that data to aid political campaigns. The very idea of Facebook being used to mine personal information has caused some people to rethink their usage of social media generally, and Facebook specifically. A trending #deletefacebook campaign is encouraging people to delete their Facebook accounts outright.

You do have some options. You can **delete** your account and never go back. Or you can **deactivate** your account. If you opt to deactivate, your account will become invisible to everyone. No one can friend or unfriend you, your wall and personal data will be invisible, and all activity pauses. But you can still switch it back on whenever you want, and you'll pick up exactly where you left off.

Deleting your account means permanently erasing everything you've ever put on Facebook. Your account will cease to exist. Facebook doesn't want you to leave and they won't make it easy or quick, but if that's your goal, then here's how to do it.

**Caution:** *Facebook is so intertwined with other social media that killing the account may lock a you out of other sites you previously accessed via Facebook.*

### **How do I DELETE my Facebook Account?**

#### **Step 1: Download your data**

Facebook allows you to download all your personal data. It's an easy process:

Go to Settings >>General Account Settings >> Download a copy of your Facebook data >> Start My Archive. If you ever decide to change your mind, Facebook will be more than happy to help you move this data to a new account.

#### **Step 2: Go to Facebook's deletion page.**

Navigate to [https://www.facebook.com/help/delete\\_account](https://www.facebook.com/help/delete_account) by typing it into the address bar in a web browser and pressing the *Enter Key*. If you are not automatically logged in, enter the **email address or phone number** and **password** for your account, then click **Log In**. It's a blue button in the middle of the page.

Next, you must ask Facebook to delete your account. Click on "Delete My Account."

#### **Step 3: Wait**

Deleting your Facebook account doesn't happen immediately. Your friends won't be able to see your page and your feed will stop interacting with others, your account will still be there, in the event you decide to come back.

The whole process of deleting your account will take up to 90 days. If you attempt to log in, the deletion process will stop immediately, and you'll have to start over. After those three months, Facebook will have removed all your information: Every status, picture, anniversary and relationship on your Facebook page will vanish from the internet, as if it never existed.

On the next page you will see some text boxes that show you **BLACK arrows**, this is where you click in the drop down menu if you want to **deactivate** Facebook rather than **deleting** Facebook.

### Step 4: Cleaning up afterward

Just because your account is closed doesn't mean that traces of your activity won't linger. Your messages will remain in other people's inboxes. Photos that were copied from your albums may appear in other people's feeds. There's nothing you can do about these remaining bits and pieces, except to ask people nicely to remove them or just pray they weren't embarrassing. If you do ask friends to remove these messages and photos, they should be able to do it easily. This is also how you will discover who your real friends are.

If you are feeling unsure about Facebook right now but aren't sure you want to delete it, permanently removing it from your life, deactivating your account may be the better choice.

### How do I DEACTIVATE my Facebook Account?



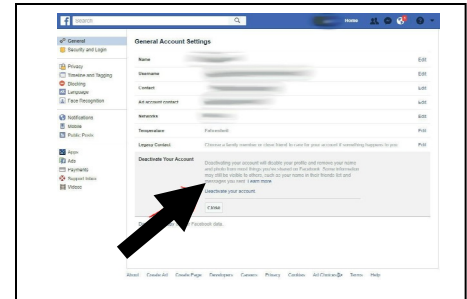
1. Log into your Facebook account. In the upper right-hand corner of the home screen is a downward facing triangle. (Note: Screen graphic examples are fuzzy, look where the **BLACK** arrows are in the examples, this is the area you need to click on, in your own Facebook account screen).

2. Click on the triangle to open a drop-down menu with a few different options. Click on "Settings" found on the bottom of the list to open a new menu with more choices.

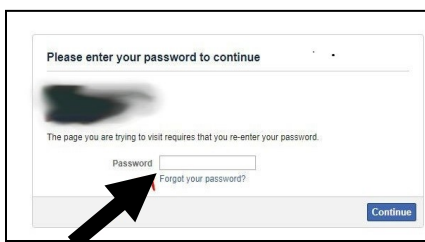


3. At the bottom of the list is an option to "Deactivate Your Account." Hover over that option and click.

4. That click will expand the box, making room for text explaining what deactivating your account will and will not do. If you still want to go through with deactivation, click on the blue text that says, "Deactivate your account."



5. From there, Facebook will ask you to enter your password. They want to make sure you are the only person who can deactivate your account.



6. Once you've entered your password, **you will have one more chance to change your mind.**

Facebook will try and lay a guilt trip on you, picking a random group of people saying they will miss you when you go. If you can resist that, Facebook then asks for your reasons for leaving. The easiest response is to click on "Other" before typing "need a break" in the space provided.

Your Facebook has now been deactivated. You can return to it later, but for now, your profile will no longer exist. You may also want to opt out of receiving future emails from Facebook.

After all, they will do whatever they can to get you back.

**FREE FUN FRIDAYS**

Since 2009 *Free Fun Fridays* has drawn more than 900,000 visitors to venues throughout the Commonwealth . The program has grown to include participating venues in every corner of the state, helping them to open their doors for free to the community. This list is June through July. The August schedule will appear in the next issue.

SCHEDULE

JUNE 29

Lyric Stage Company of Boston---Boston  
 MIT Museum---Cambridge  
 Berkshire Theatre Group---Stockbridge  
 Nantucket Whaling Museum---Nantucket  
 The Mount Edith Wharton’s Home---Lenox  
 Concord Museum---Concord  
 Worcester Art Museum---Worcester  
 Clark Art Institute---Williamstown  
 Children’s Museum in Easton---Easton  
 Edward Gory House---Yarmouth Port

JULY 6

Boston Children’s Museum---Boston  
 Peabody Museum---Salem  
 Cape Cod Maritime Museum---Hyannis  
 Battleship Cove---Fall River  
 Amelia Park Children’s Museum---Westfield  
 Gore Place---Waltham  
 Falmouth Museums on the Green---Falmouth  
 Hancock Shaker Village---Pittsfield  
 Pilgrim Hall Museum---Plymouth  
 New England Quilt Museum---Lowell

JULY 13

Edward M. Kennedy Institute---Boston  
 Charles River Watershed Association---Weston  
 Larz Anderson Auto Museum---Brookline  
 Chesterwood---Stockbridge  
 The Telephone Museum---Waltham  
 Verfort Hall Mansion and Gilded Age Museum---Lenox  
 The Sports Museum---Boston  
 Children’s Museum of Holyoke---Holyoke  
 International Volleyball Hall of Fame---Holyoke  
 Mahaiwe Performing Arts Center---Great Barrington

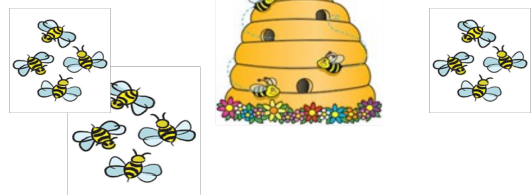
JULY 20

Museum of Fine Arts---Boston  
 Gloucester Stage Company---Gloucester  
 The Garden at Elm Bank (Mass Hort.)---Wellesley  
 Chatham Shark Center---Chatham  
 New Bedford Whaling Museum---New Bedford  
 Nantucket Maria Mitchell Association---Nantucket  
 Spellman Museum of Stamps and Postal History---Weston  
 Springfield Museums---Springfield  
 The Discovery Museum---Acton  
 The Hall at Patriot Place---Foxborough

JULY 27

Isabella Stewart Gardner Museum---Boston  
 Boston Symphony Orchestra at Tanglewood---Lenox  
 Commonwealth Shakespeare---Boston  
 JFK Hyannis Museum---Hyannis  
 Fitchburg Art Museum---Fitchburg  
 Old Colony History Museum---Taunton  
 Boston Athenaeum---Boston  
 Sandwich Glass Museum---Sandwich  
 Arnold Arboretum---Boston  
 Museum of Russian Icons---Clinton

- Submitted by **Barbara Champine**



**The flowers for the month of July - the Larkspur and the Water Lily**

