



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



November - December 2018

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts



## UPCOMING EVENTS Annual Holiday Party

**Date:** Saturday, December 8th  
**Where:** The Community Center  
**Time:** 7:00 PM  
**Cost:** \$2.00 per person - BYOB



Appetizers and desserts will be provided by the Social Committee.  
If you wish to participate in the optional gift exchange, please bring a NEW wrapped \$10.00 gift. A signup sheet is posted in the Community Center or contact **Marlie Stott** at 978-567-5912.  
We will also be collecting for the Hudson Food Pantry that evening and for the month of December.

## Chili/Meatball Sub Night

**Date:** Saturday, February 16th  
**Where:** The Community Center  
**Time:** 6:00 PM  
**Cost:** \$5.00 per person



A signup sheet will be posted in the Community Center in mid January.



\*\*\*\*\*

**Keep the date - Polar Bear Dinner**, March 23rd.  
Details will be posted in the January-February Quail Runner.  
This is a PRE-PAID EVENT.

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## Happy Holidays



### \*\*\* Important Notice \*\*\*

If you smell gas coming from your or your neighbor's gas meter, call the **EVERSOURCE GAS COMPANY** immediately, 800-592-2000 or call 911. Don't wait or assume someone else will call and report the gas leak.



**ANNUAL BUDGET MEETING**  
**December 13**  
**7:00 PM**  
**at the**  
**Community Center**  
**See page 8,14**

**Board of**  
**Governors (BOG)**  
**Page 2, 8, 9, 14**

### The Quail Runner Staff

**Editor:** Kareen Shaw  
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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

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**Technology Corner -** Carole Perla & Pete Recklet  
**What’s Up -** Beverly Beylouné  
**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

### BE SAFE - BE SEEN



*We have a lot of people who enjoy walking or running in the Quail Run area. Please be safe when you do. There are some areas that have minimum lighting available.*

*You should bring your cell phone with you to call someone for assistance if, on your walk or run, you fall and can not get up or hurt yourself, or if you see someone else in need of emergency care, you can quickly call 911 for help.*

*Also you should carry a flashlight that has a large/strobe light circumference, a whistle and a hand-held personal alarm that clips around your wrist or hangs around your neck, to attract attention of other people in the area who could come to your aid if needed.*



*During the day and at night, wear light colored clothing. PLEASE always wear a reflective cross harness or reflective vest, especially at night! Local stores also carry a line of reflective gear (leashes, collars, “doggy jackets”) for your pet.*



*The items listed above, as well as other personal safety items, can be purchased at Walmart, Target or Cabela’s at minimal cost. These items could allow you to receive immediate help, protect you and your pet from harm and keep you safe.*

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

### 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  
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**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

## A quick and easy switch to improve your diet



Looking for a quick way to improve your diet? Try swapping some of your regular servings of red meat with legumes. Legumes are edible seeds or pods such as black beans, chickpeas, peas, lentils and even peanuts. They make a good exchange for red meat because they contain many of the same nutrients, but fewer of the drawbacks. Too much red meat in the diet has been linked to numerous harmful health effects, this according to Dr. Meir Stampfer, a professor of nutrition at the Harvard School of Public Health. According to Dr. Stampfer in the Harvard Women's Health Watch, December 2018, "replacing red meat with legumes can reduce the risk of diabetes and cardiovascular disease and even certain forms of cancer". Legumes are a good source of plant protein - half a cup of cooked beans provides between 6 and 9 grams - and they're packed with other nutrients, such as folate, calcium, potassium, zinc, B vitamins, and antioxidants. They also contain lots of fiber which can help to avoid constipation and may reduce the risk of cardiovascular disease. If you didn't grow up eating beans, you may not know where to start when it comes to adding them to your diet. They can be easily added to many dishes you probably already eat like soups and pasta or blended into a creamy hummus dip. Switching to legumes from red meat may also have the added benefit of saving you money, because they tend to be low in cost. Legumes also are good for the environment - easy on land and water use, and pollution. Don't try to add too many legumes at once, add them gradually, over time, so your body can get used to the change.

### A THANK YOU from Kareen Shaw



I would like to extend a huge THANK YOU to the Quail Runner Staff and to all Quail Run residents who submitted articles, trivia, important information, and interesting activities that are

available to us within our local community during this past year.

The success of the Quail Runner Newsletter is due to the many advertisers, contributors and the wonderful residents who call Quail Run home.

Come visit us at:  
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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.



### Facebook for the Senior Generation

The following is an experiment I conducted for those of you of my generation who do not comprehend or even care why Facebook exists.

I was trying to make friends outside of Facebook while applying the same principles.

Therefore, every day I met people and told them how I felt at the moment, what I had done the night before, what I want do later, and with whom.



I gave them pictures of my family, my car, my workshop, my lawn, fish I caught, what I had eaten for breakfast, what I wanted to eat for lunch, and doing what anybody and everybody does every day.

I also listened to their conversations, gave them the "thumbs up" and told them I liked them. And it worked just like Facebook!

I now have five people following me: Two police officers, a private investigator, my wife and a psychiatrist.

- Submitted by **George Shaw**



**CURTAIN CALL**

Meetings are held on the FIRST Tuesday of the month for those who would like to join me and help select the performances we will attend as a group.

Details about future performances will be sent to those on the Curtain Call Mailing list. Please contact me if you would like to be added to the list - **Lorraine Cochran**, (lorrainecochran@comcast.net), 978-568-0165.



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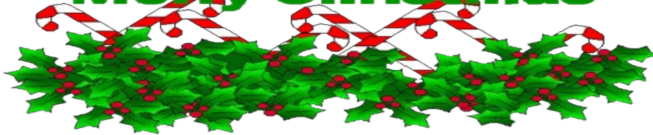
**Stitch & Knit**

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from 2-4 PM. Contact **Marie Kapsalis** at 978-568-0713 for more information.



*December 25th*

**Merry Christmas**



**Tradespeople Recommendations:**

- **Dryer vent and heating/cooling duct cleaning** - We called AIRTEK of Hudson, 978-567-1072. They responded to our call right away and were very professional while working in our home. We had cleaned our dryer vent two years ago, but they found a large ball of lint...glad they removed it before causing us any problems. - Submitted by the **Shaw Family**

- **Reliable House Cleaning** - Floors, rugs, including vacuuming, dusting, thorough cleaning of bathrooms, kitchens and countertops, and also changing bed sheets and emptying trash. Special services for cabinets, stoves and basements offered. \$90 dollars for two hours of standard cleaning. Quick service for small jobs. Contact Wanessa Campelo, 978-201-9958. She has been highly recommended by many families at Quail Run.

- Submitted by **MJ Ebens**

**For Sale:** Craftsman Radial Arm Saw, with extra blades, comes with a table stand, Best Offer. Contact **George Shaw**, 978-562-2340.

**Holiday Trivia**

1. What does Alvin want for Christmas in the "Chipmunk Song"? \_\_\_\_\_

2. How many points does a snowflake traditionally have? \_\_\_\_\_

3. Hanukkah is known as the Festival of \_\_\_\_\_

4. The song "White Christmas" was sung for the first time in what movie and what year? \_\_\_\_\_

5. Who was the first president to decorate the official Christmas tree in the White House? \_\_\_\_\_

6. What type of tree does the song "O Tannenbaum" reference? \_\_\_\_\_

7. How many gifts are mentioned in the "Twelve Days of Christmas"? \_\_\_\_\_

8. A game that is played by both children and adults during the Jewish holiday of Hanukkah, uses a four sided pointed spinning top, this item is called a \_\_\_\_\_.

9. What well known Christmas song became the first song ever broadcast from space in 1965? \_\_\_\_\_


10. What does a snowman eat for breakfast? \_\_\_\_\_



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(Answers on page 11)





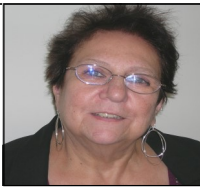
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**Astrology - What's Up**  
by Beverly Beylounne

**CAPRICORN December 22 - January 19**

This could wind up to be a year that would teach us all patience. Mars, the planet that helps bring ideas and business launches into the stratosphere, and creates much of the action in our life that has been retrograde (appears to go backwards) for awhile...making the year much harder for anyone to successfully launch services or to bring new ideas out in the open. As an aside, Mercury created havoc for shoppers during nearly all of December last year, just in time for the holidays. It was hard to find the right gift when Mercury is out of phase. Retrograde planets do have value: however, because they slow us down long enough for us to think about where we are going and what we want to achieve. Sometimes life is so busy, entire years go by without giving us a moment to think deeply about whether we are following the right path, or if we should turn off to a new direction. To finish the year and begin 2019 expect endless possibilities of surprises in many different ways, you will just have to wait and see what comes up. Have a Happy New Year!

**AQUARIUS January 20 - February 18**

You are lucky to have planets of action in Aquarius most of the year. This means you will find much of the Fall and Winter working for you... easily getting things around you precisely as you want them to be. Planets that are usually bringing energy to you have been running down their batteries. They desperately needed a rest so they went into a deep sleep to build themselves up again. Some new transits have now set the pace for your experiences in the months ahead. For the next few months any talks you have or opportunities that come up (depending on how you manage things) could possibly change your life for much of the year ahead - and possibly years ahead. By the end of this year transits will have you dealing with a matter involving your home or other property or with people connected with your home. You may be thinking about a previous event that needed to be addressed or you may see a contractor finish up a project, or you may move or receive furniture, as three of many possibilities. An exciting time. Happy New Year!

**Quail Run Birthdays**

**December**

- Rick Carwile- 4
- Barbara Carvalho- 6
- Richard Ebens- 6
- Barry Brown- 7
- Jan Painter- 10
- Susan Lalli- 14
- Theresa Bosio- 19
- Renee Kossuth- 21
- Diane Bemis- 21
- Libby Brown- 22
- Mike Bleecker- 23
- Jean Meola- 28
- Ken Spears- 29
- Marilyn Hoffman- 29



To include a birthday, contact your reporter or the editor

**January**

- Fred Hennessey - 2
- Barbara Langley- 10
- Barbara Kansky- 17
- Peggy Rittenhouse- 20
- Shirley O'Connell- 27
- Linda Palmer- 30
- Bob Bemis- 31
- Karen Hart- 31



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*The computer swallowed Grandma,  
 Yes, honestly, it's true!  
 She pressed 'control and enter'  
 And disappeared from view.  
 It devoured her completely,  
 The thought just makes me squirm.  
 She must have caught a virus  
 Or been eaten by a worm.  
 I've searched through the recycle bin  
 And files of every kind;  
 I've even used the Internet,  
 But nothing did I find.  
 In desperation, I asked Mr. Google  
 My searches to refine.  
 The reply from him was negative,  
 Not a thing was found 'online.'  
 So, if inside your 'Inbox',  
 Grandma you should see,  
 Please Copy, Scan and Paste  
 her,  
 And send her back to me ..*



-Submitted by George Shaw

**New Resident Information**

**James and Barbara Carvalho**, 3D Autumn Drive, downsizing to Quail Run, after living in Bolton for many years. They can be reached at 978-807-4142 or at jbcarvalho@verizon.net.

**Brenda Ferri**, 6C Autumn Drive. She can be reached at 508-497-2478, or 508-395-7176, or email at brenda.ferri@verizon.net. Brenda's sister-in-law is also a recent new resident - Ellen Ferri, of 5A Strawberry Lane.

Please contact **Barbara Langley** at 978-212-5006 if someone new moves to Quail Run.



V.R.E

James J. Morais, GRI-CRS  
Realtor Emeritus

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**Challenging Questions**

1. What is as big as you are and yet does not weigh anything?
2. It is an insect, and the first part of it's name is the name of another insect?
3. You can hold it without using your hands or arms. What is it?
4. What ends everything always?
5. Paul's height is six feet, he's an assistant at a butcher shop, and wears size 9 shoes. What does he weigh?
6. I can run but I can't walk, I have a mouth but I can't talk, a head but I can't think, a bed but I can't sleep Who am I?
7. A cowboy rode into town on Friday, stayed three days and rode out again on Friday. How did he do that?
8. When you have me, you feel like sharing me. But, if you do share me, you don't have me. What am I?
9. Complete this sequence of letters: o, t, t, f, f, s, s, -, - , -
10. From the beginning of eternity. To the end of time and space. To the beginning of every end. And the end of every place. What am I?

- Submitted by **Kevin Fitzgerald**

(Answers on page 7)

**Book Club**

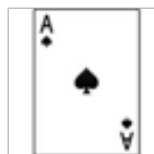
Meetings are at the Community Center, from 7:00-9:00 PM, generally the last Wednesday of each month.



Book selections will be done at the monthly meetings. If you would like to join the Book Club, or have any questions, please contact **Carole Perla** at 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**



**December 5th, Wednesday, 12:30, at Carbone's Restaurant, Route 85, Hopkinton. One price -\$11.95. Menu is at the Community Center. Contacts: Alice Gagne, 508-653-0381 and Theresa Bosio, 978-568-1416.**

**January 16th, Wednesday, 12:30, at Welly's Restaurant, Main Street, Marlboro, separate checks, choice of menu. Contacts: Rosemary Fitzgerald, 978-562-3239 and Ginny Bosio, 978-568-0301.**

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

*The Social Committee*

On behalf of the social committee I would like to take this opportunity to thank everyone for their donations to our TOYS FOR TOTS collection and our Hudson Food Pantry donations this past year

**Lenny Suslowicz and Ken Ward** very kindly agreed to deliver the toys to the police department for us. Lenny also has been delivering all our Hudson Food Pantry donations directly to the Food Pantry. Thanks to both of you.

Again, on behalf of the Social Committee, I would like to thank all the men and women in the community who have helped us set up, and then put away all the tables and chairs after our many events. We very much appreciate everyone's help. It makes the job of hosting our events so much easier for us.



- **Marlie Stott**

**Social Committee Plan Ahead Schedule**

January 5 - Monthly Coffee Hour 9:30

January 21 - Ladies Coffee Hour 9:30

February 2 - Monthly Coffee Hour 9:30

February 16 - Chili/Meatball Sub Night 6:00

February 18- Ladies Coffee Hour 9:30

March 23 - Polar Bear Dinner



**Great Lengths**

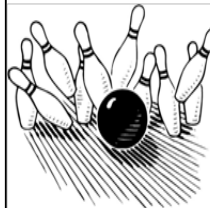
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**QUAIL RUN BOWLERS -**

We continue to have FUN! We set up the teams every week and have 25 people who have joined.

We meet every Thursday, 10:00 to 12:00 at the Drome Bowling, 267 Main St. Acton, where they have Candelpins (small balls).



Couples and singles, \$12.50 per person cash, FREE SHOES. We bowl 3 strings. Carpooling is available.

To sign up call **Carole Mahoney, 508-746-8635** or **Alison Towle** at 978-568- 0806.

**QUAIL RUN LIBRARY NEWS -**

New books are coming in all the time. We have Mysteries, Non Fiction and Fiction organized to be "USER FRIENDLY".

Thank you for keeping our library organized by using our two baskets.... one for donated books and one for returns. Any questions or suggestions, please contact Carole Mahoney or Alison Towle.

- Submitted by **Alison Towle**

**Challenging Questions -** answers for page 6

1. Your shadow
2. Beetle
3. Your breath
4. The letter G
5. Meat
6. A River
7. His horse's name is Friday
8. A secret
9. e, n, t. The first letter of the remaining three numbers when counting from one to ten
10. The letter "e"





### November Board of Governors (BOG) News



I do believe winter is here with the snow and frigid temperatures. It doesn't matter what the calendar says.

**Mark your calendars.** The Annual Budget Meeting will be held at the Community Center on December 13<sup>th</sup> at 7:00 PM. A copy of the budget was mailed to all unit owners by The Dartmouth Group. As indicated, there is no increase in condominium fees for 2019; however, as an Association we are dealing with significant on going rotted wood on decks, trim and siding along with needed repairs to shingles. Somehow this needs to be addressed to stop the "bleeding". The most significant issue is the rotted wood on deck railings, and to a lesser extent, support joists. Further details will be provided at the Annual Budget Meeting. Also refer to page 14 of this copy of the *Quail Runner* Newsletter for more information.

The trim painting project is complete and we believe Eagle Painting did an outstanding job. Eagle Painting also stained the replaced wood on decks and seal coated the replaced shingles. This activity was for replacements/repairs made before the cooler weather set in. For the repairs made, Eagle Painting will be back in the Spring to stain new deck wood, seal coat new shingles, and paint replaced siding.

This was a new contract year for landscaping and snow removal. After carefully reviewing bids from multiple companies the Board chose to award both contracts to J&J&Son Landscaping. We did experience some glitches with the first snow removal, and they have been addressed.

On November 9<sup>th</sup> the gutters were cleaned and our trees were deep fertilized. On November 12<sup>th</sup> Dave's Landscaping was on site for Fall cleanup.

The Board thanks all members of the Building and Grounds Committee for taking time to walk the property and prepare reports. The reports were summarized by the type of items needing to be addressed.

- A list of rotted wood on decks and trim, unstable decks, damaged siding, damaged shingles, etc. was compiled and given to Scott Forbes our general contractor. There were 83 units identified with some type of needed repair. Most of the repairs have been made.

Significant damage was found on the deck at the Community Center, the deck railings and posts have been replaced with white PVC/plastic. The support boards and posts will be painted white in the Spring.

- A list of gutters needing attention due to leakage, clogged drainage pipes, etc. was put together and given to our new landscape contractor J&J&Son Landscaping. Some of the clogged gutters have been cleaned and the rest of the list is being worked on.


- A list of dryer vent covers needing to be replaced was prepared. They have been replaced by Board member **Bill McPhail**. Thanks Bill. One additional dryer vent cover was replaced by Board member **Mike McCormack** and an additional dryer vent cover has since deteriorated and will also be replaced.

- There was input regarding the signage for the dryer and heat exhaust vent locations along with signage for gas meters. All signage has been replaced with the Commonwealth of Massachusetts approved signs. Thanks go to Board members Bill McPhail and **Klaus Schneller**.

- A list of trees that need low limbs cut, was prepared. Many of these had already been addressed before the Building and Grounds Committee report was received. Thanks go to Board members Bill McPhail and Mike McCormack. Remaining trees will be addressed in the Spring.

- There were several clogged dryer vents. All unit owners listed on the report were called. This is not an Association responsibility but is a potential fire hazard. **If you have not had your dryer vent cleaned for two years, please consider doing so.**

- The expiration date on gas meters was checked. A Quail Run email was sent listing meters that appear to be past their expiration date. This is the unit owner's responsibility. Please check the expiration date on your gas meter and if it is out of date, or your unit was on the list, contact Eversource Gas at (800) 592-2000.

 During the inspection of the gas meters it was discovered that two meters had minor leaks. Unit owners were contacted and repairs were made.

**Critical, if you smell gas, contact Eversource Gas Company immediately!**

**Board of Governors (BOG) News** (continued from page 8)



- It was noted on several reports that shrubs need to be pruned. This year, due to the trim painting project, shrubs were pruned extremely early. The landscaping contract only allows for one pruning per year. Next year we will go back to the normal pruning schedule.

- The reports listed many foundation cracks. They will not be addressed by the Association unless there is water infiltration into a basement. This property sits on ledge and shifts. Foundation settlement causes cracks that, in general, are normal in all concrete foundations.

- It was noted that nail rust was showing and some area trim painting was missed. Eagle Painting cycled back through and took care of these issues. We need to check in the Spring to see if anything was missed. It was also noted that the nails/screws on the TREX are rusting. Eagle Painting indicated there is nothing that can be done with the TREX.

- The reports noted that there are several driveways that no longer meet the garage floor and some garage floor extensions are starting to show signs of deterioration. This has been put on a list for ARR-MAX to look at and evaluate repairs in the Spring.

- The reports indicate that one water spigot and loose wires were found on Rotherham Way. Also, reference was made to two gas line pipe supports pulling away from the building. These issues have been addressed.

- The reports listed several shrubs that unit owners want removed. These are not being addressed. Removal of shrubs is not part of the landscape contract and due to 2018 budget constraints the Board has decided not to spend Association funds for removal of any shrubs at this time.

Unit owners/residents continue to violate the Rules and Regulations. **It is expected that all unit owners/residents have read and understand the Rules and Regulations. If you don't have a copy of the document it may be found on the Quail Run web site under the Governance tab. Failure to follow the Rules and Regulations will result in unit owner fines.**

Dynamic Fire along with Dave's Landscaping tested the fire alarm system, the backflow preventers, checked the fire sprinkler systems, and shut down the irrigation system. Three host units had failures of a horn and/or strobe along with one minor leak. This is being addressed with Dynamic Fire.

Fire hydrants were flushed by the Town of Hudson at no expense to the Association as a courtesy. This is not something the town is obligated to do since this is private property. Two fire hydrants needed repair which is complete.

Dave's Landscaping replaced the two dead arborvitae at 7/12 Strawberry Lane.

New address signage has been installed at the lamp post by the mail kiosks.

The Board has seen a significant reduction in the use of electricity at the pump station following the replacement of the number one (a.k.a. "host pump"). In 2019 we will be replacing the number two pump due to age issues which makes it uneconomical to repair. The new pump will be a similar energy efficient unit that will reduce our electric bill even further.

The master key was used three times during the last two months at multiple units (i.e., access needed by Dynamic Fire and Dave's Landscaping to turn off the pressure reduces, test the sprinkler systems, etc., access needed to paint several front doors, and access needed by Eversource Gas at one unit to turn the gas back on). **If you have replaced your locks, please make sure they are rekeyed to the master key. If emergency access is required to enter a unit, force will be used (e.g., break the latch on a kitchen window, break the door lock, etc.) and repairs are at the unit owner's expense.**

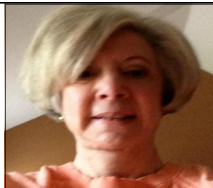
**It is the unit owner's responsibility to clear the snow away from your furnace intake and exhaust vents, the dryer vent, as well as your gas meter.**

**Do not drive beyond the posted speed limits that are posted on the property!**



Hopefully everyone will have a healthy and happy holiday season.

**Technology  
Corner**  
By Carole Perla



**SETTINGS ON AN iPhone OR iPad**

How many of you have wondered about all the options in iPhone/iPad Settings? In my next few columns I am going to explain how to use some of them.

**Flashlight**

In IOS 11 and 12 your iPhone has built-in flashlight that can be very useful. Not all situations call for a powerful beam, so you are able to lower or raise the beam. To do this you can move a slider that lets you change the brightness of the light. To bring up the Control Center, swipe up from the bottom of the screen (or on an iPhone X, swipe down from the top right corner).

On the newer iPhones, if you press firmly on the icon (3D Touch), it brings up a sliding scale so that one can adjust the brightness on the flashlight.

**Enable QR code scanning**

If you like scanning QR codes, the black-and-white squares that look like tiny, jumbled chess boards, to launch websites or apps, you're in luck. iOS lets you turn the iPhone camera into a QR scanner. From Settings, tap Camera and toggle the Scan QR Codes switch on. Now you can use the Camera app as normal, but when it pans over QR codes, it will automatically scan them.

**Delete unused apps**

You can free up space on your iPhone/iPad by getting rid of the apps that you rarely or never use. In fact, your iPhone can do this for you. In the Settings app, tap General, choose iPhone Storage, and then enable the Offload Unused Apps option. If you regret losing one of these apps, you can always reinstall it.

**Add a new Mail account**



Under the Mail, Contact, Calendar settings, you can configure whether or not the mail should be pushed to your iPad or iPhone and how often the mail is to be fetched.

**Notifications**

Turn off notifications for a specific app. Sometimes an app can send you too many notifications, so rather than turn off push notifications for the entire iPhone/iPad, you can go to the Notifications settings and turn them on or off for an individual app.

**Brightness**

Adjust the brightness on your iPhone/iPad. This is a great tip for saving battery life. In the Brightness and Wallpaper settings, simply slide the brightness down to a point where the iPhone/iPad is still easy to see but not quite as bright. The lower this setting, the longer your battery will end up lasting.



**November  
10th**  
- Pictures by  
**Barbara  
Baker**

**Community  
Pot Luck  
Dinner**



**Delicious  
Food**




**Meeting  
Great  
Neighbors**





## Normal Signs of Aging vs. Signs to Talk to Your Doctor

- Submitted by MJ Ebens

Normal Signs of Aging	Signs to Talk to Your Doctor
Sometimes forgetting names, but remembering them later	Memory loss that disrupts daily life
Making occasional errors while balancing a checkbook	Challenges in planning, solving problems, keeping track of bills, or trouble with numbers
Occasionally needing help to perform everyday tasks	Difficulty completing familiar tasks such as bathing, shaving, or cooking dinner
Getting confused about the day of the week, but figuring it out later	Confusion with time or place
Vision changes related to cataracts	Trouble understanding visual images and spatial relationships leading to difficulty with driving
Sometimes having trouble finding the right word	New language problems such as remembering basic words, asking the same questions, and repeating stories
Occasionally misplacing things like a pair of glasses	Misplacing things and losing the ability to retrace steps
Making a bad decision once in a while	Decreased or poor judgment such as giving away large amounts of money or paying less attention to bathing and dressing
Sometimes feeling wary of social obligations	Withdrawal from social activities
Becoming irritable when a routine is disrupted	Changes in mood or personality such as sudden mood swings, outbursts of anger or crying
<p><b><u>Holiday Trivia</u></b>, answers for page 4:</p> <ol style="list-style-type: none"> <li>1. Hula Hoop</li> <li>2. Six</li> <li>3. Lights</li> <li>4. The movie "Holiday Inn", 1942</li> <li>5. Franklin Pierce</li> <li>6. Fir tree</li> <li>7. Three hundred and sixty four</li> <li>8. Dreidel</li> <li>9. Jingle Bells</li> <li>10. Frosted Flakes, snow cones, ice coffee, freeze dried fruit and maybe some frozen yogurt</li> </ol>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="text-align: center; margin-top: 10px;"> <p><b>Begins on December 2nd</b></p>  </div>

# Condo Care

The following "*recommendation list*" is to give an updated list for all new and current residents of Quail Run. Many of the items below have been included in past email Quail Run Notices from the Dartmouth Group, and have been included in prior *Quail Runner* Newsletters. You can go to the Quail Run website: [quailrunhudson.com](http://quailrunhudson.com), click on *Quail Runner*, and search for the monthly issue/page you want to view for more details.

## Company/Contractors:

**Fireplace** cleaning and repairs - Massachusetts Gas and Fireplace Repair, Hopkinton, Ma., contact Matthew McDonald, 508-603-1633 or 774-245-2414: *Quail Runner*, March-April 2017/pg. 4.

**Garage Door problems** - New England Overhead Door Inc., Hopedale, Ma., 508-473-0030, 800-696-7723.

**Gas Meters** - check your date on your Gas Meter, it must be changed out every seven years, if you are overdue, PLEASE call Eversource Gas Company at 800-592-2000, to replace your meter at no charge to you: *Quail Runner*, May-June 2018/pg. 3.

**Master Keys** - used for emergencies only. Your front door must be able to be unlocked by the master key in case of emergencies. Please call Warner Eldridge, at Eldridge Locksmith, Hudson, Ma. at 978-562-7546 to have your front door re-keyed: *Quail Runner*, Nov-Dec 2017/pg. 2.

**Trash and Recycle Company** (DBA **Mr. Trashman**), 508-278-6910 - you must adhere to the list of allowable vs unacceptable items for trash pickup. For large/bulk items, you will need to call the Trash Company's office to make a pick-up request. Refer to the inclusions and restrictions list available in the *Quail Runner*, Nov-Dec 2017/pg. 12. Mr. Trashman will not pick-up Christmas trees as part of their normal Tuesday morning rubbish removal.

**Dryer vent and heating/cooling duct cleaning**, AIRTEK, Hudson, Ma. 978-567-1072: *Quail Runner*, Nov-Dec 2018/pg. 4.

## General Condo Care:

**Ceiling Fan settings** - Summer season, set fan to run counter clockwise; Winter season, set fan to run clockwise.

**Smoke Alarms** - If you have replaced your smoke alarm detectors with new Kidde smoke alarm and carbon monoxide detectors, there is a double A battery in each that needs to be replaced yearly. If you have not replaced your smoke alarm detectors and they are ten or more years old they need to be replaced. They have a ten year life span.

**Furnace Humidifier** - Aprilaire brand, set handle on the side of the humidifier unit to the "Winter" setting, or "Summer" setting depending on the season. **Furnace/AC Filter** - your furnace/AC filter should be changed at least every six months for optimal heating/air conditioning performance.

**Water Detectors** - place a water detection alarm near your water heater, dishwasher, washing machine, it will detect and sound an alarm if you have water leaking from your appliance(s) onto the surrounding floor area: *Quail Runner*, May-June 2017/pg. 4.

**Windows** - seal out cold drafts around window seams, use MORTITE strips: *Quail Runner*, Nov-Dec 2016/pg.4.



**“Do not respond to this email UNLESS...”**

It's that time of year again when Quail Run residents receive an email with this somewhat strange subject line. It's not a scam or a phishing email. It merely indicates that an update to the Quail Run Residents Directory will be distributed shortly.

This email is intended to verify that messages sent to a resident's last known email address are currently deliverable. When an email is "bounced" or cannot be delivered, the resident will be called to determine if the email address has been changed or if email service has been discontinued. Residents receiving this email can add to or update their personal information (name or phone numbers) for the next Quail Run Resident's Directory which will be distributed during the first week of January. Changes must be submitted to [precklet@live.com](mailto:precklet@live.com) before December 27th to be included in the January update.

The January update will be limited to the Directory By Name and the Residents By Address pages and will be distributed via email.

Currently there are 29 residences that do not have access to an email service. If you know of a neighbor without email access, please consider printing a copy of these pages for them.

Residents without access to email can also contact Pete Recklet at (978) 562-2721 to request these pages.

- Submitted by **Pete Recklet**



**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).



**Thoughts to Ponder.....**

- \* Do twins ever realize that one of them is unplanned?
- \* What if my dog only brings back my ball because he thinks I like throwing it?
- \* If poison expires, is it more poisonous or is it no longer poisonous?
- \* Which letter is silent in the word "Scent," the S or the C?
- \* Why is the letter W, in English, called double U? Shouldn't it be called double V?
- \* Maybe oxygen is slowly killing you and it just takes 75-100 years to fully work.
- \* Every time you clean something, you just make something else dirty.
- \* The word "swims" upside-down is still "swims".
- \* Intentionally losing a game of rock, paper, scissors is just as hard as trying to win.
- \* 100 years ago everyone owned a horse and only the rich had cars. Today everyone has cars and only the rich own horses.
- \* Your future self is watching you right now through memories.
- \* The doctors who told Stephen Hawking he had two years to live in 1953 are probably dead.
- \* If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
- \* If you rip a hole in a net, there are actually fewer holes in it than there were before.

- Submitted by **Sally Mauro**



**... is coming soon!**



**Annual Budget Meeting  
December 13, 2018  
7:00 PM  
Community Center**

**Information on Deck Repair Options**

As many of you are aware, we continue to have issues with the state of our decks and the ongoing repairs. For 2017 through November 2018 the Association has spent approximately \$72,000 on the repair of deck railings and spindles. This includes the 83 units identified by the Fall Building and Grounds Committee reports that required some type of repair.

In 2016 the Board walked the entire property to look for rotted wood as part of the staining of deck railing and spindles. At that time all known rotted wood was replaced. The wood on the decks have continued to rot and needed to be addressed. We can't afford for residents to be unsafe.

Also the Association cannot afford to continue to spend the amount of money spent in 2017 and 2018. The Board has had multiple discussions on possible options.

The first option is to continue to replace wood rot as it is identified and then have the new wood stained. If we continue to repair wood decks it would require an increase in the monthly fee in the year 2020 to support this effort.

The second option would be to replace the wood railings with white plastic coated aluminum railings and covering the 4" x 4" railing support posts with white plastic. This would be the same system as used on the Community Center deck. It fully addresses the issue of rotting wood and protects the support posts from any rot. This option is estimated at \$3,000.00 per unit and would require an assessment to perform. It is expected this would be a three year program, i.e. 50 decks per year would be reworked.

- The Board of Governors

