



The Quail Runner

For and By the Residents
of The Villages of Quail Run



January - February 2019

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts



UPCOMING EVENTS

Chili/Meatball Sub Night

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

Choice of Chili served with sour cream, cheese, corn bread, **OR** a Meatball Sub and salad, either choice comes with coffee and dessert. Any questions, please contact Sally Mauro, 978-568-0821 or at sallymauro10@gmail.com. A sign-up sheet is posted at the Community Center, deadline for sign-up is Monday, February 11th.



Polar Bear Dinner

Date: Saturday, March 23rd
Where: The Community Center
Time: 6:00 PM, (no early birds please). Meet and greet from 6:00 - 6:25 PM
Cost: \$ 30.00 per person, PRE-PAID by March 16th, and given to **Barbara Baker**, 4D Autumn Dr. or **Phyllis Novick** 6E Strawberry Ln.



All meals will include appetizers, a tossed salad, rolls and butter, butternut squash, red potatoes, a brownie sundae, coffee and tea - **BYOB**

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**Board of
Governors (BOG)
Page 2, 8, 10**

Please fill out the form below with your name and choice of menu selection. Cut at the line above, enter names, check your meal choice, and submit this form with your check for \$30.00 per person, to one of the people listed above, prior to March 16th. **Checks must be made out to Barbara Baker.** **No reservations will be held without a check received.**

Name: _____

___ Baked Haddock ___ Apple Stuffed Chicken Breast Supreme ___ Sirloin Tips, Pepper & Onions

Name: _____

___ Baked Haddock ___ Apple Stuffed Chicken Breast Supreme ___ Sirloin Tips, Pepper & Onions

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Website: www.QuailRunHudson.com
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Deadline the 23rd of previous month.

Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested.

Back issues of the *Quail Runner* are available from the editor.

Vacation Delivery

Give your reporter or the editor a long envelope with two first class stamps and your vacation address. Or you can get issues emailed to you, or view the current issue on:
www.QuailRunHudson.com.

Editor’s Desk

Kareen Shaw, editor



We are about one third through the Winter and only one major ice and snow storm. I'd like to think we're going to miss the bullet and the rest of the Winter will be relatively snow-less.

However, I do have vivid memories of February and March of 2015 where we had major snow storms almost every weekend. I hope the next couple of months will be kind to us. Let's all cross our fingers, only eight more weeks to Spring!



Reminder: Please leave your outside carriage garage and porch lights on during snow storms to assist the people who will be plowing the roads, driveways and shoveling snow from your front porch area. Thank you.



BOG News:

Please read the update on page 10 regarding: *Snow Storm January 19th Thru 20th and Cleanup.*

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

Our Board of Governors

Mike McCormack Mocrown@verizon.net 978-562-1266
Bill McPhail aruba109@verizon.net 781-646-4449
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Also appears on page 2 in the *Quail Run Directory.*

HEALTHY LIVING

by Peggy Rittenhouse

Is it a common cold or the flu?



Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Flu symptoms usually begin abruptly and are more likely to include fever, chills, very achy muscles and headache. These symptoms are less common with a cold. If you suspect you have the flu, and in a high-risk group (like have a chronic disease and are older) pay a visit to your doctor as soon as possible so he or she can determine if you might be a candidate for an antiviral medication.

In October 2018 for the first time in 20 years, the FDA approved a new medication to treat the flu. The new medicine is sold as Xofluza, not a vaccine but rather an antiviral drug that can help your body fight off influenza more quickly according to Dr. Ricciotti and Dr. Golen in the *Harvard Health Watch*, February 2019. Xofluza joins two antiviral drugs commonly prescribed for flu, Tamiflu and Relenza. Like Tamiflu, Xofluza is taken orally, and it should be started within two days of when your first flu symptoms appear. Unlike the other antiviral drugs, however, Xofluza requires just one dose, not multiple doses taken for several days. It is approved to be used only in people ages 12 and older. It is also likely to be more expensive than the established flu drugs.

Different antiviral medications produce different side effects. Common ones include diarrhea, nausea, and vomiting. It should be noted that antiviral medications like Xofluza are not a substitute for the flu vaccine. Vaccination and keeping your hands clean are still recommended as the best ways to prevent the flu.

Be sure to cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water.

TRANSITIONS

Bill McEvoy of Rotherham Way, a long time resident of Quail Run, passed away on January 12th.

John McGrath, the brother of Mary McGrath, of Strawberry Lane, passed away on January 19th.

Come visit us at:
42 Main St.
221 Washington St.
Hudson



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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 if you plan to attend. The group is open to all men at Quail Run.



SO YOU THINK ENGLISH IS EASY?

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) He could lead if he would get the lead out.
- 5) The soldier decided to desert his dessert in the desert.
- 6) Since there is no time like the present, he thought it was time to present the present.
- 7) A bass was painted on the head of the bass drum.
- 8) When shot at, the dove dove into the bushes.
- 9) I did not object to the object.
- 10) The insurance was invalid for the invalid.
- 11) There was a row among the oarsmen about how to row.
- 12) They were too close to the door to close it.

- Submitted by **Barbara Champine**

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.



February 14th



New Lyrics

Some of the artists of the 60's are revising their hits with new lyrics to address the aging 'silent generation', born 1925-1945, and 'baby boomers', born 1946-1964. So, time to get age appropriate and learn the new lyrics!



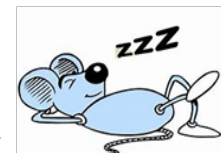
Herman's Hermits ---
Mrs. Brown, You've Got a Lovely Walker



The Bee Gees ---
How Can You Mend A Broken Hip?



Abba---
Denture Queen



Helen Reddy ---
I Am Woman; Hear Me Snore



Paul Simon---
Fifty Ways To Lose Your Liver



Procol Harem---
A Whiter Shade Of Hair

Tradesperson Recommendation:

Fireplace Blower Not Working Correctly:

We had never had our gas fireplace inspected or maintained, and we wanted to check this off our "to do" list. We had always wondered why we didn't notice any appreciable airflow from the vent at the top of the unit, when the blower was running. Turns out that some one installed our blower in backwards, so it was down drafting, not up drafting. It took Matt of Mass. Gas Fireplace Repair, all of a couple of minutes to correct this problem, but made a big difference in heat delivery from the fireplace blower. Highly recommend Matt for any fireplace repairs, 508-603-1633 or 774-245-2414.

- Submitted by **David Bernhardt**

New Resident Information

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



15 BONAZZOLI AVENUE, HUDSON, MA 01749
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Astrology - What's Up
by Beverly Beylouné



Pisces February 19 - March 20

You may reconnect with an older, experienced person during the beginning of this year, one whom you always admired, and who may become a mentor to you, offering you wise career/money advice when you need it. This time is just the start of a series of eclipses affecting your chart - there will be another in July and December of this year, and each one will build upon what you achieved or discussed during the one that came before. In that sense, eclipses are like pearls on a necklace, strung together, with each one influencing the next. Once the family of eclipses has delivered all its news - which takes two years, coming by every five-and-a-half months, the eclipses moves on to another family of signs. But for now it is your turn. Transits are moving through your second house of income, so your expenses seem to be higher than usual, but they will simmer down by Spring. This is a temporary trend. At the same time, you will use clever methods to bring in more income, too. So, while money goes out, money will also be coming in. You worked nearly your entire life to get the opportunities that may come to you around March. I looked back to see how often Venus conjoined Jupiter in your tenth house of fame and honors. The last time that happened was January 14, 1995, and November 19, 1995. Wow! That was 24 years ago! You can look back to see what went on during those times. This time will be spectacular for money matters!!

Quail Run Birthdays

February

- Edward Houser - 1
- Terry Hanlon - 1
- Ron Ruest - 2
- Alison J. Towle - 2
- Susan Ciampi - 3
- Mary Ellen Moynihan - 3
- Evelyn Spears - 5
- Kenneth Ward - 5
- Lori Robak - 8
- Barbara Baker - 9
- Gerry Hegarty - 9
- Frances Houser - 10
- Bob Reid - 11
- Barbara Morgan - 17
- Sarah Karloff - 17
- Michael Baker - 22
- Carole Perla - 23
- Elaine Recklet - 27



To include a birthday, contact your reporter or the editor



March

- Bob Frame - 1
- Philip Durand - 2
- Sherry Schneller - 3
- Peter Recklet - 4
- Mike Willoughby - 5
- Beverley Duncan - 6
- Janice Owen - 6
- Barbara Chisholm - 6
- Sue Rosen - 9
- Clare Moschella - 14
- Joseph Lalli - 14
- Pat Dykeman - 22
- William Lyons - 26
- Kevin Fitzgerald - 29

Daylight Savings
March 10th



ARIES March 21 - April 19

Uranus will be in a separating aspect this year. If you haven't had the courage to leave an unhappy relationship, this may do it for you or give you the impetus to finally bring your feelings out in the open. Transits the beginning of this year will make some Aries frustrated, bored, or depressed about their career/money situation. The events in Spring will come as a surprise and give you a chance to make professional progress. Most positive change begins with some level of dissatisfaction, which leads to change, and that leads to improvement. Something big is afoot in March regarding your career. You may receive a promotion or new job offer, start your own business, or you may draw a big award or favorable publicity. International communications and relationships with foreign people in your life should go well. If you work in the media, law, or academia, the same would be true. A lot will happen in Spring, but if you need to travel, schedule it for mid to end of March for best results.

The Sudbury Savoyard Light Opera Company

The Savoyards will be presenting Gilbert and Sullivan's THE YEOMEN OF THE GUARDS on February 22nd and 23rd, and March 1st and 2nd at 8:00 PM. Also on Sunday February 24th and March 2nd at 2:00 PM. They will once again be performing at the Lincoln Sudbury High School, 390 Lincoln Road, Sudbury.

The operetta is set in the Tower of London in the days of Henry VIII. The show has elements of comedy, tragedy, intimacy and pageantry. The Savoyards have been operating for many years and they are a non-profit, donating to world hunger relief. Tickets may be purchased on line or at the door for \$25.00, Senior tickets are \$22.00.

**February 18th
President's Day**

- By **Barbara Champine**

An Amazing 2 Letter English Word

This two-letter word in English has more meanings than any other two-letter word, and that word is 'UP'.

It's easy to understand UP, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake UP? At a meeting, why does a topic come UP? Why do we speak UP, and why are the officers UP for election?

We call UP our friends, brighten UP a room, polish UP the silver, warm UP the leftovers and clean UP the kitchen. We lock UP the house and fix UP the car. People stir UP trouble, line UP for tickets, work UP an appetite, and think UP excuses.

When it threatens to rain, we say it is clouding UP. When the sun comes out, we say it is clearing UP. When it rains, the earth soaks it UP. When it does not rain for awhile, things dry UP. One could go on and on, but I'll wrap it UP. For now . . . my time is UP!

- Submitted by **George Shaw**

Annual Holiday Party Pictures by Barbara Baker



December 8, 2018



Book Club

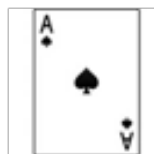
Meetings are at the Community Center, from 7:00-9:00 PM, generally the last Wednesday of each month.



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



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JULIETS NEWS



February 12th, Tuesday, 12:30, at Applebee's Restaurant, Hudson, separate checks, choice of menu with lunch specials. Contacts: Claire Kilcommins, 978-562-3336, Nicole Baker, 978-310-7953

March 13th, Wednesday, 12:30, at Bolton Street Tavern, Bolton Street, Marlborough, separate checks, choice of menu. Contacts: Ginny Fullam, 978-562-2787, Barbara Champine, 978-567-5982.

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

Symphony Pro Musica will present a concert titled Sacred and Profane Saturday, March 16th, 7:30 PM at Hudson High School and Sunday, March 17th, 3:30 PM at St. Mark's School Putnam Family Center, Southborough. The program is Antonin Dvorak: Te Deum and Carl Orff: Carmina Burana with the **New World Chorale**, Holly MacEwen, Artistic Director.



Based on texts from the world of medieval poetry, Orff's Carmina Burana holds a well deserved top place among the most engaging and delightful works for vocal soloists, chorus and orchestra. Fortune and the timeless perils of drinking, gambling, and gluttony never sounded so good! To compliment the revelry is Dvorak's deeply moving and reverential Te Deum, perhaps as a bit of atonement.

Group rate tickets for Quail Run residents and their guests may be purchased from Phyllis Novick at phyllisnovick8@gmail.com or 978-263-0659.

Social Committee Plan Ahead Schedule

February 2 - Monthly Coffee Hour 9:30
February 16 - Chili/Meatball Sub Night 6:00
February 18 - Ladies Coffee Hour 9:30

March 2 - Monthly Coffee Hour 9:30
March 18 - Ladies Coffee Hour 9:30
March 23 - Polar Bear Dinner 6:00



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QUAIL RUN BOWLERS -

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 -

We have Mysteries, Non Fiction and Fiction organized to be "USER FRIENDLY". Any questions or suggestions, please contact Carole Mahoney or Alison Towle.

Condo Care

Our dishwasher is starting to show its age. I have noticed the racks inside are showing rust spots. To prolong the racks from rusting out completely, Hudson Appliance has a product called Dishwasher Rackcote. It is a small bottle of thick liquid material that you would apply to the rust spots on vinyl coated dishwasher racks, and it comes with an applicator. Just apply the liquid material to the rust spots and let dry for 24 hours before turning on the dishwasher. This material will prevent the rust from getting worse. The cost is about \$8.00 a bottle.

- Submitted by **George Shaw**

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January Board of Governors (BOG) News



Thanks to everyone who attended the Annual Budget Meeting. A copy of the presentation document was emailed to all residents with an email address in case folks were unable to attend the meeting.

As indicated during the meeting, we will be replacing our deck railings and spindles with PVC over a three year period. This project will commence in the Spring. This will result in a budget amendment of approximately \$3,000.00 per unit owner. The options for paying the budget amendment are to pay the total fee up front or to pay once a year over three years. The Board is in the process of obtaining three bids for this project. More details will follow once all bids are received and a contractor is selected. During this three year project all decks will be made safe for residents.

The 2019 Master Insurance policy has been signed with an effective date of January 26, 2019. It reflects a 12% increase over last year due to the insurance claim for repairs to the pump house and a personal injury claim. In reviewing the policy the Board voted to increase the deductible from \$10,000 to \$25,000 for a savings of \$6,485. Further information will be forthcoming from The Dartmouth Group. It will include a letter stating the coverage for 2019 for unit owner to give to their insurance agents. **All unit owners need to contact their insurance agents to make sure the change in the deductible is appropriately covered by their unit owner policies.**

It has been determined by J&J&Son Landscaping that there are four outside irrigation water shut off valves leaking which need repair in the Spring. This will require access to the basements of those four units.

Competitive bids are being obtained to move the entrance sign on Rotherham Way to the pump house side of the road. This will permit lighting of the sign.

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.**

It is the unit owner's responsibility to clear the snow from the gas and dryer vents as well as gas meters.

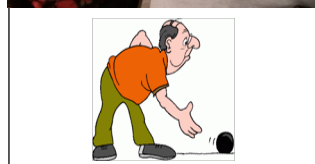
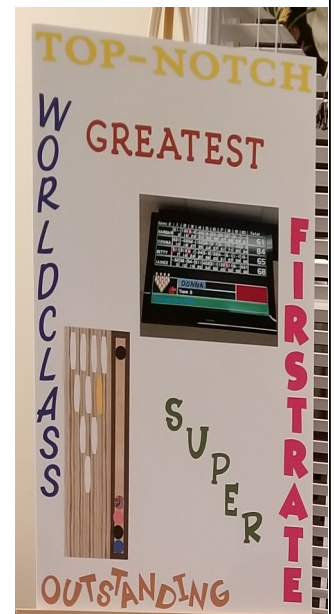
Don't drive beyond the property posted speed limits!

Hopefully everyone will have a healthy and happy 2019.

Winter Bowling Party

December 14, 2018

Pictures by Sally Mauro



**Technology
Corner**

By Peter Recklet



Phishing Emails Are More
Dangerous Than Ever

Crooks who try to trick you into giving up your private information or install malware have been around for as long as we've been online. Years ago, phishing emails were much easier to spot. Criminals and scam artists were more careless and would send messages full of typos and bad grammar. And although these scams should be easy to spot by now, scammers are constantly working to make those emails, along with fake web sites they link to, look completely legitimate. Most phishing emails usually have some type of clue or "tell" that gives away the fact it's a scam. Do you think you can spot a real email from a fake?

Google's Jigsaw has a new quiz to test just how much you know about all the ways scammers will try to trick you. And even for someone who knows what to look for, it's still not a very easy quiz. Some are examples of an innocent email, while others have all been inspired by real phishing emails that Google has come across. This quiz will not only tell you if you were right or wrong, but it'll also point out the details you can use to spot phishing emails in the future. Some of these details are so subtle, that they're very easy to miss. Take this new quiz at <https://phishingquiz.withgoogle.com/>

Today, criminals are using sophisticated tools to create messages and websites that look legitimate. You might receive an email that contains a company logo and flawless text that seems authentic.

Here is a clever trick used in phishing emails that make them nearly impossible to spot. We've always been advised to check the URL (Uniform Resource Locator or web address). That means before clicking a link or a button on a website or in an email, you hover your cursor over it to see the URL that it's actually going to send you to. Unfortunately, that advice is no longer entirely foolproof.

Scammers have discovered a way to imitate or spoof a website's URL by making one little change that you might not notice. It may appear that the web address is spelled correctly, however, a closer examination will

reveal that instead of using all the proper letters they've replaced at least one that includes an accent mark.

For example, take the web site for Citizens Bank (www.citizensbank.com). Instead of using a typical lower-case e like you find in the word citizens, a scammer could replace it with an é. Do you see the little accent mark on top of the e? You can do this on your own computer. Just hold down the Alt key while typing 0233. You are using an Alt code and the technical term for this result is "e acute".

So instead of going to the official Citizens Bank home page, you could be clicking on a link to the Citizéns Bank page. Would you even notice? There are many more Alt codes for other letters, and they can be used to spoof any website out there.

What are some things we can do to protect ourselves from a phishing attack? First, be very cautious about links. Do not click on web links in unsolicited email messages. If you need to communicate with a company, never trust a link that's inside a message. It's always best to type its web address directly into your browser. If you receive an email that requests personal information from a company that you do business with on a regular basis, pick up the phone and call them.

Second, always use unique passwords. It's convenient to use the same password for multiple websites, but it can be a terrible mistake. If your credentials are stolen from one site and you use the same username and/or password on others, it's easy for the cybercriminal to get into each account.

Note: Portions of this article previously appeared in articles by Mark Jones and Ben Bradley published at www.Komando.com.

You have to laugh - These are actual notes from various hospital charts:

1. Occasional, constant, infrequent headaches.
2. Patient was alert and unresponsive.
3. The patient has been depressed since she began seeing me in 1993.
4. She is numb from her toes down.
5. Discharge status: Alive but without permission.
6. The lab test indicated abnormal lover function.
7. Skin: somewhat pale but present.
8. The patient refused an autopsy.

- Submitted by **Kevin Fitzgerald**

**BOG News:
Snow Storm January 19th Thru 20th
and Cleanup**



On January 23rd the Board and The Dartmouth Group had a debriefing meeting with Justin, Mike and Mark from J&J&Son Landscaping to discuss the cleanup of the January 19th and 20th Winter storm.

The Landscaping company was back on site on January 23rd doing additional cleanup.

First, didn't realize we got 11 inches of snow before it turned to sleet and then freezing rain. Also, didn't realize that once the sleet started to come down the temperatures plummeted immediately causing everything to freeze. This was an extremely difficult storm to clean up. J&J&Son Landscaping indicated they have monitoring equipment used to determine the conditions by location and could tell us the situation they were dealing with. The Quail Run roads and circles were pre-treated which doesn't work with ice. The bobcat with the snow blower couldn't be used because of the ice. Several driveways and circle roads were not cleaned up to our expectations.

Second, J&J&Son Landscaping admitted they could have done things better and will make appropriate adjustments in the future.

J&J&Son Landscaping will adopt the method used by our previous snow removal company. The first goal as always is to keep the main road open followed by the circle roads. This is for access by emergency vehicles. They will start cleanup of driveways, mailbox kiosks, fire hydrants, paths to the pump house, and fire kiosk, etc. on Rotherham for one storm event and then switch starting on Autumn for the next storm event. There will be no jumping around except in cases of emergency (e.g., a medical emergency, someone stuck in their driveway and needs help, or someone needing to go to work and can't get out, etc.) The last to be addressed will be the satellite parking areas. As need be the satellite parking areas may be cleaned a day following a storm. This is of course if it's above zero with the wind index chill factor.



The Board and The Dartmouth Group will work closely with J&J&Son Landscaping as our Winter season progresses.

**New York Times
Lexophile Competition Winners**

Lexophile describes those that have a love for words. Below are some of the best *New York Times* lexophile winners.

- * No matter how much you push the envelope, it'll still be stationery.
- * If you don't pay your exorcist, you can get repossessed.
- * I'm reading a book about anti-gravity. I just can't put it down.
- * I didn't like my beard at first. Then it grew on me.
- * Did you hear about the crossed-eyed teacher who lost her job because she couldn't control her pupils?
- * When you get a bladder infection, urine trouble.
- * When chemists die, they barium.
- * I stayed up all night to see where the sun went, and then it dawned on me.
- * I changed my iPod's name to Titanic. It's syncing now.
- * England has no kidney bank, but it does have a Liverpool.
- * Haunted French pancakes give me the crepes.
- * This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

- Submitted by **George Shaw**

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.

March 17th

