



The Quail Runner

For and By the Residents
of The Villages of Quail Run



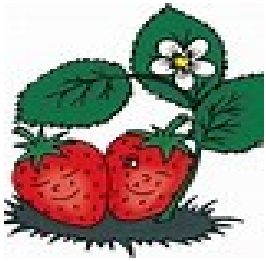
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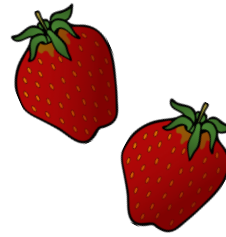
UPCOMING EVENTS

Strawberry Social



Date: Friday, June 14th
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 contact **Marlie Stott**, 978-567-5912 or **Carol Suslowicz**, 978-212-5141. Deadline for sign-up is Monday, June 10th.



Ice Cream Social

Date: Saturday, August 17th
Where: The Community Center
Time: 7:00 PM
Cost: \$2.00 per person



A sign-up sheet will be posted at the Community Center or you can contact **Barbara Langley**, 978-212-5006. Deadline for sign-up is Tuesday, August 13th.



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**The Board of
Governors (BOG)
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All Quail Run Residents are invited to attend the BOG monthly meetings. Please check the QR Community Calendar for dates and times of the meetings.

Be Connected.

Be Heard.

Be Informed.

The Quail Runner Staff

Editor: Kareen Shaw
Assistant Editor: Barbara Langley
Assistant Distribution Manager: Joyce Blank
Advertising Manager: Lelah Willoughby
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 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
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.

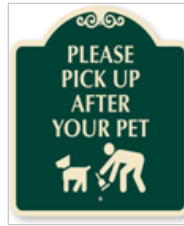
Back issues of the *Quail Runner* are available from the editor.

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.

Editor’s Desk

Kareen Shaw, editor



Now that the Summer season is upon us, we will have many guests coming into Quail Run. Please let your guests know that when walking pets, all dogs and cats must be leashed and their owners must pick up after their dogs and cats. Thank you.

We have a mystery on our hands at Quail Run. It seems that every Tuesday after the Trash Company comes to pick up the rubbish left at curbside, people have noticed that their trash and recycle bins are "mysteriously" finding their way back in their driveway near the garage doors. This phenomenon seems to be happening all over Quail Run!



Many thanks to **Brenda Ferri** for mentioning this wonderful gesture that many neighbors are doing for one another at Quail Run. Brenda is still trying to find out who might be moving *her* bins off the roadway and placing them at her garage, so she can thank him, or her, in person.

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
- Pat Ritter-Waltrup** ritterwaltrup@gmail.com 978-562-5227
- Klaus Schneller** kssmet@verizon.net 978-562-1779
- Diane Bemis** dianegbemis@yahoo.com 978-310-7676

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

BOG Monthly Meetings are open to all Quail Run Residents, please check for dates and times on the Community Calendar

HEALTHY LIVING

by Peggy Rittenhouse

Hudson's Water Problem



We all know that we should be drinking 6-8 glasses of water every day. However there are contaminants in water that possibly could cause adverse effects in pregnant women, nursing mothers and infants and others as well.

The Town of Hudson provides water to its residents from one surface water supply (Gates Pond) and four wells (groundwater). The water from the 5 sites is then blended and treated at the Chestnut Street Water Treatment Plant.

The Town of Hudson has been sampling its water supply for Per- and Polyfluoroalkyl Substances (PFAS) since 2016. The US Environmental Protection Agency (EPA) and the Massachusetts Department of Environmental Protection (MassDEP) have issued a Health Advisory recommending levels of PFAS be less than 70 parts per trillion (ppt). A sample taken May 20th showed the PFAS levels had dropped to 59.5 ppt. PFAS are contained in firefighting foams, industrial processes, food packaging, household products among others. Over time these chemicals can possibly cause harm to the human body.

The Town of Hudson has taken the following steps to ensure a safe and adequate supply of water to customers - 1) Cranberry Bog Well has been removed from service due to high amounts of PFAS. 2) New samples have indicated 56 ppt since removal of the Cranberry Bog Well. 3) Working on installing treatment to remove PFAS. 4) Investigating sources of PFAS. 5) Installation of a temporary treatment system until a permanent plan is in place.

What's the difference between a cat and a comma? One has claws at the end of its paws, and one is a pause at the end of a clause.



Last year a large, long haired, beautiful grey cat was spotted roaming the neighborhood, and again last week, the same cat was seen on Strawberry Lane. Please do not let your cat(s) roam free. Please follow the Rules and Regulations regarding pets at Quail Run.

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



Working together to make a stronger community.

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(Hudson's Water Problem continued)

What you can do to minimize exposure to PFAS if you are a sensitive consumer:

- * Use bottled water that has been tested for PFAS to make formula and any cooking of foods that absorb water.
- * Use a home water treatment system that is certified to remove PFAS.

The Town of Hudson was offering 2 cases of bottled water per household. As of Monday, May 21st, the Board of Selectmen voted to suspend the bottled water distribution program due to depletion of funds provided by Boyd/Precision.

The Department of Public Works will continue to provide water for the Hudson Public Schools and for sensitive subgroups.

Please check the Hudson Department of Public Works Department website for updates.

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.



Please slow down when driving in the Quail Run Community.

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.

Residential * Commercial * Auto



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78 Cherry Street Hudson, MA 01749

Monday - Friday 8:00 - 5:00 Saturday (9:00 - 1:00)

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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.



A Gentle Reminder

As I was doing my Spring/Summer garden cleanup of old flowers, twigs, and garden debris, I remembered that these items should not be placed in the weekly trash pickup bins. I also remembered reading that Quail Run residents are able to get a dump sticker, which is free for all of us who are Seniors, at the Hudson Town Hall. Did you get your sticker yet?



- Submitted by **Ruth Carwile**

Use of the Quail Run Community Center and the role of the Social Committee

The Social Committee's role is to schedule all community wide social events and handle all rentals and bereavement events. They are not responsible for any other community activities (e.g., book club). All scheduling and notification of other events are up to the unit owners of the groups to coordinate.

New Resident Information

Linda Driscoll, 12 G Strawberry Lane, 978-562-3210, lg_driscoll@yahoo.com.

Susan Clarke-Roser, 2 F Strawberry Lane, 201-404-5599, scrrn99@aol.com.

Susanne Gird, 2 D Strawberry Lane, 978-835-4899, suzgird@verizon.net.

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



All scheduling should be listed on the Quail Run Community on-line calendar in order to avoid conflicts with any other event. Please contact **Sally Mauro**, 978-568-0821 or **Marlie Stott**, 978-567-5912 to have your event added to the calendar.

The Community Center use is restricted to unit owners and residents. No non-community people are to be present unless the Community Center is being used for a rental or bereavement.



15 BONAZZOLI AVENUE, HUDSON, MA 01749
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www.chaveshvac.com

Intel Please contact **Rachael Hamer** directly if you have any questions/concerns regarding the Intel project at 978-553-2158 or at Rachael.hamer@intel.com.

**Flag Day,
June 14th**



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
- Bonnie DeRusha - 7
- Susan Bohall - 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
- Brenda Ferri - 27
- Dottie Baxter - 29
- Trudy Durand - 30

happy,
happy
birthday
to you!

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



**Father's Day,
June 16th**

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



CANCER 6-21 - 7/22

A much more joyful Summer awaits you with time for dinners with friends, movies, shopping, a museum visit, and maybe even the possibility to attend a Broadway show or a concert. You've been living a spartan life, and it's time for a spot of fun. You will notice life brighten directly around May or June. It will light the fairytale portion of your chart, the eleventh house of hopes and wishes. This is the area where a dream can come true if you've been striving toward one, or even if you haven't. Sometimes life brings happy surprises, and this could be one of those times. Keep the faith, dear Cancer, for life is getting better day by day. The same part of your chart, the eleventh house, is so bright, it will also encourage you to strengthen the bond of your friendships. Make it a point to see friends who you love but have not seen in a while. Also, make a point of being open to making at least one new friend. This Summer is the ideal time to join a social or professional club or a charity or humanitarian effort and to meet new people. If you already belong to a club, and attend its meetings, you are already mixing and mingling with others. You will find you now have the possibility of making an important new friend this Summer, and that this person could add much warmth and richness to your life.

LEO 7/23 - 8/22

Your home or some other property you are looking to buy will likely receive an exciting boost this Summer. Also family news at this time may thrill you too. At the same time, Venus, the planet that works with Mars to bring love, sunshine, and happiness into your life, will be in the right place to help from the very start of the Summer, but something more is coming to a culmination, and all of it will please you. You may be closing on a house, signing a lease, buying land, or working on a big development real estate deal. Or, you may be finishing up a contracting project, repairs, or paint job. On the other hand, you may be awaiting the delivery of a gorgeous piece of furniture. Planetary involvement also gives it ideal timing to work on the plumbing of your house, particularly the basement, or you may be putting up a wall or taking one down with the advice of how to do it safely from your architect. You may be excited because someone in your family has big news -someone might be having a new baby, or moving to a warm and sunny place that you'll be able to visit. These are just a few examples to start you thinking, but the point is there will be some special news having to do with your home or family that will be very welcomed.

PONDERISMS

- * Why do peanuts float in a regular coke and sink in a diet coke? Go ahead and try it.
- * I used to eat a lot of natural foods until I learned that most people die of natural causes.
- * How important does a person have to be before they are considered assassinated instead of just murdered?
- * Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going? (taxes)
- * How is it that we put man on the moon before we figured out it would be a good idea to put wheels on luggage?
- * Why is it that people say they "slept like a baby" when babies wake up like every two hours?
- * If a deaf person has to go to court, is it still called a hearing?
- * Why are you IN a movie, but you're ON TV?
- * Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?
- * If the professor on Gilligan's Island can make a radio out of a coconut, why can't he fix a hole in a boat?
- * Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?
- * How did the man who made the first clock know what time it was?

- Submitted by **George Shaw**

Condo Care

1. Dusk to Dawn Lighting -

As you all know, Quail Run can get really dark at night. In our circle we are using dusk to dawn LED sensor lights. These lights automatically turn on at dusk, and off at dawn. We have them on the front porch and the two garage lights. When installed, just turn the light switch on and let the sensor that is built into each light bulb do the rest. The owners at 1/3 Strawberry Lane purchased all the same type of bulb. Come by at night and take a look. The LED sensor lights can be purchased at Amazon.com, a 3 pack of bulbs for \$18.99. Manufacture is Minger, 7 watts LED sensor bulbs, model no. LSB-002.

Most of the owners at 6/11 Autumn and 6/8 Strawberry also have installed the dusk to dawn lights. Looks great!

2. New England Disposal Technologies -

Now that Summer is almost here, do you need to dispose of any household hazardous waste materials? The NEDT Household Hazardous Waste Collection Center located in Sutton, Ma. is the answer. This Center is open Tuesday and Thursday from 9 AM - 4 PM and it is approximately a 30 minute drive from Quail Run, easy directions - Route 290 to Route 146 to the Center. They accept pesticides, car batteries, motor oil, antifreeze, aerosol cans, latex and oil paints, propane tanks (empty or filled with gas). They have a long list of items they accept, and the fee for each item is on their website, www.NEDT.org, or call them at 800-698-1865 if you have any questions.

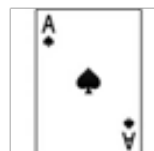
- Submitted by **George Shaw**

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.

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



James J. Morais, GRI-CRS
Realtor Emeritus

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

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



Email village-re@verizon.net

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JULIETS NEWS



June 18th, Tuesday, 12:30, at the **Diva Restaurant**, 35 Solomon Pond Road, Northboro, separate checks. Contacts: **Nancy Reid**, 978-562-6282, **Sally Guidotti**, 978-562-6501.

July 16th, Tuesday, 12:30, at the **Highland Commons 110 Grill**, Berlin, separate checks, choice of lunch menu. Contacts: **Jan Painter**, 603-801-5320, **Barbara Langley**, 978-212-5006.

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

Social Committee Announcement

In June the Social Committee will be starting our new season of activities and events.

The Social Committee is responsible for planning and setting up for monthly activities and/or events such as breakfasts, dinners, coffee hours, yard sale, Juliets and various other events.

We are also responsible for private rentals at the Community Center, welcoming of new residents and purchasing of supplies for the Community Center.

We meet once a month, usually the first Wednesday of each month, to plan and organize the various events. If you are interested in hearing more about our committee or if you would like to become a member, please give me a call at 978-567-5912.

Marlie Stott, Chairperson

Social Committee Plan Ahead Schedule



June 1 - Monthly Coffee Hour 9:30

June 14 - Strawberry Social 7:00

Please note this a Friday night event

June 17 - Ladies Coffee Hour 9:30

August 3 - Monthly Coffee Hour 9:30

August 17 - Ice Cream Social 7:00

August 19 - Ladies Coffee Hour 9:30

Words of Wisdom

* Give a person a fish and you feed them for a day. Teach a person to use the Internet - they won't bother you for weeks, months, or years.

* All of us could take a lesson from the weather. It pays no attention to criticism.
- Submitted by **Kevin Fitzgerald**



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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 Candlepins (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, **Alison Towle** at 978-

568- 0806 or **Donna Milot**

978-562-6603.



QUAIL RUN LIBRARY -

New books have arrived! We have fiction, non-fiction and mysteries. This is a sharing library and you are welcome to take a book and pass it on to your friends. Thank you for using our baskets for returns and donations. Any questions, please call Alison Towle or Carole Mahoney.

An Important Request from the Social Committee

When setting up the seating arrangements for our various events, we consider the number of guests, the ability to have enough space to safely maneuver around the tables and chairs, and to comply with the fire safety regulations.

Recently we have noticed extra chairs added to the tables to accommodate friends and neighbors. In the interest of safety, for all future events, we ask that you please do not make any changes to the original seating arrangements.

We thank you for your cooperation.
The Social Committee

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



Thanks to everyone who attended the Annual Meeting and everyone who voted via proxy for the two open Board positions. We had a quorum of 76.67% and Diane Bemis and Patricia Ritter-Waltrup were elected to fill the two Board positions. The Board would also like to thank the other unit owners that chose to run for the Board. A special thanks goes to Dick DiBuono for stepping forward to complete the Board Member at Large position left vacant when Les Malecki resigned. A copy of the presentation document will be emailed to all residents with an email address in case folks were unable to attend the meeting.

Mark Campbell and Mike Veseskis of J&J&Son Landscaping, previously employed by Dave's Landscaping, reported that no repairs to the irrigation system had been made in 2018, resulting in the need to make repairs this Spring. Significant irrigation repairs were made or are in the process of being made: 1) There were 75 four-inch rotary heads replaced with 120 rotary heads. 2) Sixteen four-inch spray heads replaced. 3) Five line breaks were repaired. 4) There were six zones not working along with two non-working ball valves and an additional two bad zone valves. 5) Twenty heads damaged by snow plowing and replaced at no charge. J&J&Son Landscaping has sprayed our ornamental trees for winter moths and other insects. They have also put down fertilizer and pre-emergent weed chemicals. The Board has been working closely with J&J&Son Landscaping to have our lawns look good again. We have been advised that it could take until next year for total recovery, but we should see significant improvement this year.

Refurbished the Quail Run entrance signs and installed new PVC aluminum covered posts. Moved the entrance sign on Rotherham Way to the pump house side of the road. Lighting for the two entrance signs should be installed imminently.

A fire alarm system and a security alarm system have been installed in the pump house. They are connected to our fire alarm system.

The fire radio system in the fire kiosk was damaged by a lightning strike or power surge. We never lost protection, but the system was not 100% for several days.

Surge protectors in host units were blown out and replaced. Twelve host unit communication modules were blown out and replaced.

The surge protectors on all 23 buildings (located on the electrical panels behind the arborvitae) were also blown out and replaced. A surge protector is being purchased for the fire radio alarm system. It is also possible that the motherboard in the fire kiosk was damaged and may need to be replaced in the future.

As indicated during the Annual Budget meeting and again at the Annual Meeting, we will be replacing our deck railings and spindles with PVC covered aluminum over a three-year period. Competitive bids were solicited from three vendors. The Board selected S. K. Forbes General Contractors as the vendor. This project will commence this Spring. Fifty decks will be refurbished each year. This will result in a budget amendment of \$3,000.00 per unit owner. Further details including payment options for the budget adjustment will be forthcoming from The Dartmouth Group.

Competitive bids are being obtained to replace the four leaking irrigation water shut off valves in the basements of the host units where they are located.

Gutters will be cleaned once the catkin is down. There are several gutters to be repaired.

New shingles will be seal coated and replaced unit siding painted.

We are replacing pump number two in the pump house. The current pump has had several issues and is uneconomical to repair.

The swale behind 11 Autumn will be extended to include the back two units. The ground in back of these units incurred significant flooding this past Winter.

The gas valve shutoff cover at 6B Autumn will be reset so it is flush with the walkway. The asphalt berm around the 6/11 Autumn circle will be repaired. The concrete slabs at the bottom of the deck stairs on two units will be replaced, 1 catch basin will be repaired.

The Board will work with ARR-MAX to address areas where the driveway has sunk below the garage concrete apron.

(BOG News continued on page 9)

**Technology
Corner**
By Peter Recklet
**Pay For Things Using
Your Smartphone**



Remember back in our high school Social Studies classes when the concept of a cashless society was first introduced. For most of us it was a fantasy. We loved the feeling of coins in our pockets and folding bills in our wallets. After graduation, a thick wad of cash in a money clip for many became a status symbol. Fast forward fifty years and for most of us, it's become a reality.

Today some banks don't even accept cash deposits anymore because they're concerned about money-laundering. Plus, for many of us it's more convenient to pay digitally than with cash or credit cards. You may already be using your bank's online bill pay service, for example. Or perhaps you send money to your adult children or grandchildren using PayPal.

Now, the next step of digital payments is already in your pocket or purse. You can use your smartphone to digitally pay for everything from groceries, restaurant bills, dry cleaning etc. But before talking about the how-to's, let's consider security.

Could you have imagined ten years ago that you'd be paying bills with your smartphone or with a device attached to your wrist? That would have sounded too fantastic ... and dangerous. What would happen if we lost our smartphone? Or if it were stolen?

Digital payments are quite safe. There are at least two levels of security when you pay with your smartphone.

First, criminals can't get into your smartphone if you have it protected with a passcode or biometric code, such as your fingerprint. And, most digital payments apps won't let you or anyone else make a payment from a smartphone that doesn't have a passcode or fingerprint protection.

Second, the best smartphone payment systems don't use your credit card or debit card information to make payments. Instead, these payment systems use a unique, encrypted code for each payment. Your encrypted digital payment code can be used only once, unlike a credit card that can be used repeatedly.

Apple, Android and Samsung Pay can be used at millions of stores, restaurants and supermarkets. You pay at the store's contactless payment system which uses a method called Near-Field Communication. After you unlock your smartphone with a passcode or fingerprint, you place your phone on or near the payment system device. Your smartphone transmits an encrypted code, which hides your stored credit card information, to the payment system. You'll see a green light or hear a chime to indicate when the payment is successful.

Apple Pay

Apple Pay has been around since 2014 and was the forerunner for Android Pay and Samsung Pay. You need to have an Apple product, such as an iPhone or Apple Watch to use it. Often Apple Pay is pre-installed as an app called Wallet. To input your payment card information, you either enter your credit card or simply scan the face of the card.

Android Pay

This app may have come pre-installed with your Android phone. If not, you can download Android Pay for free from the Google Play Store.

Samsung Pay

You don't need to have a Samsung phone to use Samsung Pay. It works on most Android smartphones, and it's very similar to Android Pay. After downloading the free Samsung Pay app from the Google Play Store, input your payment card information.

To use Samsung Pay, you tap your phone on contactless payment systems. If you have the newest Samsung phone, you can also use Samsung Pay at many older point-of-sale (POS) systems, where you previously swiped your credit cards.

(BOG News continued from page 8)



The Board is in the process of revising the Rules and Regulations. In the meantime, it is expected that all unit owners/residents have read and understand the current Rules and Regulations. If you don't have a copy of the document, it may be found on the Quail Run website under the Governance tab. Failure to follow the Rules and Regulations will result in unit owner fines. **Please don't drive beyond the property posted speed limits!**

Hopefully everyone will have a healthy and happy Summer.

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 FOR *FREE FUN FRIDAYS*

JUNE 28

Lyric Stage Company of Boston, Boston
 Cape Ann Museum, Gloucester
 Clark Art Institute, Cambridge
 MIT Museum, Boston
 Norman Rockwell Museum, Stockbridge
 Plimoth Plantation, Plymouth
 The Mount Edith Warton's Home, Lenox
 Wentham Museum, Wentham
 Worcester Art Museum, Worcester

JULY 05

Cape Cod Maritime Museum, Hyannis
 Children's Museum, Easton
 Edward Gorey House, Yarmouth Port
 Falmouth Museums on the Green, Falmouth
 Museum of Printing, Haverhill
 Pilgrim Hall Museum, Plymouth
 The Old Manse, Concord
 The Telephone Museum, Waltham

JULY 12

Museum of Fine Arts, Boston
 Charles River Watershed Association, Boston
 Gloucester Stage Company, Gloucester
 New England Quilt Museum, Lowell
 The Patriots Hall of Fame, Foxborough

JULY 19

The Arnold Arboretum of Harvard University, Boston
 Battleship Cove, Fall River
 New England Historic Genealogical Society, Boston
 Peabody Essex Museum, Salem
 Sandwich Glass Museum, Sandwich
 Spellman Museum of Stamps & Postal History, Weston

JULY 26

Isabella Stewart Museum, Boston
 Cape Cod Museum of Art, Dennis
 Commonwealth Museum, Boston
 Commonwealth Shakespeare Company, Boston
 Larz Anderson Auto Museum, Brookline
 The Gardens at Elm Bank (Mass Hort), Wellesley

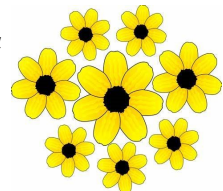
VISIT HIGHLANDSTREET.ORG OR CALL 617-969-8900 FOR MORE INFORMATION.

- Submitted by **Barbara Champine**

HOW TO STAY YOUNG

- *Some Thoughts by George Carlin* -

1. *Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'*
2. *Keep only cheerful friends, grouches pull you down.*
3. *Keep learning. Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. An "idle mind" is the devil's workshop. And the devil's name is Alzheimer's.*
4. *Enjoy the simple things.*
5. *Laugh often, long and loud. Laugh until you gasp for breath.*
6. *Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.*
7. *Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.*
8. *Tell the people you love that you love them, at every opportunity.*



AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

We all need to live life to its fullest each day!!



Enjoy your Summer !