



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



September - October 2019

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## UPCOMING EVENTS

**Date:** Saturday, October 19th  
**Where:** The Community Center  
**Time:** 6:00 PM  
**Cost:** \$8.00 per person  
*THIS IS A PRE-PAID EVENT, MAIN COURSE IS BEEF STEW*

## Progressive Dinner



**Contacts:** **Theresa Bosio**, 978-568-5912, **Carol Suslowicz**, 978-212-5141

*Please sign up on the sheet at the Community Center on or before October 12th. Please indicate on the sign up sheet if you are willing to be a Host or Hostess for this event. We are looking to have 6-7 Host Houses.*

*The deadline for sign-up is absolute, and payment must be received by one of the contact people listed above on or before October 12th.*

\*\*\*\*\*



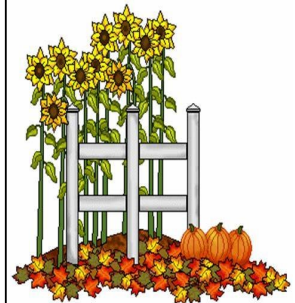
**Date:** Saturday, November 9th  
**Where:** The Community Center  
**Time:** 6:00 PM  
**Cost:** \$1.00 per person, BYOB

**Contact:** **Marlie Stott**, 978-561-5912. A sign-up sheet will be posted at the Community Center in mid-October.

**THIS IS OUR ANNUAL "TOYS FOR TOTS" COLLECTION EVENT**

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*IF YOU HAVE SIGNED UP FOR ONE OF OUR EVENTS AND FIND YOU ARE UNABLE TO ATTEND, PLEASE LET THE CONTACT PERSON FOR THE EVENT KNOW YOU ARE NOT ABLE TO COME.*

*THIS WILL HELP US WITH PLANNING THE FOOD AND THE SETTING UP OF THE COMMUNITY CENTER FOR THE EVENTS. WE THANK YOU FOR YOUR COOPERATION.*

### The Quail Runner Staff

**Editor:** Kareen Shaw  
**Assistant Editor:** Barbara Langley  
**Assistant Distribution Manager:** Joyce Blank  
**Advertising Manager:** Lelah Willoughby  
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2/4/9 Autumn MJ Ebens  
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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:** Yossi Elaz  
**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



*Fall has come with unexpected warm weather. The leaves are starting to turn and fall to the ground, bees are gathering the last nectar of the season and the squirrels are storing away their food for the upcoming Winter. Please enjoy the nice weather while it lasts.*



Autumn is here, Summer has past, Winter is coming way too fast.

The leaves are falling, the days are cool, memories of Summer makes me wanna drool.

The ac is turned off, the heat turned on, The leaves on the trees cover my lawn.

Chipmunks are gathering food for their nests, and soon you will see none of those pests.

- Submitted by **George Shaw** (*poet in training*)

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](mailto:Mocrown@verizon.net) 978-562-1266
- Bill McPhail** [aruba109@verizon.net](mailto:aruba109@verizon.net) 978-310-7000
- Pat Ritter-Waltrup** [ritterwaltrup@gmail.com](mailto:ritterwaltrup@gmail.com) 978-562-5227
- Klaus Schneller** [kssmet@verizon.net](mailto:kssmet@verizon.net) 978-562-1779
- Diane Bemis** [dianegbemis@yahoo.com](mailto: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

## Squats



Do you ever wish the chair seats were higher so you could stand up without having arm rests? I certainly do but according to an article in the *Mayo Clinic Health Letter* (Oct.,2019) it is possible to strengthen the muscles that help a person stand up and sit down.

The squat - an exercise that involves moving up and down between standing and a squatting position to about the level of a chair seat is one of the best strengthening exercises available. Squatting works all of the major muscle groups of the legs. The squat is a fundamental movement for many activities of daily living such as picking up a bag of groceries, using the toilet and getting in and out of a car. Start easy, and gradually advance in difficulty as you feel ready.

An effective maximum squat depth is done to where your knees are at a 90 degree angle and thighs are parallel to the ground. If you can't dip this low, dip as low as is comfortable. Stand with your feet slightly wider than shoulder-width apart, with toes straight or angled slightly outward. Start by holding on to a solid surface for stability, slowly descend to a comfortable depth, then slowly rise back to standing.

Next you can start in a seated position, slowly stand with your arms outstretched in front of you, and slowly squat back to the chair level, but just graze the chair with your buttocks before rising again. Don't drop down. Then once you feel comfortable, you can try taking away the chair or the handhold and perform the squat without assistance. You could complete a set of 12 controlled repetitions and you can build strength.

Then, of course you can add resistance by using hand weights or an exercise band. So I'm going to try this simple exercise and see if it helps in getting into and out of chairs.



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### FREE ITEMS



- Custom made valence for A-style condo breakfast nook windows. Brick red and beige plaid with soft green and brick red florals and comes with supporting boards for hanging. Beautifully made and FREE! Call **Ruth Carwile**, 978-835-4099.

- Medium blue recliner in excellent condition (no stains or tears) for anyone who is interested. It's cloth upholstery and medium sized – not one of those over-stuffed, large bulky recliners. It is free to a good home, just need a couple of strong folks to come take it away. Call **Cathy Bernhardt**, 978-568-1671.

### Eye Glass Donations



The Stow, Ma. Lions Club collects old eye glasses. The glasses are sent to foreign countries for people who have no way to access eye glasses.

A donation box has been placed in the Community Center next to the large black bookcases for residents

who wish to donate their old eye glasses. Thank You!

- Submitted by **Arnie Johnson**

### 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.





**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.



**A Nearby Gem  
Tower Hill Botanic Garden**

For those who've not already had the pleasure of being there and love the beauty of gardens, consider visiting **Tower Hill Botanic Garden** in nearby Boylston, MA. Located on a hill overlooking the Wachusett Reservoir, this carefully designed and maintained botanic garden provides the visitor with beautifully arranged and displayed plants, grasses, shrubs and trees from around the world in a wide variety of both natural and groomed outdoor settings and enclosed conservatories.

For everyone's benefit, plants are labeled with their common names as well as with their botanical ones. Groomed paths and trails provide one the opportunity to enjoy a leisurely wander through the many gardens -- there are 17 distinctive kinds -- on the property. A map brochure provided to visitors will allow you to choose the ones you like. The Tower Hill site covers 172 acres, much of it preserved as woodland and open space. Decorations, sculptures and artworks are dispersed throughout the gardens and are often changed seasonally. At Christmas time people come from far and wide to see the garden lighting decorations, for they simply are stupendous.

In addition to the beauty of the gardens, Tower Hill contains the Stoddard Education and Visitor Center, where one can learn about the many features of the Botanic Garden and about the activities and programs conducted there for both the visiting public and for its members. When you visit, I suggest doing so in the morning to see the gardens during bright light and then, at midday, taking a break to lunch in the *Farmer and Fork Café* located in the Stoddard Center. The Center also contains a library, which holds more than 8,000 books, magazines, and other materials on gardening and related topics for all ages and abilities and is open to visitors. The Garden Shop, also in the Center, offers a carefully selected array of gifts, tools and more from around the world for aspiring and veteran gardeners alike.

Admission \$16 for adults; \$11 for seniors (65+). For more information about Tower Hill Botanic Garden, see its web site at: [www.towerhillbg.org](http://www.towerhillbg.org).

- Submitted by **Dick DiBuono**

**Stitch & Knit**

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from **1:00 - 4:00 PM**.

Please note the new time. Contact **Marie Kapsalis** at 978-568-0713 for more information.



**2020 Calendars**



Do you have any 2020 calendars that you would like to donate to the Veteran's Organization? If so, please deliver the calendars to **Bev Minot**, 8F Strawberry Lane.

**Thank You!**

**New Resident Information**

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



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### Quail Run Birthdays

#### October

- Al Durand -1
- Claire Kilcommins - 4
- Barbara Picarello -5
- Ralph Trask -7
- Jeannine Bensette - 9
- Rosalie Green -11
- Ken Hart -12
- Marc Marcello -15
- Helen Montgomery -17
- Marjory Carpenter -19
- Judy Johnson -21
- Nancy Dome -20
- Harold Edelstein -26
- Harry Morgan -30

#### November

- Nicole Baker -1
- Bob Rittenhouse -1
- Rosemary Fitzgerald -4
- Jim Carvalho -6
- Susan Bleeker -6
- Vincent Picarello -16
- Tamara Boriakoff -18
- Patricia Smith -19
- Aida Fallon -20
- Fred Thompkins -21
- Beverly Beylouné -23
- Donna Milot -25
- Ellen Ferri -26



To include a birthday, contact your reporter or the editor

**Intel** Please contact **Rachael Hamer** directly for any questions/concerns regarding **Intel** at 978-553-2158, [Rachael.hamer@intel.com](mailto:Rachael.hamer@intel.com).

#### **Saint Stephen Lutheran Church, 537 Bolton Street, Marlborough is sponsoring a Clothing Giveaway**

As you transition from summer to winter clothing, please consider donating to our November 9, 2019 Fall Clothing Giveaway. We need clean, ready-to-wear items for men, women, and children with no rips, stains, missing buttons, or broken zippers. All clothing is given, free of charge, and helps serve those in need.

Contact **Elaine Recklet** for more information about how to donate - [erecklet@comcast.net](mailto:erecklet@comcast.net), 978-562-2721.

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



#### SCORPIO October 23 - November 21

You have such a sensational chart this year. Jupiter in Scorpio will work hard to help you see a dream materialize that you dearly want to accomplish and have been working toward for a long time. Pluto may cause you to travel a short distance or to work out an important financial deal that turns out to be extremely profitable.

A festive event, friends, and a collaborator (who might be a person or an entire company that you work closely with in a joint venture or joint promise) will bring outstanding good fortune and happiness. The month of November will be a special time for you also. Use this time to sign a contract, have a job interview, give a speech, or make a presentation. While everyone will enjoy November/December, you will enjoy it more, for Jupiter is in Scorpio, favoring you, and Pluto, your ruler, will take the goodness that Jupiter brings for you and multiply it! This time is dipped in pure gold! Friends, acquaintances, and casual contacts are about to play a much larger than usual role in your life this year. Mercury rules your eleventh house of friendship and is meeting with an unusual number of planets. There is some indication you may also receive a bonus or additional money as a result of what happens.

#### SAGITTARIUS November 22 - December 21

This new series of eclipses will help to restructure your finances from top to bottom by bringing you opportunities to generate new sources of income. Alternatively, you may be approved for an infusion of venture capital, a loan from your bank, or you may start to earn royalties, commissions, or yearly bonuses based on your performance. In a creative way, this may work out, you may get an offer for services you need for your next project at no cost or much below market rates.

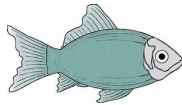
Along with the new moon this year, you will have the brilliant Sun and Mercury shining at the very top of your chart. Mercury rules Virgo and is bound up with your professional reputation and honors that will accrue to you now. This is the only new moon of the year in your professional tenth house of honors, awards, and achievement, so this is a very important moment for you. Jupiter, giver of gifts and luck, and also the planet that rules Sagittarius, will send a shimmering beam to that new moon, suggesting that the opportunities that come up will happen through confidential meetings, and possibly through a quiet tip from a friend.



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### Some Fun "Snapple Facts"

#9 The average speed of a house fly is 4.5 miles per hour.



#38 Fish cough.

#48 Cats can hear ultrasound.

#235 The biggest pig in recorded history weighed almost one ton.

#352 Storm clouds hold about 6 trillion raindrops.

#687 The average cat can jump 5 times as high as it's tail is long.



#744 Polar bears can smell a seal from 20 miles away.

#774 Koalas only drink water in extreme heat or drought.

#848 Wild camels once roamed Arizona's deserts.

#1463 85% of people only breathe out of one nostril at a time.

- The #'s listed above are assigned to each fact by Snapple.

-Submitted by **Kevin Fitzgerald**



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

# Condo Care

## MASS SAVE HOME ENERGY ASSESSMENT

\* You may qualify for a no cost home energy assessment thru the Mass Save Home Energy Services Program. Incentives are available under the Green Communities Act of 2008.

Auditors will come to your unit and can replace your lights to LED bulbs, replace shower heads and check for heat loss throughout your unit at no cost to you. A number of Quail Run unit owners have had this service and are very pleased with their home assessment and suggested improvements recommended by Mass Save.

**However, please be advised that some recommended home improvements may not conform to our Association Rules and Regulations regarding exterior home alterations.** Mass Save can be contacted at 884-244-7336.

- Submitted by **George Shaw**

\* **MJ Ebens** wanted people to know that the Dusk to Dawn LED sensor light bulbs that many Quail Run residents have installed in their porch and garage light fixtures looks great, and improves the night time safety of all who live and visit Quail Run. She also wanted to let people know that the bulbs do not attract those pesky bugs and moths at night.

The LED light bulb information below is reprinted from the May - June Quail Runner Newsletter article: *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. LSB002.*

## Book Club

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



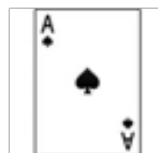
Book selections will be done at the monthly meetings.

The contact person is **Phyllis Novick**, 978-263-0659.

## POKER PLAYERS WANTED

Every Monday of each month, 4:00-6:00 PM, at the Community Center.

Contact **Lenny Suslowicz** at 978-212-5141





**JULIETS NEWS**



**October 9th, Wednesday, 12:30, at Stephen Anthony Restaurant, Route 20, Marlboro, separate checks and choice of menu. Contact: Marlie Stott 978-567-5912.**

**November 6th, Wednesday, 12:30, at Marlboro Country Club, separate checks and choice of menu. Contacts: Evelyn Spears 978-567-0742 and Sally Mauro 978-568-0821.**

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



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**Social Committee Plan Ahead Schedule**

October 5 - Coffee Hour 9:30  
October 14 - Ladies Coffee Hour 9:30  
October 19 - Progressive Dinner 6:00



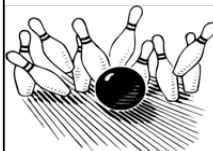
November 2 - Coffee Hour 9:30  
November 9 - Pot Luck Dinner 6:00  
November 18 - Ladies Coffee Hour 9:30



December 7 - Holiday Party

**QUAIL RUN BOWLERS -**

We meet every Thursday, 10:00 AM to noon 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.

**HERITAGE CHORALE CONCERT  
MIDNIGHT TO SUNRISE**

John Finney, Music Director  
Join us in celebrating our 83rd Season  
Sunday, November 24, 2019, 4:00 PM  
St. Mark's School  
25 Marlboro Road, Southborough

**Social Committee Progressive Dinner Event**

For those of you who have not attended our event in the past, here is how it works:

We gather at the Community Center at 6:00 PM for appetizers and the host house assignments. This is done by random drawings of names. Around 6:45 PM we head to our assigned houses for the main course. After dinner we all go back to the Community Center for desserts. The menu for the evening has been chosen by the Social Committee and each host is given a copy of the menu about a week prior to the dinner. Two bottles of wine are given to each host who will be reimbursed for all expenses for the meal. The Committee provides both the appetizers and the desserts.

If you have any questions, please call **Marlie Stott** at 978-567-5912.

This 83rd concert season begins with a strikingly different twosome: the *Midnight Mass* by the Baroque composer Marc-Antoine Charpentier and the *Sunrise Mass* by the contemporary Norwegian composer Ola Gjeilo. The first, based almost entirely on French Christmas carol melodies (noëls), is joyous with a dance-like quality. The second features a double-chorus and string orchestra that create wondrous other-worldly choral and orchestral sounds.

Advance Ticket Discount – [www.heritagechorale.org](http://www.heritagechorale.org)

Contact **Elaine Recklet** for more information – [erecklet@comcast.net](mailto:erecklet@comcast.net), 978-562-2721.

## September Board of Governors (BOG) News



We are now in the transitions of seasons again. Time for apples, mums and pumpkins. Soon our leaves will turn colors for all of us to enjoy.



You should be receiving a hard copy of the Resolution to the By-Laws clarifying responsibility for inside water lines, sprinkler systems, fire suppression systems, waste pipes and electrical conduits. The Master Deed and By-Laws verbiage are very unclear on what the responsibility is for the unit owners versus the Association. Please read the document carefully.

The Board voted to have Scott Forbes continue retrofitting our deck railings. There is no change to the previously published payment options. The Board feels that the sooner this project is complete the less the Association would have to spend on deck railing repairs.

Eagle Painting finished painting all siding and wood replaced prior to him leaving site. There is now an additional short list that Sean needs to address once he is available.

J&J&Son cleaned the gutters, installed several additional gutter guards, and repaired multiple gutters. They will again clean the gutters once the leaves have fallen and install several more gutter guards. The clean-up behind 1 Autumn Drive is complete. J&J&Son is to landscape around the Rotherham Way entrance sign in the next couple of weeks. They will be cleaning up the fence line behind Strawberry Lane and Rotherham Way plus aerating and split seeding our lawns this Fall. They will also deep fertilize our trees in the Fall.

Hayes Pump is finally in the process of installing the number two pump in the pump house. This has been an outstanding issue since February.

Due to an issue with Dynamic Fire, the Board signed a contract with Norel Services for maintenance of the sprinkler system. The Board signed a contract with Middlesex Cooling for maintenance of the HVAC equipment in the Community Center.

Kraft Power will be replacing the generator control panel. The current control panel is not functioning. We will have to utilize an "aftermarket" replacement as the generator manufacturer is no longer in business. The generator and engine still have many years of life left and this control panel replacement will allow us to continue using this important piece of equipment.

The roads were crack sealed. However, due to identified missed areas they will be back on site to crack seal missed areas.

ARR-MAX has completed all identified repairs. The list includes the following:

1. New deck stair slabs were poured to correct broken slabs at 1G Rotherham Way and 4A Autumn Drive.
2. A blocked downspout drainpipe was repaired at 1E Rotherham Way.
3. Sunken shut-off valve covers opposite the pump house on Rotherham Way were raised and the area was repaved to eliminate deteriorating asphalt.
4. Repaired sink hole and driveway at 7F/7G Strawberry Lane. The sink hole was caused by an animal burrow. Also repaired the long-standing irrigation pipe break at the same location.
5. Repaired and cut back deteriorating retaining wall behind 2A Rotherham Way.
6. Repaired sunken catch basin and missing berm at bottom of Rotherham Way.
7. Repaired catch basin and berm at bottom of Autumn Drive next to fire kiosk.
8. Repaired two missing sections of roadway on the even side of Rotherham Way.
9. Repaired catch basin and sunken driveway at 1A Autumn Drive.
10. Replaced drain cover at 2B Autumn Drive.
11. Replaced berm and improved drainage with the addition of stone drainage channels at parking area between 2B and 4A Autumn Drive.
12. Installed a catch basin and repaired deteriorated road patch at 1/3 Strawberry Lane circle.
13. Raised sewer and drain covers and repaired deteriorating road surface at the intersection of Autumn Drive and Strawberry Lane.

**BOG News continued on page 9 )**



**September Board of Governors (BOG) News (con't)**



14. Repaired sunken driveways at 5 Autumn Drive and installed two patches for deteriorated asphalt in same area.
15. Installed buried downspouts behind 6D/6E Autumn Drive so that water is directed away from the unit into a swale which brings it down to lower Autumn Drive.
16. Repaired and replaced numerous sections of berm with new asphalt as needed.
17. Repaired the grounds behind 11 Autumn Drive to eliminate a significant drainage issue.
18. Repairs were also made to: 1) 11C Autumn Drive at previous patch; 2) 4A Autumn Drive high spot surrounding manhole cover and sinkhole at end of driveway; 3) 9A Autumn Drive sinkhole at end of driveway, water main cover depression at end of driveway, sewer cover opposite driveway, and drain cover in street; 4) 1A Autumn Drive end of driveway sinkhole and opposite side on Autumn Drive, a water main shut off cover.

The Board voted to permit unit owners/residents to put their grill on the ground by their deck steps. The ground is to be covered with pavers and placed away from all irrigation lines. The grills must be within the allotted four feet from the deck area as identified in the Rules and Regulations. Also, the grill is to be 18 inches or more from the deck stairs and deck siding. Any damage to the grills due to mowing will be the unit owner's responsibility. Any and all damage to the decks, deck stairs and trim will be repaired and billed to the unit owner.

The Board is obtaining bids to repair the grounds behind 1E/F/G Autumn Drive, 4 Autumn Drive, and 12D/E Strawberry Lane. These repairs will be part of next year's budget.

The Board is obtaining bids to have our catch basins cleaned next year. They have never been cleaned that we are aware of and need to have dirt/debris removed from the bottom of the basins.

**Please don't drive beyond the property posted speed limits!**

Hopefully everyone will enjoy the cooler weather.

**Pumpkin and Scarecrow Jokes**



Q: What did Cinderella say when her carriage suddenly turned into a pumpkin?

Q: What is a scarecrow's favorite fruit?

Q: Why were the two pumpkins so close?

Q: Why doesn't a scarecrow eat?

Q: Where do pumpkins like to live?

Q: Why did the scarecrow win a medal?

- Answers on page 12

**Real Estate Transactions at Quail Run**

Summary:

- Feb 2018, 1D Rotherham, \$359,900, A style
- June 2018, 1A Strawberry, \$390,000, C style
- Nov 2018, 2D Strawberry, \$345,000, A style
- Nov 2018, 2F Strawberry, \$377,500, B Style
- Dec 2018, 6C Strawberry, \$345,898, A style

Sold to bank:

- Feb 2019, 6C Strawberry, \$363,000, A style
- Bank sale to investor
- July 2019, 6C Strawberry, \$375,000, A style
- Investor to owner SALE
- PRICE BY OWNER NOT CONFIRMED YET



New Listing:

- Sept 2019, 3B Strawberry, LISTING PRICE \$375,000, A style

- Submitted by **Barbara Kansky**

## Technology Corner

By Peter Recklet  
Windows Keyboard  
Shortcuts



Do you remember a time when the only way to communicate with your computer was via the keyboard? If you wanted to become a competent user, you had to become a skilled keyboardist. Back then, for example, a word processing program came with a template showing all of the key combinations necessary to effectively create, save and print a document.

Today we interact with the computer via a mouse or perhaps even a touchscreen. The mouse is probably the most used piece of hardware attached to a computer because it makes for easier navigation and interaction. While these are wonderful options, there are still users who prefer to utilize the keyboard as much as possible. And nothing beats the power of a keyboard shortcut for quick interaction.

When you learn how to use the Windows Logo Key (Windows Key) on the keyboard attached to any Microsoft computer, you'll quickly discover that when you don't have to move your hands off the keyboard, you'll get to where you want to go on your desktop faster.

While there are scores of keyboard shortcuts, I've listed below a few shortcuts that a typical Windows user might find useful.

**Windows key** opens and closes the Start Menu.

**Windows key + A** opens Action Center (also known as the Notification Center).

**Windows key + Pause** opens the Systems Priority Dialog box which displays basic information about your computer and provides quick access to Device Manager, Remote Settings, System Protection and Advanced System Settings screens.

**Windows key + C** opens Cortana in listening mode. Your computer must be equipped with a microphone to use this feature. If it is, then try the following shortcut.

**Windows key + U** opens the Ease of Access Center which, among other features will allow you to replace the keyboard with voice commands. This screen will also allow you to make changes to the screen display, modify text size, change size or color of cursor or even convert the cursor into a

magnifier.

**Windows key + M** minimizes all active windows. They will be displayed on the Taskbar.

**Windows key + E** opens File Explorer to show the contents of all drives on or attached to the computer.

**Windows key + F** allows a user to begin a support/feedback dialogue with Microsoft via text, view other users' questions and comments and add your own.

**Windows key + L** allows the user to lock the computer or switch users.

**Windows key + R** opens the Run Dialogue box. Type the name of a program, folder, document or internet address and Windows will open it for you.

**Windows key + T** allows the user to cycle left to right through the Taskbar programs using the arrow keys. Use **Windows key + number** to start a program pinned to the Taskbar in the left-to right position indicated by the number.

**Shift + Windows key + number** starts a new instance of the program pinned to the Taskbar in the position indicated by the number.

**Windows key + V** opens the clipboard to display all the individual items copied to the clipboard during the current computer session.

**Windows key + Up Arrow** maximizes the active window on the desktop. The **Windows key + Down Arrow** combination minimizes the active desktop window. Use **Windows key + Right Arrow** to maximize active window on right side of the screen. Use **Windows key + Left Arrow** to maximize active window on the left side of the screen.

Finally, **Windows key + Ctrl + M** allows you to turn on the application that converts the cursor arrow into a magnifying glass.

Try out these shortcuts for yourself. If you find several that you like, write them down on a sticky note and attach it to the bottom of your monitor for future reference.

A complete list of Windows Logo keyboard shortcuts can be found at [https://](https://www.windowscentral.com/best-windows-10-keyboard-shortcuts)

[www.windowscentral.com/best-windows-10-keyboard-shortcuts](https://www.windowscentral.com/best-windows-10-keyboard-shortcuts) or at

<https://www.techrepublic.com/blog/windows-and-office/the-complete-list-of-windows-logo-keyboard-shortcuts/>

AMERICAN HERITAGE MUSEUM

The American Heritage Museum at the Collings Foundation featuring the Jacques M. Littlefield Collection explores the major conflicts ranging from the Revolutionary War until today.

Visitors discover and interact with our American heritage through the history, the changing technology, and the human impact of Americas fight to preserve the freedom we all hold dear.

The Collings Foundation is a non-profit, Educational Foundation founded in 1979. The purpose of the foundation is to organize and support "living history" events that enable Americans to learn more about their heritage through direct participation.

There are countless exhibits about WW11 and exhibits for the Korean, Cold, Vietnam, Gulf, 911, and the War on terror.

They are located at 568 Main Street, Hudson. Their entrance is just before the Boon Country Store on the left.

Admission is Adults \$20, Children 12 and under \$10, Seniors 62 plus and active military with ID \$18, Foundation members free, AND WW11 veterans FREE!!!

Hours of Operations:

Friday - Sunday 10:00 AM - 5:00 PM

- Submitted by **Barbara Champine**

**Symphony Pro Musica**

Symphony Pro Musica's first concerts of the season will be Saturday, November 2 at 7:30 PM at Hudson High School and Sunday, November 3 at The Putnam Center at St. Mark's School, Southborough at 3:30 PM.

The season will start with the return of extremely talented violin soloist Inma Yang playing *Violin Concerto* by Johannes Brahms. Along with the full orchestra playing our favorite composers Johann Sebastian Bach/Leopold Stokowski "*Sheep May Safely Graze*" and Ludwig Van Beethoven's "*Symphony No. 7*". Pre-concert talks will occur at 6:45 PM on Saturday and 2:45 PM on Sunday. Group rate tickets of \$10 are available to Quail Run residents and their guests from **Phyllis Novick/phyllisnovick8@gmail.com** or 978-263-0659.

**WHY.....**



WHY do drugstores make the sick walk all the way to the back of the store to get their prescriptions while healthy people can buy cigarettes at the front?

WHY do people order double cheeseburgers, large fries, and a diet Coke?

WHY do banks leave vault doors open and then chain the pens to the counters?



WHY do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage?

WHY does the sun lighten our hair, but darkens our skin?

WHY don't you ever see the headline 'Psychic Wins Lottery'?

WHY is 'abbreviated' such a long word?

WHY is it that Doctors call what they do "practice"?



WHY is lemon juice made with artificial flavor and dish washing liquid is made with real lemons?

WHY is the man who invests all your money called a broker?

WHY isn't there mouse-flavored cat food?



WHY didn't Noah swat those two mosquitoes?


WHY do they sterilize the needle for lethal injections?

You know that indestructible black box that is used on airplanes - why don't they make the whole plane out of that stuff?

- Submitted by **George Shaw**





<p style="text-align: center;">Residential * Commercial * Auto</p> <p style="text-align: center;"><b>Country</b> GLASS CO., INC.</p> <p style="text-align: center;">978-562-2332</p> <p style="text-align: center;">78 Cherry Street Hudson, MA 01749</p> <p style="text-align: center;"><small>Monday - Friday 8:00 - 5:00 Saturday (9:00 - 1:00)</small></p> <p style="text-align: center;"><a href="http://www.countryglass.com">www.countryglass.com</a></p>	<p style="text-align: center;"><b>Need Some Exercise?</b></p> <div style="float: right; text-align: center;">  </div> <p>On Thursday mornings at the Community Center, <b>Mike Bleecker</b> holds a low impact exercise class that is open to all Quail Run Residents at no charge. The class is held from 10:30 - 11:30 AM. If you have time drop in, join other neighbors in some of the exercises, and have fun!</p>
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**Pumpkin and Scarecrow - Answers from page 9:**

1. Oh my gourd! 2. Straw-berries! 3. They had deep roots.  
 4. He's already stuffed! 5. In the seedy part of town.  
 6. Because he was outstanding in his field.



### Hudson Emergency And General Telephone Contact Numbers

Emergencies	911	Emergency Ops. Center	978-562-3434
Police	978-562-7122	Police non-emergency	978-562-7122
Fire	978-562-5565	Fire non-emergency	978-562-3434
Light & Power **	978-568-8736	Light & Power/ After Hours	978-562-2368
Eversource Gas	800-592-2000	Fire Sprinklers, Norel Service Company (7x24)	781-768-5500
Town Hall	978-562-9615	Council on Aging	978-568-9659
Assessors	978-568-9620	Animal Control	978-897-5596
Town Clerk	978-568-9615	Historical Society	978-562-2130
Treasurer/Tax Collector	978-568-9611	Public Library	978-568-9644
Public Works	978-562-9333	Post Office	978-562-5551
Verizon	800-837-4966	Comcast	978-568-9414
Intel Contact/Rachael Hamer	978-553-7733	Intel/ After Hours Security	978-553-5858
Senior Center	978-568-9688 or		
	978-568-9639		

Emergency Shelter Information - in case of power loss or other severe conditions, contacts are:

Fire Chief - 978-562-7069

Board of Health - 978-562-2020

\*\*Light & Power maintains a list of oxygen users. Users should contact Customer Service at 978-568-8736 to be added to the list, to ensure the proper information is recorded. Light & Power tries to be aware of critical users and contact them when necessary with a backup strategy.