



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



November - December 2020

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts



## Around the Quail Run Community

Halloween Parades



Visiting  
Turkeys



Fall  
Landscapes

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## Toys for Tots Reminder

Members of the Social Committee will be collecting for our Toys for Tots in the Community Center parking lot on the following dates:

- Tuesday, December 1st at 1:00 - 2:00 PM
- Wednesday, December 2nd at 10:00 - 11:00 AM

Anyone who would like to donate, but is not available on either of the above dates, may drop gifts off at the homes of Marlie Stott, 6G Rotherham Way, or with Carol Suslowicz, 6E Autumn Drive.



Marlie Stott has generously offered to go to your home to pick up your gift if you are unable to drop it off yourself.

Deadline to donate is Friday December 4th. A reminder, the toys are to be NEW and UNWRAPPED.

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



## Social Activities Cancelled

The Social Committee has cancelled all activities due to the current concerns regarding the COVID-19 virus. For all other community activities, please check with the contact person listed in this Newsletter.



## Snow Storm 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.



### 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:**  
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2/4/9 Autumn MJ Ebens  
5/7 Autumn Claire Kilcommins  
6/11 Autumn Jane Pugsley  
1/3 Strawberry Sally Mauro  
2/4 Strawberry Barbara Champine  
5 Strawberry Lee Rouse  
6/8 Strawberry Clare Moschella  
7/12 Strawberry Joyce Blank  
1/4 Rotherham Kevin Fitzgerald  
6 Rotherham Harry Morgan

**Columnists:**  
**Technology Corner -** Carole Perla  
**Healthy Living -** Peggy Rittenhouse

**Communications Chair:** Kareen Shaw  
**Quail Run Email Communications:** Yossi Elaz  
**Quail Run Telephone & Address Directories:** Cathy Bernhardt  
**Quail Run Email List:** Carole Perla  
**Quail Run Website:** Mark Reid

**Newsletter Published** the first week of February, April, June, August, October, December.

**Newsletter Deadline** the 23rd of previous month.

You can view all the back issues that have been published of the *Quail Runner Newsletter* on:

[www.QuailRunHudson.com](http://www.QuailRunHudson.com)



### Vacation Delivery

Give your Circle Reporter or the Editor a long envelope with two first class stamps, and print your name and vacation address on the envelope. Or you can view all published issues online at: [www.QuailRunHudson.com](http://www.QuailRunHudson.com)

### Editor’s Desk

Kareen Shaw, editor



As the year comes to a close, I wish everyone a happy holiday and hope that 2021 is a fantastic and healthy year for everyone at Quail Run. Many thanks to all who contributed to the *Quail Runner Newsletter* this past year!

\*\*\*\*\*



*A heart felt THANK YOU to **Barbara Baker and her son Brett** for the wonderful job of helping us with the reminders, collection and the delivery of the checks and food collected from all the residents of QR, and making sure that the donations are delivered weekly to the Hudson Food Pantry.*

The Quail Run Community collects for the Hudson Food Pantry. Items and/or checks can be dropped off at **Barbara Baker’s** home at 4D Autumn Drive. There is also a collection box for items at the Community Center.

### Real Estate Transactions at Quail Run

Sold: 1F Strawberry Lane - B Style

For Sale: 6F Rotherham Way,  
\$395,000 - B Style



### Our Board of Governors

- Mike McCormack** [Mocrown@verizon.net](mailto:Mocrown@verizon.net), 978-562-1266
- Dave Bernhardt** [dbernhardt@twotonedog.com](mailto:dbernhardt@twotonedog.com), 978-568-1671
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- 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 unit owners, please check for dates and times with one of the Board members during this COVID-19 timeframe.*

# HEALTHY LIVING

by Peggy Rittenhouse  
*Intermittent Fasting*



Intermittent Fasting - the practice of going for set periods of time without eating is increasingly gaining acceptance by the medical community as well as people wanting to lose weight or help the body heal.

There is clinical data that shows Intermittent Fasting has multiple benefits, not only for weight loss, but also for health and longevity.

Normally the body relies on glucose (a form of sugar) and fatty acids, all derived from food, to make energy to power the body's cells. The body burns the glucose and fatty acids it needs and stores the rest as fat to use later if needed. When the body is temporarily without foods, it manages the energy deficit by drawing on its reserves. So, when you stop eating for a period of time, the body starts burning fat for energy instead.

The stress that fasting puts on your body, rather than causing damage, actually is thought to accelerate healing. The body starts pruning unhealthy and tired old cells and replacing them with new ones. Fasting also seems to make the powerhouses of the cells (mitochondria) to become more efficient according to Dr. Osama Hamdy of Harvard Medical School.

A good way for beginners to start, and potentially the easiest for most people to achieve, is to limit your eating to certain hours of the day. Instead of eating whenever you want, set your eating times to an eight hour window during the day, for example between 10 am and 6 pm.

Don't have any foods or beverages that contain any calories for the 16 hours that follow. You can still drink water and coffee and tea provided you don't add sugar, milk, or cream. Also you can use no artificial sweeteners.

December 25



There are many banks.  
We're the orange one.



Honest to goodness Avidia Bank

Member FDIC | Member NMLS 422902 | avidiabank.com

*(Intermittent Fasting continued)*

Another way is called 5:2 where you eat normally 5 days a week but limit daily calories 2 days a week to 500 for women and 600 for men. My husband and I personally did this for a period of time and each lost 30 lbs.

Another way is to eat just one meal a day, called OMAD. A member of my family has done this for some time and has lost over 100 lbs. She says it is the easiest thing she has ever tried.

One of the advantages of Intermittent Fasting is that you don't have to adhere to eat certain foods, although it's best to eat a nutritious diet.

A big advantage to Intermittent Fasting is that it doesn't cost anything and doesn't require special products or equipment!

*Bread is a lot like the Sun, it rises in the yeast and sets in the waist.*

## Eye Glass Donations



The Stow, Ma. Lions Club collects old eye glasses. If you would like to donate, please contact me. Thank you!  
- Submitted by **Arnie Johnson**

## ROMEO's

### Retired Old Men Eating Out

**Peter Recklet** is the contact person for Romeo's. Lunches have been cancelled due to COVID-19. Please contact Peter at 978-562-2721 or [precklet@live.com](mailto:precklet@live.com) if you have any questions. The group is open to all men at Quail Run.



**CURTAIN CALL**

Details about future performances will be sent to those on the Curtain Call Mailing list.

Please contact Lorraine if you would like to be added to the list - **Lorraine Cochran**, (lorrainecochran@comcast.net), 978-568-0165.



**Where to donate household Goods**

Organizations that will accept used household goods, to give them a second-chance for someone in need.

**Note:** Due to COVID-19, please contact the organization first to understand how to drop-off donations. You may need to pre-schedule a time. All are IRS 501 (c)(3) non-profits and thus qualify for a charitable tax deduction.

I'm not aware of any of these organizations doing pickup at your home for free. The last I knew, Habitat would have a company pickup your household goods if you made a cash donation; St. Vincent de Paul may have a truck that comes around.

HouseHoldGoods.org, 530 Main St., Acton. Unlike most of those below, they will take flat-screen TVs, radios, compact music systems and DVD players. They will also accept many small appliances, and young large appliances. The complete list is on their website.

FreshStartFurniture.org, 16 Brent Dr., Hudson.

Habitat for Humanity's Re-Store, HabitatMWGW.Org, 310 Pond St., Ashland, accepts many household goods and furniture.

Habitat for Humanity, 640 Lincoln St., Worcester, they are more focused on building materials, like windows, doors, plumbing, and so on.

The Society of St. Vincent de Paul, Boston, SVdPBoston.com, also located in Lawrence, Lowell, Lynn, Plainville, Stoughton.

In all cases, check the website or contact the organization for clarification of what they will and won't accept.

- Submitted by **Dave Bernhardt**



**Stitch & Knit**

The Stitch & Knit Group is not currently meeting due to COVID-19 concerns.



Contact person is **Marie Kapsalis**, 978-568-0713.



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

**New Resident Information**

Please welcome Stephanie and David Sanderson, 1F Strawberry Lane, 978-212-5655, stephanie8084@gmail.com and grampy8085@gmail.com.



They moved from Maine to Quail Run so they could live closer to their children.

Please contact **Barbara Langley** at 508-397-6906 if someone new moves to Quail Run.

December 11



P: 978.562.5309  
P: 877.7CHAVES  
F: 978.562.1026

15 Bonazzoli Avenue  
Hudson, MA 01749  
www.chaveshvac.com

**Quail Run Birthdays**

**December**

- Rocco Malloy -5
- Barbara Carvalho -6
- Richard Ebens -6
- Barry Brown -7
- Susan Clarke-Roser -9
- Jan Painter -10
- Susan Lalli -14
- Theresa Bosio -19
- Renee Kossuth -21
- Diane Bemis -21
- Linda Driscoll -21
- Libby Brown -22
- Mike Bleecker -23
- Jean Meola -28
- Ken Spears -29
- Marilyn Hoffman -29



**January**

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

To include a birthday, contact your Circle Reporter or the Editor

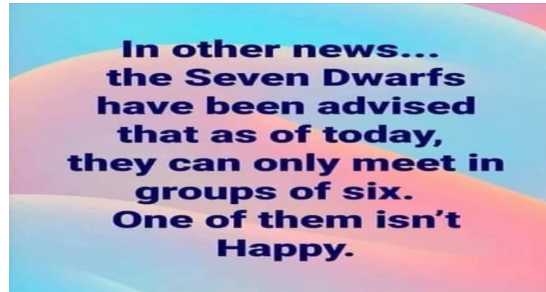
*Christmas Word Search*

- CHRISTMAS
- SANTA
- SLEIGH
- REINDEER
- DASHER
- DANCER
- PRANCER
- VIXEN
- COMET
- CUPID
- DONNER
- BLITZEN
- RUDOLPH
- RED NOSED



B S D A N C E R V T S R G S X  
 G G E Q J M D J A B V L O Y B  
 S A A C K L P B Q Y K T N V T  
 F D A S H E R X L B X I W I M  
 Q R M A M C N E X I V R X L G  
 M F R M O A I N A S T F R K G  
 K F L T C B U Z A Z J Z E M C  
 P R A N C E R  
 C S E S Q H P L O D U R E R C  
 G D X I J U Q C Y H C E D N Z  
 Y O K R O M H H U B G E N W X  
 C N C H X U W H K P G I I L X  
 O N B C A O D G C E I S E X P  
 M E W N R E D N O S E D R L W  
 E R Z H W A L R L M U O S V S  
 T F X P R A N C E R N F G L Y

Free Word Search Puzzles from [chickenscratchny.com](http://chickenscratchny.com)



- Submitted by Kevin Fitzgerald



Contact person is  
**Claire Kilcommins,**  
 978-562-3336.



**Why .....**

Why is the "S" or the "C" in the word scent silent?

Why does fridge have a "d" in it, but the word refrigerator doesn't?

Why are Zoey and Zoe pronounced the same but Joey and Joe are not?

The word "queue" is just a Q followed by four silent letters. Why?

Why is a "w" called a "double-U" when it clearly is a "double-V"?

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 Monday Closed Saturday 10-4  
 Tuesday 10-7 \*1st Sunday of month 10-4  
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**TREASURED TRADITIONS  
 BRIGHT NIGHTS: SPRINGFIELD**



Since 1995, Bright Nights has been a unique public/private collaboration between the City of Springfield's Department of Parks, Buildings and Recreation Management and the Spirit of Springfield, a private non-profit organization. Together they have welcomed more than 5 million visitors. It has been calculated that if every bus that had visited were lined bumper to bumper they would go from Springfield to Cape Cod. The cars would go as far as California.

Bright Nights at Forest Park started with a flyer from Carpenter Decorating and has grown and become known as the Northeast's premier holiday lighting experience. It has been named seven times as one of the Top 100 Attractions in North America by the American Bus Association, listed on People.com as "One of the Top Ten Happenings in America" and been featured in The New York Times, and magazines that include Motorhome, Colonial Homes, Yankee and U.S Airways.

Expansions since the first season include the Winter Garden, Jurassic World, Kwanza, Hanukkah, Everett Barney Mansion, Happy Holidays, as well as expansions to Toy Land, and the Springfield Thunderbirds display.

Bright Nights has also been making the transformation to LED light bulbs in many of the displays, including the American flag, Spirit of the Season, Never Never Land, Seuss Land, Victorian Village, Blizzard Tunnel, Toy Land, Happy Holidays Springfield, the Giant Poinsettia Candles and more.

Forest Park is at 300 Summer Avenue, Springfield, just off I-91 on Rt.83. Hours are now until Jan 3, 2021 (closed Nov 30-Dec 1), Sunday through Thursday 5:00 - 9:00 PM, Friday, Saturday and holidays 5:00 - 11:00 PM. Admission Monday-Thursday \$20 per car, Fridays, Saturdays and holidays \$25 per car. A printable discount coupon is available at [brightnights.org](http://brightnights.org).

**GILLETTE STADIUM:**

Tickets needed in advance for The Magic of Lights drive through experience 5:00 - 9:30 PM, December through January 2nd, at [Magic of Lights.com](http://MagicofLights.com).

**THE TRUSTEES of RESERVATIONS:**

The Trustees have two Winter Lights this year. One is at Naumkeag, Stockbridge and the other at the Eleanor Cabot Bradley Estate, Canton, (*unfortunately both locations are already sold out*). Place this event on your calendar for next year! For more information, go to [thetrustees.org/winterlights](http://thetrustees.org/winterlights).



- Submitted by **Barbara Champine**

**Book Club**

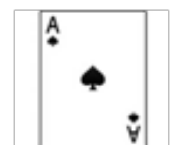
Meetings are generally the last Wednesday of each month. Book selections are done at the monthly meetings.



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

**POKER PLAYERS WANTED**

Games are cancelled due to COVID-19. Contact person is **Lenny Suslowicz**, 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](mailto:village-re@verizon.net)

### November Board of Governors (BOG) News



The holidays are here. Celebrations with family and friends will be different this year due to the rise in COVID-19 cases. It's important for everyone to continue practicing safe guidelines by social distancing and wearing face masks. We can all be thankful that we live in a very caring and supportive community and that neighbors are here to help if anyone is having a difficult time. With smaller gatherings, or none, it might be a good time to reflect and count our blessings. The Community Center continues to remain closed.

The Building and Grounds Committee completed the extremely important annual inspection of the property in mid-October. The Board thanks all Committee volunteers for taking the time to walk and inspect our community. The results were compiled and sent to the applicable contractors to address issues that were identified.

- Scott Forbes of S. K. Forbes General Contractors has been addressing everything on the list of structural issues and should finish before the end of the year.

- All identified bee/wasp issues have been addressed.

- All leaking spigots have been fixed.

- Weather permitting, broken dryer vent covers will be replaced by **Bill McPhail** sometime in December. Thank you, Bill!

- Every unit owner, noted with a clogged dryer vent, was contacted. It was suggested they might use AIRTEK, Inc. to have their dryer vent cleaned.

- There is a list of gas meters that are out of date. Come to find out Eversource is not currently replacing gas meters due to COVID-19. We will follow-up with Eversource in the Spring once the COVID-19 numbers are reduced.

-Sean, from Eagle Painting, was on site following the Committee's inspection, but before the findings could be summarized. So, some of the painting issues remain open. Due to the weather it's unclear if Eagle Painting will be back on site until Spring.

- There is a list of items to be addressed by J&J&Son Lawn Care. It includes leaking gutters by front walkways that ice up in Winter months. Hopefully, all leaking gutters were identified and listed. All gutters were cleaned on November 17<sup>th</sup>.

-There is a list of driveways that have sunk below the garage aprons. They will be addressed next year.

- Not included in the compiled results is the condition of our lawns. We had a record setting Summer for heat and severe drought. Our irrigation system was off due to the Town of Hudson requirements. As a result, no seeding/reseeding was done. This Fall some seeding was done, but not all. Let's hope next year will be better for our lawns. The condition of our lawns is a top priority for the Board.

In follow-up to the prior Quail Runner Board article, the area where the dead trees were removed beside/ behind 1 Autumn Drive has been landscaped. Thanks to **Arnie Johnson**, all new grass and shrubs are being watered faithfully. Thanks Arnie!

ARR-MAX made the following repairs to roadways, driveways, lawn areas with drainage issues, etc.:

- Repaired 37 sunken driveway aprons.

- Repaired numerous asphalt faults on the roads.

- Rebuilt three catch basins.

- Installed a new catch basin in the circle of 7/12 Strawberry.

- Installed rear downspout drainage behind 8 Strawberry.

- Installed rear downspout drainage behind 1 Autumn.

- Installed rear downspout drainage behind 3 Autumn and regraded.

- Installed rear downspout drainage behind 2 Strawberry and filled a low spot that collected water between 11 Autumn and 2 Strawberry.

*(BOG continued on page 8)*



(BOG continued)

- Repaired and repointed the stone retaining wall between 3/5 Autumn.
- Repaired three landscape retaining walls on Autumn.
- Installed a new landscape retaining wall at 1 Autumn.
- Regraded and installed drainage at the front of 2A Strawberry and 6B Autumn to correct wet areas.
- Repaired retaining wall between 2/4 Rotherham as well as installed new drainage.
- As of the writing of this article, ARR-MAX is expected back to address the drainage issue(s) behind 4/6 Autumn.



The pump house generator battery died and was replaced by Kraft Power.

J&J&Son Lawn Care has shut down the irrigation system and completed the Fall cleanup. They also aerated our lawns. All ornamental trees, street Maple trees, and shrubs were deep fertilized on November 20<sup>th</sup>.

The October snow event, that was not forecast, and turned into ice caught J&J&Son Lawn Care, as well as most snow removal companies, off guard. J&J&Son Lawn Care's equipment was not ready for a snow/ice removal event. J&J&Son Lawn Care did treat our roads with salt using fertilizer spreaders. Not ideal, but the next morning one could drive through the property. Their snow removal contract started at the beginning of November.

During the past several months while unit owners stayed close to home, improvements to their units may have been made. All improvements to units, current or previous but undocumented, need to be forwarded to The Dartmouth Group for the Master Insurance and the unit owner's HO6 insurance provider. If undocumented, and a disaster occurs, only the original built specifications or last documented upgrades, will be covered in an insurance claim.



The Board approved a three-year renewal contract with The Dartmouth Group, our property management company.

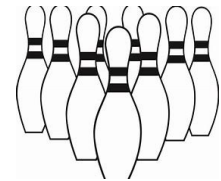
**Please do not drive beyond the property posted speed limits!**

The Board sincerely hopes everyone can find joy in this restricted holiday season.



**QUAIL RUN BOWLERS -**

If you are interested in bowling, please call **Carole Mahoney**, 508-746-8635, or **Donna Milot** 978-562-6603 for more information.



**QUAIL RUN LIBRARY -**



Thank you for using our baskets for returns. Any questions, please call **Carole Mahoney** or **Alison Towle** at 978-568-0806.

**JULIETS NEWS**

*The Juliets Luncheons are cancelled due to the current concerns regarding the COVID-19 virus.*



Social Committee  
Plan Ahead  
Schedule



*All activities are cancelled due to the current concerns regarding the COVID-19 virus.*

**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). You can also call the security line at 978-553-5858.



**INTERESTING BIT OF HISTORY**  
**Who was Hayim Solomon?**

On the rear of the One Dollar bill, you will see two circles. Together, they comprise the Great Seal of the United States.

The First Continental Congress requested that Benjamin Franklin and a group of men come up with a Seal. It took them four years to accomplish this task and another two years to get it approved. If you look at the left-hand circle, you will see a Pyramid.



Notice the face is lighted, and the western side is dark. This country was just beginning. We had not begun to explore the west or decided what we could do for Western Civilization. The Pyramid is uncapped, again signifying that we were not even close to being finished. Inside the capstone you have the all-seeing eye, an ancient symbol for divinity. It was Franklin's belief that one man couldn't do it alone, but a group of men, with the help of God, could do anything. The Latin above the pyramid, ANNUIT COEPTIS, means, 'God has favored our undertaking.' The Latin below the pyramid, NOVUS ORDO SECLORUM, means, 'a new order has begun.' At the base of the pyramid is the Roman Numeral for 1776. (MDCCLXXVI)

'IN GOD WE TRUST' is on this currency.



If you look at the right-hand circle, and check it carefully, you will learn that it is on every National Cemetery in the United States. It is also on the Parade of Flags Walkway at the Bushnell, Florida National Cemetery, and is the centerpiece of most hero's monuments.

Slightly modified, it is the seal of the President of the United States, and it is always visible whenever he speaks, yet very few people know what the symbols mean.



The Bald Eagle was selected as a symbol for victory for two reasons: First, he is not afraid of a storm; he is strong, and he is smart enough to soar above it. Secondly, he wears no material crown. We had just broken from the King of England. Also, notice the shield is unsupported. This country can now stand on its own. At the top of that shield you have a white bar signifying congress, a unifying factor. We were coming together as one nation. In the Eagle's beak you will read, 'E PLURIBUS UNUM' meaning, 'one from many.'

Above the Eagle, you have the thirteen stars, representing the thirteen original colonies, and any clouds of misunderstanding rolling away. Again, we were coming together as one. Notice what the Eagle holds in his talons. He holds an olive branch and arrows. This country wants peace, but we will never be afraid to fight to preserve peace. The Eagle always wants to face the olive branch, but in time of war, his gaze turns toward the arrows.

They say that the number 13 is an unlucky number. This is almost a worldwide belief. You will usually never see a room numbered 13, or any hotels or motels with a 13th floor. But think about this:

- 13 original colonies,
- 13 signers of the Declaration of Independence,
- 13 stripes on our flag,
- 13 steps on the Pyramid,
- 13 letters in, 'Annuit Coeptis,'
- 13 letters in 'E Pluribus Unum,'
- 13 stars above the Eagle,
- 13 bars on that shield,
- 13 leaves on the olive branch,
- 13 fruits, and if you look closely, 13 arrows.

*(continued on page 10)*

And finally, if you notice the arrangement of the 13 stars in the right-hand circle you will see that they are arranged as a Star of David. This was ordered by George Washington who, when he asked Hayim Solomon, a wealthy Philadelphia Jew, what he would like as a personal reward for his services to the Continental Army, Solomon said he wanted nothing for himself but that he would like something for his people. The Star of David was the result. Few people know that it was Solomon who saved the Army through his financial contributions but died a pauper.



I always ask people, 'Why don't you know this?' Your children don't know this, and their history teachers may not know this. Too many veterans have given up too much to ever let the meaning fade. Many veterans remember coming home to an America that didn't care. Too many veterans never came home at all. I for one, plan to share this presentation with everyone, so they can learn what is on the back of the United States one dollar bill and what it stands for.

- Submitted by **George Shaw**. *Note: I received this write-up in an email from a friend, and I am trying to find out the name of the person who wrote this article and did such a great job of educating me about all the history and symbolic items that appear on the one dollar bill.*

Happy Kwanza  
December 26



Bev Minot and Susan Bohall are collecting 2021 calendars again this year to give to the Veteran organization. If you have extra calendars, please



drop them off on the front porch at 8F Strawberry Lane. Thank You!



If you are praying for snow, please stop

**YOU KNOW YOU ARE LIVING IN 2020 when...**

1. You accidentally enter your PIN on the microwave.
2. You haven't played solitaire with real cards in years.
3. You have a list of 15 phone numbers to reach your family of three.
4. Your reason for not staying in touch with friends and family is that they don't have e-mail addresses.



5. You pull up in your own driveway and use your cell phone to see if anyone is home to help you carry in the groceries.

6. Every commercial on television has a web site at the bottom of the screen.
7. Leaving the house without your cell phone, which you didn't even have the first 30 (or 60) years of your life, is now a cause for panic and you turn around to go and get it.



8. You get up in the morning and go on line before getting your coffee.
10. You start tilting your head sideways to smile. : )
11. You're reading this and nodding and laughing.
12. Even worse, you know exactly to whom you are going to forward this message.
13. You are too busy to notice there was no #9 on this list.
14. You actually scrolled back up to check that there wasn't a #9 on this list.

**NOW U R LAUGHING AT YOURSELF.**

- Submitted by **Pat Ritter-Waltrup**

## ARLINGTON CEMETERY

This is really an awesome sight to watch if you've never had the chance. Tomb of the Unknown Soldier. Below are some high lights that are very interesting:

1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

- 21 steps: It alludes to the twenty-one gun salute which is the highest honor given any military or foreign dignitary.

2. How long does he hesitate after his about face to begin his return walk and why?

- 21 seconds for the same reason as answer number 1.

3. Why are his gloves wet?

- His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and, if not, why not?

- He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards changed?

- Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

6. What are the physical traits of the guard limited to?

- For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30.

Every guard spends five hours a day getting his uniforms ready for guard duty.

They must commit two years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives.

They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in any way.



After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb.

There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt.

There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first six months of duty a guard cannot talk to anyone nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery.

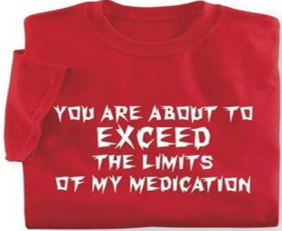

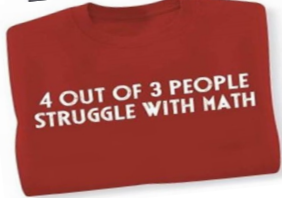

The tomb has been patrolled continuously, 24/7, since 1930.


There are so many more interesting facts that can be found on-line, please check them out.

- Submitted by **Bill McPhail**



**Happy New Year**

Building and Grounds Committee - December 2020			T-Shirt Humor
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<h2 style="text-align: center;">Condo Care</h2> <div style="display: flex; align-items: center;">  <p>Most folks have their car in the garage for the Winter, but there are some important equipment issues that need to be addressed before the snow and cold temperatures arrive.</p> <p><b>Tires</b> - check your tire treads. Put a penny between the tread with the Lincoln side head down. If the tread is below the head, then you should replace your tires. If you can not check the tires this way, let the garage mechanic do it for you.</p> <p><b>Oil change</b> - your oil change should be done every 5k miles.</p> </div>	<p><b>Battery</b> - if you do not use your car much in the Winter, run the car for at least one half hour every other day outside in your driveway, to maintain the charge. If your battery is four years or older, bring your car to a mechanic to check it.</p> <p>Keep your fuel tank full, condensation can build up in your gas tank and play havoc with your fuel system if there is space in your tank.</p> <p>Check your wiper fluids and blades and keep your car clean on the outside. Dirt particles on your car will attract moisture thus causing rust to form on the car.</p> <p>Also, it is a good idea to have a road emergency kit, a first aid kit, a small blanket, a flashlight, an extra jacket, gloves and hat, a small shovel, an ice scraper and brush, and a bag of kitty litter (for traction if needed) in your trunk for any Winter emergencies.</p> <p>- Submitted by <b>George Shaw</b></p>
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