



The Quail Runner

For and By the Residents
of The Villages of Quail Run



January - February 2021

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Around the Quail Run Community

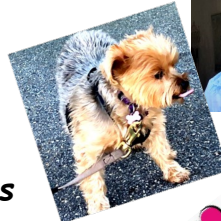


Friends



Family

Neighbors



Pets



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Toys for Tots

On behalf of the **Social Committee** I would like to thank everyone who participated in any way to our Toys for Tots collection.

It was a huge success and due to the generosity of our community we were able to fill a very large Hudson Police Department pick-up truck.

It was such a great feeling to see that truck pulling out of our community loaded to capacity with the all the toys the residents of Quail Run contributed to this yearly event.

Thanks again everyone!
- **Marlie Stott**



BOG NOTICE

Until further notice the Quail Run Community Center continues to remain closed to all Quail Run residents

All Quail Run Social Activities Are Cancelled until further notice

All social activities are cancelled due to the current concerns regarding the COVID-19 virus and the Commonwealth of Massachusetts guidelines

Snow Storms



* Reminder: Please leave your outside carriage garage and porch lights on at night during snow storms. Thank you.



The Quail Runner Staff

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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

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

Editor’s Desk

Kareen Shaw, editor

Neighbors Helping Neighbors



During past years and especially the last few months, neighbors have really shown the community spirit. Many people made free masks for others, offered to go grocery shopping for those needing help, picked up

mail, helped with trash/recycle bins, walked neighbor’s dogs, assisted with health issues, chauffeured neighbors to doctor and hospital visits, helped out by loaning tools, and helping others with home maintenance issues, baked and delivered home made meals to those who needed a helping hand, continued to give to the food pantry, and made “health check” phone calls to make sure people are OK during this somewhat stressful time in all our lives.

The above mentions only a few of the wonderful “acts of kindness” the residents of this Community share with each other every day. I am so thankful for having such great and thoughtful neighbors.

Kindness Changes Everything

The UPS Store - Hudson is a new advertiser for the *Quail Runner* Newsletter. Refer to page 12 to find a list of the extensive services they are able to provide to you at their store, located at 10 Technology Drive, (in the Stop and Shop Shopping Center).

Our Board of Governors

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

HEALTHY LIVING

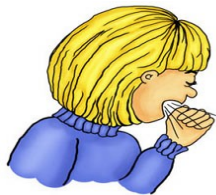
by Peggy Rittenhouse

What is a Hiatal Hernia?



Maybe some of you have been diagnosed with a hiatal hernia. This is a very common diagnosis and occurs when part of the stomach pokes through a natural gap (called a hiatus) in the diaphragm.

The diaphragm is a muscle separating your chest from your abdomen. Normally the esophagus connects with the stomach through this hole. But in some cases, the upper part of the stomach slides upward through this hole.



The most common cause is weakened musculature that surrounds the hiatus. This can be aggravated by straining during bowel movements, intense coughing, pregnancy, or heavy exertion.

Many people who have a hiatal hernia have no symptoms, but others have acid reflux from the stomach. This is because the lower esophageal sphincter (a circular muscle at the base of the esophagus) that normally keeps acid inside the stomach does not close when it should allowing irritating stomach acid to escape into the esophagus, which causes heartburn.

The good news is that most people with a hiatal hernia don't need treatment. But if you are experiencing acid reflux symptoms, such as heartburn, it may be helpful to eat smaller meals and avoid eating within two hours of bedtime at night. If your doctor thinks it's necessary, you may also want to take an antacid.

(Harvard Women's Health Watch, January, 2021)

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



**Ground Hog Day
February 2nd**

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



Honest to goodness  **Avidia Bank**

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2020 Federal Tax Return Tip!

As part of the CARES act this past Summer, that provided financial relief to the country, there was a small change for IRS tax filers who claim the "standard deduction": You can now claim up to \$300 of charitable giving (cash/check/credit-card only, but not things like food and clothes), on your 2020 IRS tax return, even if you do not itemize deductions.

You may want to discuss this with your tax preparer when you sit down to do your taxes this year. The other advantage of this small change is that it will reduce your "Adjusted Gross income", which will lower your income used in many other benefit and tax calculations, possibly even your Medicare PartB premiums.

- Submitted by **Dave Bernhardt**



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.

Please do not drop items off at the Community Center, it is **CLOSED** due to COVID-19 restrictions.



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**

New Resident Information

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



Quail Run Birthdays

February

- Pat Trask -1
- Edward Houser -1
- Terry Hanlon -1
- Ron Ruest -2
- Alison J. Towle -2
- Susan Ciampi -3
- Mary Ellen Moynihan -3
- Evelyn Spears -5
- Kenneth Ward -5
- Lori Robak -8
- Barbara Baker -9
- Gerry Hegarty -9
- Frances Houser -10
- Bob Reid -11
- Joanne Frank -16
- Jackie Malloy -16
- Barbara Morgan -17
- Sarah Karloff -17
- Susanne Gird -19
- Michael Baker -22
- Carole Perla -23
- Elaine Recklet -27



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

March

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

April
Bunny
Chicks
Cloud
Daffodil
Earthworm
Flowers
Garden
Grow
June
May
Plant
Puddle
Rainbow
Rain Shower
Robin
Seed
Spring
Sunshine
Tulips

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



Daylight Savings March 14th

March 27th



Update on the 2021 Calendar Collection for our Veterans

Bev Minot would like to thank everyone for dropping off calendars, cards, etc. for the benefit of the Bedford VA. Quail Run Residents contributed: 129 large and 30 small calendars, 175 Christmas cards and blank cards, and 28 notepads. We will continue to collect items and will pass them along to our Veterans. Contributions can be dropped off at 8 F Strawberry Lane. Thank you so much!!

February 17th - Random Act of Kindness Day

On this day, think about your friends and neighbors, both old and new, and touch base with them. Send a card to let them know you are thinking about them, or make a phone call and surprise them, or you could send them an email. Your outreach will not be forgotten.

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

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 Monday Closed Saturday 10-4
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THE TRUSTEES OF RESERVATIONS


Are you looking for a safe place outdoors to spend some time until the vaccine arrives? Check out this web site: thetrustees.org.

The Trustees of Reservations is a non-profit land conservation and historic preservation organization dedicated to preserving natural and historical places in the Commonwealth of Massachusetts. It is the oldest land conservation nonprofit organization of its kind in the world and has about 140,000 dues-paying members. In addition to land stewardships, the organization is also active in conservation partnerships, community supported agriculture, environmental and conservation education, community preservation and development, and green building.



The Trustees of Reservations own title to 116 properties on 27,000 acres in Massachusetts, all of which are open to the public. Properties include historic mansions, estates, gardens, woodland preserves, waterfalls, mountain peaks, wetland and riverways, coastal bluffs, beaches and barrier islands, farmland, archaeological sites and lighthouses.


The Trustees was proposed in 1890 when the New England periodical "Garden and Forest" published a letter by landscape architect Charles Eliot (protégé of Frederick Law Olmstead) entitled "The Waverly Oaks".



James J. Morais, GRI-CRS
Realtor Emeritus

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

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Eliot's letter proposed the immediate preservation of special bits of scenery still remaining within ten miles of the state house which possess uncommon beauty and more than usual refreshing power. In 1891 the legislature established The Trustees of Public Reservations for the purpose of acquiring, holding, maintaining and opening to the public beautiful and historic places within the Commonwealth.

Two Trustee properties near us are the Fruitlands in Harvard and the Old Manse in Concord. On The Trustees of Reservations web site you will find a list of their 116 properties, a description, hours of operation and cost if any.

If you want a membership, that is available on their web-site. I have had one for many years. Membership gives you 10% off retail stores and cafes, 20% off on special discount days, free or reduced admission and parking, discounts on lectures and guided walks, a member's only guidebook, a quarterly members magazine, maps, two campgrounds and bed and breakfast discounts. Membership is also a tax deduction and you are helping preservation. One of my favorite Trustee sites is Crane Beach and the Castle Hill Mansion of Ipswich. Membership or not, these places are all ready for you to enjoy.

- Submitted by **Barbara Champine**

HOW TO START A FIGHT

- *This past year, I decided to buy my mother-in-law a cemetery plot as a Birthday gift. This year I didn't buy her a gift. When she asked me why, I replied, "Well, you still haven't used the gift I bought you last year!"*

.....And that's how the fight started.

- *My wife sat down next to me as I was flipping channels. She asked, "What's on TV?" I said, "Dust."*

.....And that's how the fight started.

The doctor said I will walk again, but I will always have a limp!

- Submitted by **George Shaw**

Book Club

Meetings are held, via a ZOOM call, and 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.

January Board of Governors (BOG) News



Hope everyone had the best possible holiday season given the current COVID-19 restrictions. 2021 promises to be a much better year. Do hope everyone is still practicing appropriate guidelines of social distancing and wearing face masks.



Until further notice the Community Center remains closed. This means all unit owner access including the Library Committee and

residents looking to borrow/return books or puzzles! As an association we do not have the resources to adhere to the COVID-19 guidelines established by the Commonwealth. The only use of the facility is for contractors to use the bathrooms and the cleaning company.

The Board would like to extend a special thanks to all unit owners who volunteer their time on the Communications Committee, Social Committee, Building and Grounds Committee and various clubs. Community activities are on hold, but hopefully these committees and clubs will be able to start again during 2021. Every volunteer's time helps to make this a great community.



A big "atta boy" and many thanks to every volunteer.

During the December 17th significant snowstorm and a stay-at-home order from the Commonwealth, the Board received feedback from multiple unit owners indicating that our property was not appropriately being cleaned by J&J&S Lawncare and suggesting that Dave's Landscaping would have done a better job. It was suggested that the Board changed vendors due to lower costs.

First, the Board did not change landscape/snow removal contractors due to cost. We ran into a major issue with Dave's Landscaping during the last year of the contract. Our site manager had an accident and was on medical leave for a significant period. Dave's Landscaping chose not to provide Quail Run with a temporary site manager. In the meantime, Dave also pulled all regular lawn crew and gave us untrained staff.

This resulted in poor mowing (i.e., missing large sections of grass and doing significant damage to drainpipes and flower beds with weed whackers) and two damaged gas meters with leaking gas that had to be fixed by Ever-source. The damaged gas meters were not reported by the lawn crew due to fear of losing their job, but by unit owners. Lawns were not fertilized or treated for invasive plant growth. The number one snow plow operator, ran into a difference of opinion with Dave's Landscaping and left. The replacement person did a bad job and damaged many lawns. Dave's Landscaping did not supply us with the proper snow shoveling crew. One snow removal crew walked off site and never finished.

Second, after receiving multiple bids and reviewing references, the Board chose to contract with J&J&Son Lawncare. Most of the experienced crew we had with Dave's is now part of our on-site staff for J&J&Son Lawncare. The Board was told that it would take at least three years for our lawns to recover given the right climate conditions and 2020 was not one of those years. The contract with J&J&Son Lawncare covers the same amount of on-site snow removal equipment as we had with Dave's. On December 17th, the snow removal crew were on site at 2:00 AM and, except for a short break to get something to eat, were on site until everything was cleared. During the storm initially driveways, porches, around cars were cleared early in the morning in case anyone needed to get out to go to work but they immediately drifted over again with snow. During the day roads were passable. FedEx, UPS, the mail man, an ambulance, and at least two cars were able to get through the property.

Third, it is almost impossible to find any snow removal contractor, at any price, that is willing to supply shovel labor. They all want to plow for us, but do not want to shovel walks, porches, fire hydrants, and around vehicles parked in driveways, or mailbox walkways. Of course, that is not an option. This is not an excuse, but a statement of facts. Let us remember that, in many cases, while we sleep the snow removal crew are on site to clean up the property as quickly as possible. The number one priority is to keep the roads and circles open for emergency vehicles and we have never failed in that mission.

As a side note, we now have crows digging up sections of grass that will need to be repaired in the Spring. Also, residents have seen crows eating large morsels of ~ bread ~, please do not feed the crows.



(BOG continued)



ARR-MAX completed the drainage repairs to the back of 4/6 Autumn. In the Spring the drainage issue on the back of 2A Autumn will be addressed if there is still an issue. The repairs at 4/6 Autumn are presumed to have resolved this issue. Much of the water at 2 Autumn came down the hill from 4 Autumn.

Scott Forbes of S. K. Forbes General Contractors addressed everything on the Building and Grounds Committee list. Several additional gutter issues surfaced with the rain and snow. These were repaired by Scott Forbes. Scott Forbes also performed a complete inspection of our buildings and decks. A list of items needing attention was submitted to the Board. The list is under review. Critical items will be taken care of as quickly as possible. As our budget permits, in order of priority, other identified issues will be addressed.

The Board approved the new Master Insurance policy. You should have received the HUB International master insurance "Unit Owner Letter". Unit owners should contact their own homeowners (HO-6) insurance providers to make sure their individual coverage is appropriate.



During 2020 the Association spent \$4,400 on the extermination of bees. We need to somehow mitigate this expense. One thing that unit owners can do is purchase a can of bee spray. A little spray on railings of porches and decks will resolve a huge portion of the expense. The bee spray may also be used in all areas that the spray will reach. You may wish to spray before the bees show up or when you first see a bee, they will find another place to go. Do suggest not using the spray until dusk if there are active beehives.



Please do not drive beyond the property posted speed limits!

The Board sincerely hopes everyone continues to stay safe and practices social distancing. As of 01/21/2021 there are only 58 days till Spring, but who is counting.

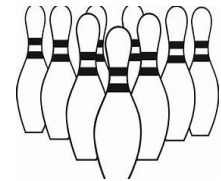
February 14th
Valentines
Day



March 17th



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 -



The Library is closed due to COVID-19 restrictions.
PLEASE DO NOT ENTER THE COMMUNITY CENTER BUILDING



Month of
March



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P: 877.7CHAVES
F: 978.562.1026

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Intel Please contact **Rachael Hamer** directly for any questions/concerns regarding **Intel** at 978-553-2158, Rachael.hamer@intel.com. You can also call the security line at 978-553-5858.

Thoughts for Today

If you answer your phone with "Hello. You're on the air," most telemarketers will quickly hang up.

Sometimes, someone unexpected comes into your life out of nowhere. It makes your heart race and changes you forever. We call these people cops.



It's not the ups and downs that make life difficult; it's the jerks. (Charlie Chaplin)

Maybe the worst time to have a heart attack is during a game of Charades.

Always go to other people's funerals, otherwise they won't come to yours. (Yogi Berra)

This "killing them with kindness" is taking way longer than I expected.

I started out with nothing. I still have most of it left.

There's nothing scarier than that split-second when you lose your balance in the shower and think "Oh no! They are going to find me naked."

One day, you'll be able to tell your grandkids that you survived the Great Toilet Paper Shortage of 2020.

The quickest way to double your money is to fold it over and put it back in your pocket. (Will Rogers)

Never miss a good chance to shut up. (Will Rogers)

They say marriages are made in Heaven. Then again, so was lightning and thunder.



Finally, can we all agree that in 2015, not a single person got the answer correct to the question "Where do you see yourself five years from now?"

- Submitted by **George Shaw**

Seen on Church Message Boards

"Cremation is your last chance to get a smoking hot body"

"Whoever stole our AC units, keep them, it's hot where you are going"

"Adam and Eve, the first people to not read the Apple terms and conditions"

"Love is grand, Divorce is twenty grand"

"Forbidden fruit causes many Jams"

"The fact that there's a highway to hell, and only a stairway to heaven says a lot about anticipated traffic numbers"

- Submitted by **Kevin Fitzgerald**

Interesting Facts about SPAM



The famous canned meat product just turned 83 years old. It was first sold back in 1937. Even the Smithsonian has a replica of the original Spam can on display.

- More than 100 million cans of Spam were shipped to the Allied troops during WWII in 1941.

- In 1991 the first Spam Museum opened in Austin, Minnesota, and offers live cooking demonstrations.

- In the Philippines, they sell a "Spam Gift Set" which is said to be a very thoughtful wedding gift.

- Hawaii leads the country in Spam consumption. Over 7 million Spam products are sold each year to grocery stores and high end restaurants in the state.

- Spam is sold in 44 countries across the world.

- Hormel produces over 44,000 cans of Spam every hour, and produces 15 varieties.

- 12.8 cans of Spam products are eaten every second.

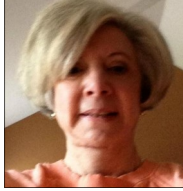
- Some people call Spam the "Mystery Meat". There are only six ingredients in Spam: pork (with ham), salt, water, potato starch, sugar, and sodium nitrate.

Some people love it, others not so much....which one are you?



The year was 2020 - your trash and recycle bins spent way more time outside than you did!

Technology Corner
by Carole Perla



Five signs that you need to replace your iPhone

Don't know when to say goodbye to your current iPhone and get a newer one? Adapted from an article by Jason Cross, Staff Writer, Macworld MAY 15, 2019 4:00 AM PDT.

*** Do you really need a new iPhone? ***



They're so expensive now, and yours is...fine. It's fine. You've never been one of those people who needs a new phone every year, or every other year, anyway.

Hanging on to your phone for a long time is a good thing. Some users feel compelled to upgrade way too often, others stubbornly refuse to get a new phone until their current one literally won't function at all, and might need a little help accepting that their old phone is holding them back.

If one or more of these signs apply to you, perhaps it's time to replace your iPhone.

1. You can't get iOS updates any longer

Apple does a better job than any other phone maker of supporting old hardware with new versions of its operating system. iOS 12 is supported by iPhones going all the way back to the iPhone 5s (released in 2013) and iPads back to the third-generation iPad and iPad mini (released in 2012).

Even if you can live without the new features in the latest version of iOS, you shouldn't forego its security updates. And Apple even put special effort into making iOS 12 run better on older devices than earlier versions of iOS. It's a difference you can feel immediately.

If you can't run iOS 12, it's definitely time to upgrade. Not only are earlier versions of iOS missing important features, but there are critical security updates in every iOS release, too.

When iOS 13 was released, it cut off support for the oldest devices supported by iOS 12. When that happens, consider your old iPhone end-of-life and put it to pasture.

2. Your screen is trashed but it isn't worth fixing

Cracked screens are common. Chips, cracks, and even fully shattered screens happen to the best of us. They make your phone hard or even dangerous to use, and of course they're just frustrating.



For most people, it's a priority to get the screen fixed. If your screen has been busted for a year and you won't fix it because it costs more for the repair than your phone is worth, maybe it's time to move on.

Think about what that says, that your old iPhone isn't even worth fixing. If it's not worth fixing, it's not worth using.

3. You're embarrassed by your photos

When you bought your iPhone, you were amazed by the photos and videos you took. Now, every time you and your friend are taking photos of the same thing, you're shocked by how good theirs looks and embarrassed by how bad yours looks.

Phone cameras get better every year, and Apple's always pushing the envelope. That doesn't mean you have to get a new phone every year, but it does mean that the photos taken by an iPhone just three or four years old are going to look way worse than a new one.

Everyone has a different level of satisfaction with the photos and videos they take, so the need to upgrade for camera quality will vary. But don't take lackluster photos of life's ephemeral moments just because you're too stubborn to replace an aging iPhone that "works fine."

4. You can't find accessories for it anymore



You need a screen protector, but you can't find one made for your iPhone model. It's time for a new case, but the stores have only one or two to choose from. You were going to buy that car mount, but it's made for iPhones of a different size, and yours doesn't fit right. What should you do?

(Technology Corner continued from page 11)

Generally speaking, iPhones are so popular that you can find accessories for your particular model at major retailers for years. That's definitely not true in the Android world. The collective Android market is huge, but no one model is supported for very long.

(If you're still using one of these, you probably should have replaced your iPhone a few years ago).

So if you can't find accessories that fit or work with your iPhone, you may want to consider a new iPhone. And if you have an iPhone with a 30-pin connector, you should have upgraded a few years ago.

5. You're always out of storage space

You've tried everything. You store your photos and videos online. You have Optimize iPhone Storage enabled in the Photos section of the Settings app. You deleted all the apps you don't really use. You've done everything you can to reduce other storage.

Yet you still run out of space on your iPhone. You can't download that app you want. You get a warning when you try to take photos. You get a warning when you try to update iOS. You never want your iPhone storage to become completely full.



At some point, you have to face the facts. As you take more photos, the thumbnails and indices for them get bigger. The 16GB of space that was "just fine" when you bought your iPhone a few years ago now feels like trying to squeeze a fleet of SUVs into a two-car garage.

You can't upgrade your iPhone's storage space. You can only get a new iPhone. And if storage limits are preventing you from using your iPhone the way you want to, maybe it's time to consider that. You may not want to get the minimum storage space this time, for fear of being back in this boat again in a few years.

March Winds Are Coming Soon!

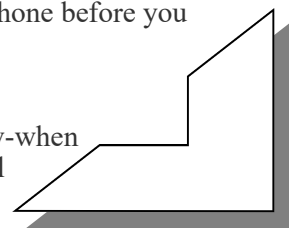


*** How to move everything to your new phone ***

When you finally do get a new phone, you'll want to transfer all of your existing data to it.

Of course, you might be turning in your old phone as a trade-in. The Apple Store or carrier should help you transfer your data and then completely wipe all traces of your info from your old iPhone before you turn it in.

<https://www.macworld.com/article/3394864/how-to-know-when-you-need-a-new-iphone.html>



Condo Care

CHANGING FURNACE FILTERS

For the health and well being of your furnace, change the air filter every 3 to 6 months. If your air filter is clogged it will put a strain on the furnace motor thus causing premature failure and less circulation of warm air throughout your home.

GARBAGE DISPOSAL

My rule of the thumb. Never put anything in the garbage disposal that you would not eat - that includes egg shells, bones, coffee grounds and the list goes on.

If you *must* put grease down, put it down the drain with COLD water not hot. COLD water will solidify the grease and allow it to pass. Hot water will allow the grease to stick to the inside of the disposal thus causing build-up. To clean the inside of your disposal, take a hand full of ice cubes and put them down the disposal and turn it on while running the cold water.

SPARE BATHROOMS - SINKS and SHOWER

Every month or so, run the hot and cold water in your spare baths. If the shower is not used, mineral deposits can build up in the mixing valve (the on/off valve) in the shower thus preventing hot water from flowing. If the hot water does not flow, a plumber is needed for the repair.

- Submitted by **George Shaw**



Weather Folklore

When you really think about it, the weather impacts our decisions every single day. What we wear, when we leave for

our morning commute, the chores we do, the hobbies we partake in, and the family activities we plan. And on and on the list goes on how our lives are influenced by the winds and skies.

Today, we have meteorologists and entire government agencies dedicated to predicting the weather with high-tech computers and algorithms, but a hundred and two-hundred years ago (and more!), folks had to rely mostly on observation and rudimentary tools to predict the weather of the coming days.

To help with this task of predicting the weather, farmers, sailors, and amateur meteorologists of all kinds came up with handy, often rhyming proverbs, that could guide their observations. They realized that animal behavior, wind direction, air pressure (which could be measured with a barometer), etc., were pretty accurate indicators of how the weather would behave.

Perhaps surprisingly, most of this handed down “folk wisdom” is really quite accurate and has a lot of science behind it; weather proverbs of old can be applied today just as well as they were centuries ago. Rather than relying on your local meteorologist or your smartphone app to tell you what to wear for the day, why not work on your powers of observation and come to understand more about the weather and the natural world around you?

Following are some of the folk wisdom sayings:

“If the goose honks high, fair weather. If the goose honks low, foul weather.”

“When pipes or cigars smell stronger, it’s going to rain.”

“If spiders are many and spinning their webs, the spell will soon be very dry.”



“Red sky at night, sailor’s delight; red sky in morning, sailor’s warning.”

“When dew is on the grass, rain will never come to pass.”

“Frogs croaking in the lagoon, means rain will come real soon.”



“When clouds appear like rocks and towers, the earth’s refreshed with frequent showers.”

“Mackerel skies and mares’ tails make tall ships carry low sails.” (“Mackerel skies” refers to altocumulus clouds, while “mares’ tails” is referring to cirrus clouds).”

“A ring around the sun or moon, means that rain will come real soon.”

“When the ass (donkey) begins to bray, surely rain will come that day.”



“The position of the longest brown/orange bands on Woolly Bear worms supposedly indicates which part of Winter will be coldest or hardest. If the head end of the caterpillar is dark, the beginning of Winter will be severe. If the tail end is dark, the end of Winter will be cold.”

“Plant peas on St. Patrick’s Day for the blessing of the saint himself.”

“When the blossoms of the apple tree begin to fall, plant your corn seeds.”

“If Toads hie (go quickly) home, or Frogs do croak amain (with all one’s might), rain long foretold long last.”

“Always plant potatoes on Good Friday.”

“Check the date on the calendar the last day in late Fall that frogs croak. That is the number of tracking snows till Spring.”

“Heavy and numerous fogs during August foretell a cold Winter.”

Hope you enjoyed this wonderful folklore!

- Submitted by **Pat Ritter-Waltrup**

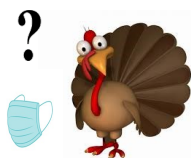


Who are These People??

* Between the winter coats, hats, scarves, gloves and masks that are covering up our brave Quail Run walkers, the rest of us sit in our warm, cozy homes trying to figure out **who are these people** walking by.

* Occasionally a walker will get disoriented and have to figure out which circle they are in, because their glasses get so fogged up, they have trouble seeing what is in front of them!

* People drive by in their cars wearing masks, they wave to the people walking, and of course the walkers wave back. Each of the walkers turn and ask each other "do you know who that was?" And of course each replies "Nope, don't have a clue."



* Have not seen the turkeys roaming the neighborhood lately, I have a hunch they are still trying to master the art of putting on a mask.

* I must admit with masks on, sneezing, wiping or blowing your nose becomes a bit of a challenge.



* All told, when the temperature is around or below freezing, and the wind is blowing, the masks are very helpful in covering up the face to help keep it warm.



* Family portraits will look quite different for awhile.

- Submitted by **Sally Mauro**



There is enough toilet paper to go around!

A Wish for Everyone

As part of savethechildren.org, children around the world were asked to write a poem to capture their feelings during COVID-19. The following is a short poem written by an 11 year old child from the United Kingdom.

When it is safe,
I'll hold my arms open wide,
and shout to the world,
we can all go outside!
Don't give up hope,
the end is in sight,
if we all stick together,
we'll win this fight.

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Please keep yourself and others safe!

