



# The Quail Runner

For and By the Residents  
of The Villages of Quail Run



March - April 2021

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## Around the Quail Run Community

### The Best Words Ever

Your vaccination appointment is confirmed!  
and  
Congratulations, you've been vaccinated!

Once you complete your vaccine shots, you will receive your Vaccination Card issued by the CDC



Below are pictures of some QR friends and neighbors who have received their COVID-19 vaccination shots

Mary Ellen Phyllis  
Sherrie Clare



Trudy and Phil



Ginnie and Arthur



Joyce



Dick

John  
and  
Bonnie



Nicole Barbara



MJ and Rich



Harry and Barbara



Joe and Susan



Lenny  
and  
Carol



Kareen  
and  
George



Barbara Sally



Peggy Joanne



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## BOG NOTICE

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

### 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



As everyone knows, receiving the COVID-19 vaccination is so important these days. Please take time out of your schedule to make sure you get an appointment for your vaccination. The Hudson Senior Center may be able to assist or answer your questions regarding COVID-19 vaccination sites.

\*\*\*

If you find that you need to be **tested** for COVID-19, because you have been exposed to a person whom has tested positive for the virus, there is a local testing site available. This site location is at the New England Sports Center, 121 Donald Lynch Boulevard, Marlboro, MA. They are open Monday - Friday, 8:00 AM - 12:00 PM. For more information call 508-486-5809.



It’s time to start thinking about Spring and Summer flowers and how wonderful this time of year becomes when we can open up our windows and go outside and enjoy the nice weather!

### Real Estate Transactions at Quail Run



Sold: 6F Rotherham Way, 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

## Comparing the COVID-19 Vaccines



Currently, there are three vaccines developed by Pfizer, Moderna, and Johnson & Johnson for emergency approval to be given to adults 18 and older (Moderna and J & J), and age 16 and older (Pfizer).

Individuals are unlikely to be offered a choice of which vaccine they want. The vaccine available at the place where you are being vaccinated is the one you'll likely get.

Pfizer and Moderna vaccines are made using messenger RNA (mRNA), a technology that delivers a bit of genetic code to cells, in effect a recipe to make the surface protein (known as a spike) on the SARS-2 virus. These proteins made with the mRNA instructions, activate the immune system, teaching it to see the spike protein as foreign and develop antibodies and other immunity weapons with which to fight it. The J & J vaccine uses a different approach to instruct human cells to make the SARS-2 protein, which then triggers an immune response.

The Pfizer and Moderna vaccines have shown astonishing degrees of efficacy - Pfizer vaccine showed 95% efficacy at preventing symptomatic COVID-19 infection after two doses and Moderna was 94.1% protective. Both are protective across age groups and racial and ethnic groups. J & J one-dose vaccine was 72% protective in the United States. It is not yet known if any of these vaccines prevent asymptomatic infection nor is it known if vaccinated people can transmit the virus if they do become infected but don't show symptoms.

The most common side effects are injection site pain, fatigue, headache, muscle pain, and joint pain. Some people in the trials reported fever. Younger adults, who have more robust immune systems, reported more side effects than older adults. These side effects are a sign of an immune system kicking into gear. They do not signal that the vaccine is unsafe.

To date there are no serious, long-term side effects associated with receipt of these vaccines. There have been reports of severe allergic reactions to the mRNA

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(continued)

vaccines and on rare occasions, can trigger a severe and potentially life-threatening reaction, which is treated with epinephrine. The CDC says people should be monitored for 15 minutes after getting a COVID-19 shot, and 30 minutes if they have a history of severe allergies.

The storage requirement for each of the vaccines is different, with the Pfizer vaccine having to be kept at a much lower temperature.

Figuring out how long the protection provided by any of these vaccines will last will take time. It's going to involve periodic blood draws from some volunteers to see what their antibody levels look like.

(Credit for this report is from Helen Branswell, Senior writer on Infectious Disease as reported in STAT newsletter, February, 2021).



We would like to thank all of you who have continued to drop off calendars, note pads and greeting cards on our front porch, so we can deliver them to the Bedford Veterans Administration.

- Bev Minot and Susan Bohall, 8F Strawberry Lane

May 17th State and Federal Taxes are Due!!





**Quail Run Birthdays**

**April**

- Gary Hegan -3
- Barbara Champine -7
- Kathy Middleton -11
- Sharon Berthiaume -12
- David Moore -18
- Cheryl Presley Baker -19
- Charlie Bosio -20
- Marsha Strauss -21
- Pam Thompkins -21
- Sue Fox -21
- Helena Cabral -23
- Leonard Novick- 27



**May**

- Arnold (Arnie) Johnson -4
- Janice Hornberg -7
- Roger Montgomery -9
- Sue O'Keefe -22
- Patricia Ruest -23
- Kevin Wentzell -26
- Marc Karloff -26
- Kareen Shaw -27
- Mary Hennessey -27
- MJ Ebens -28
- Marie T. Mangan -31

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

***It's all Fun and Games for Autumn Drive!***



The folks at 1, 2 and 3 Autumn Drive have been chasing away the Pandemic Blues by joining together on Zoom and playing Bingo. It's a great way to safely get to see everyone and have some laughs. We even have prizes! Whether it's scratch tickets, Baily's or fun hats, the group is all in when it comes to having fun and checking in on the neighbors. The sessions usually start with a short neighborhood update and then progress to the game of the week. Bingo has been the centerpiece of these sessions but we're moving on to Yahtzee next time.



We even have a Kentucky Derby party in the planning for May, complete with home made "Fascinators" for the ladies to wear and Mint Juleps anyone?

To sum it all up, we try to make it fun to live at 1, 2 and 3 Autumn Drive, even during the Pandemic!

- Submitted by **Diane Bemis**

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

***New Resident Information***

6F Rotherham Way: **Bill Hurley**, 978-376-1745, coachurls@msn.com and **Cheryl Pearson**, 978-502-2438 (C), cherylpearson1208@gmail.com.

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



**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**

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.

Thank you for all your support!

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### Paraprosookians

Figures of speech in which the latter part of a sentence or phrase is surprising, unexpected or humorous.

1. The last thing I want to do is hurt you ...but it's still on my list.
2. Since light travels faster than sound, some people appear bright until you hear them speak.
3. If I agreed with you, we'd both be wrong.
4. We never really grow up, we only learn how to act in public.
5. War does not determine who is right, only who is left.
6. Knowledge, is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
7. To steal ideas from one person is plagiarism. To steal from many is research.
8. I didn't say it was your fault, I said I was blaming you.
9. I used to be indecisive, but now I'm not so sure .
10. To be sure of hitting the target, shoot first and call whatever you hit the target.


- Submitted by **Pat Ritter-Waltrup**



**James J. Morais, GRI-CRS**  
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### Tradesmen Recommendations

Don Fetterhoff came to my Condo to evaluate the Hunter Douglas blinds the builder installed. The slider blinds needed the plastic parts of the brackets replaced. He replaced the cord in my living room window shade which would no longer go up and down and he loosened the cords on the slider blinds so that it stayed against the wall.

In the bedroom he sold me a new Hunter Douglas shade and installed it and made adjustments to the bedroom blind. Don is a very capable and polite young man who works for ColorWorks as a Window Treatment Manager in sales, installation and repairs. He has insurance that is covered by Colorworks Liability Insurance.

Don can be reached at [Dfetterhoff@colorworkspaintstores.com](mailto:Dfetterhoff@colorworkspaintstores.com) or at 978-394-6197.

- Submitted by **Phyllis Novick**

### Gleaned From Years Of Doing Genealogy

*Q: What state in the continental United States of America no longer exists?*

*A: State of Franklin. Also known as "The Lost State". Franklin was formed in 1784 and disbanded 1788-89. Due to the change between the national Articles of Confederation and the enactment of the Constitution, the State of Franklin "fell off the map". It was originally part of North Carolina, but today is part of eastern Tennessee.*

- Submitted by **Dave Bernhardt**

### Book Club

The Quail Run Book discussion group will resume in-person discussions on Wednesday, May 26 at 4:00 PM. The discussion will be held outdoors, weather permitting, and the book to be discussed is The Book Of Lost Friends by Lisa Wingate.

We welcome new members and are asking members to suggest books for the coming half year.



Contact **Phyllis Novick** at 978-621-3993 or [phyllisnovick8@gmail.com](mailto:phyllisnovick8@gmail.com).

### March Board of Governors (BOG) News



Spring is finally here!

As the saying goes, March winds bring April showers that bring May flowers. Speaking of winds, if the weather forecast includes a high wind advisory on a Monday evening and overnight, PLEASE do not put recycle and trash totes out on Monday evening. The last time this occurred the totes were blown over and we had debris all over the property.

**Until further notice the Community Center remains closed.** The only use of the facility is for contractors to use the bathrooms and the cleaning company. This restriction will remain in effect until all restrictions are removed by the Commonwealth.

As most everyone is aware, we had a water main break near 4 Autumn Drive. The issue was in the supply line (2" copper off the 8" ductile iron main). We also installed a street location shutoff for the area in case we have another issue in that area. Cheap money since the hole was already there. The Hudson Water Department assisted and was a great help with marking out the road to show us where the issue was located. Hydra-Tech made the repairs and, as usual, was most professional and helpful.



Scott Forbes, of S. K. Forbes General Contractors, made repairs to the most critical items on the list of building issues. He is now making repairs to all decks that have been identified in need of work. Scott Forbes also made repairs to multiple leaking gutters that surfaced during the Winter months.

In February 2021 HUB International, our master insurance broker, provided a "Unit Owner Letter" to help unit owners understand what coverage they should carry in their Homeowners (HO-6) policy.

Unit owners were asked to read the letter carefully. It was also recommended that unit owners share the letter with their homeowners' policy insurance agent to make sure they are adequately covered. The Master insurance policy has (and has had for a couple of years) a \$25,000 deductible. If a major event happens inside the unit, it would be very expensive for the unit owner if not adequately covered. If your HO-6 policy does not have \$25,000 coverage, you as a unit owner will be responsible for the difference between your HO-6 coverage and the Master Insurance Policy deductible.

The Fall Building and Grounds Committee findings identified 23 expired gas meters (i.e., seven years old or greater) in need of replacement. Last Fall, Eversource indicated that due to COVID-19 they were not replacing expired gas meters. The Board touched base with Eversource on Thursday, March 18<sup>th</sup>. We were told that gas meters were again being replaced. Based on the information provided the applicable owners were notified with the provided data. Unfortunately, the Board received incorrect information on who to contact regarding the gas meter replacement and the timeframe for replacement. According to Eversource on March 19<sup>th</sup>, gas meters will not be replaced until early Fall 2021. The Board has been told that Eversource will notify residents with gas meters that need to be replaced. No timeframe was given when Eversource would be sending out notifications. Once you are contacted by Eversource, it is your responsibility as a unit owner to coordinate and schedule a date/time to have the meter replaced. You will need to be home to give access to the Eversource Technician for them to make the change.

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

It looks like 2021 promises to be a much better year.

**Easter  
April 4th**



**Before Quail Run**

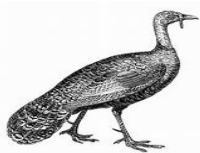
Until about 25 years ago, the area of Quail Run, was a very large forest area.

Then Digital Equipment Corporation (later Intel) came in, cleared the land, built multiple buildings and moved in. Reed Road went from being a *paper road, only on the map*, that ended at the Rittenhouse's original home and mail box. Reed Road was then extended and connected to Technology Drive. There was also one BIG boulder on the side of the original and very narrow Reed Road, which many people unfortunately scraped or hit with their cars as they rounded a very dangerous curve. During the wintertime, people avoided going on this snowy and icy road!

Originally, there was a forest that included a path from the Seven Day Adventist Church on Marlborough Street to where Walmart is today. Some of the more energetic Hudson residents used to walk from their homes located in the Lake View community, (which is off of Marlborough Street), through the forest to go to Walmart.

With the clearing of the land the animals, who used to live in the woods, moved away into smaller and smaller areas. Then they were forced out of even their "safe" area where West Ridge is now located.

At the beginning of the development of Quail Run, there were few animals here. Now the animals, both mammals and birds, are starting to figure out how they can live with humans. We need to do the same. We may be a little uncomfortable seeing them around us, but we need to keep in mind that *they were here first*. As for the turkeys, don't challenge them. They can be quite vicious if threatened.



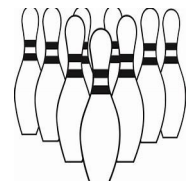
Note: At the time of colonial settlement, the wild turkey was widespread in Massachusetts. Due to habitat loss and hunting, turkeys were extirpated from the state and the last known native bird was killed in 1851. In the 1970's, Mass Wildlife biologists trapped 37 turkeys in New York and released them in the Berkshires. In 1991, the wild turkey was named the state's official game bird. The estimated population is now between 30,000 and 35,000 birds! Under careful management, the future looks bright for turkeys; sportsmen, naturalists, and wildlife enthusiasts welcome their return.

- Submitted by **MJ Ebens**



**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.

**As you get older, you've got to stay positive. For example, the other day I fell down the stairs. Instead of getting upset, I just thought, "Wow, that's the fastest I've moved in years!"**

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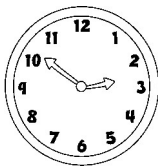
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**Intel** Please contact **Rachael Hamer** directly for any questions/concerns regarding **Intel** at 978-553-2158, [Rachael.hamer@intel.com](mailto:Rachael.hamer@intel.com). You can also call the security line at 978-553-5858.



**Punny**

- 1. Dad, are we pyromaniacs? Yes, we arson.
- 2. What do you call a pig with laryngitis? Disgruntled.
- 3. Writing my name in cursive is my signature move.
- 4. Why do bees stay in hives during winter? Swarm.
- 5. If you're bad at haggling, you'll end up paying the price.
- 6. Just so everyone's clear, I'm putting my glasses on.
- 7. A commander walks into a bar and orders everyone around.
- 8. I lost my job as a stage designer. I left without making a scene.
- 9. Never buy flowers from a monk. Only you can prevent florist friars.
- 10. How much did the pirate pay to get his ears pierced? A buccaneer.
- 11. I once worked at a cheap pizza shop to get by. I kneaded the dough.
- 12. My friends and I have named our band 'Duvet'. It's a cover band.
- 13. I lost my girlfriend's audiobook, and now I'll never hear the end of it.
- 14. Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
- 15. Why is it unwise to share your secrets with a clock? Well, time will tell.
- 16. When I told my contractor I didn't want carpeted steps, he gave me a blank stare.
- 17. Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."
- 18. Prison is just one word to you, but for some people, it's a whole sentence.
- 19. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.



- 20. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
- 21. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
- 22. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
- 23. I went to the toy store and asked the assistant where the Schwarznegger dolls are and he replied, "Aisle B, back."
- 24. What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.
- 25. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

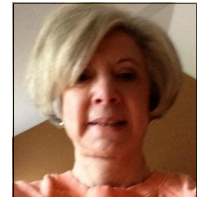


-Submitted by **George Shaw**

**One of our own Quail Run Residents made the News!**

CBS News in Boston talked with Carole Perla in January, where a news reporter and Carole discussed all of the struggles people were encountering when trying to sign up for the COVID-19 rollout of vaccines in Massachusetts. To listen to the details of the discussion go to:

<https://boston.cbslocal.com/2021/01/27/watch-live-12-gov-charlie-baker-takes-questions-amid-covid-vaccine-registration-struggles/>



- Submitted by **Jim Carvalho**



**May 5th**

**Men Are Just Happier People!**

Your last name stays put. The garage is all yours.

Wedding plans take care of themselves.

Chocolate is just another snack.

Car mechanics tell you the truth.

You don't have to stop and think of which way to turn a nut on a bolt.

Wrinkles always add character. One mood all the time.

New shoes don't cut, blister, or mangle your feet.

Wedding dress -\$5,000. Tux rental - \$100.

Phone conversations are over in 30 seconds flat.

A five-day vacation requires only one suitcase.

You can open all your own jars.

You get extra credit for the slightest act of thoughtfulness.

If someone forgets to invite you, he or she can still be your friend.

Your underwear is \$8.95 for a three-pack.

Two pairs of shoes are more than enough.

You are unable to see wrinkles in any of your clothes.

Everything on your face stays its original color.

The same hairstyle lasts for years, maybe decades.

You only have to shave your face and neck.

One wallet, one pair of shoes, one color for all seasons.

You can wear shorts no matter how your legs look.

You can 'do' your nails with a pocket knife.

No wonder men are happier!

- Submitted by **George Shaw**



**\*\* Everyone can Relate \*\***

\*\*\*\*\*

**EATING OUT**

When the bill arrives, Mike, Dave and John will each throw in a \$20 bill, even though the bill is only for \$32.50. None of them will have anything smaller and none of them will actually admit they want change back. When the girls get their bill, out come the pocket calculators.

\*\*\*\*\*

**MONEY**

A man will pay \$2 for a \$1 item he needs. A woman will pay \$1 for a \$2 item that she doesn't need but it's on sale.

\*\*\*\*\*

**BATHROOMS**

A man has six items in the bathroom: toothbrush, toothpaste, shaving cream, razor, a bar of soap, and a towel.  
The average number of items a typical woman keeps in a bathroom is 176. A man would not be able to identify more than 20 of these items.

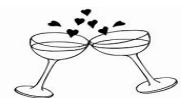
\*\*\*\*\*

**ARGUMENTS**

A woman has the last word in any argument. Anything a man says after that is the beginning of a new argument.

\*\*\*\*\*

**MARRIAGE**



A woman marries a man expecting he will change but he doesn't. A man marries a woman expecting that she won't change, but she does.

\*\*\*\*\*

**THOUGHT FOR THE DAY**

A married man should forget his mistakes. There's no reason that two people should have to remember the same thing!

- Submitted by **Sally Mauro**

**April Fools' Day**

*Celebrated each year, while its exact history is shrouded in mystery, the embrace of April Fools' Day jokes by the media and major brands has ensured the unofficial holiday's long life.*

\*\*\*\*\*

In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio, TV stations and websites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences.

In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees.

In 1985, Sports Illustrated writer George Plimpton tricked many readers when he ran a made-up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour.

In 1992, National Public Radio ran a spot with former President Richard Nixon saying he was running for president again... only it was an actor, not Nixon, and the segment was all an April Fools' Day prank that caught the country by surprise.

In 1996, Taco Bell, the fast-food restaurant chain, duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell. The fast food chain was quick to assure Americans that their access to the Taco Liberty Bell would not be hindered. Thousands of people called the headquarters of Taco Bell and the offices of the National Park Service, but were assured that it was a prank. White House Press Secretary Mike McCurry quipped that the Ford Motor Company was following suit, with the Lincoln Memorial being renamed the Lincoln Mercury Memorial.

In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich.

Google notoriously hosts an annual April Fools' Day prank that has included everything from "telepathic search", Mentalplex Technology - a search mechanism that actually reads your mind when you want to search for something, (after all, keyboards are so 20th century), and the ability to play Pac Man on Google Maps.

- *Note: This information is reprinted from the [www.history.com](http://www.history.com) website.*

**New Contact Information**

**Janice Owen** and **Sherry Lupien** are now living at *The Artisan*, 253 Washington Street, Hudson, MA., 01749.

**Janice** can be reached at 978-618-3175, or by email - [jmowen337@gmail.com](mailto:jmowen337@gmail.com), her apartment number is # 3315.

**Sherry** can be reached at 978-333-7640, or by email - [sgl34@comcast.net](mailto:sgl34@comcast.net), her apartment number is # 214.



**Condo Care**

***Did 3M "Command" Strips Leave Yellow Stains on Your White Woodwork?***

Have you ever used a 3M "Command" product to mount anything to your white woodwork or doors here at Quail Run? They're an excellent product, readily removed, and touted for not leaving a stain. Well, maybe?

We recently removed two robe hooks that the previous owner of our unit had placed onto the backs of doors in two of the bathrooms. They've been there for at least 7 years, probably much longer. So, when we decided to remove them, we followed 3M's instructions, and pulled down along the door surface, and they came off without an issue - except, there was a clearly visible yellow stain. Ugh!

Solvent and "goo gone" didn't do a thing - absolutely no change. A search of the Internet revealed that it was not an adhesive problem, rather, it is a characteristic of oil paint! When left in the dark for an extended period of time, it starts to yellow (due to a photochemical reaction that I won't get into, but you can explore on your own). The solution? Light!

We placed a bright LED lamp a few inches from the stain, and left it on during the day for about 4 days. Each day the stain faded more, until it was faded enough that we no longer notice it.

And now, YOU know!

- Submitted by **Dave Bernhardt**



May 9th



**The New Alphabet for Seniors**

A is for Apple, and B is for Boat,  
That used to be right, but now it won't float!  
Age before Beauty is what we once said,  
But let's be a bit more realistic instead.

Now A's for arthritis,  
B's the bad back,  
C is the chest pains, perhaps car-d-iac, and also  
for COVID-19, we hope that we lack!  
D is for dental decay and decline,  
E is for eyesight, can't read that top line!  
F is for fissures and fluid retention,  
G is for gas which I'd rather not mention.  
H is high blood pressure - I'd rather it low,  
I is for incisions with scars you can show,  
J is for joints, out of socket, won't mend,  
K is for knees that crack when they bend.  
L is for libido, what happened to sex?  
M is for memory, I forget! What comes next?  
N is neuralgia, in nerves way down low,  
O is for osteo, the bones that don't grow!  
P is for prescription's, I have quite a few, just  
give me a pill and I'll be good as new!  
Q is for queasy, is it fatal or flu?  
R is for reflux, one meal turns to two.  
S is for sleepless nights, counting my fears,  
T for Tinnitus; there's bells in my ears!  
U is for urinary; big troubles with flow,  
V is for vertigo, that's "dizzy," you know, and  
also for vaccines, where do we go?  
W is for worry, NOW what's going 'round?  
X is for Xray, and what might be found.  
Y is another year I'm leaving behind,  
Z is for zest I still have - in my mind!

I've survived all the symptoms, my body's destroyed,  
But I've kept twenty "doctors" fully employed!!!

- Submitted by **Kevin Fitzgerald**

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**The Neighbors at 6 and 8 Strawberry Lane**  
**Monthly Soup Nights**



Our circle has not had our monthly  
"soup night" all Winter ... for obvious  
reasons.

A week ago, one of the neighbors sent  
an email saying she would make and distribute her  
Italian Wedding Soup if anyone was interested. ALL  
neighbors signed up and then the  
games began!



One neighbor made baggies of salad  
and special homemade dressing, one  
person made special cheese rolls with  
heating instructions..., and then there  
were delicious Half Moon Cook-  
ies, Blueberry Cake and Chocolate  
Chip Cake to share with everyone.



SO MUCH fun to be outside at 5:00  
and pass each other in the circle as  
we delivered the goodies to each  
home, masks on, of course!

Such is the new normal...  
ALTHOUGH, there is light at the end of the tunnel!

- Submitted by **Clare Moschella**



**May 31st**

**ABOUT GROWING OLDER**

Will Rogers, who died in a 1935 plane crash in Alaska, was one great actor, author, cowboy, entertainer, humorist, radio personality and writer this country has ever known. Some of his sayings:

~ The older we get, the fewer things seem worth waiting in line for.

~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

~ When you are dissatisfied and would like to go back to youth, think of Algebra.

~ You know you are getting old when everything either dries up or leaks.

~ I don't know how I got over the hill without getting to the top.

~ One of the many things no one tells you about aging is that it's such a nice change from being young.

~ One must wait until evening to see how splendid the day has been.

~ Being young is beautiful, but being old is comfortable and relaxed.

~ Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today it's called golf.

And, finally ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

- Submitted by **Carol Suslowicz**



**From My Kitchen to Yours**

*A short note about an Asian cooking staple:  
Soy Sauce*

Most of us grew up on LaChoy or maybe Kikkoman brands of soy sauce. Many of those soy sauces are very high in sodium content: 50% or more of your recommended daily intake in a single table-spoon. Fortunately, you can now get reduced or even low-salt soy sauces, but they are still near 23% per tablespoon. Also, most soy sauce contains wheat, but recently some certified Gluten-free products have made it onto grocery shelves.

[Disclaimer: I prefer Japanese soy sauces over Chinese suppliers.] Most soy sauce today is produced using a streamlined method introduced during the difficulties of WW II, in stainless-steel industrial vats, that frequently skip the traditional fermentation stage by adding other vegetable proteins to the soy. This frequently results in an unpleasant sharpness. Even when it is fermented, it is often just for a few weeks or months.

For a superior soy sauce, try one made using the pre-Industrial centuries-old method, where the soy is fermented in ancient wooden barrels, for at least a year and often for four years. These traditional soy sauces have only a few simple ingredients: soy beans, wheat, salt and water (and of course, yeast to produce fermentation). The result is a mellow, rich soy sauce missing those "sharp edges". The difference in taste is not unlike comparing a cheap bin wine to an aged French Bordeaux! Yamaroku is one of the old family brewers, with a wonderful product. You'll pay for it: a 20 oz bottle will run about \$25. I haven't found it locally, just on-line. My first order arrived directly from Japan, without a hint of English on the bottle's label! Enjoy!

- Submitted by **Dave Bernhardt**

**For Laughs....**

Perry: I heard you went to trial for stealing luggage.  
Sherry: Yes, but they let me go. It was a briefcase.

How much training do you need to be a trash collector ? Not much. You just pick it up along the way.

Worker: Boss, we gotta talk. Three other companies are after me, and I really deserve a raise!

Boss: Three other companies? Which three?

Worker: Gas, Water, and Electric!

-Submitted by **Kevin Fitzgerald**