



The Quail Runner

For and By the Residents
of The Villages of Quail Run



July - August 2021

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts



SOCIAL COMMITTEE EVENT

WELCOME ONE AND ALL ICE CREAM SOCIAL

Date: Saturday, August 14th

Where: The Community Center

Time: 7:00 PM, Live music and a "Sing a Long"

Cost: \$3.00 per person



I scream, you scream, we all scream for Ice Cream!
After a long year and a half apart, we are ready to celebrate together!
Bring your sweet tooth and join us for our annual Ice Cream Social.
Assorted flavors and toppings to go 'round.

A sign-up sheet is posted at the Community Center or you can contact **Clare Moschella** at 508-561-6849 or **Phyllis Novick** at 978-263-0659 on or before August 10th.

HOPE TO SEE YOU THERE... NEW FACES
AND OLD FRIENDS!



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BREAKFAST BUFFET

Date: Saturday, September 11th

Where: The Community Center

Time: 9:15 - Meet and greet neighbors

9:30 - Serving breakfast

Cost: \$8.00 per person

A signup sheet will be posted at the Community Center in mid August or contact **Marlie Stott** at 978-567-5912 on or before September 6th.



The Hudson Farmers' Market is now in it's fifth year and going strong

Local vendors must "make it, grow it, or produce it" within a 75 mile radius of Hudson. The focus is on food, and will be expanding to have other vendors participate in the future. The Market is located in front of the Hudson Town Hall and is open on Tuesdays, rain or shine, 3:30-6:30 PM.

Please wear a mask, if not vaccinated.



Thank You!

Many thanks go to **Diane Bemis** for hosting, along with her neighbors from 1, 2 and 3 Autumn Drive, a very enjoyable day for all Quail Run residents who were able to attend the Summer Solstice Celebration.



Annual Colonial Faire and Muster Longfellow's Wayside Inn, Sudbury, MA.

Date: Saturday, September 25, 2021
(Rain or Shine)

Time: 10:00 AM - 4:00 PM
Details on page 12

The Quail Runner Staff

Editor: Kareen Shaw
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 5/7 Autumn Claire Kilcommins
 6/11 Autumn Jane Pugsley
 1/3 Strawberry Sally Mauro
 2/4 Strawberry - Nicole Baker
 5 Strawberry Lee Rouse
 6/8 Strawberry Clare Moschella
 7/12 Strawberry Joyce Blank
 1/2/3 Rotherham Kevin Fitzgerald
 4/6 Rotherham Harry Morgan

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Healthy Living - Peggy Rittenhouse

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Quail Run Email Communications: Yossi Elaz
Quail Run Telephone & Address Directories:
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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 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

Barbara Langley and Barbara Champine are moving from QR in the near future and we will miss having them as staff members for the *Quail Runner Newsletter*.



The following two positions are now open: a *Quail Runner* Assistant Editor, and a *Quail Runner* Proof Reader. Please contact Kareen Shaw, 978-562-2340 if you are interested in either position.

Nichol Baker has offered to take over from Barbara Champine as the Circle Reporter for 2/4 Strawberry Lane. Thanks Nicole!

Real Estate Transactions at Quail Run



For Sale/Sold:

6 B Autumn Drive, A Style, \$399,000

2 D Rotherham, A Style, \$399,900, contingent
 6 F Rotherham, B Style, \$395,000, sold for \$405,000

2 A Strawberry, C Style, \$429,900, contingent
 3 D Strawberry, A Style, \$409,900, sold for \$421,000
 6 G Strawberry, A Style, \$409,900, sold for \$420,000
 8 B Strawberry, A Style, \$429,000, contingent

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 on the Quail Run website.

HEALTHY LIVING

by Peggy Rittenhouse

Hope for Alzheimer's



Our Quail Run community has just raised a significant amount of money for research into the causes of Alzheimer's disease.

Alzheimer's disease is quite common among older adults - an estimated 5.8 million Americans live with it today. The disease manifests itself as memory loss, changes in behavior and problems thinking.

Scientists have long known that harmful collections of proteins between nerve cells, called plaques as well as proteins inside nerve cells, called tangles wreak havoc on the brain, killing cells and disrupting normal brain functions as they spread. What exactly causes these plaques and tangles to develop and why they get them is still up in the air.



A neuroscientist named Mark Mattson, at John Hopkins University, thinks it has something to do with our modern eating habits - particularly the timing of our meals. Dr. Mattson has spent decades researching calorie intake and Alzheimer's disease. In several studies of mice genetically altered to display symptoms of Alzheimer's, he has found that those mice fed intermittent fasting diets, where you cycle through short periods of eating and longer periods of fasting, fared better than those who ate whenever they wanted. They had better cognitive function, lived longer and had less plaque build up in their brains.

Valter Longo, a professor at the University of Southern California has also spent decades studying the link between aging and fasting. And like Mattson, he's seen slower cognitive decline and increased longevity in mice on fasting diets.

Currently, human studies are being conducted but it's far too early to reach any conclusions. But for now, and until we know more about the disease, Longo says that limiting calorie intake to about 12 hours a day could be a good way to help brain health.

Want to spend some money and save some other money?

We offer both checking and savings accounts.

Honest to goodness. Avidia Bank

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(Alzheimer's disease continued)

So for now, you might want to think twice about that nighttime snack. Your brain might thank you later.

(From "The Growing Science Behind a Fasting Treatment for Alzheimer's" by Amber Jorgenson, Discover Magazine on the internet).

Some truths for senior citizens ...

- * I totally take back all those times I didn't want to nap when I was younger.
- * There is a great need for a sarcasm font on my computer.
- * How the heck do you fold a fitted sheet???
- * I keep some people's phone numbers on my phone just so I know not to answer when they call!
- * Sometimes I'll look down at my watch three consecutive times and still not know what time it is.

- Submitted by **Kevin Fitzgerald**



Stitch & Knit

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from 2:00 - 4:00 PM.

New members are welcome!

Contact **Marie Kapsalis** at 978-568-0713 for more information.

ROMEO's

Retired Old Men Eating Out

Peter Recklet is checking out the options for the next lunch. He will send an email with the details.

Please contact Peter at 978-562-2721 or precklet@live.com if you plan to attend. The group is open to all men at Quail Run.



Quail Run Birthdays

August

Faith Marcello - 9
Stephanie Sanderson - 14
Nancy Sweeney - 16
Cathy Bernhardt - 25
Jayne Donato - 25
Janet Bucceri - 28
David Sanderson - 28



September

Klaus Schneller - 11
Lenny Suslowicz - 11
Marcella Monte - 12
Sally Mauro - 14
Sally Guidotti - 15
Merrill Pierce - 16
Carol Suslowicz - 19
Bill Hurley - 19
Stephen Hoffman - 20
Kathy Palmachio - 23
John DeRusha - 24

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

CURTAIN CALL



Meetings are usually held on the FIRST Tuesday of the month, when members of the group meet together and select local theater performances to attend.

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

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

New Resident Information

Nancy J. Nykiel, 3 D Strawberry Lane, 774-420-8022, Nancyj526@aol.com. Nancy moved to Quail Run to be closer to her daughters.

Nancy Puia, 6 G Strawberry Lane, 508-259-1313, njdpuia@gmail.com. Nancy has friends who live in the Hudson area and she wanted to move to an over 55+ active community.



Please contact **Marlie Stott** at 978-567-5912 or **Carol Suslowicz** at 978-212-5141 if someone new moves to Quail Run.

PHILIPS CPAP RECALL

Philips has issued a recall for virtually all of their CPAP and BiPAP sleep-apnea machines manufactured before April 26, 2021.

Full information at www.philips.com/src-update, or by calling (877) 907-7508. When you begin the registration process, they will request the serial number of the machine and confirm whether or not it is part of the recall.

- Submitted by **Dave Bernhardt**

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**

September 6th



The Quail Run Community collects for the Hudson Food Pantry

Items and/or checks can be dropped off at **Barbara Baker's** home at 4 D Autumn Drive.

Thank you so much for your continuing generosity.
- **Barbara Baker**

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 Fax: 508-481-2188
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BERNINA, Husqvarna Viking, Bernette, Singer & Koala

Wayside Sewing has resumed their classes Open Sews, Clubs and Classes are now available.

“Winter Time Patience”

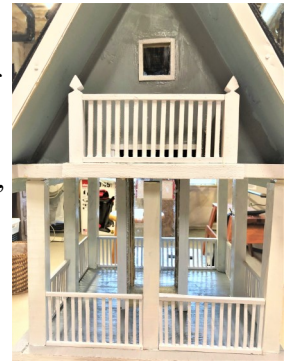
What do you do when Winter months are closing in and unexpectedly COVID concerns take hold of everyone requiring a new change in lifestyle? Well, **Trudy and Phil Durand** had the answer. You design and build a bird feeder. Not just a little bird feeder, but a **BIG** bird feeder with two levels!

Phil patiently went to the “drawing board”, while also gathering all materials required for the bird feeder project. Materials required for the project consisted of pre-treated wood, glue, paints of various colors, brushes, roofing shingles (not fake), nails, and plexiglass for the windows and lower level feeder, along with all measuring and cutting tools.



As you can see by the pictures, Phil shows us that a lot of patience is required to complete a project of this kind. The feeder consists of a lower and upper level with eight support columns placed along the periphery on the lower flooring and extending to the lower level roofline to give maximum structural support to the feeder.

Centered in the lower level is the plexiglass seed container for the birds. The upper level consists of two outlets with the seeds flowing out to the balconies. The porch railings have 150 balusters, each one was cut and glued individually.



On top of the roof is the removable chimney used to fill the bird seed into the house. By the way,



the chimney replicates the real thing, with 12 rows of recessed “brick”. Each row is grooved with simulated grey concrete paint replicating the cement found on chimneys. On top of the roof are real commercial shingles tacked into place with small brads.

Robin’s egg blue paint is used for the ceilings....yes, there is an “Old Wives Tale” that states, “If you paint it robin’s egg blue, this will deter spiders and bugs from the ceilings”.

All told, the bird feeder weighs about 47 pounds (but who is counting), that is without the weight of the bird seed!!!


Trudy and Phil had planned on giving the bird feeder to their son Paul who lives in Princeton, MA. But... Paul recently spotted a bear meandering on his property! The bear would just love to discover what a gem this bird feeder would be for a nice treat, just waiting to be raided!

In conclusion, the dimensions of the bird feeder are 21.5” long, 20.5” wide and 29.5” tall.

Phil has currently downsized his passion, and is now making smaller bird feeders.



- Submitted by **Kareen Shaw**



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

MLS Email village-re@verizon.net

September 7th



Rosh Hashanah

July Board of Governors (BOG) News



Summer is certainly passing very quickly. With the COVID-19 cases on the increase again, hopefully everyone is being cautious.

Everyone is aware the Community Center is now open. We had the cleaning company do a "reopening cleaning" as there were multiple items that needed attention. Thanks to **David Bernhardt** the window covering in the storage room has been repaired and the rusted parts in the refrigerator freezer replaced. Thanks David! We also installed a keyless lock on the Community Center door. Hopefully everyone will find the new lock easier to use.

The turn on of the irrigation system in the May/June timeframe was delayed due to the Town of Hudson's water restrictions. In May, restrictions were at level three and without significant rain this could easily have become a level four. During June we had two heat waves for a total 11 days and no measurable precipitation. We have now had the wettest July on record. To bring up the irrigation system at this juncture costs the Association approximately \$5,000, plus time and material costs to repair/replace sprinkler heads, the cost of water, and give or take \$3,000 to shut down the system. As a result, based on the remaining short season, the Board voted to not bring up the irrigation system this year.

With all the heat and lack of rain in June, the grass seed put down by J&J&Son Lawncare did not germinate. This permitted crabgrass and nutsedge to grow. J&J&Son Lawncare will address both of these invasive grasses/weeds. They have fertilized our lawns three times and sprayed our trees for insects.

At the request of the Town of Hudson Fire Department, signs have been obtained to identify all host units with building water shutoffs. They will be installed shortly.



In the next week or two, based on the weather, J&J&Son Lawncare will be pruning all shrubs and plantings growing against the wood trim without regard to blue stakes. Shrubs and plantings must be 18 inches from the siding and no higher than the bottom of the front window or front porch railing.

J&J&Son Lawncare will also be cutting back invasive branches on our trees.

The shed has water infiltration from the roof and a very wet floor. We have asked Scott Forbes to repair both. There is also debris behind the shed that needs to be removed and unused items in the shed. The Board will address how best to clean all of this up at our August Board meeting.

Scott Forbes made additional repairs to our common areas.

We have contracted with a new painting vendor, Thiago's Painting. Our prior contractor moved out of the area. Thiago's Painting is from Marlborough and came highly recommended. Thiago will begin paint touch-ups based on a list as soon as weather permits.

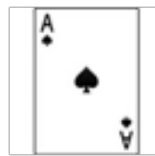
Massachusetts Wildlife has requested that we temporarily remove all bird feeders and bird baths. There is a disease that is killing birds and the congregation of birds may cause the disease to spread. Also, bird baths are a primary breeding ground for mosquitoes which may carry West Nile or Triple E.

The testing of the fire sprinkler system and fire alarm system is being scheduled for this Fall. **This requires access to every unit's basement.** This is a requirement of the Town of Hudson Fire Department. Please make sure you are available or that the master key works for your unit. You will be notified once the specific date is known.

Please do not drive beyond the property posted speed limits!

Hope everyone enjoys the rest of the Summer.

POKER PLAYERS WANTED



Every Monday of each month, 4:00-6:00 PM, at the Community Center. Contact **Lenny Suslowicz** at 978-212-5141

Book Club

We welcome new members! The group meets the last Wednesday of each month. Please call Phyllis with any questions regarding the time and location for the next meeting.

Phyllis Novick at 978-263-0659 or phyllisnovick8@gmail.com



Summer Solstice Celebration!



It was a hot and sweltering day but that didn't dampen the spirits of the Quail Run Community! Well over 100 people showed up to celebrate the end of a long dark Winter and the return to brighter days.

The festivities began with a heart healthy walk-a-thon where folks walked the circles, and were rewarded with t-shirts and medals.

Then on to the fun and games . . . The activities of the day included Beach Pong, Balloon Darts, Corn Hole, Trike Rides, Jenga, Rock Painting and Cribbage. And let's not forget the complimentary refreshments! All yummy home baked goods were made and donated by several generous residents of



Quail Run in addition to refreshing watermelon. There was lots of ice cold lemonade, ice water and ice tea available to all for the taking and then "Make your own Sundae" had standing room only! Then it was off

to the garage at 1A Autumn Drive where **Theresa Bosio** and **Bonnie DeRusha** led us in some fun line dancing. Those ladies can really dance!! This was followed by Karaoke. Who knew we had so many "talented" singers who would literally line up for the opportunity to entertain us!! The audience sang along and had a great time watching our resident entertainers.

For those who chose to participate, there was a silent auction which included many local businesses that donated goods, as well as QR residents who donated such items as hand made exotic wood cutting boards, a beautiful hand made quilt, lots of restaurant gift certificates, a Black Car Service to and from the airport, and even a few vacation homes for a short escape to either Vermont or New Hampshire.

But let's not forget the themed basket raffles/drawings. Wow did the QR residents show their creativity and kindness with these! There were baskets for cat lovers, gardeners, book lovers, tea lovers, Scottish folks, a "picnic for two", pasta lovers, a breakfast basket with wine, ice cream lovers, and so much more. There was even a tower of "Pure Indulgence" made of several layers of nips! This was by far, the most popular basket in the raffle/drawing.

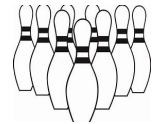
A big thank you goes out to the residents of 1, 2 and 3 Autumn Drive for pulling together this amazing day of fun and celebration. A special thank you to those who chose to participate in the basket raffles and the silent auction. Because of all of you, we were able to donate over \$3,600 to the Alzheimer's Association. We are so fortunate to live among such caring and giving folks. Old friendships were renewed and many new friendships formed. It was a great way to bring light to our lives after a very long winter.



-Submitted by **Diane Bemis**

QUAIL RUN BOWLERS -

If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning.



Please call **Carole Mahoney**, 508-746-8635, or **Donna Milot** 978-562-6603 for more information.

QUAIL RUN LIBRARY -

The Community Center Library is open. Please use the baskets when returning the books to the library. Contact person: **Alison Towle**, 978-568-0806



September 16th



P: 978.562.5309
P: 877.7CHAVES
F: 978.562.1026

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

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.

Great Questions and Answers!

- * How do billboards talk?
Sign language.
 - * What's the king of all school supplies?
The ruler.
 - * Did you hear about the rumor about butter?
Well, I'm not going to spread it.
 - * What do cats like about breakfast?
Mice krispies.
 - * Why don't oysters share their pearls?
Because they are shellfish.
 - * Why are ghosts such good liars?
Because you can see right through them.
 - * Why do we never hear jokes about pizza?
Because they are too cheesy.
- Submitted by **George Shaw**

A Birthday Celebration Party!

Happy *July* Birthday to
**Phyllis Novick and
JoAnn Woodland of
6 Strawberry Lane**



The US Ceremonial American Flag Disposal Event

Several veteran's groups held an American flag burning ceremony in Framingham on June 13th, to allow people a way to dispose of tattered, worn or unwanted American flags. The flags were burned in a ceremonial bonfire with color guards present. **Carol and Lenny Suslowicz** of 6 E Autumn Drive, offered to take unwanted flags to the ceremony. They received 20 flags from Quail Run residents for this event.

Thank You!



JULIETS NEWS

August 18th, Wednesday at 12 noon at the 110 Grill Restaurant in Hudson.
Contacts - **Janice Painter** 978-568-0758 and **Barbara Langley** 978-212- 5006, separate checks.
September 15th, Wednesday at 12:30, location to be announced. Contacts - **Carol Suslowicz** 978-212-5141 and **Betty Chiasson** 978-562-7087.

Mathematical Logic

This comes from two math teachers with a combined total of 70 years of experience. This is strictly a mathematical viewpoint... and it goes like this:

What Makes 100% ?

What does it mean to give **MORE than 100%**? Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give **OVER 100%**.

How about achieving 103%?
What makes up 100% in life?

Here's a little mathematical formula that might help you answer these questions:

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

Is represented as: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25 26

Then:

K-N-O-W-L-E-D-G-E
 $11+14+15+23+12+5+4+7+5 = 96%$

And:

H-A-R-D-W-O-R-K
 $8+1+18+4+23+15+18+11 = 98%$

But:

A-T-T-I-T-U-D-E
 $1+20+20+9+20+21+4+5 = 100%$

- Submitted by **Pat Ritter-Waltrup**

PLAY BRIDGE ON MONDAYS
Community Center
1:00 PM



Contact person:
Theresa Bosio, 978-568-1416

“Do not respond to this email UNLESS...”

It’s that time of year again when Quail Run residents will receive an email with this somewhat strange subject line. It’s not a scam or a phishing email. It merely indicates that updates to the Quail Run Residents Directories will be distributed shortly.

This email is intended to verify that messages sent to a resident’s last known email address are currently deliverable. When an email is “bounced” or cannot be delivered, the resident will be called to determine if the email address has been changed or if email service has been discontinued.

Residents receiving this email can add to or update their personal information (name, phone numbers, etc.) for the next Quail Run Resident’s Directories which will be distributed during August.

The August updates will contain the resident’s name, address, telephone and cell phone numbers, email address, Quail Run contact names, emergency phone numbers and a community activity list. It will be distributed via hardcopy to all residents.

Any changes must be submitted to Cathy Bernhardt, cbernhardt@twotonedog.com before AUGUST 14th, to be included in the AUGUST 2021 UPDATE.

Currently there are 24 residents without an email address. If you know of a neighbor without email access, please have them contact Cathy at 978-568-1671 to request changes/updates if needed, for the upcoming Directories.

- Submitted by **Kareen Shaw**

Did You Know Inventions By Women

The Car Heater: We all owe our thanks to Margaret A Wilcox who invented the car heater in 1893! (Margaret also invented a combined clothes and dishwasher.)

Monopoly: This popular board game was designed by Elizabeth Magie in 1904, originally called the Landlord’s Game.



Her game was ripped off by Charles Darrow who sold it to Parker Brother’s 30 years later. However, Parker Brothers later paid Elizabeth \$500 for her game.

The Fire Escape: The fire escape was invented by Anna Connelly in 1887.

The Life Raft: The lifesaving life raft was invented by Maria Beasely in 1882. Maria also invented a machine that makes barrels.

Residential Solar Heating: Solar heating for residential housing was invented by Dr. Maria Telkes in 1947. Dr. Telkes was a Psychiatrist in addition to being a solar-power pioneer.

The Medical Syringe: The medical syringe which could be operated with only one hand was invented by a woman by the name of Letitia Geer in 1899.

The Modern Electric Refrigerator: The electric refrigerator was invented by Florence Parpart in 1914. Florence also invented an improved street cleaning machine in addition to the refrigerator.

The Ice Cream Maker: The ice cream maker was invented by a woman named Nancy Johnson in 1843. Her patented design is still used today!



Computer Algorithm: Ada Lovelace is essentially the first computer programmer due to her work with Charles Babbage at the University of London in 1842. In fact, her notes were an essential key to helping Alan Turing’s work on the first modern computers in the 1940s.

Telecommunications Technology: Some of the Telecommunication Technology developed by Dr Shirley Jackson include portable fax, touch tone telephone, solar cells, fiber optic cables, and the technology behind caller ID and call waiting.

The Dishwasher: The dishwasher was invented by Josephine Cochrane in 1887. She even marketed her machine to hotel owners and even opened her own factory without help!

Kevlar: This life-saving material that is five times stronger than steel and used to make bulletproof vests was invented in 1965 by Stephanie Kwolek. It was initially intended to be used in automobile tires.

The Modern Paper Bag: Margaret Knight invented a machine that makes square bottomed paper bags in 1871.

-Submitted by **Pat Riter-Waltrup**

The Social Committee

The Social Committee will soon be starting our new season of activities and events. Our first event will be a coffee hour on August 7th at 9:30 AM at the Community Center.

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

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

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

- Submitted by **Marlie Stott**, Chairperson

Coffee Hour Pictures

June 19th



Social Committee Plan Ahead Schedule

COMING EVENTS

COMMUNITY COFFEE HOUR Saturday, August 7th - 9:30 -11:00 - \$2.00 per person

ICE CREAM SOCIAL Saturday, August 14th - 7:00pm - \$3.00 per person

LADIES COFFEE HOUR - Monday, August 23rd - 9:30 -11:00 - \$1.00 per person

COMMUNITY COFFEE HOUR -Saturday, September 4th - 9:30 - 11:00 -\$2.00 per person

BUFFET BREAKFAST - Saturday, September 11th - 9:30 - 11:00 - \$8.00 per person

LADIES COFFEE HOUR -Monday, September 20th - 9:30 - 11:00 - \$1.00 per person

SAVE THE DATE
PROGRESSIVE DINNER
SATURDAY - OCTOBER 16TH

For Sale

We have several Lexmark C540 laser printer toner cartridges for sale, sealed in box, \$10 each. We would like to sell them, before having to put them on eBay.

Set of 4 tires, P215/60R16, with good tread. Fits many Toyota Camry models, \$50 for the set.

Please call **Dave Bernhardt**, 978-568-1671.

Free Items

Skill Shop 3/8" electric drill, Black and Decker 3/8" electric drill in case with sanding attachments, Black and Decker finishing sander, wood work bench - 48", heavy duty work stapler. Wall mount for flat panel tilt TV, colored plastic coat hangers, towel ring and toilet paper holder (heavy weight chrome/gold tones), silver chip and dip tray, and silver platter.
Contact: **Carole Perla**, 978-586-9979.

Wing back chair - Contact: **Sue Fox**, 978-562-4482.

All garden tools, accessories in garage. Wrought iron wine rack with a glass top, and 12 wine glasses. Small metal computer table (31" w x 18.5" d x 29.5" h), with a black composite top and adjustable keyboard tray.

Contact: **Barbara Langley**, 978-212-5006.

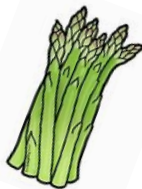
From My Kitchen to Yours

Peel your Asparagus!
He said, "What?"

I have to admit, I didn't swallow the suggestion whole when I first encountered it in "The Victory Garden Cookbook" [one of my absolute staples in the kitchen; from the PBS television series of the same name]. The author credits the method to Julia Childs. And it changed my relationship with asparagus forever.

[Secret admission: I measure a cookbook by whether they have an interesting method of cooking and serving cauliflower ... if it's just cheese sauce, I put it down!]

As "The Victory Garden" explains, many of us grew up on the method where you let the asparagus stalk "snap" at it's natural breaking point, discarding the thick stalk. Never again! You won't believe what you were missing. You will need a "gentle" peeler, that only barely grazes the outside of the stalk, or you'll find yourself with nothing left of the asparagus! OXO makes an awesome one (try Target, which has a section devoted to the OXO product line), which I've fallen in love with for peeling any "carrot shaped" items because you have really good control on how much it chews off the vegetable (but it doesn't work on large veggies like potatoes).



So, next time you're in a mood for asparagus, take your veggie peeler, and as gently as possible, peel it. Whether you steam it, blanch it, or toss it into soup, your cooked asparagus will be missing all of those "stringy" and chewy attributes! It is astonishing how soft and delicate asparagus is, once it's been peeled.

Enjoy!

- Submitted by **Dave Bernhardt**

Cribbage Anyone?



Dave Sanderson is looking for Cribbage Players. If you are interested in joining a group at the Community Center, please call Dave at 978-212-5655

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Homographs

Homographs are words of like spelling but with more than one meaning. A homograph that also is pronounced differently is a **heteronym**.

Heteronyms...some brilliant examples below!

- 1) The bandage was "wound" around the "wound".
- 2) The farm was used to "produce produce".
- 3) The dump was so full that it had to "refuse" more "refuse".
- 4) We must "polish" the "Polish" furniture.
- 5) He could "lead" if he would get the "lead" out.
- 6) The soldier decided to "desert" his dessert in the "desert".
- 7) Since there is no time like the "present", he thought it was time to "present" the "present".
- 8) A "bass" was painted on the head of the "bass" drum.
- 9) When shot at, the "dove dove" into the bushes.
- 10) I did not "object" to the "object".
- 11) The insurance was "invalid" for the "invalid".
- 12) There was a "row" among the oarsmen about how to "row".
- 13) They were too "close" to the door to "close" it.
- 14) The buck "does" funny things when the "does" are present.

- Submitted by **Dick DiBuono**



Annual Colonial Faire and Muster - Event This Year

Date: Saturday, September 25, 2021 (*Rain or Shine*)
Time: 10:00 AM - 4:00 PM

Place: Longfellow’s Wayside Inn (in the field opposite the inn)
 72 Wayside Inn Road
 Sudbury, MA 01776
 978-443-1776

Admission: Adults - \$2.00
 Children 12 and under – Free

(This admission fee includes a chance to win one of 2 \$50 gift cards to the Wayside Inn)

This annual faire, run by the Sudbury volunteer re-enactment group has living history demonstrations, children’s games and activities, fife and drum muster, crafts, a variety of food vendors and a colonial parade at noon! The Sudbury Ancient Fyfe and Drum Companie will perform traditional colonial music throughout the day, including dramatic refrains that accompanied Revolutionary War soldiers on their way to battle.

- Submitted by **Sherry Schneller**



Just A Reminder

**Blood Clots/Stroke -
 They Now Have a Fourth Indicator,
 the Tongue**

STROKE IDENTIFICATION:
 Remember the 1st three letters.....S. T. R.

Doctors say a bystander can recognize a stroke by asking three simple questions:

S: Ask person to SMILE.

T: Ask the person to TALK and speak a simple sentence.
 (e.g.: I like Chicken Soup)

R: Ask the person to RAISE both arms.

NOTE: Another 'sign' of a stroke is to ask the person to 'stick' out his or her TONGUE.

If the tongue is 'crooked', (e.g.: if it goes to one side or the other), this may also be an indication of a stroke.

If the person has trouble with ANY of these tasks, call the emergency number immediately and describe the symptoms to the dispatcher.

- Submitted by **Dick DiBuono**



**Mr. Trashman’s Holiday
 Pick-Up Schedule For 2021**

In reviewing their schedule on their website, I noticed that if a holiday falls in the middle of the week, then customers who have pick ups on days before the holiday (our pick-up is on Tuesday), will not be affected. So for Quail Run, the only “delayed trash day” in 2021 is the Tuesday after Labor Day.

- Submitted by **Dave Bernhardt**

Players meet at the
 Community Center, Wednesday
 and Friday at 1:30 PM.
 Contact person:
Pat Trask, 978-212-5201



Fall Days Coming Soon!

**Apples
 Cider
 Mums
 Pumpkins**