



The Quail Runner


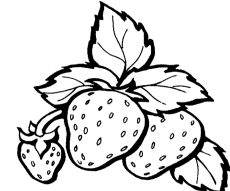



For and By the Residents
of The Villages at Quail Run



May - June 2022

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

 <h3 style="text-align: center;">UPCOMING EVENTS</h3> <h2 style="text-align: center;">Strawberry Social</h2> <p><i>Date: Friday, June 10th</i> <i>Where: The Community Center</i> <i>Time: 7:00 PM</i> <i>Cost: \$4.00 per person</i> <i>Please sign up on the sheet at the Community Center on or before June 7th.</i> <i>Please note, this is a FRIDAY NIGHT event.</i> <i>Contact: Marlie Stott, 508-280-2382</i></p>  <h2 style="text-align: center;">Ice Cream Social</h2> <p><i>Date: Saturday, August 13th</i> <i>Where: The Community Center</i> <i>Time: 7:00 PM</i> <i>Cost: \$4.00 per person</i> <i>Please sign up on the sheet at the Community Center in mid-July.</i> <i>Contact: Marlie Stott at 508-280-2382</i></p> 	<h3 style="text-align: center;">Contents</h3> <p>Beach Stickers - 8 Birthdays - 4 Book Club - 8 BOG - 2, 6 Bridge Games - 8 Condo Care - 10 Covid-19 Masks/Tests - 2, 8 Cribbage - 10 Curtain Call - 4 Editor's Desk - 2 Eye Glass Donations - 4 Farmers Markets - 5, 7 From My Kitchen - 12 Healthy Living - 3 Hudson Food Pantry - 3 Hudson Happenings - 5 Intel - 7 Juliet's - 7 Mahjong - 11 New Residents - 4 New QR Advertisers - 2, 4, 9, 10 Nickle Game Night - 12 Shredding Events - 3 Poker - 7 QR Bowlers - 7 QR Communications - 2 QR Library - 7 QR Real Estate - 2 QR Center Rentals - 7 QR Social Comm. - 1, 9 Quail Runner Staff - 2 Romeo's - 4 Safety Info. - 1, 10 Stitch & Knit - 4 Symphony Pro Musica - 3 Vacation Delivery - 2</p>
<h3 style="text-align: center;">Silent 9-1-1 Procedure</h3> <p><i>If you need to call 9-1-1 and you are unable to communicate your emergency for any reason, you can indicate your need for help by pressing the digits on your telephone's keypad as explained below.</i></p> <div style="border: 1px solid black; padding: 5px;"> <p>Once you have dialed 9-1-1 and an operator has answered, you can press: #1 if you need Police #2 if you need Fire Services #3 if you need an Ambulance</p> <p>If you're asked a question during the call and you can not answer the operator, you can press: #4 to respond Yes #5 to respond No</p> </div> <p style="text-align: center;"><i>See page 10 for more Staying Safe Measures</i></p>	  <p style="text-align: center;"><i>Ladybugs are regarded as a lucky charm and a sign of good luck</i></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Board of Governors News Page 6</p> </div>

The Quail Runner Staff

Editor: **Kareen Shaw**
Assistant Editor: **Sue Lalli**
Distribution Manager: **Joyce Blank**, and Assistant Manager: **Peggy Sullivan**
Advertising Manager: **George Shaw**
Proof Readers: **Pat Ritter-Waltrup, Jan Painter, Bev Minot, Barbara Kansky**

Circle Reporters:

- 1/3 Autumn **Shirley O’Connell**
- 2/4/9 Autumn **MJ Ebens**
- 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**

Columnists:

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

Communications Chair: Kareen Shaw

Quail Run Email Communications: **Yossi Elaz**
Quail Run Telephone & Address Directories: **Cathy Bernhardt**
Quail Run Email List: **Carole Perla**
Quail Run Website: QR liaison **Sally Mauro**, Webmaster, **Mark Reid**

Newsletter Published the last week of January, March, May, July, September and November.

Newsletter Article Deadlines: articles must be submitted to the QR editor by the 23rd of the month listed above to be included in the newsletter.

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



Reminder - FREE “N95 Masks” are still being offered at CVS, Walgreens, Target, Walmart, and many other companies. All you have to do is request if they still have them available at the front door registers. Also, everyone can order eight more FREE COVID-19 test kits, see page 8 for details.

We have new advertisers on board!
Read all about their services in this newsletter.

Returning as one of our advertisers, now that COVID-19 concerns are diminishing, is a Window Cleaning Service Company, owned by Rick Mitchell, see page 10 for more details; AIRTEK, owner Neil Maloney, his company performs multiple cleaning services for your home, see page 9 for details; and Diane Johnson from KellerWilliams Realty, she has helped people both buy and sell their homes in our Quail Run Community, see more information on page 4.

If you shop or use the services of *any* of our newsletter advertisers, please let them know you saw their ad in our *Quail Runner Newsletter*, thank you!

Real Estate at Quail Run



* For Sale - 2C Strawberry Lane, A Style, \$420,000, under contract

* Sold - 6B Rotherham Drive, B Style, \$430,000

Our Board of Governors

- Mike McCormack** Mocrown@verizon.net 978-562-1266
- 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
- New member** - To be announced

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

Olive Oil and Longevity



Adding some olive oil to your diet may help you live longer, according to a new study by researchers at the Harvard Chan School of Public Health.

People who consumed higher amounts of olive oil had a lower risk of dying during a 28-year follow-up period compared with people who rarely or never consumed olive oil. The researchers used data on more than 90,000 men and women from two large studies. All the participants were free of cardiovascular disease and cancer at the start. They were asked to complete dietary questionnaires every four years. Those who routinely consumed the most olive oil, averaging more than half a tablespoon a day, had the lowest risk of dying during the study period. They had a 19% risk of cardiovascular



related disease, a 17% lower risk cancer related death, a 29% lower risk of death related to a neurodegenerative condition, and 18% lower risk of death related to a respiratory disease.

Olive oil may bring even more health benefits when used as a substitute for products containing animal fat such as butter, margarine and mayonnaise, said the study authors.

Note: Article published January 2022 in the Journal of the American College of Cardiology.

Sometimes, not saying anything is the best answer. You see, silence can never be misquoted.

Free Paper Shredding Events for 2022



All events are 9:00 AM -12:00 noon, limit ten boxes per person. Paper only (no binders), rubber-bands, staple and paper clips accepted. The nearest events to Quail Run are:

Avidia Bank:
Marlboro, 256 Maple Street, Sept. 17, 2022
Framingham, 270 Cochituate Road, Sept. 24, 2022
Westboro, 100 East Main Street, Oct. 15, 2022

Enterprise Bank:
Chelmsford, 185 Littleton Road, July 16, 2022
Leominster, 65 Main Street, Sept. 24, 2022

St. Mary's Credit Union:
Hudson, 439 West Main Street, Sept. 17, 2022
Northboro, 100 Main Street, Oct. 1, 2022

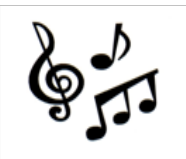
DCU has suspended shredding events for 2022.

This information is from each institution's website and is subject to change.

- Submitted by **Dave Bernhardt**

Come and Support Hudson's Symphony Pro Musica!

Canvas for Classics....



An art auction and live music experience presented by Symphony Pro Musica of Hudson, the Ground Effect Brewing Company and the Gallery Sitka, will be held on June 11, 4:00 - 8:00 PM at the Ground Effect Brewing Co., 312 Main Street in Hudson.

Pre-Sale tickets \$20.00 (online), or at the door for \$25.00.

Please contact **Phyllis Novick** at 978-621-3993 if you have any questions.



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.

Thank you so much! - **Barbara Baker**

Quail Run Birthdays

June

- Sharon Simpson-1
- David Bernhardt-2
- Ray Samra-4
- Jodi Shulman-4
- Harold "Ted" Baker-5
- George Shaw-5
- Bernie Strauss-6
- Bonnie DeRusha-7
- Susan Bohall-7
- Mary Lewis-7
- Marlynn Stott-8
- Lee Rouse-8
- James Donato-9
- Bev Minot-12
- Nancy Reid-18
- Christopher Garrity-19
- Lelah Willoughby-23
- Bill Dome-24
- Carole Mahoney-25
- Brenda Ferri-27
- Dottie Baxter-29
- Trudy Durand-30



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

July

- John Smith-1
- Jim Bucceri-4
- Barbara Edelstein-8
- Phyllis Novick-12
- JoAnn Woodland-17
- Nancy Johnson-18
- Adele Fontana-24
- Ginnie Samra-27
- Ruth Durand-29

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.



New Resident Information

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



Stitch & Knit

The Stitch & Knit Group meets at the Community Center the 4th Tuesday of the month from 2:00 - 4:00 PM. Contact **Marie Kapsalis** at 978-568-0713.

CURTAIN CALL

Meetings are usually held on the first Tuesday of the month, when members of the group meet 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.



Eye Glass Donations

The Stow Lions Club collects old eye glasses. If you would like to donate, please contact me at 978-568-8586. Thank you!
- Submitted by **Arnie Johnson**



kw BOSTON NORTHWEST
KELLERWILLIAMS REALTY

Realtor
978-257-3211
E: DianePJohnson@kw.com
W: DianePJohnson.com
200 Baker Ave. Ste 205
Concord MA 01742

Each Office Independently Owned and Operated



Diane Johnson

Diane Johnson from KellerWilliams Realty is a new advertiser for us and is pleased to have sold a number of Quail Run homes. She is happy to answer any questions you may have about selling or buying in The Villages at Quail Run, or to provide a complimentary market analysis for residents considering making a move. Feel free to call Diane at 978-258-3211 or email her at DianePJohnson@KW.com at any time!

Store Hours:
 Sunday 10-2 Wed-Friday 10-6
 Monday Closed Saturday 10-4
 Tuesday 10-7 *1st Sunday of month 10-4
 info@waysidesewing.com



Wayside Sewing
Metrowest's full service sewing center

1021 Boston Post Rd. East
 Marlborough, MA 01752

Ph: 508-481-2088
 Fax: 508-481-2188
 http://waysidesewing.com

BERNINA, Husqvarna Viking, Bernette, Singer & Koala

Hudson Happenings!

With the start of Summer and good weather just around the corner there are a number of happenings in and around Downtown Hudson that you may find interesting.

Hudson ArtsFest

Saturday, June 4th, 11:00 AM - 4:00 PM.
 Rain date: Saturday, June 11th.

The original ArtsFest was held in 2018 and again in 2019 but has been absent the last two years due to COVID-19. This year the Hudson Downtown Business Improvement District (BID), is excited to announce the third ArtsFest. It will be held on Main Street. According to the BID's website, ArtsFest is an event to celebrate art in the community with a full schedule of live art, vendors and entertainment. For more information go to discoverhudson.org and click on CELEBRATE.

Hudson Community Fest

Saturday, June 18th from 9:00 AM – 3:30 PM, rain or shine.

The Assabet Valley Regional Chamber of Commerce held the first Hudson Community Fest 35 years ago with only 20 vendors. They are happy to bring it back this year after a two-year hiatus due to COVID-19 and are expecting 100 vendors selling food, crafts and gifts and providing live music and activities at the old-fashioned street fair. The fair is held in Downtown Hudson on South Street.

Hudson Farmers Market

Tuesdays, June 14th -
 September 27th, 3:30 PM - 6:30 PM.



(Hudson Farmers Market continued)

The Hudson Farmers Market returns for its sixth year every Tuesday afternoon on the lawn of the Hudson Town Hall. Products available will include farm fresh produce and fruit, fresh meat and fish, local maple syrup and honey, body lotions/soaps, jams, hot sauce, craft items and much more. An added bonus is live entertainment on-site each week!

To check the vendors attending and the musicians performing each week, visit the "Hudson, MA Farmers Market" Facebook page every Tuesday.

Summer Concerts

Wednesday/Thursday 6:30 PM on June 9th and 22nd, July 6th and July 20th, August 3rd and 17th.
 Thursdays at 12:00 Noon on June 24th, July 15th and August 5th.

The Hudson Recreation Department will once again sponsor a series of **FREE** concerts throughout the Summer. The six night concerts are held at Wood Park, located at 64 Park Street, and are geared towards folks of all ages. Each concert features a different band, food truck and ice cream truck onsite. The three Thursday afternoon concerts are held at Cellucci Park, located at the corner of South Street and Houghton Street, and are geared towards young children and feature different entertainment and an ice cream truck.

For a detailed schedule of the performers and food trucks attending for each concert, go to the Hudson Recreation Department website.

Sidewalk Jams

Thursdays and Saturdays, June - September, 4:30 PM - 7:30 PM.

The Hudson Downtown Business Improvement District will once again bring live music to the Town Hall lawn on Thursday and Saturday evenings. Weather permitting, musical acts ranging from soloists to five-piece bands, playing styles such as country swing, acoustic folk and jazz bands will perform. You can check the groups performing on the Discover Hudson website or Facebook page each week. It's free and it's fun so bring your chairs and head Downtown!

- Articles submitted by **Sue Lalli**

May Board of Governors (BOG) News



Oh my! We have gone from late March/early April weather to July weather and a deficit of rain. Let's hope we get some more seasonal temperatures and much needed rain.

The Omicron variant of COVID-19 is now again on the rise. Currently the numbers rise every day. Several people who live at Quail Run have been affected by a breakthrough of the virus. Do hope residents are using safe measures when out in public or in social gatherings. As a result of the current high levels of COVID-19, concerns expressed by many unit owners, and concern by Board members, the in-person May Annual Meeting was cancelled. The Board extended voting for the two incumbents and one new Board applicant by one week. All proxy ballots were due by May 26th. Unit owners will receive an email of the election results.

A copy of the Annual Meeting presentation materials was emailed to all unit owners with email addresses. Hopefully if you have a neighbor without an email address you made a copy of the document for that unit owner.

David Bernhardt decided not to continue as a Board member. We would like to thank him for all his contributions during the past two years. His input and skillset were very valuable to the Board and the entire Quail Run community. All Board members and the community will miss him.

S.K. Forbes General Contractors has been making repairs noted by the Building and Grounds Committee findings. Much thanks go to the Building and Grounds Committee for their valuable input.

Miller's Paving installed five speed humps on our roads. J&J&Son Lawncare installed the posts for the signage. New England Seal Coating will be painting the speed humps. The speed humps are not as high as anticipated but seem to have slowed down some of the traffic.

The Board will readdress next Spring once we see how the speed humps hold up with snow removal. J&J&Son Lawncare has fertilized our lawns twice, put down the first pass of grass seed, performed Spring

cleanup, mulched planting beds, and sprayed our trees. Once the irrigation system is turned on, they will reseed other needed areas. They also repaired the stone wall between 3 and 5 Strawberry Lane.

The electrical panels are starting to have an issue with wood rot, which has been exacerbated by the arborvitae preventing air flow around the panels. J&J&Son Lawncare has removed several of the arborvitae to improve airflow. S.K. Forbes General Contractors also reinforced the electrical panels where needed. J&J&Son Lawncare also removed a dead ornamental tree. The tree will be replaced.

Arrow Fence installed a PVC fence behind the electrical panel at 5 Strawberry Lane. The back of the electrical panel was an eyesore for several unit owners and, as a Board, we need to determine if the style of the panel will work in potential future situations given the wind at The Villages at Quail Run.

The turn on of the irrigation system has been delayed due to the need to have the fire/sprinkler system backflow preventers tested. Testing of the fire/sprinkler system backflow preventers is required annually. Since the irrigation system was not turned-on last year it has now been two years. A new requirement was put in place for this testing by the Town of Hudson that requires this testing be performed by a certified fire/sprinkler testing vendor. We now have a certified fire/sprinkler testing vendor under contract.

We have coordinated the testing with Norel who needs to be in the fire kiosk (AKA doghouse) to make sure a signal is received by the annunciator when the fire/sprinkler backflows are tested, and J&J&Son Lawncare for the testing of the irrigation backflows. The testing of both the irrigation and fire/sprinkler backflows is scheduled for May 31.

The host unit owners will be contacted twice a year, once in the Spring and once in the Fall, to allow access to the irrigation and fire/sprinkler system backflow preventers located in their units.



Hope everyone enjoys the upcoming Summer and stays safe.

Local Summer Farmers Markets

With Summer beginning, so is the beginning of the local growing season for farm fresh vegetables and local farmers markets. Listed below are details of markets that you might like to visit in neighboring towns. See information about our own *Hudson Market in the Hudson Happenings article, page 5.*)

Acton

When: Sundays, June 19 - October 16, 10 AM - 1 PM
Where: Elm Street Playground

Ashland

When: Saturdays, June 11 - October 15, 9 AM - 1 PM
Where: 125 Front Street

Hopkinton

When: Sundays, June 12 - October 16, 1PM - 5 PM
Where: Hopkinton Common, Route 135

Marlboro

When: Saturdays, June 4 - September 3, 10 AM - 2 PM
Where: Weed Street behind Marlboro Main Street between City Hall and Lost Shoe Brewing & Roasting Co.

Maynard

When: Saturdays, June 25 - September 24, 9 AM - 1 PM
Where: Large parking lot near the intersection of Main and Sudbury Streets

Wayland

When: Wednesdays, June 29 - October 12, Noon - 4 PM
Where: Russells Garden Center, Route 20
What: Over 40 vendors are signed up for the season, with up to 22 participating each week. For details see their website at Russellsgc.com/farmersmarket

Westboro

When: Thursdays, June 23 - 29, 2 PM - 6 PM
Where: Congregation B'nai Shalom, 117 East Main St.
- Article submitted by **Sue Lalli**

The Villages at Quail Run Community Center

Now that Summer is just around the corner, it is time to celebrate birthdays, anniversaries, graduations, or wedding receptions with family and friends. The Community Center is available to rent for these events. Please call **Sally Mauro** at 978-568-0821 to receive more information and to book your upcoming event.

JULIETS NEWS

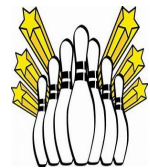


June 14, Tuesday, 12:30, Britney's Café, 291 Main St. (Rt. 20), Northborough. Separate checks. Contacts: **Alice Gagne**, 508-653-0381 or **Theresa Bosio**, 978-568-1416.

July 13, Wednesday, 12:30, Evviva Trattoria, 5 Digital Way, Maynard. Separate checks. Contacts: **Janet Bucceri**, 978-310-7943 or **Diane Stronach**, 978-212-5838.

Sign-up sheets are available in the Community Center.

QUAIL RUN BOWLERS -



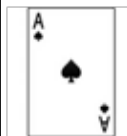
If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning. Please call **Carole Mahoney**, 508-746-8635 or **Donna Milot**, 978-618-9631 for more information.



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.

POKER PLAYERS WANTED



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



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.

Centennial Beach

June 6 - August 21, 9:00 AM - 7:00 PM.

If you're looking to dip your toes in the water, try visiting Hudson's Centennial Beach located at 89 Fort Meadow Drive just off Marlboro Street. Admission is \$10 per day or you can purchase a Senior Parking Pass for the whole summer for \$25. They go on sale Wednesday, June 1, at the Recreation Office in the Town Hall.

FREE At-Home COVID-19 Tests

Once again, the Federal Government is offering each American household the opportunity to order free At-Home Covid tests. The tests are authorized by the Food and Drug Administration which recommends using the tests when you have COVID-19 symptoms or five days after you've had close contact exposure to someone who has COVID-19.

Unlike the four free tests available in January and March, this time each household will receive two separate packages with four tests in each package for a total of eight tests. Tests will ship free via first class mail. You may order online at covidtests.gov or by phone at 1-800-232-0233. Please note that the only information required is your full name and mailing address. The government website will not ask for your birthdate, SSN, Medicare number or health insurance information.

- Submitted by **Sue Lalli**

FUTURE OPTIONS

You can retire to Arizona where...

1. You are willing to park three blocks away from your house because you found shade.
2. You can drive for four hours in one direction and never leave town.
3. You have over 100 recipes for great spicy Mexican food.
4. You know that "dry heat" is comparable to what hits you in the face when you open your oven door at 500 degrees.
5. The four seasons are: tolerable, hot, really hot, and ARE YOU KIDDING ME???



June 19th

(Future Options continued)

- OR -

You can retire to Florida where...

1. You eat dinner at 3:15 in the afternoon.
2. All purchases include a coupon of some kind - even houses and cars.
3. Everyone can recommend an excellent cardiologist, dermatologist, podiatrist, or orthopedist.
4. Road construction never ends anywhere.
5. Cars in front of you often appear to be driven by headless people.

- Submitted by **George Shaw**

PAINTING SERVICES
Fully Insured | Free Estimates
Great References

LANDERSON FERREIRA
(774) 285-1825
contact@solutionspaintinginc.com

WWW.SOLUTIONSPAINTINGINC.COM

Book Club

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**, 978-621-3993 or phlisnovick8@gmail.com.
June: Ask Again Yes, by May Beth Keanu
July: The Last Bookshop in London, by Madeline Martin
August: The Paris Library, by Janet Skeslien Charles

- Submitted by **Carole Perla**



PLAY BRIDGE ON MONDAYS
Community Center
1:00 - 3:00 PM

Contact person:
Theresa Bosio, 978-568-1416

The True Story of the Chicken Gun

Sometimes it does take a rocket scientist!

Scientists at NASA built a gun specifically to launch a standard four pound dead chicken at the windshields of airliners, military jets and the Space Shuttle, all traveling at maximum velocity.

The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

British engineers heard about the gun and were eager to test it on the windshields of their new high speed trains.

Arrangements were made, and a gun was sent to the British engineers.

When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's backrest in two, and embedded itself in the back wall of the cabin, like an arrow shot from a bow. The horrified Brits sent NASA the disastrous results of the experiment, along with the designs of the windshield and begged the United States scientists for suggestions. NASA responded with a one-line memo:

Defrost the Chicken!

- Submitted by **Bill McPhail**

AIRTEK is one of our new advertisers

AIRTEK is a family owned business founded in 1988, over 34 years ago. Neil Maloney has expertly serviced many residents at Quail Run and people in surrounding communities. His company employs certified technicians and specializes in Carpet Steam Cleaning, Air Duct and Dryer Vent Cleaning (which helps to prevent fires caused by dryer vents blocked by lint and debris). Please look at the AIRTEK website to find many other cleaning services his company provides.



AIRTEK
THE TOTAL CLEANING COMPANY




Neil Maloney, ASD, WRT, IOT, VSMR
 282 Central Street
 Hudson, MA 01749
 Tel: (978) 567-1072
 (800) 287-4200
 Fax: (978) 567-1090
 nmaloney@airtekma.com

**Social Committee
Plan Ahead Schedule**



Community Coffee - Saturday, June 4, 9:30 -11:00 AM, \$2.00 per person

Strawberry Social - Friday, June 10, 7:00 PM, \$4.00 per person

Ladies Coffee - Monday, June 20, 9:30 -11:00 AM, \$1.00 per person

Community Coffee - Saturday, August 6, 9:30 -11:00 AM, \$2.00 per person

Ice Cream Social - Saturday, August 13, 7:00 PM, \$4.00 per person

Ladies Coffee - Monday, August 22, 9:30 -11:00 AM, \$1.00 per person

GREAT TRUTHS THAT ADULTS HAVE LEARNED

- * Wrinkles don't hurt.
- * Families are like fudge...mostly sweet, with a few nuts.
- * Growing old is mandatory; growing up is optional.
- * Forget the health food. I need all the preservatives I can get.
- * Laughing is good exercise. It's like jogging on the inside.
- * Time may be a great healer, but it's a lousy beautician.
- * Middle age is when you choose your cereal for the fiber, not the toy.
- * When you fall down, you wonder what else you can do while you're down there.
- * It's frustrating when you know all the answers but nobody bothers to ask you the questions.



- Submitted by **Sally Mauro**

Hand Signal for Help

1. Hold hand up with palm facing toward another person.
2. Tuck thumb into palm.
3. Fold fingers down over thumb.



This hand gesture was created by the Canadian Women’s Foundation in 2020, and shared on TikTok. It was used in November 2021, when a 16-year-old girl was kidnapped in North Carolina and was rescued using this signal. While being driven on the highway by her kidnapper, she continuously made a hand gesture toward cars cruising by. The hand signal, which the girl learned from TikTok, is referred to as the “signal for help”. Fortunately, a driver in Kentucky recognized the signal and called police and the young girl was rescued and her kidnapper was arrested. The signal as pictured above is a one-handed sign where you show your palm as if to give a high-five, then tuck the thumb into your palm and lower the remaining four fingers over it. It is an unspoken way to signal for help!

Whistle SOS and Cell Phone Reminders

Reminder - Another way to signal that help is needed if you find yourself with an outdoor emergency, is to use an old-fashioned whistle. There are two established international distress signals for whistles. The easier method is to blow a whistle three times, wait 30 seconds, and repeat. Another method is the SOS signal of three short blasts in quick succession, followed by three long blasts, followed by another three short blasts, and repeat. In both cases don’t stop whistling until your rescuers have reached you; you might know where they are, but they might not yet have located you.

You never know when you’re going to see or hear a sign for help or if you will need to ask for help. If you do, you now know what to do. Keep your cell phone charged and carry it with you when outside walking or working in your garden and even in the house. You should keep it in your pocket in case you cannot get to your landline phone to call for help. Be safe and be careful!

- Articles submitted by **Sue Lalli**

CONDO CARE: Care And Cleaning Of The White PVC Window Boxes

Over time your white PVC window boxes will require cleaning. To make them look new again due to the dirt, dust, mold and mildew build-up that sticks to the grooves and facial boards of the window box, there is an easy fix. **DO NOT PAINT OVER the mold and mildew on a PVC window box.**

To clean the correct way, remove the window boxes from your railing by carefully removing the clamping devices and lay the window box on its side. Wash all sides with soap and water, and to clean the grooves on all sides, use an old tooth brush to remove the dirt and grime. Once the washing is completed and to get rid of any mold or mildew that may be present in the grooves, lie the box groove side up on a **plastic sheet and put on rubber gloves!** Use a sponge to dab a little bleach along each groove and let set for five to ten minutes on each side panel. Turn the box around so that each grooved side is face up to you, so it can be “dabbed” with the sponge and bleach. This will get rid of any stubborn mold or mildew that was left over after the initial washing.

Gently rinse the whole box down and then re-assemble/re-install on your deck or porch railing. Be careful when using bleach, it will stain clothes, ruin grass and plants with any over spray while rinsing off the boxes! (As an alternative cleaner, you may want to use “Simple Green” or a biodegradable bleach to clean your window boxes).

- Submitted by **George Shaw**

Returning Quail Runner Advertiser

Rick Mitchell is a local business owner and has previously advertised with us. When COVID-19 surfaced, he felt that it was best to temporarily close his business. In the past, many QR residents hired Rick to clean both their inside and outside windows. He has now reopened his window cleaning service and comes highly recommended.



**Rick Mitchell
Window Cleaning Service
Fully Insured**

Call for a Free Quote

978-430-4523

rmitchell82@comcast.net

Cribbage



The group meets every Friday from 10:00 -12:00, at the Community Center. Contact person is **Dave Sanderson**, 978-212-5655.

“Funnies....”

If at first you don't succeed, skydiving is not for you.

I don't always go the extra mile, but when I do it's because I missed my exit.

I like long walks, especially when they're taken by people who annoy me.

Most people don't think I'm as old as I am until they hear me stand up.

The grass may be greener on the other side but at least you don't have to mow it.

Change is inevitable, except from a vending machine.

Is it wrong that only one company makes the game Monopoly?

I really don't mind getting older, but my body is taking it badly.

If you keep your feet firmly on the ground, you'll have trouble putting your pants on.

Behind every great man is a woman rolling her eyes.

If you remember pumping gas with a cap behind your license plate, you must be really old.

Do you ever get up in the morning, look in the mirror and think that can't be accurate.



Television may insult your intelligence, but nothing rubs it in like a computer.

Women sometimes make fools of men, but most guys are the do-it-yourself type.

When I married Mrs. Right, I had no idea her first name was Always.

If I had a dollar for every girl who found me unattractive, they'd eventually find me attractive.

Artificial intelligence is no match for natural stupidity.

- Submitted by **Kevin Fitzgerald**



**The UPS Store - Hudson
10 Technology Drive
Hudson, MA 01749
Email: Store5001@theupsstore.com**

Tel: 978-568-1786, Fax: 978-568-1788
M-F: 8:00 AM - 6:30 PM, Sat: 9:00 AM - 5:00 PM
Sun: 10:00 AM - 3:00 PM
Copies, Fax & Printing, Greeting Cards, Office Supplies,
Scanning, Shredding, Stamps, Notary Services

A bunch of senior adults were taking a computer science class at a community college.....

After about two weeks the professor decided to have a little fun, so he split the class into two groups. The first group was all male and the second group was all female.

So the professor asked the two groups what gender should a computer be referred as. After ten minutes the male group answered that a computer's gender is female because;

1. No one but their creator understands their internal logic.
2. When computers communicate with each other they speak in code language that only they understand.
3. Every mistake you make is stored on their hard drive for later retrieval.
4. If you commit to one, you spend a fortune on accessories.

Don't laugh, wait for the female response!

The female group voted that a computer is hands down a male gender because;

1. In order to get their attention, you have to turn them on.
2. They have a lot of data but still can't think for themselves.
3. They are supposed to help you solve problems, but half the time they are the problem.
4. As soon as you commit to one, if you had waited a little longer, you could have gotten a better model!

- Submitted by **George Shaw**

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



Hudson Baseball Field is now Guidotti Field

Hugo Guidotti, Jr., a former resident of Quail Run and the husband of Sally of Autumn Drive, was honored on Friday, May 13, when the Hudson High School Baseball Field was dedicated in his memory for all he contributed to his hometown.



Hugo was a graduate of Hudson High School, where he excelled as a first baseman on the Hawks baseball team. He then taught chemistry and physics for 30 years at the High School as well as serving as Department Chair. For 20 years he served as Head Baseball Coach and founded Hudson's Summer Baseball Pony League and helped create the HHS Athletic Hall of Fame.

(Hugo Guidotti's story continued)

Hugo was also involved in the founding of the Hudson Food Pantry. According to his wife Sally at the dedication ceremony, "the field was Hugo's life", so it is only fitting that the field now bears his name.

Hugo and Sally had been living in Quail Run for over 10 years when he passed away in 2017. Our best to Sally on this honor!

- Submitted by **Sue Lalli**

From My Kitchen to Yours...

So, you should know by now that I'm a big promoter of "induction ranges" for the kitchen. None of the bad things that come with gas and electric ranges, and all of the good things that come with them, in one appliance. Some folks who loath electric ranges as much as I do, have converted their ranges to gas. So, this month's column discusses another hot topic related to gas kitchen ranges: Indoor air quality problems.

First, I have to admit that I grew up in homes with gas ranges, and love them – that is, until I discovered induction ranges. But gas is still near and dear to my heart. So, it came as a jolt to me that there's not-so-new and not-so-good news about gas ranges, for those few folks who've re-plumbed their range to convert it from electric to gas: You may unknowingly have made your indoor air quality much worse. And in our community this is aggravated by the fact that none of us (that I know of) have an externally-vented hood – rather, we recirculate the cooking gases and odors with our over-the-range microwave blower. A well-adjusted gas range still produces CO (carbon monoxide), NO2 (nitrogen dioxide), and minute invisible air particles as byproducts of burning the natural gas fuel, and all of those are bad for you and trapped in your home. Most homes with an indoor gas range have indoor air quality comparable to the outdoor air in an urban area! If you have a gas range and see any orange color in the flame, then your air quality is likely even worse – you may want to make a service call to have your range adjusted.

So, you may want to think twice about converting your electric range to gas. This news just made induction ranges look so much better for you!

- Submitted by **Dave Bernhardt**



AUDIOLOGY AFFILIATES

Loleata Wigall, M.S., CCC-A, FAAA
LICENSED CERTIFIED AUDIOLOGIST

Craig Barth, M.S., AUDIOLOGIST

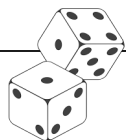
600 WORCESTER ROAD
LOWER LEVEL 1
FRAMINGHAM, MA 01702
TEL: 508-872-6679
FAX: 508-879-8100

MEDICAL BUILDING
159 UNION ST., SUITE 102
MARLBORO, MA 01752
TEL: 508-481-0610
FAX: 508-481-7542

490 SHREWSBURY STREET
SUITE 2
WORCESTER, MA 01604
TEL: 508-755-1391
FAX: 508-363-4019



Happy July 4th



Nickels Game Night

Every Tuesday at the Community Center 7:00 - 9:00 PM.

Contact: **Marlie Stott**, 978 567-5912.

