



The Quail Runner

For and By the Residents
of The Villages at Quail Run



November - December 2023

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

Holiday Party and Gift Exchange

Date: Saturday, December 9th
Where: The Community Center
Time: 7:00 PM
Cost: \$5.00 per person
Appetizers and Desserts will be served.



If you wish to participate in the gift exchange, please bring a wrapped new gift valued at no less than \$15.00 for this fun event.

A sign-up sheet is posted at the Community Center, please sign up prior to December 5th. Contact person: **Marlie Stott**, 978-567-5912.

Chili and Soup Night

Date: Saturday, January 13th
Where: The Community Center
Time: 6:00 PM
Cost: \$10.00 per person - BYOB



If anyone would like to provide us with a pot of their favorite chili or soup, it would be greatly appreciated. We will reimburse you for the cost of your ingredients. The social committee will be providing corn bread, crackers, Italian bread, cheese, sour cream, etc.

A sign-up sheet will be posted at the Community Center in January. Contacts: **Barbara Baker**, 978-562-2460 and **Donna Milot**, 978-618-0631.

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TOYS FOR TOTS COLLECTION

See page 3 for more details



Quail Run Holiday Stroll December 16th Save the Date

Your neighbors and friends would love to invite all of you to join in a Holiday Stroll and a fun filled event in the 1-3 Autumn Drive Circle!

See page 7 for more details

Happy Winter!



Board of Governors News

The Quail Runner Staff

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

Circle Reporters:

1/3 Autumn **Judy Johnson**
2/4/9 Autumn **Barbara Baker**
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 **Donna Milot**
4/6 Rotherham **Harry Morgan**

Columnists:

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

Communications Chair: Kareen Shaw

Quail Run Telephone & Address Directories: **Cathy Bernhardt**
Quail Run Communications & 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

Happy Holidays

Su Bohall is collecting 2024 calendars, note pads and stationary again this year to give to the Veterans



organization. If you have any of the above items that you would like to donate, please drop them off on the front porch at 8F Strawberry Lane. *Thank You.*

I will be resigning as editor of the *Quail Run Newsletter* in April of next year. I have enjoyed working with all the people who have contributed so many articles and supported me as editor on behalf of the Quail Run Community for the past seven years. If you, or anyone you know at Quail Run are interested in this position, please let me know. We have many new residents who have moved to Quail Run in the last couple of years and hopefully out of the 150 homes in our community, there is a person who would just love to become the new editor in 2024! At this time, I will continue as editor up through the March-April *Quail Runner Newsletter* issue. In 2024, I will continue to volunteer as the Communications Chairperson for the Quail Run Community.

- **Kareen Shaw**

Real Estate at Quail Run



Sold: 1H Autumn Drive, B Style, \$583,000
Sold: 1E Strawberry Lane, A Style, \$500,000
Sold: 1C Strawberry Lane, A Style, \$575,000
For Sale: 4E Strawberry Lane, A Style, asking \$520,000
Pending: 7D Strawberry Lane, A Style, asking \$500,000

Our Board of Governors

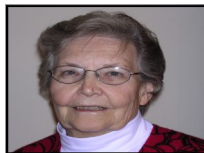
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Klaus Schneller kssmet@verizon.net 978-562-1779
Alison Towle alisonjtowle@gmail.com 508-523-6767
John DeRusha derush@aol.com 508-481-6315

This information is on page 2 in the *QR 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
Memory Maintenance



Dementia affects millions of Americans aged 65 and up. It is increasing every year according to an article in The Harvard Women's Health Watch.

Medical science has made great strides in treating heart disease and cancer but few in addressing memory disorders such as dementia. However, those with concerns need not feel a sense of helplessness. Research is revealing we may possess more power against brain decline by making healthy lifestyle habits. People who stick with at least four healthy habits exhibited significantly lower memory decline than those who didn't practice any healthy habits. A large study reported in the British Medical Journal zeroes in on the potent influence a healthy lifestyle exerts on memory maintenance, even in older adults with a genetic risk for Alzheimer's disease, the most common form of dementia.

These six lifestyle habits that appear to stem memory decline are: 1) Eat a healthy diet. Avoid highly processed foods. 2) Exercise regularly. 3) Don't smoke. 4) Limit alcohol intake. 5) Stay socially active and 6) Challenge your brain with things like reading, writing, playing games, taking a course, or learning a new language. By making these healthy lifestyle changes, people really will reduce their risk of developing dementia.



PLAY BRIDGE ON MONDAYS
Community Center
1:00 PM - 3:00 PM
Contact: **Theresa Bosio**,
978-568-1416.

Toys for Tots

The Social Committee will be sending out an email to all Quail Run residents regarding the details for the upcoming Toys for Tots collection as soon as the information on the date, location and time is available.

Merry
Christmas
December 25



Shop Our Advertisers!

Do you enjoy reading the *Quail Runner Newsletter*?

Did you know that the cost to print the *Quail Runner Newsletter*, is covered in full by the advertising fees paid by the companies that purchase ads that appear in the *Quail Runner Newsletter*?

That is why it is so important that if you shop or use the services of any of our advertisers that you let them know you saw their ad in our newsletter.

If you know of a business or service provider that would like to become one of our advertisers, please contact me. Thank you!

- Submitted by **Sue Lalli**

Please give to the Hudson Food Pantry



The Quail Run Community collects for the Hudson Food Pantry. Items and/or checks can be dropped off at **Barbara Baker's** home at 4D Autumn Drive. Thank you so much and enjoy the holidays!

QUAIL RUN LIBRARY



The Quail Run Library is open to everyone. Donations are welcome if they are within the past 20 years.

Any questions, please call **Alison Towle** at 508-523-6767.



For the Intel Buildings:

Security Phone Number is 978-553-7733

Quail Run Birthdays

December

- Tammy Plaza-2
- Diane McNamara-5
- Rocco Malloy-5
- Barbara Carvalho-6
- Barry Brown-7
- Cheryl Pearson-8
- Susan Clarke-Roser-9
- Jan Painter-10
- Susan Lalli-14
- Theresa Bosio-19
- Renee Kossuth-21
- Diane Bemis-21
- Linda Driscoll-21
- Libby Brown-22
- Mike Bleecker-23
- Jean Meola-28
- Marilyn Hoffman-29
- Jose Silva-30



January

- David Simpson-13
- Barbara Kansky-17
- Maria Silva-18
- Peggy Rittenhouse-20
- Elizabeth (Biz) Auld-27
- Shirley O'Connell-27
- Linda Palmer-30
- Bob Bemis-31
- Karen Hart-31

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

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



Maria and Jose Silva, 1C Strawberry Lane, Maria, 978-618-3024, Jose, 978-875-3307, Joegsilva@msn.com.

Elizabeth (Biz) Auld, 1H Autumn Drive, 860-262-8787, eauld65@gmail.com.

Please contact **Marlie Stott**, 978-567-5912 or **Carol Suslowicz**, 617-957-2693 if someone new moves to Quail Run.

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.



Stitch & Knit



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

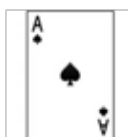
Eye Glass Donations

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**

POKER PLAYERS WANTED



Every Monday from 4:00 PM - 6:00 PM, at the Community Center. Contact: **Lenny Suslowicz** at 617-669-6986.

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The Town of Hudson Holiday Stroll



Ring in the holidays in downtown Hudson. Visit Santa, shop for holiday gifts, enjoy live performances, a horse carriage ride, and SNOW much more!

Once again, on Saturday, December 2nd from 3:00 PM to 7:00 PM, Main Street will become a pedestrian-only zone from the Rotary to Broad Street for the annual Hudson Holiday Stroll. The highlight of the evening is the tree-lighting ceremony at the Town Hall presided over by Santa at 5:00 PM.

Most businesses on Main Street and South Street will be offering activities during the celebration.

For more details including the Schedule of Activities and Event Map go to: www.discoverhudson.org and click on "Events" and scroll down the page to "Holiday Stroll".

- Submitted by **Sue Lalli**



Please leave your outside carriage garage and porch lights on during snow storms to assist the people who will be plowing the roads, drive-ways, and shoveling snow from your front porch area.

Thank You!

In Memory

Myron Hoffman

Play **Pitch** on the first, second and third Tuesday of each month, at the Community Center, 1:00 PM - 3:00 PM.
Contact: **Eileen Devlin**, 978-310-7384.



Jokes to Ponder

1. I've just finished reading a book about the world's greatest basement It was a best cellar.
2. My laptop caught pneumonia, apparently, because I left Windows open.
3. I thought swimming with dolphins was expensive until I went swimming with sharks it cost me an arm and a leg.
4. Horses have lower divorce rates. It's because they are in stable relationships.
5. It's pretty obvious that if I run in front of a car, I will get tired but if I run behind a car I will get exhausted.
6. My teachers told me I'd never amount to much because I procrastinate so much. I told them you just wait.
7. 90% of bald people still own a comb; they just can't part with it.
8. Every morning I get hit by the same bicycle it's a vicious cycle.
9. The word "incorrectly" is spelled incorrectly in every dictionary.
10. The other day I yelled into a colander and I strained my voice.
11. I went to a fish restaurant last night and ordered the Octopus. The waiter told me it takes four hours to cook. "Why?", I asked. He said "It's because it keeps turning the gas off".
12. What do you call a row of rabbits hopping backwards during the winter time? A receding hare line.

- Submitted by **Sally Mauro**

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November - December Board of Governors (BOG) News

The Community Center deck joist hangers are rotten, and broken, and the decking is cracked causing a trip hazard. The Hardie Board siding from the deck to six feet up on the siding also has a lot of cracks that will be replaced along the rear wall of the Community Center. The single door at the rear of the Community Center does not meet the code for wheel chair egress. The ramp will be removed. A new ramp will be installed at the double doors along with new decking. The white railings will be reused and work will be complete by the end of November.



Wednesday, October 18th was the final day for brown bag yard waste to be collected by J&J&Son Lawn-care. This has been a courtesy service that started for a couple of owners in the community a few years ago. This has turned into a larger community courtesy service and it occurs weekly during the landscaping season. **Please note:** It costs J&J&Son Lawn-care \$200 per week to dispose of the bags \$200 x 26 mows = \$5,200 per year that they do NOT charge back to Quail Run and it is NOT included in the contract. The BOG will discuss this issue.

Gutter cleaning for the Fall at Quail Run is complete.

The irrigation system has been turned off and shut-down for the year. Gina spoke with DeMelo Plumbing and they have been installing the correct Frost Free outdoor spigots. DeMelo is willing to offer the owners at Quail Run a group rate to those unit owners that call them for this service. The cost will range from \$350-\$400 for each spigot replacement.

The paint on the Quail Run sign at the entrance to Rotherham Drive has weathered by the sun and snow and is peeling and fading. It will be replaced with a new sign to match the existing sign.

The Board of Governors appointed Alison Towle to head up a committee to review the current Rules and Regulations. They have been meeting for a few months and are now ready for input from the entire Quail Run community. If you have any ideas or requests, please submit them in **writing** to Alison (alisonjtowle@gmail.com). This will allow Alison to eliminate any duplicates the committee has already discussed. Please understand that **all changes must be approved by the Board of Governors.**

The annual meeting was held at the Community Center on November 16th. The Board presented future goals, reviewed the budget and the deck project. It is the intention of the Board of Governors to repair and upgrade all existing decks and stairs while bringing them up to the new building codes.

We have recently been able to negotiate a reduced cost for all decks, and a reduced cost of labor. We will simply be upgrading them and not completely replacing them. This will allow us to reuse salvageable materials and proceed with the project over a period of 10 years with no special assessment.

Please understand that in order to proceed with this important project without a special assessment, we will need to again, in 2025, raise the HOA monthly fee moderately, (approximately \$50/month). This will allow us to use reserve funds to complete this project. The decks identified as “in the most need of repair”, will be the decks repaired in the first year, 2025. We will then proceed to repair approximately 15 decks per year until the project is complete.

New England Seal Coating is scheduled (weather permitting) to crack seal the roadways. The roadways can be driven on after the application has been completed.

The Board wishes you all a happy and joyous holiday season.



Items for Free and For Sale

FREE
Two brand new furnace filters, MERV 8, size 20" x 20" x 5". Free to a good home. Contact **Donna Milot**, 3E Rotherham Way, 978-618-9631.

FOR SALE
Greenworks electric power pressure washer, 2000 psi, 1.2 CPM, used three times, new \$250.00 - asking \$125.00.
Snow Roof Rake, 5' long extension poles (4), with a rake blade measuring 24"W x 10"L with rollers, \$25.00.
Contact **George Shaw**, 3G Strawberry Lane, 978-562-2340.

**Quail Run 3rd Annual
Holiday Stroll**
Save the Date of December 16th

After a crazy Spring, Summer, Fall, and Winter season, it is time to let loose and have some holiday FUN!!

Your neighbors and friends at 1-3 Autumn Drive would love to invite you all to join in a fun-filled Holiday Stroll around the Autumn 1-3 circle. We will be serving up some holiday bites and cheer for your enjoyment. Come say hello and share in the festivities! See our luminaries and holiday lights and be prepared to laugh a lot!!

Start your evening by greeting your neighbors and sharing in some delectable home made goodies which may include mini quiche, peppermint bark, kielbasa bites, meatballs, Jello shots, sips of holiday cheer and more as you proceed around the circle, or sit a bit around a warm fire table to enjoy more bites and sips!

Finish your evening with hilarious holiday Karaoke and dancing. We have some surprise singers in the group and we would love to share their "talents" with you! You may even be entertained by our own Autumn 1-3 circle bell ringers, and the **Ding-a-Lings!** Even the Big Guy from the North Pole may make a surprise appearance too!

COME ONE, COME ALL TO OUR HOLIDAY STROLL !

Where: 1-3 Autumn Drive
Date: Saturday, December 16th
Time: 5:00 - 6:30 PM

6:30 PM - 7:30ish
Holiday Music
Dancing
Karaoke
Ding-a-Lings Singers



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.

Winter Trivia Questions

1. Snow flakes have how many sides?
2. The first Olympic games were held in which country?
3. How tall was the largest snowman in the US?
4. How tall was the largest snowwoman in the US?
5. What does the weather term Chinook mean?
6. In which city would you visit the Winter Palace?
7. Chionophobia is the fear of what?

Answers on page 8

Hanukkah

"Festival Of Lights"

December 7th - December 15th



KITH AND KIN

\$5 off \$25

Thank You for Supporting
The Hudson Community

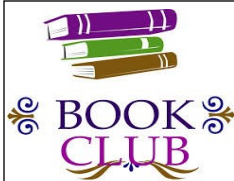
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Amanda Boudreau
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Aboudreau@kithandkinhudson.com



The Book Club Group meets the last Wednesday of each month. For the time and location of the next meeting, contact **Phyllis Novick** at phyllisnovick8@gmail.com, or at 978-621-3993.

2023: December: Meeting cancelled

2024:

January: The Paper Daughter of Chinatown by Heather Moore

February: Irena’s War by James Shipman

March: The Alice Network by Kate Quinn

April: The Women of Chateau Lafayette By Stephanie Dray

- Submitted by **Phyllis Novick**



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

Answers to Winter Trivia questions from page 7

1. Six
2. Greece
3. Snowman - 113 feet, 7 inches (Bethel, Maine)
8,000,000 lbs. of snow
4. Snowwoman - 122 feet, 1 inch (Bethel, Maine)
13,000,000 lbs. of snow
5. Warm, dry, fast moving winds, passing over snow-covered areas, these winds are often known as “snow eaters”.
6. St. Petersburg, Russia
7. Snow and snowy weather

Nickels Game Night

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

Contact:

Marlie Stott, 978-567-5912.



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Murphy's other Laws

1. Light travels faster than sound. This is why some people appear bright until you hear them speak.
2. A fine is a tax for doing wrong. A tax is a fine for doing well.
3. He who laughs last, thinks slowest.
4. A day without sunshine is like, well, night.
5. Change is inevitable, except from a vending machine.
6. Those who live by the sword get shot by those who don't.
7. Nothing is foolproof to a sufficiently talented fool.
8. The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong.
9. If the shoe fits, get another one just like it.
10. The things that come to those who wait, may be the things left by those who got there first.
11. Give a man a fish and he will eat for a day. Teach a man to fish and he will sit in a boat all day drinking beer.
12. Flashlight: A case for holding dead batteries.
13. God gave you toes as a device for finding furniture in the dark.
14. When you go into court, you are putting yourself in the hands of twelve people who weren't smart enough to get out of jury duty.

- Submitted by **George Shaw**

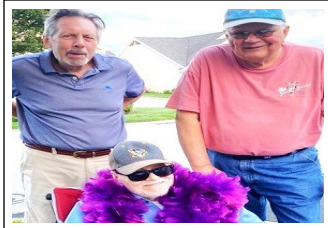
Words of Wisdom

*IN A WORLD WHERE
YOU CAN BE ANYTHING*

BE KIND




*Having Fun at
6-8 Strawberry Lane*



**CRAZY FRIENDS
MAKE THE
Best
memories**

**Social Committee
Plan Ahead Schedule**

Community Coffee - Saturday, December 2,
9:30 AM - 11:00 AM, \$2.00 per person

 **Holiday Party and Gift Exchange** -
Saturday, December 9, 7:00 PM,
\$5.00 per person - BYOB

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

Chili and Soup Night - Saturday, January 13,
6:00 PM, \$10.00 per person - BYOB

Community Coffee - Saturday, February 3,
9:30 AM - 11:00 AM, \$2.00 per person

KEEP THE DATES

Pancake Breakfast - February 10

Polar Bear Dinner - March 9



P: 978.562.5309
P: 877.7CHAVES
F: 978.562.1026

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

Players meet at the Community Center, Wednesday and Friday at 1:30 PM.



Contact: **Pat Trask**, 978-212-5201.

Kwanzaa

"Celebration of Life"

December 26 - January 1

JULIETS NEWS

(JUST US LADIES INTO EATING TOGETHER)



December 14, Thursday, 12:30, at the Bolton Street Tavern, Marlborough, separate checks. Contacts: **Marie Kapsalis**, 978-568-0713 and **Lorraine Cochran**, 781-820-8283.

January 16, Tuesday, 12:30, at the Olive Garden Restaurant, 728 Donald Lynch Blvd. Marlborough, separate checks. Contacts: **Sally Guidotti**, 617-283-9246 and **Claire Kilcommins**, 978-496-5769.

Sign-up sheets will be available in the Community Center.



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

WATER AND SEWER FEE FACTS

Water and sewer fees are having a heavy impact to our budgets at Quail Run. Last year we spent \$9,871 a month for water and sewer. This year we are spending \$19,479 a month for water and sewer. The difference between the two is an increase of \$9,608 a month.

Starting shortly, we will also be paying a storm water fee yearly for each unit in Quail Run. That fee will add an additional \$16,000 per year to our current water and sewer fee. As you can see, these are significant numbers, especially when you consider all the other expenses, such as trash collection, building insurance, etc. Currently, the Association takes in \$62,550 a month from unit owners. We are spending about one-third of our monthly income on water and sewer fees.

What can the Association do? The Board of Governors has been discussing several ways to reduce our monthly water bill. First is to not be operating the irrigation system on a daily basis, but rather on a two or three day a week basis. The second thing we can do is only irrigate the front lawns of units and shut down the rear irrigation. The third thing we can do is to bring the system up in April when we fertilize and plant new seed, and only run it for two or three months on a reduced schedule. We will have to do something about our water usage as the Town has already notified us that sewer rates will go up 11% next year and water rates will go up 15% next year, starting in October 2024.

What measures can Unit Owners take to reduce water usage? Unit owners need to make sure that their outside spigots are not leaking and that faucets in the kitchen and bathrooms are not dripping. They need to check that all their toilets are shutting off promptly when the tank fills with water for the next flush. Unit owners should check in their basement to be sure that nothing is leaking water, such as their water heater or one of their supply lines. Also, folks can take shorter showers, turn off water when brushing teeth, shaving, and let the dishwasher fill up with dirty dishes before they wash the load.

It is clear that the driving force for these rate increases from the Town of Hudson is the PFAS contamination in one of the Town's well fields. It is very expensive to filter out PFAS chemicals as the filtration system that they use needs to be replaced multiple times a year at considerable expense.

Please help us get our water usage under control as it will benefit all of us in the pocketbook. Thank you.

- The Board of Governors

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

It's that time of year again when Quail Run residents will receive an email in early January, with this somewhat “strange” subject line. It's not a scam or a phishing email. It merely indicates that updates will be made to the Quail Run Directories, that will be distributed to all residents by the end of January.

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. Any changes must be submitted to Cathy Bernhardt, cbernhardt@twotonedog.com, before January 17th to be included in the DIRECTORY UPDATES for 2024.

The January updates will also contain community information, (Town of Hudson emergency phone numbers, Police and Fire Departments, Eversource, Senior Center, etc.), and the Quail Run Volunteer Committee lists with committee contact names. The January directories will be distributed via email to all residents.

- Karen Shaw



**Wishing You A
Happy New Year!!**