



The Quail Runner

For and By the Residents
of The Villages at Quail Run



January - February 2024

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

Pancake Breakfast

Date: Saturday, February 10th
Where: The Community Center
Time: 9:15-11:00 AM
Cost: \$8.00 per person



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

Polar Bear Dinner



Date: Saturday, March 9th
Where: The Community Center
Time: 6:00 PM
Cost: \$35.00 per person - BYOB
PRE-PAID BY FEBRUARY 22nd.

All meals will include: rolls and butter, garden salad, mixed vegetables, rice pilaf, meal of choice, dessert, coffee and water. BYOB.

Cut at the line below, enter name(s), check your meal choice and submit your \$35.00 check per person. Please make out your check to Quail Run Social Committee. Drop the check off with **Bonnie DeRusha, 8A Strawberry Lane**, prior to February 22nd. Contact person is **Bonnie DeRusha, 508-481-6315**.

The sign-up form is also available in the Community Center.

No reservations will be held without a check received.

Name: _____

Stuffed Haddock Chicken Breast Supreme Sirloin Tips

Name: _____

Stuffed Haddock Chicken Breast Supreme Sirloin Tips

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Board of Governors News

The Quail Runner Staff

Editor: **Kareen Shaw/Lori Robak**
 Assistant Editor: **Sue Lalli**
 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/TBA**
 Healthy Living: **Peggy Rittenhouse**

Communications Chair: Kareen Shaw

Quail Run Telephone & Address Directories: **Cathy Bernhardt**
 Quail Run Communications & Email List: **Carole Perla/Donna Milot**
 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: <https://quailrunhudson.com>

Our Board of Governors

Diane Bemis dianegbemis@yahoo.com 978-310-7676
Mike McCormack mocrown@verizon.net 978-562-1266
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.

Editor's Desk, Kareen Shaw



I am very pleased to announce that **Lori Robak** of Rotherham Way has volunteered to take over as Editor of the *Quail Runner Newsletter*. Lori has worked in the communications and marketing arena for many decades, and is very familiar with the generation of marketing materials and newsletters and now is looking forward to becoming Editor of the newsletter for our community. I want to thank everyone at Quail Run for the wonderful articles and all the support you have given me as Editor over the past seven years.

As the new year begins, as you have heard, there will be a change in the distribution method of the *Quail Runner Newsletter*. A decision has been made by the Board of Governors to distribute the newsletter to you on line as well as posting it on our website (<https://quailrunhudson.com>). I would like to thank all of the past and current *Quail Runner* Staff Circle Reporters who, throughout 20 years (yes.... since 2003), hand delivered the bi-monthly newsletter to the front door of each and every resident in all kinds of weather - be it snow, rain, sleet and even during heat waves! Thank you all for volunteering your time and your dedication to the community!

Donna Milot has volunteered to take over from **Carole Perla** maintenance of the master email distribution system (Quail Run email notices). Donna will now be the point person to send out the "Quail Run Members Only" emails to the community. Carole has volunteered her time with this activity since 2015. Carole also has been a contributor for the "Technology Corner" column since 2013 and would like to also "retire" from this activity. If you are interested, please contact Carole at 978-568-9979.

If you have an interest in contributing articles, or if you have ideas for other types of interesting columns, please contact **Lori Robak**, Editor of the newsletter at lorirobak@gmail.com.

Real Estate at Quail Run

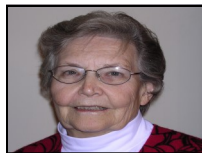
Sold: 7C Strawberry, A Style, 500,000
 Sold: 4E Strawberry Lane, A Style, \$480,000
 Sold: 7D Strawberry Lane, A Style, \$540,000



HEALTHY LIVING

by Peggy Rittenhouse

Why Women Take the Fall



According to a recent article in *Harvard Women's Health Watch*, women face a hefty disadvantage in a distinctly dangerous arena: falling. Falls are the leading cause of injuries and accidental deaths among American adults 65 and older, but women fall more often than men indoors. Women are 50% more likely than men to show up at an emergency room due to a fall. There are reasons why women are more vulnerable to falls. Such as bones that are weaker due to bone-thinning osteoporosis, balance issues, lower muscle mass. Women have problems with urinary incontinence and rushing to the bathroom, Women are also prone to multitasking that can cause them to lose balance when picking up things, and taking antidepressants and experiencing their side effects that can cause dizziness.

So what do we do about it? The article lists things such as 1) stay alert while walking, 2) exercise with strength and balance in mind, 3) consider physical therapy to improve balance, 4) get eyesight and hearing checks, 5) make your home safe by well lit areas, 6) keep home clutter-free, 7) wear grippy soles on your shoes, 8) go hands free instead of carrying big bags.

So what do we do about it? DON'T FALL!!



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

A Total Solar Eclipse is Coming to New England

The US will experience a total solar eclipse on **April 8 2024**. The path of totality (where the moon completely obstructs the sun) will pass over Dallas, TX, Indianapolis, IN, Buffalo, NY, Burlington, VT, and Houlton, ME. Hudson, MA will experience 95% (near totality), at about 3:30 PM.

Don't forget to protect your eyes when looking at the sun!!

- Submitted by **Dave Bernhardt**

Thank You!

Dear Friends & Fellow Quail Run Neighbors,

As you know my husband, Myron Hoffman, passed away on November 6th, and I want to thank you for the many cards and donations I have received. It is wonderful being part of such a caring Community such as ours. We have lived here for 20 years and Myron and I enjoyed so many of the activities over that time.

I wish everyone a Happy and Healthy 2024.

Fondly,
Barbara Nollman

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.



QUAIL RUN LIBRARY



The Quail Run Library is open to everyone. Donations are welcome if books 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

February

- Pat Trask-1
- Edward Houser-1
- Ron Ruest-2
- Alison J. Towle-2
- Susan Ciampi-3
- Mary Ellen Moynihan-3
- Kenneth Ward-5
- Lori Robak-8
- Barbara Baker-9
- Frances Houser-10
- Bob Reid-11
- Joanne Frank-16
- Jackie Malloy-16
- Barbara Morgan-17
- Susanne Gird-19
- Michael Baker-22
- Paulette Melanson-22
- Carole Perla-23
- Kathi Wilhelm-24
- Elaine Recklet-27



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

March

- Bob Frame-1
- Philip Durand-2
- Sherry Schneller-3
- Peter Recklet-4
- Uma Ramachandra-5
- Beverly Duncan-6
- Barbara Chisholm-6
- Sue Rosen-9
- Clare Moschella-14
- Joseph Lalli-14
- Joyce Coulson-15
- Pat Dykeman-22
- Martha Plaza-26
- Jean Betz-27
- Kevin Fitzgerald-29
- Gayle Blackman-31

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



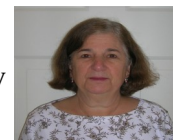
Dianne I. and Donald E. Baranowski, 4E Strawberry Lane, Dianne - dbaranow58@gmail.com, Donald - donbaranowski@comcast.net.

Gayle Blackman, 7D Strawberry Lane, gayle0331@gmail.com.

Krishna and Uma Ramachandra 7C Strawberry Lane, 978-310-7305, Krishna's cell: 508-277-1872, Uma's cell: 508-277-4686, Email for Krishna and Uma: Ramachandra@comcast.net.

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.

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.



Steven Lipsitt, Music Director
Join us in celebrating our 87th Season
Sunday, February 25, 2024 at 4:00 PM

Fuller Middle School
31 Flagg Drive, Framingham

Come Out and Play

The Online Box Office is now open
See https://heritagechorale.org/wp2/?page_id=8480
for more details

For more information contact Elaine Recklet at 978-562-2721 or erecklet@comcast.net

Things we used to Do...

Washing your hair in the kitchen sink and using socks to curl your hair.

Putting your wet shoes over the heat-register to dry.

Have home ice delivery for your icebox.

Wrap your bag-lunch or pickles in waxed paper.

Have coal and milk delivered to your front door.

Waiting for the TV to warm up. Adjusting the rabbit ears on the TV to get a stronger signal and adjusting the fine tune knob on the TV for a better picture.

Turning the dial on the radio to tune in a station and the whole family gathering around the radio to listen to story-telling/drama.

Dialing only 4 or 5 digits on the telephone to call a local number. Party-line telephones you shared with other families, where you had your own ring signal to tell which calls were yours or someone else's. Telephone exchanges had names (my parent's phone was 374-1270, or FRanklin 4-1270).

Saving newspapers and magazines for a local "paper drive".

And, aren't you glad we got over orange shag carpets?

- Submitted by **Dave Bernhardt**



1. Why do people wear shamrocks on St. Patrick's Day?

2. Why do Leprechauns hate running?

3. Why can't you iron a four leaf clover?

4. Why did the Leprechaun recycle his pot of gold?

(answers on page 12)



Reminder: Please leave your outside carriage garage and porch lights on during snow storms to assist the people who will be plowing the roads, driveways, and shoveling snow from your front porch area.
Thank You!

Thank You

I would like to thank the residents of Quail Run for all of the support you provided to me and the kindness you have given to me after the death of my daughter, Jackie Holtz.

Carole Perla

In Memory

Ginnie Samra

Jackie Holtz, Carole Perla's daughter

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.



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January - February Board of Governors (BOG) News

The Board ratified a motion to approve Thiago’s painting proposal for the continuation of painting five buildings and the Community Center, (buildings 4, 6, 9, and 11 Autumn) for the cost of \$76,000 in 2024. There is money in the painting fund for this project.

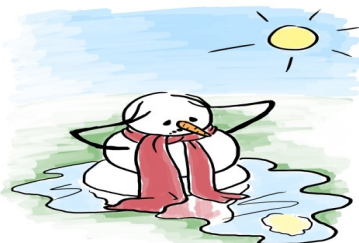
Since the Villages at Quail Run is the largest beneficiary of Hudson’s Senior Safe Program run by the Hudson Fire Department, the Board voted to donate \$500 to the program.

The Dartmouth Group received quotes for the 2024 Master Insurance Policy. The policy increased from \$25K to \$50K deductible per unit per occurrence. This is to reduce smaller claims which increase our master insurance premiums.

Due to the placement of the Villages at Quail Run sign at the bottom of Rotherham Way, the sign has been weathered by the sun and snow and needs to be replaced. The first option to repair the sign would be a flat painted overlay which would look the same but lettering will not be engraved, for a cost of \$1,440. The second option would be a new carved, painted and sealed “signfoam” panel to match the existing sign. The old sign would be removed and replaced with the new one on the same trip, cost would be \$2,045. The Board approved the second option. The money will be taken out of the contingency fund. The sign is being worked on and should be installed in the next few weeks, weather permitting.

The Community Center deck repairs have been completed. The rotting hangars and a few joists have been replaced and the new decking is on. Some worn and cracked siding has been replaced and the deck railings have been re-installed. The deck is safe for outdoor use and there is more room since one of the wheel chair ramps, that was non-compliant, has been removed.

We look forward for a short winter and a warm spring.



Free At-Home COVID-19 Tests

Once again this Fall every home in the U.S. was eligible to order an additional four free at-home tests. If you did not order tests this Fall, you may place two orders for a total of eight tests. To place your order on-line go to: <https://special.usps.com/testkits> or if you need help placing an order you can call 800-232-0233. All tests will ship free. Please note that the only information required is your full name and mailing address. This government website will not ask for your birthdate, SSN, Medicare number or health insurance information.

FYI: Tests may show “expired” dates on the box, but the FDA has extended those dates. To find the new expiration date of your tests follow the link on the USPS order page to the FDA list of extended dates.

- Submitted by **Sue Lalli**

Free Tax Help with AARP Tax-Aide


The AARP Foundation Tax-Aide that offers free income tax assistance and filing will once again be available at the Hudson Senior Center. Tax-Aide volunteers are trained and IRS certified to prepare most simple personal income tax returns for low to moderate income taxpayers. In-person appointments are offered at the Hudson Senior Center on Tuesday mornings from February 6th thru April 9th. Appointments are required and scheduling began January 17. To schedule an appointment, call the Senior Center at 978-568-9638.

For more information including types of tax returns they can assist with, documents needed and appointments in other nearby towns visit: <https://taxaide.aarpfoundation.org/>

- Submitted by **Sue Lalli**

Important Insurance Information

On 1/25/24 all Quail Run residents received an email notice from The Dartmouth Group regarding an increase in the **Master Insurance Policy, explaining the deductible has increased from \$25K to \$50K.** Please contact your insurance company regarding your H06 condo/homeowners insurance policy to make sure you have proper coverage for the year 2024-2025.

 <p>Daylight Savings Time March 10th</p>	<p><i>KENTUCKY... Has more than \$6 billion in gold underneath Fort Knox.</i></p> <p><i>LOUISIANA... Has parishes instead of counties because they were originally Spanish church units.</i></p>
<p>STATES AND WHAT THEY ARE FAMOUS FOR (INTERESTING FACTS)</p> <p><i>ALABAMA... The first state to have 9-1-1, started 1968.</i></p> <p><i>ALASKA... One out of every 64 people has a pilot's license.</i></p> <p><i>ARIZONA... The only state in the continental U.S. that does not follow Daylight Savings Time.</i></p> <p><i>ARKANSAS... The only active diamond mine in the U.S. Its economy is so large that if it were a country, it would rank seventh in the entire world.</i></p> <p><i>COLORADO... In 1976 it became the only state to turn down the Olympics.</i></p> <p><i>CONNECTICUT... The Frisbee was invented at Yale University.</i></p> <p><i>DELAWARE... Has more scientists and engineers than any other state.</i></p> <p><i>FLORIDA... At 874.3 square miles, Jacksonville is the largest city in the U.S.</i></p> <p><i>GEORGIA... It was here, in 1886, that pharmacist John Pemberton made the first vat of Coca-Cola!</i></p> <p><i>HAWAII... Hawaiians live, on average, five years longer than residents of any other state.</i></p> <p><i>IDAHO... TV was invented in Rigby, Idaho, in 1922.</i></p> <p><i>ILLINOIS... Has a governor in jail, one pending jail, and is the most corrupt state in the union!</i></p> <p><i>INDIANA... Home to Santa Claus, Indiana, which gets a half million letters for Santa every year.</i></p> <p><i>IOWA... Winnebago R.V.'s get their name from Winnebago County. Also, it is the only state name that begins with two vowels.</i></p> <p><i>KANSAS... Liberal, Kansas has an exact replica of the house in "The Wizard of Oz".</i></p>	<p><i>MAINE... It is so large that it covers as many square miles as the other five New England states combined.</i></p> <p><i>MARYLAND... The Ouija board was created in Baltimore in 1892. Bet you didn't know that!</i></p> <p><i>MASSACHUSETTS... The Fig Newton is named after Newton, Massachusetts.</i></p> <p><i>MICHIGAN... Fremont, home to Gerber, is the baby food capital of the world.</i></p> <p><i>MINNESOTA... Bloomington's Mall of America is so big, that if you spent 10 minutes in each store, you'd be there almost four days.</i></p> <p><i>MISSISSIPPI... President Teddy Roosevelt refused to shoot a bear here... that's how the teddy bear got its name.</i></p> <p><i>MISSOURI... Is the birthplace of the ice cream cone.</i></p> <p><i>MONTANA... A sapphire from Montana is in the Crown Jewels of England.</i></p> <p><i>NEBRASKA... More triplets are born here than in any other state.</i></p> <p><i>NEW HAMPSHIRE... Birthplace of Earl Tupper, who invented Tupperware in 1938.</i></p> <p><i>NEW JERSEY... Has the most shopping malls in any one area in the world.</i></p> <p><i>NEW MEXICO... Smokey the Bear was rescued in a 1950 forest fire here.</i></p> <p><i>NEW YORK... Home to the nation's oldest cattle ranch, started in 1747 in Montauk. Surprised?</i></p> <p><i>NORTH CAROLINA... Home of the first Krispy Kreme doughnut.</i></p> <p><i>NORTH DAKOTA... Rugby, North Dakota, is the exact geographic center of North America.</i></p> <p><i>(Continued on next page)</i></p>

OHIO... The hot dog was invented here in 1900.

OKLAHOMA... The grounds of the state capital are covered by operating oil wells.

OREGON.. Has the most ghost towns in the country.

PENNSYLVANIA... The smiley :) was first used in 1980 by computer scientists at Carnegie Mellon.

RHODE ISLAND... The nation's oldest bar, the White Horse Tavern, opened in 1673.

SOUTH CAROLINA... Sumter County is home to the world's largest ginkgo farm.

SOUTH DAKOTA... The only state that has never had an earthquake.

TENNESSEE... Nashville's Grand Ole Opry is the longest running live radio show in the world.

TEXAS... Dr. Pepper was invented in Waco in 1885 and the hamburger was invented in Arlington in 1906.

UTAH... The first Kentucky Fried Chicken restaurant opened here in 1952.

VERMONT... Montpelier is the only state capital without a McDonald's.

VIRGINIA... Home of the world's largest office building, The Pentagon.

WASHINGTON... Seattle has twice as many college graduates as any other state.

(WASHINGTON D.C... Annapolis was the first capital in the U.S., but Washington D.C. is the first planned capital in the U.S.)

WEST VIRGINIA... Had the world's first brick paved street laid - Summers Street, in Charleston, in 1870.

WISCONSIN... The ice cream sundae was invented here in 1881 to get around blue laws prohibiting ice cream from being sold on Sundays.

WYOMING... Was the first state to allow women to vote.

- Submitted by **George Shaw**

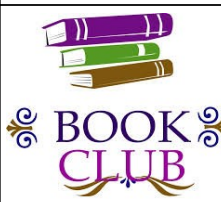
**Social Committee
Plan Ahead Schedule**

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

Pancake Breakfast - Saturday, February 10,
9:15 - 11:00 AM, \$8.00 per person.

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

Polar Bear Dinner - Saturday, March 9, 6:00 PM,
\$35 per person - BYOB. **Pre-paid event, pay by February 22.**



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.

2024:
February: Irena's War by James Shipman
March: The Alice Network by Kate Quinn
April: The Women of Chateau Lafayette by Stephanie Dray
May: Someone Else's Bucket List by Amy Matthews
June: The Rose Code by Kate Quinn

- Submitted by **Phyllis Novick**

KITH AND KIN
\$5 off \$25

Thank You for Supporting
The Hudson Community

*Valid with a purchase of \$25 or more in food and non-alcoholic beverages. One per order. Cannot combine with any other offers. Excludes gift cards, tax & gratuity.



Amanda Boudreau
Owner/Operator

40 Washington st.
Hudson, MA 01749

978-562-3800
Aboudreau@kithandkinhudson.com

Town News: Dates for Voting in the Presidential Primary

Saturday, February 24: Last Day to Register to Vote and or change party enrollment for the Presidential Primary

Saturday, February 24: In-Person Early Voting for Presidential Primary

Monday, February 26: Friday, March 1: In-Person Early Voting for Presidential Primary

Tuesday, February 27: Vote by mail for Presidential Primary application deadline

March 5: Presidential Primary (Polls Open 7 AM-8 PM). FYI: Quail Run is in Precinct 5 and votes at the Hudson High School on Brigham Street.

For more information check the Town Clerk's website at townofhudson.org/town-clerk or call the Town Clerk's Office at 978-568-9615.

- Submitted by **Sue Lalli**



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

Words of Wisdom

YOU DON'T STOP LAUGHING WHEN YOU GROW OLD...

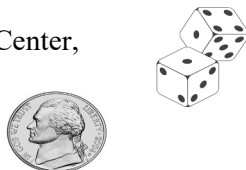
YOU GROW OLD WHEN YOU STOP LAUGHING.



Nickels Game Night

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

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



**Rick Mitchell
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rmitchell82@comcast.net

Are You Prepared for a Power Outage?



You may recall during the week before Christmas, much of Hudson, including Quail Run, lost power in the middle of the night. Fortunately, we do not have to deal with too many power failures but it is still important to be prepared with the right "**Power Outage Supplies**" when and if one happens.

One of the biggest issues to deal with is losing light; so, finding alternate sources of light quickly and easily is vital. Here's a few to consider:

- Obviously, multiple **Flashlights** with *working batteries* are essential items. It is a good idea to leave one next to your bed, on the kitchen counter and close to your favorite chair in the living room so that you can grab one to walk safely around the house.
- Instead of using candles to light your room, purchase a few **Battery-Operated Candles** which are safer to manage.
- Even better to light up a bigger area would be a **Battery-Operated Lantern**. You can purchase one manufactured by Coleman, Duracell, Energizer or Eveready at Target, Wal-Mart or Lowes starting at \$15.99.
- A very handy device to have is a **Power Failure Night Light**. Replace your current nightlight with one of these and it will work as a standard night light when the power goes out and the light will remain on. There are many options to choose from including automatic dusk to dawn nightlights, motion sensor nightlights and some that function as a flashlight with back-up batteries. There are many models available made by Energizer, GE, Sunbeam or Sylvania which you can find at Target, Wal-Mart or Lowes.
- Finally, don't forget to stock up on **Batteries!**

Hopefully these tips will help make life in the dark a little easier and safer for you!

-Submitted by **Sue Lalli**



Promoting Environmental Sustainability for Hudson

You're Invited!
 When: Wednesday, February 21, 6:30 PM
 Where: Quail Run Community Center

Green Hudson is a local citizens group started in 2018 to help the Town and its residents become more environmentally friendly and conscious. It does this through outreach, education, and direct action. Some of their activities include monthly Climate Cafes (educational workshops on current environmental issues), help sponsoring Earth Day, twice annual Town Clean-Up days and a five-year plan to make Hudson Fest a zero waste event (2024 will be their 3rd year). To read more about Green Hudson, visit their website at www.greenhudson.org.

As part of Green Hudson's outreach to the Hudson community, they have graciously offered to present an educational session here at Quail Run focusing on topics that are appropriate to our community.

They plan to start with a brief, generic overview of some of the things that are being done to save our environment followed by an interactive discussion based on Quail Run residents' questions. Topics they will discuss will include:

- trash and recycling including curbside composting
- physical environment i.e. landscaping and maintenance issues with runoff
- use of rain barrels
- electrification: heat pumps, induction stoves, heat pump water heaters
- other energy savings such as weatherization
- making a healthy home environment

Please watch your email for a message from me with more details and sign-up instructions to attend what promises to be an informative presentation!

- Submitted by **Sue Lalli**



P: 978.562.5309 15 Bonazzoli Avenue
 P: 877.7CHAVES Hudson, MA 01749
 F: 978.562.1026 www.chaveshvac.com

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



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



JULIETS NEWS



(JUST US LADIES INTO EATING TOGETHER)

February 13, Tuesday at 12:30 at Neighborhood Tavern, 318 Main St., Northborough. Separate checks. Contact: **Marlynn Stott**, 978 567 5912.

March 21, Thursday at 12:30 at Welly's Restaurant, 153 Main St., Marlborough. Separate checks . Contact: **Sally Mauro**, 978 568 0821.

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



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

Many Random Thoughts

- * You know you're over 50 when you have 'upstairs tylenol' and 'downstairs tylenol'.
- * I woke up this morning determined to drink less, eat right, and exercise on a daily basis, and I get most of my exercise these days from just shaking my head in disbelief.
- * I celebrated last night with a couple of adult beverages ...Metamucil and Ensure.
- * Weight loss goal: To be able to clip my toenails and breathe at the same time.
- * Some of my friends really do their exercises every day. Meanwhile I'm watching a show I don't like because the remote just fell on the floor.
- * Reading gives us someplace to go when we have to stay where we are.
- * I have many hidden talents. I just wish I could remember where I hid them all.
- * My idea of a Super Bowl is a toilet that cleans itself.
- * When you are a child, you make funny faces at the mirror. When we become adults, the mirror gets even.
- * When a man says he'll do anything for a woman, he means fight bad guys and kill dragons, not vacuum or wash dishes.
- * Instead of a sign that says "Do not disturb", I need one that says "Already disturbed, proceed with caution"
- * I don't usually brag about going to expensive places, but I just left the grocery store and the gas station.
- * Never stop doing your best just because someone doesn't give you credit.
- * Tip of the day:

Don't think about what can happen in a month, don't think about what can happen in a year. Just focus on the 24 hours in front of you and do what you can to get closer to where you want to be.

- Submitted by **Pat Ritter-Waltrup**

Winter Farmers' Market



If you miss visiting the local farm stands or Farmers' Markets available in summer there are two winter markets that you might want to check out.

Wayland -

When: Saturdays thru March 9, 10:30 AM - 2:00 PM

Where: Russells Garden Center, 397 Boston Post Road (Route 20) located outdoors under cover, in greenhouses, under tents or indoors on the lower level of the Garden Center.

What: For the weekly list of 60 vendors check out either the Wayland Winter Farmers' Market Facebook page or Russell's Garden Center website at www.russellsgc.com/farmersmarket.

Natick -

When: Saturdays thru April, 9:00 AM - 1:00 PM

Where: Indoors on two floors in the Common Street Spiritual Center, 13 Common Street (behind the Natick Common Route 135 and Route 27 South).

What: For the weekly list of approximately 15 vendors check their website at www.natickfarmersmarket.org or the Natick Farmers Market Facebook page.

- Submitted by **Sue Lalli**

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.



March 17th



Special Announcement from the Board of Governors

Water and Sewer Rates and the Reserve Fund at the Villages at Quail Run

We are in the process of closing the finances of the Villages at Quail Run for the year 2023 and an examination of the figures is disclosing some very troubling trends.

The Association had some very unexpected expenses in 2023. Due to a lightning strike on Strawberry Lane and Rotherham Way, damages totaling \$15,000 in building damages and almost \$15,000 in damages to our fire alarm system were incurred. As a result of failing cables that connect the fire alarm system to the fire kiosk at the Autumn Drive entrance it was decided to replace the cables in the street with a radio system connecting all the buildings with the fire kiosk. This required an outlay of \$15,000.00. Our standby generator experienced a cooling radiator leak and issues with the control system. The cost of repairing this damage totaled \$24,000. This expenditure was made to ensure that our water supply would not be interrupted by a power failure in our Hudson Power and Light electricity supply cables. We also had the unexpected failure of the Community Center deck. This failure rendered the deck unsafe and required an immediate rebuild totaling \$29,800.00. All of the above resulted in \$98,800.00 in unexpected expenditures which came out of the reserve fund.

Our reserve fund has dropped down to \$395,000.00. As a result of this, the BOG has decided to hold off paving Autumn Drive until next year. It is anticipated that next year the reserve fund will be over \$500,000.00 which is considered a safe minimum. Ideally, we would have closer to \$750,000.00 in the reserve fund.

As regards water and sewer rates, we were somewhat blindsided by the massive increases to the rates charged by the Town of Hudson. The bad news is that we have been notified that they will be going up 12% for sewer and 15% for water in the 4th quarter. Also, we will be assessed about \$15,000 as our share of the new Storm Water control fund. Last year we spent \$234,000.00 for water and sewer. The bulk of this charge was for lawn irrigation. We spent \$24,000.00 to bring the system up and to close the system down as well as to perform needed repairs.

These water and sewer expenditures are unsustainable and threaten the financial stability of the Villages at Quail Run. Because of these expenditures the BOG has

decided not to bring up the irrigation system this Spring. This was a difficult decision but one that needed to be made to ensure the financial well being of the Association.

We will also tighten our belts in other areas so that non-essential expenses are minimized. This will continue until our Reserve and Operating funds are once again at safe levels. We will continue building painting and maintenance so as to protect our most important assets.

Answers for the Jokes from page 5



1. Real rocks are just too heavy!
2. Leprechauns would rather jig than jog.
3. You can't iron a four leaf clover because you shouldn't press your luck!
4. The Leprechaun wanted to go green.

New Advertiser for the Quail Runner Newsletter

The Reflective Designer store is located less than seven miles from Quail Run, at 118 Great Road, (Route 117), in Stow, MA .

Beverly Ferguson, is an ASID Allied Practitioner, and has been in the business for 37 years. Her showroom in Stow is open 10:00 AM - 3:00 PM, Tuesday - Saturday. She offers consultations and home visits on meeting your specific needs whether it be with new blinds, shades, lighting, upholstered furniture or decorative accessories. Beverly carries a full line of Hunter Douglas products. Please stop in her store if you are in the area and let her know you saw her ad in the *Quail Runner Newsletter*.

Reflective Designer
118 Great Rd Stow

<p><i>blinds</i></p> <p><i>shades</i></p> <p><i>flooring</i></p> <p><i>lighting</i></p>		<p><i>shutters</i></p> <p><i>furniture</i></p> <p><i>carpeting</i></p> <p><i>area rugs</i></p>
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RD@ReflectiveDesigner.com 978-897-7767