



The Quail Runner

For and By the Residents
of The Villages at Quail Run



July-August 2024

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENT



Ice Cream Social

Date: August 10
Where: Community Center
Time: 7:00 PM
Cost: \$6.00 per person

A sign up sheet is posted at the Community Center. Please sign up by August 7 or call **Marlie Stott**, 978-567-5912.

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Annual Colonial Faire and Muster



Saturday, September 28
(Rain or Shine)

10:00 AM to 4:00 PM

Longfellow's Wayside Inn
(in the field opposite the inn),
Wayside Inn Road, Sudbury
978-443-1776

\$3.00 Admission Fee

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

-Submitted by Sherry Schneller



Board of Governors News
Page 6

The Quail Runner Staff

Editor: **Lori Robak**
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- 2/4/9 Autumn **Barbara Baker**
- 5/7 Autumn **Janet Bucceri**
- 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**

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 Healthy Living: **Peggy Rittenhouse**

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 Quail Run Communications & Email List:
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 17th 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>



Editor's Desk Lori Robak



It's been an exciting start to my stint as editor of *The Quail Runner* — and a lot of work! To make things a bit smoother, and with the blessing of *The Quail Runner* staff, I am moving up the deadline for *Quail Runner* articles from the 23rd of the month to the 17th. If you know of something that should be covered between the 17th and the 23rd, just let me know in advance and I'll put a placeholder in the newsletter layout so it can be added after the 17th.

We are still looking for someone to fill Peggy Rittenhouse's shoes and take over the health column, so if you know of anyone who might be interested please have them contact me at lorirobak@gmail.com. I also welcome any comments or suggestions about the newsletter in general.

New Resident Information

11E Autumn Drive



Kristy Grinder
 Home phone number: NA
 Cell phone number: 508-728-6649
 Email for Kristy: kgrinder2@verizon.net

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

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
- MaryEllen Moynihan** memtx66@gmail.com 978-518-0033
- John DeRusha** derush@aol.com 508-481-6315

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

Gratitude and Longevity



I have been a participant in the Nurses' Health Study for many years. A recent article by the Harvard TH Chan School of Public Health entitled *Experiencing Gratitude Associated with Greater Longevity Among Older Adults* used the research done by the Nurses' Health Study. It was published July 3 in *JAMA Psychiatry*. The researchers assessed levels of gratitude and morality among 49,275 older women (nurses). The study found that participants whose gratitude questionnaire scores were in the highest group had a 9% lower risk of all-cause mortality over the following four years than those who scored in the bottom group. Gratitude appeared protective against every specific cause of mortality studied, such as respiratory diseases, neurodegenerative diseases, infection and injury, and most significantly, cardiovascular diseases.

Prior research indicates that there are ways of intentionally fostering gratitude such as writing down or discussing what you are grateful for a few times a week. So get your notepad and your pen or your computer and start reviewing your life and writing down what you are grateful for. It just might extend your life a few years!

I asked my Grandpa "After 65 years you still call Grandma 'darling,' 'beautiful,' and 'honey.' What's your secret?"

He said, "I forgot her name five years ago and now I'm afraid to ask her."



PLAY BRIDGE ON MONDAYS
Community Center
1:00 - 3:00 PM
Contact person:
Theresa Bosio, 617-650-9536

Real Estate at Quail Run

Sold: 11E Autumn Drive,
B Style, \$579,900



Social Committee Plan Ahead Schedule

MONTHLY COFFEE HOUR
Saturday, August 3rd - 9:30 AM
Cost per person is \$2.00



ICE CREAM SOCIAL
Saturday, August 10th at 7:00 PM
Cost per person is \$6.00

BREAKFAST BUFFET

Saturday, September 14th
9:15 AM - Meet and Greet Neighbors
9:30 AM - Serving Breakfast
Cost: \$8.00 per person
A sign up sheet will be posted at the Community Center. Please sign up prior to September 10th or call **Marlie Stott 978-567-5912**.



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



Thank You for all the Get Well wishes, cards and phone calls that you sent to me while recovering from hip surgery. It was very thoughtful and much appreciated!

Judy Johnson

Intel: Security Phone Number is 978-553-7733

Quail Run Birthdays

August

Kevin McNamara-8
 Faith Marcello-9
 Stephanie Sanderson-14
 Nancy Sweeney-16
 Lynne Ishak-18
 Bill Hurley-19
 Cathy Bernhardt-25
 Jayne Donato-25
 Janet Bucceri-28
 David Sanderson-28



September

Klaus Schneller-11
 Lenny Suslowicz-11
 Marcella Monte-12
 Sally Mauro-14
 Sally Guidotti-15
 Merrill Pierce-16
 Lucia Bairos-16
 Carol Suslowicz-19
 Richard Peck-19
 Stephen Hoffman-20
 Kathy Palmacchio-23
 John DeRusha-24

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

Directory Corrections

Please note the correct email addresses below, which were inadvertently listed incorrectly in the new Quail Run directory.

Betty Moore's email should be MrsBettyMoore68@gmail.com

Roger and Helen Montgomery's email should be: rhmont63@gmail.com

Some days I amaze myself.

Other days, I look for my phone while I'm holding it!



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.



**Thank
 You**

Many, many thanks to everyone involved in the clean-up on Reed Road and the Quail Run sidewalks. The area looks wonderful!



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**

POKER PLAYERS WANTED



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

New Pickleball Facility in West Boylston



Rt12Pickle is a new eight court indoor facility in West Boylston. There are varying levels of membership and seniors who have Silver Sneaker or Renew Active as part of their Medicare coverage can get a reduced open play fee.

The facility is open seven days a week, 7AM-9PM and they offer open play, private court rentals, lessons/clinics, leagues and events.

It's a fun place to be active and meet people in a temperature controlled environment (no worries if it's raining or 90+ degrees).

Their website is rt12pickle.com if anyone is interested in checking it out.

-Submitted by **Faith Marcello**



Do you love to sing?

Are you committed to excellence in choral sound?

Consider the Heritage Chorale

For the 2024-2025 Concert Season

87 Years of Chorale Excellence

Fall Open Rehearsals and Auditions

Tuesday - September 3rd and 10th 7:30 – 10:00 PM

Scott Hall (First Parish Church in Framingham)

24 Vernon Street, Framingham Center

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

-Submitted by **Elaine Recklet**

Play **Pitch** on the first, second and third Tuesday of each month, 1:00 to 3:00 PM.

Contact person:
Eileen Devlin, 978-310-7384.



QUAIL RUN LIBRARY



The Community Center Library is open. Please use the baskets when returning the books to the library. Donations are welcome if they are within the past 20 years.

Contact person: **Alison Towle, 508-523-6767**

Blood Drive In Memory of Corinne Sciarappa Tatnuck Bookseller



Tuesday, August 20
9:30 AM-4:30 PM

Saturday, August 24
9:30 AM-3:30 PM

The Boston Children's Hospital blood drive is being held at the Tatnuck Bookseller,
18 Lyman Street
Westborough, MA

Call 617-355-6677 for an appointment. For more information contact Pauline Sciarappa at psciarappa@gmail.com.

-Submitted by **Pauline Sciarappa**

Game Night

Every Tuesday at the Community Center, 6:30 - 9:00 PM.

Contact person:
Donna Milot, 978-618-9631



July-August Board of Governors (BOG) News



Aqualis storm water management had not responded to Gina DeFrancesco from the Dartmouth Group to get the Villages at Quail Run a quote to clean out the retention pond. This work is required so that the Villages at Quail Run can receive a rebate on the water bill. Gina from the Dartmouth Group is seeking out new companies to do the work.

The repair of the high deck at 1G Autumn and the low deck at 1F Rotherham has been completed. Repairs included replacing rotted deck joists, changing 4x4 deck posts with 6x6 posts, adding new AZEK composite to decking and stairs and new trim around perimeter of deck. The cost of repairs for the high and low deck will be a guideline for deck repair budget estimates in the future.

The Town of Hudson has replaced all water meters so that they can be read remotely from the road. The changing of the water meters was scheduled through the Dartmouth Group and the vendor, (MII), hired by the town water department. Our meters serve an entire building, (6-8 units), and all affected must be notified of the water shut off in advance. A notice with a schedule was sent to all Host and unit owners.

The Board reviewed the reserve study and is sending some changes back to Michael Callahan (RS) & Associates, LLC for them to review and then send an updated version back to the Board.

The revised window and door resolution prepared by Perkins & Anctil, P.C. Attorneys at Law, was distributed to each unit owner for their records. These specifications are also on the Quail Run website.

The Board reviewed the Rules and Regulations document. A few changes were made and the document will be finalized at a future Board meeting.

Stumpy's Tree Service is coming out to the Villages at Quail Run and will provide a proposal for pruning trees in the circles and along our roadways.

The Board voted for officer positions on the Villages at Quail Run Board. They are as follows: President Diane Bemis, Vice President Mike McCormack, Treasurer John DeRusha, Clerk Klaus Schneller, Member at Large Mary Ellen Moynihan.

-Submitted by **Klaus Schneller**



At my age, rolling out of bed in the morning is the easy part.

Getting off the floor is a whole other story.

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



Tuesday Nights Now "Game Night"



Effective immediately, Tuesday nights will now be expanded to "Game Night" at the Community Center. A variety of games will be played, including Nickles. Players are welcome to suggest (and bring) new games --- there is no limit to the games we could play over the weeks.

The time has also been expanded from 6:30 PM to 9 or 9:30 PM – come when it is convenient for you and stay as long as it takes to finish your game. If you prefer to arrive at 7:00 and want to join a game that has already started, simply wait until the round ends, and then join in. We want to be accommodating to everyone.

Please note this is not a Social Community event. It's simply a group of people getting together. Please feel free to come join us. Please email me at dmmilot@verizon.net if you have any questions.

-Submitted by **Donna Milot**

The group meets every Friday from 10:00 -12:00, at the Community Center.

Contact person: **Dave Sanderson**, 978-212-5655.





Technology
By Adele Fontana
 Artificial Intelligence (AI)



It seems you can't go anywhere these days without seeing or hearing something about generative AI (GenAI).

While AI has been around for many years, the use of more powerful data servers and the release of ChatGPT software in November 2022 dramatically increased GenAI's popularity. ChatGPT acquired a million users only five days after release.

First, let's distinguish between non-GenAI and GenAI. Non-GenAI makes predictions and decisions using existing data. For example, non-GenAI can suggest products to buy, based on the consumer's preferences and past purchases. GenAI is "trained" to create something new: text, visual, audio or other content. Directing ChatGPT to scan your favorite online recipes to generate a food shopping list, is an example of this.

In the simplest of terms, GenAI mimics the human brain in learning and processing information. The tools are fed massive amounts of data (words, images, video/audio recordings etc. usually scraped from the internet) and trained to discern patterns. This is an iterative process.

There are a number of GenAI tools (such as Google Gemini, Meta AI, Microsoft Copilot), but ChatGPT will be our focus here. You can download the software from <https://openai.com/chatgpt/> and from the App or Play Store. There are free and paid versions.

When using ChatGPT, you're presented with a prompt textbox where you can ask questions or issue commands. Use simple and clear language for the best results. For example, you can ask ChatGPT to "Create an itinerary for my 2-week visit to Seattle, WA in October 2024."

You're advised not to put private/personal info into the chat prompt. You can also go to *Settings | Data Controls* and disable *Chat History & Training* so your conversations won't be used to train and improve ChatGPT's software.

For further technical info on GenAI, see: <https://www.forbes.com/sites/bernardmarr/2023/09/19/what-is-generative-ai-a-super-simple-explanation-anyone-can-understand/>; Stanford HAI (Human-Centered AI): <https://hai.stanford.edu/>; Georgetown's CSET

(Center for Security & Emerging Technology): <https://cset.georgetown.edu/research-topic/cyberai/>. More general info can be had at the websites of AARP (membership not required), Google and YouTube.

Like many technologies, GenAI can have positive or negative effects, depending on its use. Thousands of scientists, AI researchers and tech execs (including Elon Musk) have signed an open letter initially published in March of 2023 calling for a pause on further GenAI development, until worldwide policymakers develop "robust AI governance systems."

In October 2023 President Biden issued an executive order with regulations for "Safe, Secure and Trustworthy Development and Use of Artificial Intelligence." In March of this year, the UN followed the US's lead and adopted a resolution on "Safe, Secure and Trustworthy Artificial Intelligence Systems for Sustainable Development."

GenAI makes mistakes (AI hallucinations). If using GenAI, be aware of current limitations and never solely rely on its output. Just as you're advised to look behind you when using vehicle back-up technology, you should always vet what you get from GenAI tools.

If you have topics you'd like to see covered in this column, or have any burning questions, please send an email to: asfmsp2013@gmail.com.



Amanda Boudreau
 Owner/Operator

40 Washington St.
 Hudson, MA 01749

978-562-3800
Aboudreau@kithandkinhudson.com



\$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.



The Book Club Group meets the last Wednesday of each month. We changed the order of the books due to difficulties getting the books from the library. We will be discussing *The Second Life of Mirielle West* by Amanda Skenandore on July 31 at 4:00 PM. Due to long wait lists, a reader needs to reserve *The Seven Husbands of Evelyn Hugo* by Taylor J. Reid (August discussion) and *The Ride of Her Life* by Elizabeth Letts (September discussion) immediately in order to get these books from the library before the discussion.

-Submitted by **Phyllis Novick**

QUAIL RUN BOWLERS

If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning at 10:00 AM. Please call **Mary Ellen Moynihan**, 978-518-0033 or **Donna Milot**, 978-618-9631 for more information.



Transitions — Farewell Neighbors!

The residents of 6/11 Autumn Drive sadly say farewell to Sheila Mahoney and Janice Brailey of 11D Autumn. Sheila and her late husband Bill moved to Quail Run in 2003. Sheila and Janice, both math teachers, taught for many years together in the Marlboro Public Schools. After her husband passed away, Janice moved in with Sheila in 2017. Sheila has moved to an Assisted Living apartment at The Artisan and Janice has moved to an Independent Living apartment at New Horizons in Marlboro. They can be reached at their cell phones or emails posted in the current Quail Run Directory. We will miss them but wish them well!

-Submitted by **Sue Lalli**

JULIETS NEWS
Just Us Ladies Interested in Eating Together



August 13th (Tuesday) at noon at 110 Grill in Highland Commons, separate checks. Contacts: **Janice Painter**, 978-568-0758 and **Carolyn Bongiorno**, 508-481-7691

September 12th (Tuesday) at 12:30 PM at Kennedy's Patio, 247 Maple St, Marlboro, separate checks. Contact: **Carol Suslowicz**, 617-957-2693

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

Important Dates for Fall Elections



- August 24: Last Day to register to vote and/or change party enrollment for State Primary
- August 24 and August 26 – 30: In-Person Early Voting for September State Primary
- August 26: Vote by mail application for State Primary deadline
- September 3: State Primary Voting (Polls open 7 AM-8 PM)
- October 19, 21-26 and 28 and Nov 1: In-Person Early Voting for State & Presidential Election
- October 26: Last Day to register to vote and change party enrollment for State & Presidential Election
- October 29: Vote by mail application for State & Presidential Election deadline
- November 5: State & Presidential Election (Polls open 7 AM-8 PM)

All In-person Early Voting takes place at Town Hall; for the times check the Town Clerk's website. In-person Voting on September 3 and November 5 takes place at Hudson High School for Quail Run residents. To see a sample ballot and more information about voting, go to the Town Clerk's website at <https://www.townofhudson.org/town-clerk/pages/elections-voting>.

-Submitted by **Sue Lalli**

Hudson Happenings



Shakespeare in the Park

August 2, 3 & 4
 Raindate: August 9, 10 & 11
 Hudson Armory Lawn

The Hudson Armory Project is sponsoring Hudson’s first ever Shakespeare in the Park event on Friday and Saturday, August 2nd and 3rd at 7:00 PM and a Sunday matinee on August 4th at 2 PM. This event is a fundraiser for the Armory, with all performers, director and producer volunteering their time and talent. Suggested donation is \$10 per person. Limited seating available, so please bring your own blanket or lawn chair!

National Police Night Out

Tuesday, August 6
 Hudson High Guidotti Field, 120 Chapin Rd.

The Hudson Police Department Community Action Team is hosting the annual NATIONAL NIGHT OUT event from 5:00 to 8:00 PM at the HHS Guidotti Field. It is a fun, free family event open to all where you can meet your HPD (including Murf!) and enjoy food, entertainment, equipment and vehicle displays, cruiser rides, and more!

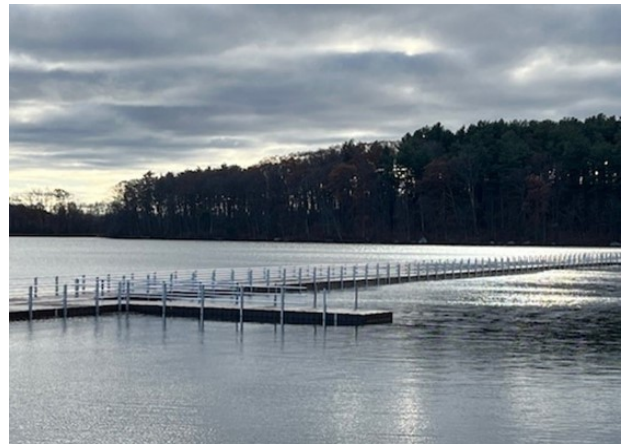
Celebrate Hudson Festival

Saturday, September 14, 1 PM – 9 PM
 Downtown on Main, Church and South Street

The Celebrate Hudson Festival will once again provide something for everyone including lots of live music and entertainers performing throughout the day along with demonstrations from local dance studios, music schools and aerial acrobatics. There will also be a number of craft vendors, food trucks and a beer and wine garden. For specific times and details visit: <https://www.discoverhudson.org/celebrate-hudson/>

Don’t forget that the **Hudson Farmer’s Market** continues on Tuesdays from 3:30 PM – 6:30 PM on the Town Hall Lawn through September 22 and the **Downtown Music Concerts** are held on Saturdays from 5:00 PM – 8:00 PM on the Town Hall Lawn through September 28. For details visit the Hudson MA Farmers Market [Facebook](#) page or the Discover Hudson website at <https://www.discoverhudson.org/events/>

-Submitted by **Sue Lalli**



Marlborough’s Floating Boardwalk

Have you ever walked on a floating boardwalk? If not, our neighbor Marlborough has one that you can try. It is located on Lake Williams which is on the west side of the city bordering Route 20. The Floating Boardwalk opened in May and is about a half-mile long. It covers the southern half of the lake near the courthouse and completes the Lake Williams Trail connecting the woodland trail creating a 2-mile loop. To walk the full 2 miles i.e. the wooded trail and the Boardwalk; it is recommended that you park at the entrance on Lizotte Drive. To walk only on the Boardwalk you can park at the Courthouse on Williams Street on the weekends or after 4:30 on weekdays. Details and maps can be found at: <https://www.marlborough-ma.gov/conservation-commission/pages/lake-williams-trail>. To see a video of the Boardwalk done by WBZ/Channel 4 go to: <https://www.cbsnews.com/boston/news/marlboro-massachusetts-floating-boardwalk/>

- Submitted by **Sue Lalli**

Reflective Designer
 118 Great Rd Stow

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

WHO IS THE RESIDENT MAINTENANCE PERSON AT QUAIL RUN?



Inquiring minds want to know. The short answer is there is no resident maintenance person at Quail Run. We rely on outside contractors to do the necessary work to keep QR in tip top condition. These contractors have dozens and sometimes hundreds of clients that they are serving. When QR requests their services, we are put on a jobs list that is usually completed in the order in which the jobs are received.

For example, our carpenter, Scott Forbes and his sons, serve over 6,000 condominium units. Their availability is usually pretty good for QR because of the excellent relationship we have built over many years. However, they also have a jobs list of people who want their services, and, if it is not an emergency situation, they add us to their list of jobs and come to QR when we are the next customer on their list.

Our plumber, electrician, road maintenance, etc., all operate in the same manner.

So, what does this mean? What it means is, if you call in or email an issue on Friday, you will not see the issue resolved on Monday, unless of course it is an emergency situation. QR has to wait its turn, like every other customer. Rest assured, however, that your issue has been logged, prioritized, and sent to the appropriate contractor for action.

So, who should you notify about a problem?

- For non-emergency maintenance concerns send an email to the Dartmouth Group at clientservices@thedartmouthgroup.com or contact the Portfolio Assistant, Ashley Neves at (781) 533- 7247 or aneves@thedartmouthgroup.com or if Ashley is not available contact the Property Manager, Gina De-Francesco at (781) 533-7248 or gdefrancesco@thedartmouthgroup.com.
- For emergency situations always contact the local Fire Department or Eversource Gas and then follow-up with the Dartmouth Group or one of the Board of Governors.

- Please refer to Page 3 of the Quail Run Directory for other details about emergencies.

Due to the high cost of having contractors come out to the property, we have begun to aggregate some requests. Typically, pest control, rotted wood, etc., fall into that category. With today’s contractor prices, we simply cannot afford to bring a contractor on property multiple times a month. Our units are aging. Their maintenance requirements are increasing. In order to keep QR an affordable community, we have to spend our maintenance resources wisely.

So, please don’t think we’ve ignored you, that we’re not going to do anything about your issue. That is not the case. We will address your issue as soon as we can, given some of the above constraints.

Thank you for your understanding and patience.

- Submitted by the **Board of Governors**

Reflections from Andy Rooney

I've learned...
That being kind is more important than being right.

I've learned...
That you should never say no to a gift from a child.

I've learned....
That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.

I've learned...
That sometimes all a person needs is a hand to hold and a heart to understand.

I've learned....
That it's those small daily happenings that make life so spectacular.

I've learned...
That under everyone's hard shell is someone who wants to be appreciated and loved.

I've learned....
That life is tough, but I'm tougher.

- Submitted by **George Shaw**