



# The Quail Runner

Quail Run Condominium Trust

Volume 2, No. 4,  
December, 2004

*The Quail Runner, our condominium's newsletter, is published four times a year in March, June, September, and December to bring you information Unit Owners need to know. The Trustees would appreciate your comments and suggestions about how to improve The Quail Runner. Please send in your ideas and material for publication. See contact information on Page 12.*

## IN THIS ISSUE

New Trustee; New Neighbors	Page 2
Our MVP; Take a Walk	Page 3
Hot Water Tip; <b>Gas Leaks</b>	Page 5
We Get Garage; Wildlife Sights	Page 6
Correction; Vacation Check	Page 7
Samaritans; Sewer Finale	Page 8
Sharing Corner	Page 9
Contact Info	Page 10

### THANKS FROM ARTHUR DOWNING

I am writing to thank **you**, the Unit Owners of Quail Run, for allowing me the opportunity to spend the last six years as a member of your Board of Trustees and the Trustees for their honoring me by electing me to be their Chairperson for the last two years.

During the last two years we have implemented the building envelope project and brought on line our new cluster, Vine Brook Way, both very large tasks, and both accomplished without any special assessments.

What made this so enjoyable was the people I had to work with, from the members of the Board: Joel Alpert, Carol Bergeron, Frank Pedulla, and Joel Seidman; our Senior Property Manager Jim Boyle; our Engineer Bob McGillicuddy; Marie Kelleher and Bobbie Seidman of the Landscaping Committee; and those supervising the building envelope project from Prime Touch, Keith Balabanis and Matt Linnehan; and Tom Devaney, the developer of Vine Brook Way; and of course our own Maintenance Supervisor Rich DeFilippo. Thanks for the great job all of you have done.

Finally and most importantly, I want to thank my wife Geri for allowing me the many hours to work with a great volunteer Board of Trustees.

Arthur H. Downing

### FROM THE DESK OF YOUR PROPERTY MANAGER

By the time you read this note, the final strip of vinyl siding has been applied to building #3 at Douglass Green. The Building Envelope project took two years, and while there were some problems, the number was small when you consider the size of the project. I wished Keith, the team leader for Prime Touch, good luck as he starts another project in Waltham.

There are several other items that need to be completed before we can call the project finished. The gutters will be installed at Kendall's Mill and Douglass Green starting in the second week of December. We still need to do some painting in Saw Mill Brook Way, Johnson's Grant and Kendall's Mill. All of Michael's Green and Douglass Green will be painted in the spring.

We discovered several areas of rotted wood that required replacement of plywood and other structural wood. It is likely that overgrown trees and bushes caused much of this rot. The Board is committed to a program of trimming and removal to prevent further damage to our buildings. Due to budget constraints, this project will be spread out over three to four years.

We have made some progress in correcting some of the more serious drainage problems and there

*(Continued on page 2)*



*Happy Holidays  
To All !*





(Continued from page 1)

are still other areas that we will tackle next year. It is likely that some of the walkway next to the main road will require replacement.

The incorporation of Vine Brook Way is complete, and the developer is in the final stages of correcting any remaining punch list items. We had a successful social (in spite of the weather) in which all residents were invited to meet with each other. I believe that some 60-70 people turned out and everyone had a good time! I hope that this social is the first in a long line of annual socials for the residents of Quail Run Condominium Trust.

As you know, Arthur Downing is retiring from the Board of Trustees this year, and I would like to thank him for all the hours that he contributed to the Trust. In the past two years, there wasn't a day that he didn't spend some time working to make the Building Envelope project a success. I enjoyed working with him, and I wish him well in his second "retirement."

**As the winter draws near, I wish every resident at Quail Run a safe and happy Holiday Season.**

Jim Boyle

**RICHARD NORBERG NEW TRUSTEE**

**R**ichard D. Norberg, 9 Douglass Green, was elected to the Board of Trustees at the Annual Meeting on November 16, 2004 to fill the vacancy which will occur when Arthur Downing finishes his term on December 31, 2004.



Dick and his wife Jane moved to Quail Run in 2003 from Winchester, where they had been life-long residents. Dick wrote in his campaign letter that "...we consider ourselves lucky to have found such a beautiful retreat. We believe that Quail Run is the most attractive, well-managed and carefully attended property of its kind."

Dick, a practicing dentist with offices in Winchester, also has a background in building construction, maintenance, and management. He served on the building committee of the North Suburban YMCA during its construction phase and on the committee which built and maintains the Jenks Senior Center in Winchester.

He worked as managing partner to construct a 6500 sq. ft. professional condominium in Winchester and served as a board member of a Massachusetts condominium for more than 15 years.

In addition he brings to our community and the Board a background and abiding interest in horticulture and landscaping from having worked in his grandfather's nursery. His knowledge of the Latin taxonomic names of trees, bushes, and flowers is startlingly impressive.

He and Jane also own property on Cape Cod, where they spend many week-end get-aways.

We welcome Dick to the Board of Trustees and look forward to working with him and making use of his expertise, experience, judgment and talents.



  
**New Unit Owners**  
**Nancy and Richard Clarke**  
**14 Douglass Green**  
**Welcome!**  
**To Our Community**



### A HALLMARK OF VOLUNTEERISM

It is not every day that a condominium association has, not one, but two extraordinary projects going on simultaneously. That is just what happened here at Quail Run. Within the same years Quail Run saw the development of its final cluster completed as well as the replacement of the building envelope of the original units to preserve the long term value of our homes. That was in addition to business as usual, in other words, maintaining the entire property.

True, many thanks go to the Unit Owners who actively contributed to committees critical to our mission, such as those charged with: the selection of the vinyl siding and windows; determining how to replace the privacy fences; establishing the specifications for the repair and replacement of the decks; developing the guidelines for landscaping; and with improving our communications, not to mention all of our valued service providers.

There is however an MVP - a Most Valuable Player - among us. Someone who stands out. Someone who operated as the center of the spokes on a wheel. Someone whose contributions were steadfast, thorough and time consuming. In fact his role no doubt turned into a full time job at times. We are speaking of course of our fearless leader Arthur Downing.

Arthur has been a trustee since 1998. For the last three years he has unselfishly led a team of determined Trustees, donated his time, and applied his intelligence, from which we have all benefited. While Arthur winds down as

Chairperson of the Trustees, he has made his mark here at Quail Run. In fact the trustees earlier this year declared him our MVP and awarded him a dinner out at the recently renovated Café Escadrille.

Arthur, we thank you for your many contributions! You are an inspiration to us all and are the hallmark of volunteerism and what it can accomplish. We aim to keep your spirit of volunteerism an integral part of Quail Run's future. Thank You!

*(By the way, Arthur, we have a need we hope to address with another of our infamous special committees. What are you doing next Wednesday night?)*

The Other Trustees

---

### TAKE A WALK— I

When I moved to Quail Run six months ago, one of the first things I did was to look for good places to walk. I was looking for more than a five or ten minute daily mail run. First of all, the sidewalk along Russell St. needed to be explored. When I did so, I found it to be wide, separated from the road by good granite curbstone, on the sunny side of the street, and with some interesting things to look at along the way.

The Russell St. sidewalk offers two basic walks from Quail Run, one to the west, (turn right onto Russell Street) to Lowell St. and back, and a second to the east (turn left on Russell), to the Four Corners and back. At a fairly brisk but not strenuous pace, each walk takes about 30 to 40 minutes, round trip. In both directions there are hills, up and down, but they are not intimidating, and each person's pace and distance walked can be adjusted to his or her ability.

On the walk west, as you near the Lexington line where Russell St. becomes East St., you will pass Woburn's Ryan Park on your right. Ryan Park is mostly used as a soccer field in season, and you may have a chance to see a game in progress as you walk by.

On this walk you will need to cross Russell St. at the town line because the sidewalk contin-

*(Continued on page 4)*



*(Continued from page 3)*

ues in Lexington on the other side of the street. However, this is a flat area with good sight lines, and the crossing should present no problem if normal care is taken.

Among the many homes and front yards that you will see on this walk are two unusual stone houses at #618 and #622. They are a short distance beyond Ryan Park and are especially worth noting. Number 618 has a stone barn or work building in front of it and probably looks much the way it did when it was built in 1931. (Note the stone lintel above the front door.) The #622 house is an especially handsome structure. It clearly is someone's much loved and well maintained home.

On the walk east to the Four Corners you will see interesting places also.

At # 271, near the top of the hill shortly after the beginning of your walk, you will see an old house with a stone foundation, a mansard roof, and stone outbuildings in the rear. This house appears to be suffering from some long delayed reconstruction project, but it is clearly a place with a history. A little research might be in order here.

A bit beyond, at the height of land, you will come upon what appears to be the site of an old school. *[Editor's note: This is the Tarky School property, recently reserved by the city for development as a passive recreation area.]* With its blacktopped paths, play, and parking areas (some with the markings for children's games still visible), its small wooded hill and oval dirt trail (now used at times by a nearby stable for horse riding) it is worth exploring.

Downhill, right beyond the school site, at 221 Russell St., you will see (as of late 2004) an excavation project that is both small and stupendous! Progress with the big machines on the site has been occasional and erratic throughout 2004, and the question, "What is going on here?" cannot be avoided!

Finally, at #137, you will see what most certainly must have been (and still is) a grand Woburn home – on a large hillside property, set well back from the road, with a circular drive in front, guarded by a majestic old oak tree, it's a pleasure to behold.

Shortly beyond the big house, on a bridge over flowing water, a few steps from "Elena's Spa", and with the bustle and noise of the Four Corners in front of you, you have reached a good turnaround spot.

The flowing water below you on that bridge is headed for Horn Pond, about one mile away. The trails at Horn Pond are among a number of good walking places in Woburn and Lexington, some within walking distance of Quail Run and some that require a short car ride to reach. Perhaps some of them can be reviewed in future issues of *The Quail Runner*.

*[Thanks to Hal Scheibert, 6 Kendall's Mill]*

*[Editor's note: The water from the conservation land that surrounds Quail Run forms a brook that flows under our main road just south of the mail shed, runs behind the Woburn Animal Hospital, crosses under Russell Street. It then drops into a deep cleft (Shaker Glen) behind the houses on the south side of Russell Street, where it is called Shaker Glen Brook. From there water flows down the hill, crosses back under Russell Street, where it is joined by a small, seasonal waterfall coming down the other side of Russell Street from a small pond that can be seen from Stevins Drive. It then takes a course under Cambridge Street, running behind the businesses and homes on the north side of Lexington Street. The brook then turns south under Lexington Street at the power lines, where it becomes Fowle Brook, a substantial and fast flowing stream at this point. If you take the dirt trail that branches off the paved trail around Horn Pond and loops around the lagoon, you will come to a wooden bridge that arches over Fowle Brook at a pretty little waterfall. The brook and the lagoon are a favorite resting and feeding spot for ducks and Canada geese. Water flowing into Horn Pond exits at its south end adjacent to the beautiful and idyllic Horn Pond Park, recently refurbished by the city, into Horn Pond Brook. If you follow Arlington Street across Lake Avenue onto Lake Terrace, you come to the Horn Pond Bike Trail, which runs beside Horn Pond Brook (which at that point is a canal lined by huge granite blocks) to Wedge Pond in the center of Win-*

*(Continued on page 5)*



(Continued from page 4)

chester. There the brook flows into the Aberjona River (which also arises in Woburn near Commerce Way), thence into the Upper Mystic Lake, the Lower Mystic Lake, the Mystic River, and out to Boston Harbor. From Quail Run, the rain that falls on our property travels 15 miles and falls 200 feet to Boston Harbor.]

### HOT WATER TIP

**H**ave you found that when you shower the hot water isn't as hot as it used to be?" my wife asked. Yes, I thought, but maybe it's because we are now into colder weather and the incoming cold water is colder. That means, I rationalized, that we have to turn the mixer valve further toward the hot side to get to a comfortable temperature.

Then I remembered that I had not drained our hot water tank recently. I try to remember to do that little chore every month, but I had been remiss for many months. Down to the basement I went, ducked under the stairs, grabbed the small bucket left there for the purpose, and opened the drain valve at the bottom of the tank. We replaced the heater tank two years ago, so it is still considered new. But surprise, surprise, the water came out slightly, but definitely cloudy and with a hint of green. After I drained about a gallon, the water ran clear. For the next shower the water was plenty hot enough and back to where it should have been.

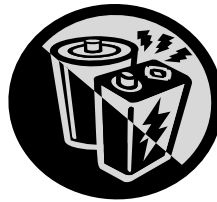
Our water here in Woburn is not excessively hard, but it does contain a lot of dissolved mineral, evidenced by the spots left on chrome sur-



faces as drops of water dry. Minerals build up in the bottom of your hot water heater, acting as an insulating layer between the heating element or burner at the bottom and the water in the tank above. The result is that the hot water is not as hot and the heater has to work harder. Draining a couple of quarts once a month can maintain the efficiency of your heater as well as help prolong its life.

### AND WHILE YOU'RE AT IT

Don't forget – 'tis the season to change the batteries in your smoke and carbon monoxide alarms. And make sure the water to your outside faucets is turned off.



### GAS LEAKS

Unit Owners are advised to keep an eye – or better yet a nose – out for natural gas leaks. Several Unit Owners have reported the smell of gas in the vicinity of their units. Investigation by our Maintenance Supervisor Rich DeFilippo showed slow leaks at a few joints between the main gas line and the shut-off valves going to individual units. KEYSpan responded promptly to repair the joints. The covers for these valves have subsided over the years and many are covered with turf, necessitating a metal detector to locate them.

**Unit Owners are advised to notify APT or KEYSpan (1-800-231-5325) promptly if they think they may smell gas.**

In the spring, the Trust will undertake a systematic inspection of all valves in the complex.





**QUAIL RUN ACQUIRES GARAGE**

**T**om Devaney, the developer of Vine Brook Way is just about done with the "punch list" for the Vine Brook Way Unit Owners and for the Trust. The garage on the east side of the circle, which housed his office and storage space, has been turned over to the Trust. Our Maintenance Supervisor Rich DeFilippo has outfitted the building as his office and for storage of maintenance tools and supplies. The Board of Trustees, which has been meeting in members' homes, will begin meeting in the office area of the garage as of the regularly scheduled January date.

Rich has set up a phone, answering machine, and fax receiver at the office. You may call or fax work requests to him at 781-933-1618.

**WHAT IS THAT?!?!**

**W**hat crossed in front of our car looked like a large dog – but it was unlike any dog I had ever seen. As it turns out, the "large dog" was not a dog but a large coyote. We were leaving the mail shed in the middle of the day, and the coyote was crossing the main road and walking up the hill in no hurry and not at all put off by the car behind him.

Unlike the beautiful deer and wild turkeys that call Quail Run their home, this coyote was not a nice looking animal. It was big and appeared to be well fed.

Since our sighting on the roadway, we have seen two more behind Unit 11 at Vine Brook Way. Those two also were large and well fed and not in any hurry to move on.

It may be a good idea to keep a close watch on small children and pets while out walking.



[Thanks to Florence and Joe Fitzsimmons, 1 Vine Brook Way]

**WILD (AND NOT SO WILD) LIFE SIGHTINGS**

**A**re you aware that the Quail Run property and the conservation land that surrounds it was a private hunting preserve in the 1920's and 1930's? Descendents of the original owners still live in this area.

Some of the wildlife that attracted hunters in those times is still evident. Over the past six to eight months, my wife and I have seen red fox; we are visited daily by wild turkeys (but who avoided us during Thanksgiving week); and on two occasions I have been within 10 feet of a coyote. I would caution owners with small children or pets to be aware of the danger.



This past week we even had a visit from a large goat in the mail shed area! (The goat belongs to a Stevins Drive resident.) There have been reports of a family of deer in the Douglass Green and Vine Brook Way areas. Quail hens and many chicks are sighted frequently.



I hope to do further research relative to the history of the hunting preserve which preceded our condominium development. If I am successful, you will read about it in a future issue of *The Quail Runner*.

[Thanks to Jack Deasy, 10 Johnson's Grant, for the article and all three photos]

**MORE THAN YOU WANT TO KNOW ABOUT COYOTES**

**W**hen we think about coyotes, most of us will conjure up the image of "Wile E. Coyote" in the Roadrunner cartoon series, where the scheming canine gets outwitted and trounced by the speedy bird. In real life, the coyote is the one with the brains, cunning, and determination to survive in almost any conditions.

The coyote (*Canis latrans*, barking dog) is

*(Continued on page 7)*



(Continued from page 6)

cousin to the domestic dog and the wolf. He is native to the prairies (thus another nickname, prairie wolf) and desert canyons of the west, but circumstances have allowed him to extend his range from southern Canada to Costa Rica in Central America. In recent decades, he has crossed the Mississippi River and made himself at home in cities (even New York City!), suburbs, and rural areas in the eastern US, even into Florida and New England. The eastern version of the coyote is larger than his western brother, perhaps from cross-breeding with wolves, and resembles a small German Shepherd. Coyotes vary in size from 25 pounds in Mexico to 75 pounds in the mountains and the northern reaches of their range. Eastern coyotes vary from 35-55 pounds with males considerably larger than females. Length from stem to stern, including the bushy tail, can exceed five feet; height is up to 26 inches at the shoulder. Body coat color varies from brownish yellow to reddish gray. The tail has a black tip.

The name coyote come from the Aztec word "coyotl." It is known for its vocalizations; we all remember the chilling howl from the desert in Western movies, but the coyote also gives out with yips, barks, and huffs, leading to another nickname – the song dog.

Those that live in temperate climates may forage during daylight hours, unless they have been harassed by human inhabitants of their territory. Although coyotes generally try to avoid people and assaults on humans are extremely rare, confrontations between people and coyotes are becoming more common; a few children have been bitten and some dogs and cats have been killed.

The coyote is omnivorous, eating fruits, grasses, and vegetables. Suburban coyotes are often drawn to backyards by garbage, by outdoor feeding of cats, and perhaps by feeding stations set up to attract birds and small mammals such as rabbits, squirrels, and chipmunks. Eliminating these sources of food can force them to move elsewhere.

Coyote mate for life. Breeding takes place in January or February, with six-to-nine pups born in a den or hollow log after a gestation period of

about 60 days.

In urban and suburban areas, coyotes commonly take domestic house cats, small dogs, and other domestic animals. Coyotes are featured in news stories recently as they wend their way through and around cities and suburbs. In a rare incident, a child was attacked in his backyard in Sandwich, Massachusetts, in late July 1998; his mother kicked and beat the animal until it released her four-year-old son. Police later shot and killed it.

Massachusetts wildlife officials said that the population of coyotes in the state appears to be growing and that control is difficult in part because the state has banned the use of leg-hold traps.

Coyotes are here to stay. We should accept their help in controlling rats and mice, respect their tenacity, admire their wildness, and salute their curiosity and playfulness. We should also recognize the potential threat to children and pets.

If for some strange reason you want more information, visit these web sites.

<http://www.bright.net/~swopejak/coyote.htm>

[http://www.desertusa.com/june96/du\\_cycot.html](http://www.desertusa.com/june96/du_cycot.html)

<http://www.canismajor.com/dog/coyote.html>

-JS-

### CORRECTION

The article about Susanne Downey's micropigmentation web site in the September 2004 issue of *The Quail Runner* gave an incorrect address for the website for Natural Impressions. The correct URL is [www.naturalimpression.net](http://www.naturalimpression.net).

We apologize for any inconvenience this error may have caused.

### GOING-ON-VACATION CHECK LIST

- Turn thermostat down to 58°—no lower
- Turn off water at main
- Give key to relative, friend, or neighbor
- Have them check your Unit frequently
- Let APT know who has key

**A TRIBUTE TO THE SAMARITANS**

**T**hat's odd," I thought to myself as I drove out of Quail Run. Two women were attempting to steady a six-foot stepladder on the sidewalk opposite the mail shed while a third woman was standing on the next-to-the-top step reaching for an overhanging branch.

"That's dangerous!" was my next thought, as the Boy-Scout-physician-Trustee part of my brain kicked in. I turned the car around at the stop sign and headed back to find out what was going on and to offer my assistance in whatever they were trying to do. Were they pruning the tree, or hanging some sort of trim on it?

No, they said, they had been out for a walk together when the struggles and excited chirping of a small bird caught their attention. The poor creature had gotten itself tangled by the foot in a vine wound around the tree branch. In a desperate attempt to get free, it was pecking at the vine and its leg, which was badly injured with open and bloody wounds.

One of the women had literally risked her life and limb to climb high on the step ladder she had lugged from her unit, trying to free the tiny prisoner. She could not disentangle the bird, but she had succeeded in breaking off the branch and the vine with the tragic creature still ensnared.

"You don't happen to have a knife on you?" they asked. I pulled out the Swiss Army knife I frequently carry, and perform some minor surgery while one of the Samaritans held our feathered patient. The animal must have sensed we were trying to help, because it did not struggle nor utter any sound. With a few scissor snips, I was able to cut away the vines and free it from nature's leg-hold trap.

As I drove off, the women were on their way to the Woburn Animal Hospital with the badly injured bird.

The heart-warming concern and actions of these three good Samaritans did not unfortunately result in a happy ending. I called the veterinarian a few days later – the bird didn't make it.

-JS-

**SEWER BY-PASS INSTALLED**

**T**he problem with our sewer hook-up to the city sewer line was finally resolved at the end of November. The difficulty was reported on Pages 7—8 of the September, 2004 issue of *The Quail Runner*. Briefly, there is a 16,000 gallon sewage holding tank, installed in 1986, which was meant to be used by Quail Run during times of stress to the city's sewer system, such as might occur after an exceptionally heavy rain storm. At those times, a warning system would notify APT to send someone to operate the three manual valves to divert effluent from Quail Run into the tank until the emergency passed. The system was never used, and the city has since upgraded its system, so the emergency system is no longer needed. The valves, which are now frozen from disuse, became a site of blockage to our sewer system, and to repair them would have cost over \$20,000. The simpler solution was to install a piece of pipe to connect our sewer lines directly to the city trunk on Russell Street. The proposal for the bypass required approval by city and state departments of public health. It took several months to get the necessary permits and one day to accomplish the work. The total cost to the Trust was just over \$7000, which includes the cost of the temporary, emergency repair work done this past summer.

-JS-







## THE SHARING CORNER

Do you have a favorite recipe, book or movie you would like to share? Just e-mail Sally Elkind at Quail1km@aol.com. I'll start this feature in this issue of *The Quail Runner* with a quick and delicious recipe for a good buffet dish.

### Asparagus Pie

Barbecue chips  
Grated cheese (sharp cheddar is good)  
Canned asparagus, drained  
2 eggs  
1 cup cream

- Preheat the oven to 350 degrees.
- Grease a baking dish.
- Crush barbecue chips in a layer on the bottom.
- Alternate layers of grated cheese and asparagus.
- Mix 2 eggs and a cup of cream. Pour over asparagus mixture.
- Bake at 350 for one hour or less.

*[The editor is adding one of his favorites.]*

### Asian Salmon

with ginger, soy, sesame seeds, and wasabi

This recipe results in an unusual, elegant, and tasty gourmet-quality dish, but it is simple and fast to prepare. I recommend using fresh salmon fillets and cooking them the same day that you buy them. Buy ginger root in the produce section of the market. It can be kept in the freezer and used when needed. Wasabi, which is hot Japanese green horseradish, can be found in the Asian food section. It comes as a powder, which can be stored on your spice shelf and reconstituted as necessary. Sesame seeds are available in the spice section. This recipe serves four.

1½ lb salmon fillets  
1 tablespoons extra-virgin olive oil  
2 tablespoon low-sodium soy sauce  
1 tablespoon minced ginger root

½ - 1 teaspoon wasabi powder  
(depending on how hot you like it)  
1 teaspoon sesame seeds

- Preheat the oven to 350 degrees.
- Line a baking dish (large enough to hold the fish in one layer) with foil and spray with cooking spray.
- Reconstitute the wasabi with the soy in a small bowl, add the oil and ginger and mix well.
- Place the fish in the baking dish, and spread the sauce over it.
- Sprinkle generously with sesame seeds.
- Bend the foil up around the fish to form a shallow bowl
- Bake 15 – 18 minutes.
- Serve immediately with steamed asparagus or broccoli and rice.



## NOTICES

**Items, Services to Sell  
Items, Services Wanted**

**Contractors We Like**

**Restaurants You MUST Try**

**Looking for partners for bridge?  
Mahjongg? Tennis?  
Put out your call in  
*The Quail Runner!***

**Do you have something that  
would go in this space?**

**Let us know!**



**The Quail Runner needs to hear from you.**

We ask that all Unit Owners try to contribute material for publication. We will accept almost anything – social notes, requests for participation in activities, items wanted to buy or to sell, essays, editorials, poetry, letters, wildlife sightings, tips for Unit Owners, restaurant reviews, photographs (we publish in black and white only), etc. Please send any of these to the editor by February 28th for inclusion in the next (March, 2005) issue of the *The Quail Runner*. Articles should be limited to 500 words. The Trustees reserve the right to accept, reject, or modify any submission. We cannot publish anonymous submissions. The editor can be contacted by e-mail or by mailing articles, questions or other submissions via US Postal Service.



**Volunteer Opportunities**

**Volunteers are needed to write for The Quail Runner. Please call Joel Seidman 781-937-0406 for more information.**

**Are you interested in helping out on a Social Committee? Share your ideas and skills. Call Trustee Joel Alpert at 781-932-9216.**



[www.quailruncondo.org](http://www.quailruncondo.org)

**Board of Trustees**

- Joel Alpert 781-932-9216  
jalp@comcast.net
- Carol Bergeron 781-937-0133  
carolbergeron@comcast.net
- Frank Pedulla 781-933-0788  
fjpedulla@comcast.net
- Richard Norberg 781-376-5598
- Joel Seidman 781-937-0406  
jseidman@massmed.org

**American Properties Team, Inc. (APT) Our Management Team**

- Jim Boyle, Senior Property Manager  
781-935-4200, Ext. 237  
Fax 781-935-4289  
jboyle@aptfin.com  
500 West Cummings Park, Suite 6050  
Woburn, MA 01801
- Nancy Cahill, Property Co-ordinator  
781-935-4200, Ext. 270  
ncahill@aptfin.com
- Rich DeFilippo, Maintenance Supervisor  
781-933-1618 (Voice & Fax)

**The Quail Runner is published four times a year. Contact Joel Seidman at 781-937-0406 jseidman@massmed.org to submit material for publication.**

