



# The Quail Runner

Quail Run Condominium Trust

Volume 3, No. 1 March, March, 2005

*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 10.*

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## The Quail Runner WINS NEWSLETTER OF THE YEAR

The New England Chapter of the Community Associations Institute (CAINE), an organization of about 900 condominium associations and to which Quail Run Condominium Trust belongs, gives a series of awards every year to outstanding associations and individuals for accomplishments in several categories, such as overall excellence as an association, extraordinary problem solving, and outstanding effort of newsletter communication, among others. Two years ago, Quail Run was the winner in the problem-solving category for the way our association came together to bring the building envelope project to fruition.

This year CAINE gave the award for Association Newsletter of the Year (for associations with fewer than 150 units) to *The Quail Runner*. Trustee and Editor Joel Seidman, accompanied by his wife Bobbie and Senior Property Manager Jim Boyle, were on hand to accept the award at the Awards Banquet, which was held March 4<sup>th</sup>, at the Hyatt Harborside Hotel, overlooking Boston Harbor with the deep purple velvet of downtown Boston's lighted skyline in the background.

In his statement nominating *The Quail Runner* for this award, Mr. Boyle wrote:

"In the past, the Board of Trustees had sent the minutes of each Board Meeting and used the minutes as a communication tool. While the minutes did provide information, they were sterile and many unit owners didn't read them. The Board discussed the problem and decided to issue a newsletter to improve the communication with unit

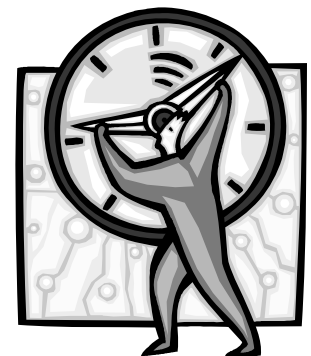


Left to right: 2004 CAINE President Wesley Blair, Dr. Seidman, Mrs. Seidman, 2005 President Tony Chiarelli

owners.

"*The Quail Runner* is published quarterly and has been published for the past two years...The Trustees are committed to provide a newsletter that is informative, easy to read and encourages contributions from the residents of Quail

*(Continued on page 2)*



Daylight savings time begins April 3rd at 2am.

Be sure to set your clocks ahead one hour before retiring Saturday night April 2nd.

And don't forget to replace the batteries in your smoke and carbon monoxide Detectors !



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Run. To date, there have been 11 different contributors to the newsletter. The contributions include favorite menus, various sightings of wildlife, descriptions of walks around the city of Woburn and other interesting topics. The newsletter has evolved over the past two years. Six months ago the board distributed a questionnaire to solicit input from the homeowners on how to make the newsletter more interesting and useful. Several modifications were made to the format and content, which resulted in an improved newsletter.

“While the Board uses *The Quail Runner* to inform the unit owners of various projects, updates on rules and regulations, and various notices, they wanted to create a newsletter that homeowners found useful, but also entertaining. As the Trust develops a “spirit of Community,” the newsletter is a significant tool to encourage social activities and volunteerism. Various committees such as the landscaping committee update homeowners about the various changes at Quail Run, but also educate unit owners about various plants and trees via the newsletter.

“The trust had had two major projects completed over the past two years. One was a complete residing and roofing project and the other was the development of 17 new units. The newsletter played a major role in providing information about both projects, but more importantly, the new homeowners have been welcomed into the Quail Run Family. Several new homeowners have commended the Trustees on welcoming them and mentioned that the newsletter was an important part of the welcome package.”



### WATER DAMAGE AT QUAIL RUN

**O**n January 21, 2005 a Unit Owner called the APT office about a water leak. The Unit Owner thought that her hot water heater was leaking, but closer inspection revealed that the water was coming in from the unit next door. That Unit Owner was in Florida, but fortunately a neighbor had a key, and Rich was able to enter the unit and shut the water off. The water pipe in the ceiling leading to the kitchen had frozen, and for a number of hours water poured into the ceiling cavity and then down into all first floor rooms throughout the unit. Pro-Care, a company specializing in water damage clean-up, was called in to begin to deal with this disaster.

There was extensive damage to the walls, ceilings, floors, kitchen cabinets, the electrical service, and furniture, as well as to the flooring in the first Owner’s unit. The Trust’s Master Policy and the Homeowners insurance will cover most of the damage, which may run as high as \$40,000; however the Unit Owners will experience a lot of inconvenience until the repairs are completed.

(Continued on page 3)


  
**New Unit Owners**
  
 Marjorie and Vincent Murphy
   
 8 Douglass Green
   
  
 Frances and Clifford Smith
   
 6 Michael’s Green
   
  

  
**Welcome!**
  
**To Our Community**



(Continued from page 2)

The insurance company that underwrites the Master Policy was contacted, and they assigned an appraiser to investigate the claim. The first information that was requested was proof that the unit was adequately heated. The unit owner was required to provide gas bills that proved that the unit was kept at 60 degrees Fahrenheit. Rich DeFilippo had to sign an affidavit attesting to the fact that the temperature was 60 degrees F. If the information indicated that the unit was not kept at least 55 degrees F, they would have denied the claim.

It is important that everyone works together to prevent these type of losses. When a Trust has a number of claims, the insurance premiums will increase, which will result in increased condo fees.

The Trust has offered a number of suggestions to prevent insurance claims so that our insurance costs can be kept under control. (See following article.)

-Jim Boyle-

### WATER DAMAGE PRECAUTIONS

**O**n January 25<sup>th</sup> the Board of Trustees sent all Unit Owners information regarding possible water damage due to frozen and burst pipes. Although we are at the tail end of the winter season, it is important to again pass along the basic information for you to avoid water damage. The Trustees will publish a more comprehensive notice and reminder before the 2006 winter season.

Any water pipe in the unit can burst at any time if it was not put together correctly. A bad solder joint, or a bad coupling of two pipes can be the source of a major flood; so can the water hoses attached to your washing machine. But any pipe allowed to freeze during the winter months can burst and cause a huge loss. Our next communication report will address the best procedures for reducing problems in all these areas.

#### Basements vs. No Basements

Most of the problems we have seen with frozen pipes have been in those units with no base-

ments. The reason for this is that with no basement, the water pipes are positioned in the outside walls of the unit, making them subject to the colder temperatures, even with adequate insulation. Units with basements have the water pipes positioned in the ceiling of the basement, which is much warmer even if the basement is not heated. In either type of unit we have seen pipes under the kitchen sink freezing up in severe cold weather.

**All Unit Owners or occupants should make sure they know the locations of the main shut off valve on the incoming water line and the inside shut off valve for the outside sill cock.** These valves are located in different areas, depending on whether you have a basement or not.

#### Early Precautions

Turn off the outside water prior to freezing temperatures, usually in October. Shut off the inside water valve for the outside sill cock and open the sill cock itself, allowing any water in the line to drain off. Leave the outside sill cock open. In the spring, reverse the procedure by first closing the outside sill cock and opening the inside valve.

#### Cold Weather Precautions

**THESE ARE THE MINIMAL STEPS TO PREVENT A CATASTROPHIC WATER PROBLEM.**

- **If you leave your home for more than one day, close the main shut off valve on the incoming water line.**

For absences longer than one week:

- Turn the hot water heater to the lowest setting.
- Open all faucets and leave them open.
- Close both valves on the wall behind the washing machine. (In fact, these valves should be closed at all times, except when the machine is actually in use.)
- Have a family member or neighbor check your unit frequently.
- When you return, reverse the procedure for turning the water back on. Open the main water shut off valve very gradually, in case a pipe has frozen and split despite precautions.

-Arthur Downing-



## GFI ELECTRICAL OUTLETS

**Y**ou probably know what TGIF stands for, but you may not be familiar with what GFI means. TGIF may make you feel better (at least for a couple of days), but GFI, which stands for Ground Fault Interrupter, may save your life so you can continue to say TGIF.

Circuit breakers and fuses are there to protect a circuit from becoming overloaded and causing a fire, but they do nothing to protect a person from getting a shock. A GFI (also known as Ground Fault Circuit Interrupter, GFCI), on the other hand, can protect a person from getting shocked, or electrocuted.

Electricity needs a complete circuit in order to do its thing, to allow electrons to flow through a circuit to an appliance and perform some sort of function. Heating the elements of a toaster, lighting a bulb and making sweet music come from a CD are all examples of electrons flowing in a circuit.

All electrical circuits in your house are wired with three wires (we're talking about the standard 110 volt stuff into which you plug your toaster). One is called the "hot" wire and is black. The second wire is called the "common" or "ground" wire and is white. The third is truly a ground wire and is not meant to carry any current under normal operation. It is either green or it is just a bare wire inside the insulation containing the other two wires and which is connected to something that goes into the earth outside your unit, like a water pipe or a metal rod.

Under normal conditions the current to operate a device such as a toaster travels in a circuit starting at the circuit breaker box and through the black wire into the appliance where it "does its thing," then out of the appliance and back to the power plant via the white or "common" wire. The green ground wire does not carry any of the functional current. So why is it there?

The "ground wire" is attached to the metal surface of things like your toaster. It is there in the unlikely event that the hot wire inside the appliance comes in contact with the outside of the toaster. If that happens, it is called a short circuit. The current is carried back to earth via the ground wire, but since the current is able to flow

much more rapidly through the "short," the wires in the circuit start to heat up, and to prevent a fire, the circuit breaker trips (shuts off) or the fuse "blows."

OK, so what's this GFI got to do with all of this? Remember that all of the current going into an appliance like your toaster comes out through the white wire. So, if there were a "ground fault", i.e. the ground wire were not connected to the toaster frame, AND your toaster failed as mentioned above so that the hot wire were touching the frame of the toaster, AND you were touching the kitchen faucet at the same time you were touching the toaster, YOU would become part of the short circuit, but for the GFI (remember it's ground FAULT Interrupter). The GFI would save your hide from getting fried. How does it do that?

Inside the GFI are two sensing coils which measure the current going out of the black wire and coming back through the white wire. If some of that current going out through the black wire doesn't come back through the white wire the circuit inside the GFI box senses (via the imbalance of the outgoing and returning current) that you are about to get fried and shuts the circuit off within about 10 milliseconds! You might just begin to feel a tingle if you are very sensitive to electricity, but it will not persist long enough to do any harm!!

In some units at Quail Run, the outside electrical outlets, those in the bathroom, and sometimes the ones in the kitchen are also on the same circuit. When the GFI on the outside outlet is tripped, power is lost to the entire circuit. This problem can arise when the weatherproof gaskets on the covers on the outside outlets no longer are. They become brittle so that water gets inside and causes a short circuit, tripping the GFI. A new outlet and cover usually solves the problem.

Another cause for problems with the GFI outlets is their built-in testing mechanism. There are two buttons on their face between the two sockets – one is a test button you can push to trip the interrupter to see if it is working. The other is the reset button that restores the circuit. Occasionally, without realizing it, a Unit Owner

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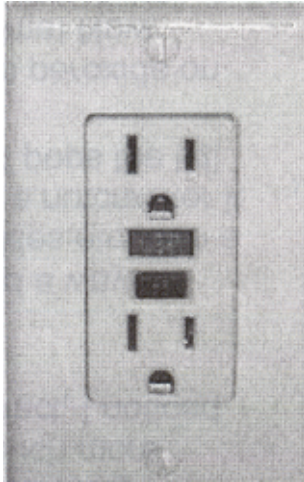


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plugging something into the outlet can inadvertently push the test button, which is fairly sensitive.

If you have lost power in your bathroom or your kitchen, check the GFI buttons on the outside outlet, and push the reset button. If that does not solve the problem, or if it recurs, notify Rich De-Filippo, our maintenance supervisor at 781-933-1618 or Nancy Cahill at APT 781-935-4200, Ext. 270.

It is a good idea to test any GFI's in your unit, especially those on outlets in your kitchen and bathroom, on a regular basis once a month. Push the test button. The unit should trip with an audible snap, the outlet (and any lights and outlets on the same circuit) will lose power, and the reset button will pop out. Don't forget to restore power by pushing the reset button back in until it clicks.



## BOSTON'S FLOWER SHOW AMAZES

The calendar said March 17, 2005, St. Patrick's Day, three days to go until spring arrives. But the weather has hardly said spring. Piles of snow still block the views of our central greens and narrow our roadways. Yet the sunshine on my back felt warm and the sun's brightness said, yes, spring is definitely coming, despite the 37 degree reading on the thermometer this morning and the chill on my neck when the wind picked up.

We were about to partake of one of the more delightful rites of spring – the annual Spring Flower Show at Boston's Bayside Expo Center. The parking lot was filling rapidly and tour buses were disgorging groups of nature lovers. The lines at the ticket windows were 30 deep. We already had our tickets, so we were able to bypass the throngs and go right in.

We were struck first by the enormity of the scene in front of us. Imagine ten football fields covered with 50 garden plots and 200 vendors booths! Our noses were next sense to be amazed with the aromas and perfumes of evergreen trees, earth, and flowers. And if that wasn't enough, the blaze of colors was almost blinding – greens and scarlet reds and pinks and blues and violets – came at us from every direction. It was hard to know where to look first. Many of the displays were larger than a tennis court, bounded by huge boulders weighing several tons and paved with enormous slabs of granite and hundreds of paving blocks. There were pools with live trout, waterfalls and fountains, artistic arrangements of shrubs and trees, flowering trees and flower beds with thousands upon thousands in full bloom. There were rustic forest recreations, formal tea gardens, a moss- and ivy-covered Irish tower, feminine pink and orange chaise swings suspended over beds of tulips. Commercial exhibitors like Mahoney Garden Center and Bartlett Tree Experts had award winning displays, and so did amateurs like Minuteman Regional High School's architectural classes (whose teacher used to mow lawns at Quail Run many years ago).

We marveled over the brilliant flower arrange-

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# Think Spring!





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ments in all colors, styles, shapes, and media we could imagine – and some we couldn't. I was particularly taken with a 50-foot long table display of cacti, succulents, and euphorbia – some 200 specimens of all sorts of shapes, sizes, colors, and textures.

And in the background, appropriate for the day, were several musical groups performing Irish music.

After four hours of immersion in summer perfection, it was time to return to reality of March in New England. We exited into brilliant sunshine and pleasant coolness. As we walked back to the parking lot, a sure sign of spring signaled to us. In the beds along the sidewalk, the first green shoots of crocuses were clearly visible. A little later as we drove into Quail Run, a pair of robins flew across the road in front of us. Take heart – spring is near and the snow will melt.

-JS-



March 15, 2005

### MISHAWUM CHORAL SOCIETY CONCERT

**T**he Mishawum Choral Society is holding its Spring Pops Concert on Sunday, May 1st at 3pm at the Methodist Church on Main Street. Walt Howe of 6 Saw Mill Brook Way is President of the group and a stalwart in the bass section. He promises a fun afternoon of music for all ages. It features music from South Pacific

and Oliver and such diverse songs as the *Children's Prayer* from *Hansel and Gretel* and the stirring *This is My Country*. See the website at <http://www.mishawumchoral.org> for more details, or look for the poster soon to appear by the mailboxes.

### KEEPING FLOWERS FRESH

**R**oses are red, violets are blue, sugar is sweet — and it makes cut flowers last longer. Other tips to keep a holiday bouquet from wilting early:

- Wash the vase carefully to remove all traces of flowers that were in it before.
- Fill the vase with lukewarm water for most flowers, cold water for bulb flowers.
- Use any preservative as the label directs. Preservatives include sugars to feed the flower, biocides to discourage growth of bacteria and fungi and allow for easier water uptake, and an acidifier, which lowers the water's pH. Make it yourself potions we've encountered include ingredients as diverse as pennies, aspirin, lemon lime soda, vinegar, and mouthwash. More common: 1 teaspoon of bleach and 1 tablespoon of sugar stirred into 1 gallon of water.
- Remove any foliage that will be below the water line; it breeds bacteria.
- Holding each stem under water, use a sharp, non-serrated knife to cut about an inch off the end. Cut at an angle. A knife won't crush stems as scissors can, underwater cutting prevents air from blocking water uptake, and cutting at an angle keeps stems from resting flat against the vase.
- Put the freshly cut flowers in a filled vase right away.
- Place the vase out of direct sunlight in a cool spot, away from vents, radiators, or appliances that get warm.
- Every other day, refill the vase, add preservative, re-cut the stems, and put them in the vase immediately.

[With thanks to Consumer Reports]



## HOPE TILLMAN HONORED

**B**abson's Director of Libraries Hope Tillman of 6 Saw Mill Brook Way has been named a 2005 Fellow of Special Libraries Association (SLA), a nonprofit global organization for innovative information professionals and their strategic partners.

Tillman was selected for exemplary service to her clients and organizations, and for exceptional contributions to the global community of information professionals.

She is acknowledged as an "early adapter and committed leader, always embracing the new and leading edge." She has served as a leader at the chapter, division, and association levels of SLA, including as President in 2001-2002.

SLA President Ethel Salonen, announcing the honorees during the SLA Leadership Summit in Florida, said: "Our 2005 winners and honorees reflect the heart of the profession now and into the future. These 'info heroes' consistently deliver value for their organizations and the profession, but they also live the values of our community: leadership, service, innovation and continuous learning, results and accountability, collaboration and partnership. They have set the standard for information professionals worldwide to strive for excellence."

On being selected, Tillman said, "The SLA Fellows designation is given for both contributions to date and expected future service. I feel honored to have been selected to be part of this outstanding group. I have gotten so much from SLA that I am happy to give back to the profession."

Tillman is author/editor of two Internet-related books published by SLA, *Internet Tools of the Profession: A Guide for Information Professionals* (2 editions) and *Internet and Special Librarians: Use, Training and the Future* (coauthored with Sharyn Ladner) and many articles. She is recipient of the Business and Finance Division Disclosure award for excellence in business Librarianship, the Education Division award for professional excellence, the Information Technology Division SLA Grieg Aspnes outstanding Member Award, and the Boston Chapter SLA

Distinguished Service Award.

Tillman has participated in multi-type networking committees including the Library of Congress Network Advisory Committee where she served as the SLA representative. In Massachusetts, she has served as a member of the Executive Board of the Metrowest Massachusetts Regional Library System, and has served as President of the WEBnet Library Consortium.

We congratulate Hope for her honor.

*[Reprinted in part from the Woburn Daily Times]*

## Deer Sightings

**M**y husband and I have lived at Quail Run for just a year. We love being in the woods, but never realized how much until Friday, February 25th at 5:00 pm. I was preparing dinner and saw something outside my living room window. There were four deer! They were behind #6 Michael's Green nibbling at the bushes on the patio. I got so excited, I called my husband at work to tell him. I watched until they left. On Monday, February 28th my husband looked out the window at 6:30 a.m. and saw six deer. They came closer to our house than the first group. What an awesome sight it was. We both just stood and watched. Not many people can say they live in a condo and see such sights. We are so glad to be here.

Charlie and Linda Collings  
17 Vine Brook Way





**WE NEED YOUR COOPERATION:  
TALKING TRASH**

**Q**uail Run participates in Woburn’s recycling program. We recycle plastics, metal and glass food containers, paper and cardboard. Waste Management picks up the non-recyclable trash on a weekly basis, while recyclables are picked up every other week by the Russell Company. Russell will not accept cardboard boxes unless they are broken down and flattened before they are placed in or next to the cardboard and paper bin.

Please cooperate with this requirement. Our Maintenance Supervisor Rich DeFilippo has had to spend time flattening boxes, time that could be used more productively on behalf of all residents.

It is the Unit Owners’ responsibility to ensure that any contractors they hire remove all project-related debris from the premises. Similarly, Unit Owners are responsible for making arrangements with Waste Management for the removal of old large appliances such as refrigerators and hot water heaters.

Finally, plastic bags of trash may not be left outside the trash bins. They will inevitably attract animals, break or be torn open, and cause litter. Trash bags must be placed in solid, animal-proof containers.

Quail Run is our home, and all of us are responsible for keeping beautiful and it free of trash.

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**MAKEOVER MANIA**

**E**verywhere you look, every media venue is touting some sort of makeover. Makeovers are the latest craze, whether applied to homes, buildings, landscaping or people – and Quail Run is no exception. The building envelope project just completed was essentially a major makeover that will serve us well for years to come. It has inspired me to renew, refresh and make over the interior of my home. And why not? A new exterior deserves to be coupled with a new interior.

Some of you may outsource your interior decorating to the pros who deliver outstanding

results. And for big renovation projects, I do the same; however I come from a long line of “do it yourselfers” and cannot resist the temptation to personally take on smaller projects. Here are some tips of the trade for all you “do it yourselfers,” some of which I learned the hard way.

- ✧ **Learn what interior decorating styles you like** by ripping pictures out of magazines, newspapers and furniture or decorating catalogues. Over time you will notice patterns in your collection such as style and color preferences.
- ✧ **Take on one room at a time** and keep your sanity. I have made the mistake of taking on several rooms simultaneously. Most of us work Monday through Friday, so an unfinished project is nothing but an eyesore during the week. No need to compound that phenomenon.
- ✧ When pulling the various decorating elements together for a room, **get samples in advance to make sure they work well together**. You will likely select the wall color in advance. Hold off matching it to specific paint chips or numbers until last, since there are so many choices in today’s paint palette. I have heard professional decorators give this tip: your room usually consists of 60% the main color usually found in wall color and draperies; 30% another color usually reflected in furniture; 10% accent color typically displayed in your artwork, pillows and accessories.
- ✧ **Start early** to collect your decorating materials. I frequent Lowe’s, Home Depot and the local paint shop. Talk with friends and family about your plans. They may have great suggestions including websites where you can do your shopping on line. Many suppliers will mail you samples in advance. In fact, next week I intend to order some drapery samples for a project starting in May.
- ✧ **Map out your design on paper**, complete with dimensions, so you maintain fluid traffic patterns. Nothing worse than a room packed with a boat load of furniture difficult to navigate around. If you are into Feng Shui, plan around those principles.

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✂ **Inventory and get the right tools.** Just one month ago on a Sunday morning, I set out to paint a ceiling - turned out the paint roller extension was inoperative. Rather than stopping everything to go buy one, I proceeded without it. It made for sore neck and shoulders for a few days. I am now the proud owner of a working paint roller extension and Calgon bath beads (you know the old saying: "Calgon, take me away!").

✂ **Expect the unexpected.** I multiply my time estimates by two. Not because I am a bad estimator, but because the unexpected happens. For instance, I just replaced lighting fixtures in both bathrooms and expected each job to take a couple of hours. Wrong! Turns out there were big gaping holes behind the old fixtures that the new ones would not cover. The holes required repair, including drying time between applications of wall compound.

✂ **HGTV (Home and Garden Television) is your friend.** Both the cable channel, which produces a number of decorating shows, and the website will inspire you with fresh ideas and provide complete how to instructions for us "do it yourselfers."

Why wait to give your home a face lift until you plan to sell? Why not do it now so that you and your family can enjoy it? Happy Decorating - and please share your favorite decorating resources and tips with the rest of us in a future edition of the Quail Runner.

-Carol Bergeron-

*[Editor's note: Bob Vila's shows on TLC (The Learning Channel), PBS (Public Broadcasting System) and commercial channels, his web site (bobvila.com), and the DIY (Do It Yourself) cable channel are other excellent resources.]*

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### 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.

### QUAIL RUN HISTORY

Saw Mill Brook Way

**T**he Saw Mill Brook ran near The Old South Road, the thoroughfare which took Woburn's 180 Minute Men to Lexington in the opening days of the American Revolution. In the 1680s it fed the saw mill operated by William Johnson, the son of Captain Edward Johnson. The remains of the sawmill dam can still be seen in present day Shaker Glen.

The Old South Road fell out of popular use soon after 1850 when Russell Street was constructed to run parallel and just south of it.



### NOTICES

**Items, Services to Sell  
Items, Services Wanted  
Contractors We Like  
Restaurants You MUST Try  
Looking for partners for bridge?  
Mahjonn? 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 May 27th for inclusion in the next (June, 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.**



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**Board of Trustees**

- Joel Alpert 781-932-9216  
jalp@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 Coordinator  
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.**

