



The Quail Runner

<http://www.quailruncondo.org/Newsletters/>

Quail Run
Condominium Trust

Volume 7, No. 3
September, 2009

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](#).

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TREES

FROM THE CHAIR OF THE BOARD OF TRUSTEES



Here we are in an August heat wave but life at Quail Run remains pleasant. Our sylvan setting and fine pool facilities allow us to beat the heat and enjoy the last days of summer. Our pool is now heated to a minimum temperature of 75 degrees and we will consider raising this threshold next year once we confirm expected heating costs.

I also wish to extend a warm welcome to our new residents on behalf of your Board of Trustees and applaud your choice of a residence at Quail Run. Please access our web site at your earliest opportunity where you will find updated Handbook information, detailed minutes of prior Trustee minutes and our latest available monthly financials as well as an array of other useful

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FROM THE DESK OF YOUR PROPERTY MANAGER



INTRODUCING NANCY CAHILL

Recently there was a change in the property management team for Quail Run Condominiums.

Dave Mussen is still working for American Properties Team (APT). However, he has been assigned to several large properties that take most of his time. Nancy Cahill took over for Dave in July and has been working with the Board of Trustees via e-mail and a few brief on-site meetings. Nancy is looking forward to attending her first Board of Trustees meeting in September. Nancy is not new to Quail Run as she previously worked with Jim Boyle before she became a full-time property manager.

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HOLD DATE FOR OWNERS ANNUAL MTG: NOV. 17, 7:00 PM BLDG 800 CUMMINGS PROPERTIES



(Continued from page 1)

information. Transparency is our practice at Quail Run.

We have chosen to rely on electronic communication to control expenses and encourage our residents to get on line. Not having this capability is akin to not having a telephone in the 1980's! Without on-line access, your only source of information will be posted notices at the mail box area.

Please understand that we are a condominium association which relies on residents to volunteer their time in matters where there is interest and applicable experience. One such current need is the re-staffing of our Landscaping Committee which has lost a number of "hands on" members such as Marie Kelleher who maintained a broad focus well beyond her own immediate neighborhood. We need people like Marie who have a reasonable knowledge and are not afraid to get down and till the soil. Without such volunteers, we will be unable to hold the budget to normal inflationary fluctuations. So far, our finances are in terrific shape as you can now see on the web site and delinquencies are virtually non-existent.

Aside from landscaping and other committee work, there are daily contributions that each resident can make. This includes following our recycling procedures, cutting up bulky cardboard boxes and not disposing of unauthorized items. Please do not contact our Maintenance Supervisor directly, except in dire emergencies. His work is scheduled by Kathy Asmar, our Property Coordinator at APT.

A firm knowledge of our Handbook is essential to being a positive force in the Quail Run community. You will also find it helpful to read a few of the more recent prior Quail Runners also available on our web site.

Submitted by Richard Clarke, Chair

(Continued from page 1)

The rest of the team remains the same; Rich DeFilippo continues as the on-site maintenance supervisor and Kathy Asmar as condominium coordinator. Please continue to send your work order requests to Kathy either through the web-site or by calling 781-932-9229, extension 222.

Nancy has been with APT for six years and currently manages 5 condominium properties in the north shore area of Boston. In addition to Quail Run Condominium, Nancy manages a recreational facility, 2 mid-rise properties and another town-house style property. Each property is unique and has different needs.

Nancy has lived in Massachusetts all of her life and currently resides in Wakefield with her husband, children and dog. While Nancy has not owned a condominium, she is a homeowner and by choice has taken the house apart and put it back together again. In the process of doing so Nancy learned how to work with contractors and make decisions that will have a long term impact on her life style. In addition, Nancy served on her local planning board and had to make decisions based on facts much like your current Board of Trustees. It's great that Nancy can now take her personal experiences and use those skills to enhance her current job. Nancy looks forward to working with all of the residents of Quail Run Condominiums.





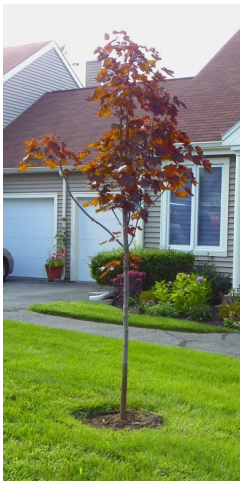
UNUSUAL ACTION BY TRUSTEES SAVES YOU MONEY

How did this happen? Listen up folks and hear the tale of two trees - was to have been three trees. It was not the worst of times, but it turned out to be the best of times, even though it was damp and cool.

To right: Saw Mill Brook Way

Below: Michael's Green

Bottom right: Next to Maintenance Garage



How did it start? Well over the past couple of years, we have lost two trees in front of units, 7 to 9 Saw Mill Brook Way and one in front of 12 Michael's Green due to disease and old age. Your Quail Run trustees decided that we should replace them so as not to leave bare areas where beautiful trees had existed before. We went out and received quotes of nearly \$1000 per tree to purchase and plant maple trees by several nurseries. At the June 3rd Trustees meeting the Trustees considered this kind of cost outrageous. The Trustees reconsidered and sought out smaller trees, that would be easier to plant and be less expensive, but would take longer to grow large. Well, it turned out that the cost only dropped to \$750 each for 6-to-8 foot trees. Richard Clarke went out to

several nurseries and found 6-to-8 foot Norway and Red Maples for \$80 each. Then two Trustees volunteered to plant them with our maintenance supervisor, Rich DeFilippo's help.

On June 10th, a dreary, cool, damp morning, the three trees were delivered and Rich DeFilippo, Richard Clarke, and Joel Alpert went out to plant the trees. It turned out that the spots where the removed trees in front of 7 to 9 Saw Mill Brook Way was filled with roots and irrigation lines, which made digging holes impossible, so a spot was chosen between the old spots, and one tree was planted. Another was placed near the removed tree in front of 12 Michael's Green. The diggers reported good luck, not running into roots or big rocks or ledge or irrigation lines, just sandy soil with moderate to small rocks. Neighbors have agreed to water these new trees every other day during the summer, so the trees will survive. Fortunately the weather was on our side with much rain during June and July. We can all enjoy watching them grow into big trees in the years to come.

In the end, there was one tree remaining for planting, which was planted near the maintenance garage by Dick Clarke and Rich DeFilippo. The total cost was \$280 instead of nearly \$3000, saving \$2700 for the Association, or about \$30 per unit. That's your money!

So in the future, let us follow this example of quite literally thinking out of the box. We encourage our residents to contribute their ideas on how to manage things more efficiently so that our money might be saved. Quail Run is a lovely place to live and your active participation and contribution only makes it better.

We would like to establish a Nursery Committee of people who love to see plants grow to help us select plants for our nursery and occasionally care for them. Duty will be very light. We have designated the area behind the



pool pump and heater building as our initial nursery. We welcome suggestions as to additional areas. If you would like to help, please call or email Arthur Downing 781-933-6241. We need your help.

And a good time was had by all!

Submitted by Joel Alpert, Michael's Green



TREE DOWN AT FRONT OF MAIN ENTRANCE

A large pine tree fell across the main entrance on Friday, May 21st at around 6:00 p.m. Fortunately no one was hurt.

Pictures to the left were taken after cleanup.

See Richard Clarke's letter to the Mayor of Woburn commending the City for its quick cleanup of the area.

From: R.A. Clarke
Sent: Wednesday, August 26, 2009
To: Mayor@cityofwoburn.com
Subject: Quail Run Condominium Trust

Quail run is a 94 unit condominium complex located off of Russell Street. On Friday, August 21 around 6:00 p.m., a large pine tree fell across our main entrance.

On behalf of the Trustees and residents of Quail Run, I want to thank the City and particularly the Department of Public Works for the rapid resolution of the problem with an immediate response on Friday evening and a final clean up on Monday morning. As I could not find an appropriate e-mail address for the DPW and am not aware of which people did the work, I trust that your office can forward our appreciation to the appropriate folks.

This was my second experience with the DPW. Last winter, Vincent Ferlisi resolved a dumping problem on Quail Run conservation land at the end of Sylvanus Wood Road. Here and in the latest incident, the City's response was exemplary and a credit to our fine City!

Richard A. Clarke, Trustee Chairman
14 Douglass Green
Woburn MA 01801



QUAIL RUN'S INTEGRATED PEST MANAGEMENT (IPM) PROGRAM

Each year Quail Run, with its abundance of trees and ornamental plants is faced with protecting them against insects, mites, disease's and other plant stresses.

The Bartlett Tree Research Laboratories for the last 5 years have been using a new program call IPM to successfully inspect and treat the landscaping at Quail Run.

The advantages of the program is that plant pests can be detected before they multiply and spread to other plants. Treatments are applied only to augment natural biological control and specifically targeted at only those plants threatened by the pest.

This is very different from the "cover spray" approach. Cover spray applications, used by many landscapers, are made without inspecting pest levels and are often incorrectly timed, after most of the damage has occurred.

There are other problems with landscape plants not caused by insects or diseases but are due to soil compacting, poor pruning, and incorrect plant selections. It is these problems that are overlooked when a routine spray program is used.

I would like to thank the Research Laboratories of The Bartlett Tree Experts for their help in writing this article.

Arthur Downing, Trustee

WREN RECYCLING EVENT

SAT., SEPT. 19, 9 a.m.—1 p.m.
 WOBURN DAILY TIMES,
 1 Arrow Drive. Woburn, MA
 See [WREN website](#) for more info.

THE VALUE OF TREES

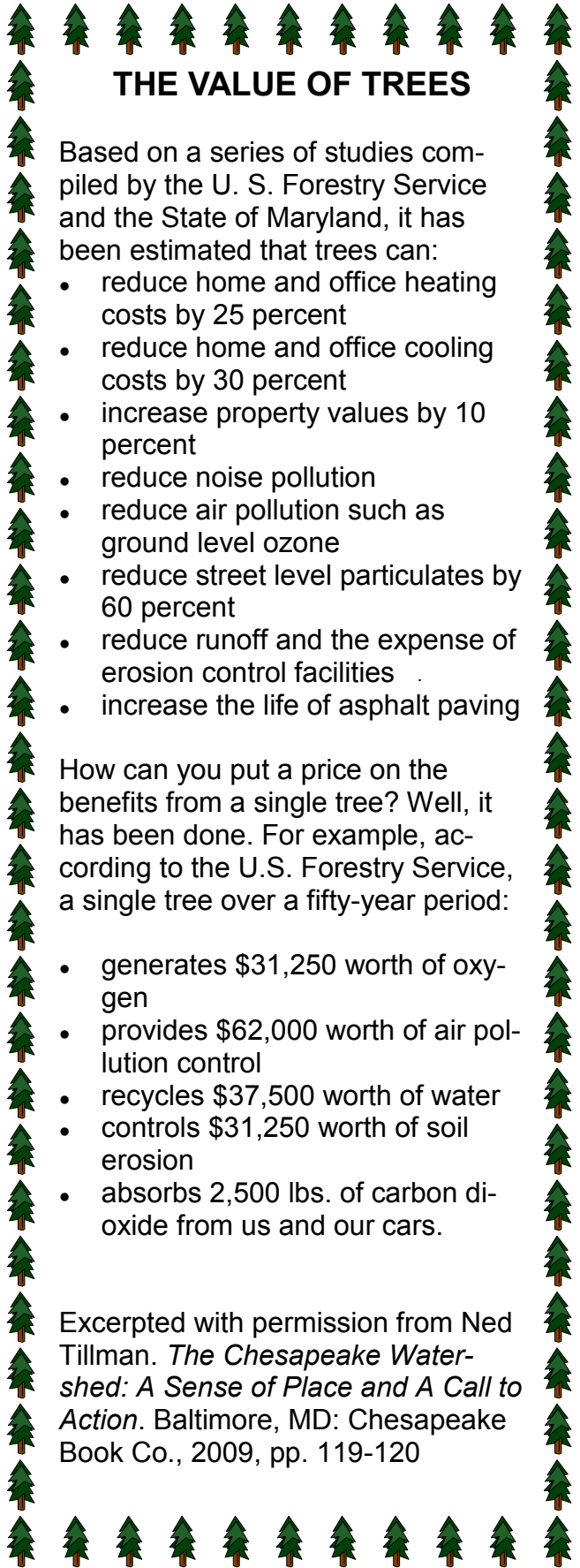
Based on a series of studies compiled by the U. S. Forestry Service and the State of Maryland, it has been estimated that trees can:

- reduce home and office heating costs by 25 percent
- reduce home and office cooling costs by 30 percent
- increase property values by 10 percent
- reduce noise pollution
- reduce air pollution such as ground level ozone
- reduce street level particulates by 60 percent
- reduce runoff and the expense of erosion control facilities
- increase the life of asphalt paving

How can you put a price on the benefits from a single tree? Well, it has been done. For example, according to the U.S. Forestry Service, a single tree over a fifty-year period:

- generates \$31,250 worth of oxygen
- provides \$62,000 worth of air pollution control
- recycles \$37,500 worth of water
- controls \$31,250 worth of soil erosion
- absorbs 2,500 lbs. of carbon dioxide from us and our cars.

Excerpted with permission from Ned Tillman. *The Chesapeake Watershed: A Sense of Place and A Call to Action*. Baltimore, MD: Chesapeake Book Co., 2009, pp. 119-120





NEWS FROM THE FRIENDS OF MARY CUMMINGS PARK

BOSTON GREENFEST

"Nature Caught in a Legal Battle." Joe Kebartas spoke on Saturday 22 August at Boston City Hall Plaza about the 210 acre Mary Cummings Park in Burlington and Woburn. This natural resource held in trust by Boston has great potential for public use and enjoyment, but is threatened with development outside of the intent of the trust. It is a well kept secret to most residents of the area. Boston Mayor Menino responded to the "Friends" at Greenfest by calling us troublemakers. Learn how you can help protect and develop this resource for public use, as it was intended.

The Mary Cummings Park is a wonderful treasure in our own backyard. The path into the park begins just behind Vine Brook Way.



WHO WAS MARY CUMMINGS?



Mrs. Mary Phelps Cowles (Hall) Cummings (1839-1927) was an extraordinarily well educated woman for her time. She received the equivalent of a college education at the Ipswich Academy, where her parents taught.

Her mother Eunice Caldwell Cowles was the first principal of Wheaton College and first associate principal of Mount Holyoke College. Her father Rev. John Phelps Cowles was an abolitionist and professor at Oberlin College. Following in her parents footsteps, Mary taught at the Abbott Academy for Girls, which was later merged with Phillips Academy in the 1970s.

Mary married Dr. A.B. Hall of Boston in 1867, and the couple lived in Boston until his death in 1882.

A few years later Mary met and married Hon. John Cummings of Woburn. They had no children.

Mary Cummings was inspired in the later part of her life by the park and playground movements, which believed that city people needed a place to go to exercise and spiritually refresh themselves in a natural environment. In 1925 she specified in her will that her land in Woburn and Burlington was to be held in Trust by the City of Boston and kept "forever" as "a public pleasure ground," as parks were called in those days.



HOW YOU CAN HELP

Mary Cummings Park needs your help to protect this valuable resource. We need to show the City of Boston and the people of Greater Boston that this is a resource worth protecting. It will support many recreational and educational activities while preserving green space, air quality, water quality, and natural habitats. The threat of encroaching development is a real one, and it takes active involvement by a lot of people to withstand these threats. Here are some of the things you can do to support the effort.

- Visit the park and explore it.
- Get on the Friends mailing list at <http://www.cummingspark.org>
- Donate time or money to support the effort.
- Come to monthly meetings.
- Get involved in planned activities such as trail work, campground maintenance, park cleanups, birding, guided nature walks, geocaching, civic action, and educational programs.
- Take leadership in programs you would like to see developed. Lend the park your expertise!
- Write to info@cummingspark.org with your ideas on how you can help.



Park Events and Activities

Various outings and picnics happen at the park. If you would like to be a part of events or activities, or want more information, please contact Hope Tillman or Walt Howe of Quail Run at 781-932-8240 or email info@cummingspark.org.

Photo and Art Contest

2nd Annual Mary Cummings Park Photograph, Drawing, and Painting Contest, submissions due by November 2nd.

Monthly Meetings

The Friends monthly meetings are the third Monday of each month, (September 14th, October 19th, November 16th, etc.) from 7:00-8:45pm in the MacIntyre Room at the Burlington Public Library, 22 Sears Street, Burlington.

Trail Marking and Maintenance

If you are interested in helping with either the planning, coordination, or work on trail marking and maintenance, please contact Peter Kelleher of Douglass Green at mmkptk@verizon.net.





GOOD BOOKS TO READ

We all know what a treat it is to read a good book and to share it with others. Getting lost in the lives of others, if reading a novel, or in places unknown, for nonfiction buffs is truly a joy. I am fortunate to belong to two very different book groups and over many years have read and discussed some very fine books. I propose that people submit titles of books that they have enjoyed, be it a current title or a book read long ago, with a brief description of the book to entice others to seek the book out. If you own the book and are willing to lend it out you can indicate that too. I am suggesting five books that I think you will enjoy. So, even though summer is drawing to a close and vacations are ending, there is still time to curl up with a good book before you go to sleep.....

Summaries adapted from Internet sources including Wikipedia, Amazon.

The Book Thief by Marcus Zusak is set in Nazi Germany. Beginning in 1939, it focuses on Liesel, sent by her mother to live with foster parents in a small town near Munich. As Liesel learns to cope with her new environment, all the pains she has endured, and the extreme unhappiness of pre-war and wartime Germany, she yearns to escape via reading. Her foster father Hans helps her learn to read, and Liesel finds books here and there — in a snowy graveyard, in a Nazi book-burning, and inside the local mayor's house. She has a few friends; first her neighbor and classmate, later the son of a soldier her foster father knew in WWI, a Jew whom her new family must hide in their basement. Liesel's world starts to crumble, but words and reading sustain her.

Still Alice by Lisa Genova, a Ph.D. in neuroscience, writes extensively about Alzheimer's. This novel is about a woman in her early 50s who learns she has early-onset Alzheimer's. Somewhat ironically, Alice lives by words and how the brain works or doesn't. She is a professor at Harvard in cognitive psychology. The novel

details how Alice discovers the disease, how she deals with telling her family and, most difficult, her colleagues, and how she pares down her daily activities to accommodate her diagnosis and increasing limitations.

Prodigal Summer by Barbara Kingsolver tells the story of a small town in Appalachia during a single, humid summer, with three interweaving stories of love, loss and family against the backdrop of the lush wildness of Kentucky mountains. The narrative follows Deanna, a solitary woman working as a park ranger, Lusa, a widowed farmwife at odds with her late husband's tight-knit family, and Garnett, an old man who dreams of restoring the lineage of the extinct American Chestnut tree.

Too Late the Phalarope by Alan Paton is a tragedy set in South Africa of a white man who, for complicated reasons, some connected with his childhood and training, succumbs to the temptations he might have been strong enough to resist. His downfall is told by his father's sister who watched the train of events, anticipating the danger yet unable to prevent it, and now blames herself. The main character is Afrikaner policeman Pieter van Vlaanderen. While usually enforcing the country's laws, he eventually breaks the law, from both a legal and moral standpoint.

Empire Falls by Richard Russo tells the story of characters living a blue collar life in an old mill town in Maine called Empire Falls, once a thriving place, but now its occupants struggle to make a living. It is at the grill where we meet Miles Roby, his daughter Tick, his brother David, his ex-wife Janine and his father Max...along with a colorful set of people who frequent the restaurant. Russo manages to tell this superb story through flashbacks and incredible characterization. It is a poignant and truly funny book which shows the nature of human folly.

Submitted by Nancy Lefkowitz, Michael's Green



GARAGE DOOR NOTICE

Quail Run garage door openers installed prior to 1992 do not have electric eyes to prevent closing when an object is under the door. These motors do have a reversing mechanism designed to prevent serious personal harm or other damage.

Owners who have paid for new installations over the past year do have electronic eyes as do residences where original pre-1992 motors have either been replaced, or, in the case of Vine Brook Way, where post-1992 motors were originally installed.

We still have a number of units built prior to 1992 where the old style reversing motors are still in use. Owners should test the reversing mechanism periodically by placing a 2' x 4' wooden board under the open door to see if the reverse setting is properly adjusted.

If you would like the Maintenance Supervisor to adjust your setting or just need help checking this issue out, please contact APT, Kathy Asmar by phone 781-569-2622 or via online work request.

The Trustees



A WARM WELCOME TO OUR NEW NEIGHBORS



Robert and Elaine Dever
11 Douglass Green

Gerard P. Crowe
4 Michael's Green

David Roberts
5 Saw Mill Brook Way

Diane Shalkey,
11 Vine Brook Way

Charles Marquat
17 Vine Brook Way

E-MAIL SIGN UP SUCCESS

59 members of the Quail Run community have signed up for e-mail access to our communications, including the *Quail Runner*. Please contact [Kathy Asmar](#) to sign up if you have not done so already.



FROM THE DESK OF YOUR NEWSLETTER EDITOR

This summer has been beautiful and lush here at Quail Run. As I write this, it is slightly cooler in the aftermath of tropical storm Danny

Quail Run is a busy place. Trustee Chair Dick Clarke has shared the activities of the Board, and several other trustees, Joel Alpert, Arthur Downing, and Joe Fitzsimmons contributed as well. Thanks again to Walt Howe for providing beautiful current pictures of our area. Welcome to our new Property Manager, Nancy Cahill. We look forward to working with her.

A big topic for this issue is trees: keeping our trees healthy, the needed replacement of trees and the clean-up after the big pine tree fell at our entrance. And I contributed an excerpt from my cousin Ned's new book **Chesapeake Watershed** demonstrating the value of trees.

Thanks to Nancy Lefkowitz for kicking off a "Good Books Read" column. She recommends 5 enjoyable titles, and I'm ready to go get them. Remember Woburn Public Library as a source.

This is the second issue designed for online viewing, so enjoy the color photos and linked related materials. While copies will be available if you do not have e-mail, please sign up with APT to receive this via e-mail if you have not done so.

A newsletter needs to contain meaningful content for its audience, and in that case, that means you, the residents of Quail Run. I'd appreciate your help in sharing with me what you would and wouldn't like to see.

My thanks to the trustees and all who stepped up to share stories and content for this issue. Your stories, photos, and comments are welcome here.

Hope N. Tillman, Editor, Quail Runner

WEBSITE UPDATE

<http://www.quailruncondo.org>

We are always trying to find new ways to make the website more useful to the Quail Run community. Here are some of the new developments since the last Quail Runner.

- **Financial Summaries.** We are now receiving a good summary of income and expenditures compared with budgeted figures each month. We are making these available from the Board Minutes pages, which are password protected for residents and owners only. Follow the Board Minutes link on the main menu.
- **Pool and Tennis Court Combination.** If you forget the combination to the locks on the pool or tennis court, you can now recover it from the website. It is password protected with the same password as the Board Minutes, so make sure you have set up a password for yourself. The pool combination is linked from the Useful Links menu and from the Pool and Tennis Facilities page in the Owner's Handbook online.
- **Forms.** There are a number of forms you can use for such things as setting up a password, reporting a maintenance problem, submitting an article for the Quail Runner or even running for the Board of Trustees. These are all collected under the new Online Forms menu.
- **Volunteering.** We are always looking for more participation in the community, whether it is helping with landscaping, improving the website and the Quail Runner, or helping share your skills and interests with others. The more participation, the better it is for all of us. Use the Volunteering Form on the Forms page mentioned above.
- **Got Questions?** If you have a question you cannot find an answer for about Quail Run and the community, try us. We have put a new Question and Answer form on the above mentioned Forms Page. We cannot guarantee an answer, but we are pretty good at finding them.

Walt Howe, Communications Committee Chair



RECOMMEND A VENDOR

Richard Clarke:

I was having dinner with friends at the Ledges when the main kitchen sink drain got clogged. Turned out to be a major problem.

Our friends called [ASAP Drains](#) (at 781-938-5556, cell 978-888-4364) and Bill McGrath came within an hour. He worked from 6:15pm until 8:15pm and found the clog over 50 feet into the drain system. Total cost of the visit \$160 and he was very careful, courteous and competent.

Walt Howe and Hope Tillman:

We have also been very pleased with the service and quick response from [128 Plumbing: 781-245-9200](#). We use their Ultimate Savings Agreement which gives us priority and 15% discount on all services.

We recently had a patio put in by [D'Arrigo Landscaping and Masonry](#) (after getting the plan approved by the Trustees). We heartily recommend Peter D'Arrigo and have already referred one of our friends outside Quail Run who was interested in having steps replaced.

Joe Fitzsimmons:

The following items are optional for the aluminum storm doors on all 94 units.

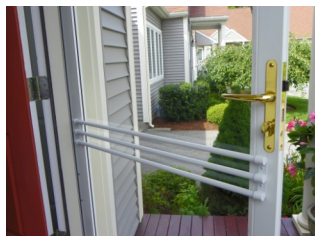
Door protection chain and spring.

Vendor- [Lowe's](#), item # 65254, cost \$3.94. (Absorbs shock from wind gusts and helps prevent damage to the door and door closers)

Three bar push bar.

Vendor- [Stormtite Aluminum Products](#), 170 Belmont Street, Watertown

MA, 02471, Phone 617-924-2254. Cost \$15.00 (Aids in opening and closing the door)



DO YOU HAVE AN A, B, OR C UNIT?

There are three types of the original 77 units of Quail Run : A, B, and C. Do you know which you own?

A units are interior units.

All A units consist of K, LR, D, B, B, BR, BR and have access to the common areas and facilities from the front door and living room. Such access is to the entry, patio or deck and grounds.

B units are end units.

All "B" units consist of K, LR, D, B, B, BR, BR and have access to the common areas and facilities from the front door, living room and dining room. Such access is the entry, patio or deck and grounds.

C units are interior or exterior units with attached garages.

All "C" units consist of K, LR, D, B, B, BR, BR, and FR and have access to the common areas and facilities from the front door and living room. Such access is to the entry, patio or deck and grounds.

Vine Brook Way units are not characterized as A, B, or C.





The Quail Runner wants to hear from you.

We ask that all Unit Owners 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, etc.

Please send any of these to the editor by November 15 for inclusion in the next (December, 2009) issue of *The Quail Runner*. Limit your articles to 500 words.

The Trustees reserve the right to accept, reject, or modify any submission. We will not publish anonymous submissions. Contact the editor by phone, by e-mail to editor@quailruncondo.org, by [form on the website](#), or by mail via US Postal Service.

The Quail Runner is an online publication.

If you have signed up already, you will be sent an announcement via e-mail. If you have not signed up, please contact APT.

Any residents lacking e-mail can either get copies from a neighbor or request hard copy (annually) in writing from APT.

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The Quail Runner

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Contact Hope N. Tillman at

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to submit material for publication.

Visit the
Quail Run Community Calendar

<http://www.quailruncondo.org/notices.html>

on our website to see local events and activities of interest. Use the form on this page to submit an event to be added to the calendar.