



The Quail Runner

*For and By the Residents
Of Quail Run*



November — December 2007

Began Publishing 2003
www.QuailRun Hudson.com

Hudson, Massachusetts



Six speed signs are going in at Quail Run. Next we will want six cranky senior citizens to monitor radar guns!

Beware!!

Congratulations to the Board of Governors on a Job Well Done!

The Open Meeting with residents, the Board of Governors (BOG) and Alpine Property Management Corp. to present the budget ended with a round of applause for the BOG and thanks for a job well done.

The evening allowed time for both a presentation of the new and first ever budget by the BOG and a chance for residents to ask questions and get an update on plans for the future.

For highlights of the meeting, see page 10

Inside

Advertisement— 4
Alpine — 9
Area Highlights— 8
Astrology— 7
Birthdays— 4
Book Club— 11
Book Review — 5
Condo Care— 6
Curtain Call— 6
Editor's Desk— 2
Film Society — 6
Food & Fork— 7
Healthy Living— 3
Juliets— 5
Masthead — 2
Phone Book Update— 3
Romeo— 3
Sale / Free — 4
Technology Corner— 12
This 'n' That — 8
Transitions— 11
Vacation Delivery—2

Updates:

Board Of Governors—10
B&G Committee—10
Communications—11
Social Committee—11

Special Articles:

Fire Regulations — 12
Cartoon — 4
Hudson Days — 7
Historical Society — 8

5th Annual Polar Bears Dinner

Tuesday 29th January 6.30pm

Coral Seafood Restaurant Rte 85 Marlboro

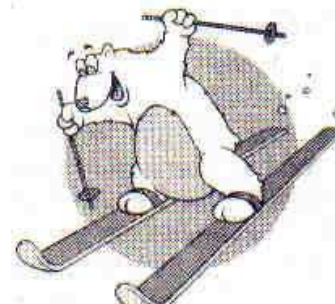
Quail Run Polar Bears are hardy souls who brave the winter in the frozen north when the 'snowbird's have fled to warmer climes! Join us this year for a wonderful dinner with fish specialties, just right for polar bears. This time we have negotiated an all-inclusive menu to ensure a speedier service at a good price. Menu is displayed in the clubhouse. Soup, choice of 4 delicious entrees, dessert, coffee or tea. Tax, gratuities, private room included. Price \$28.

This has proven to be a really happy and successful gathering with our neighbors. Don't miss it! Please detach the booking slip below and leave it with your check, made out to Terri Kilshaw, in the collection jar at 5F Autumn Dr. (or mail) before January 20th. Questions? Call Terri Kilshaw at 978 562 0578

5th Annual Polar Bears Dinner Tuesday 29th January 2008

Names _____

Amount Enclosed (\$28p.P.) _____



The Quail Runner Contacts

Editor: MJ (Mary Jean) Ebens, 4C Autumn Dr., 978-562-7880, RmjEbens@verizon.net,

Assistant Editor Terri Kilshaw 5F Autumn, 978-562-0578, terri2919@verizon.net

Reporters:

- ⇒ 1/3 Autumn **Peggy Kunz**, 3D, 978-562-0747,
- ⇒ 4/9 Autumn **Marilyn Hoffman**, 4B, 978-562-1242, Mhoffman529@msn.com
- ⇒ 5/7 Autumn **Terri Kilshaw** (see above)
- ⇒ 6/11 Autumn **Joyce DiPaolo**, 11-C, 978-562-4116
- ⇒ 1/3 Strawberry **Sally Mauro**, 1-D, 978-568-0821, srednims@aol.com
- ⇒ 2/4 Strawberry **Barbara Champine**, 2-A, 978-567-5982, bjchampine@comcast.net
- ⇒ 5 Strawberry **Lee Rouse**, 5-E Strawberry, 978-562-6673, RLRouse45@aol.com
- ⇒ 6/8 Strawberry **Toby Allen**, 8-A, 978-562-7437 puella_tobia@hotmail.com
- ⇒ 7/12 Strawberry **Barbara Paradiso**, 7-G, 978-562-1595, RhuBarb292@msn.com
- ⇒ 1-4 Rotherham **Kevin Fitzgerald**, 1-B, 978-562-3230, JK Fitzgerald@msn.com
- ⇒ 6 Rotherham **Harry Morgan**, 6-D, 978-568-1929, H.HWMorgan@comcast.net

Columnists:

- ⇒ Technology Corner—**George Champine**, 2A Strawberry, 978-567-5982, George.Champine@computer.org
- ⇒ Food & Fork—**Elaine McGoldrick**, 9C Autumn, 978-562-6364, McG317@aol.com
- ⇒ What's Up & Email Database Manager—**Beverly Beylounne**, 3D Strawberry, SagerBev@Verizon.net, 978-568-3632
- ⇒ Area News—**Barbara Champine** (see above)
- ⇒ Healthy Living—**Peggy Rittenhouse**, 3-H Autumn; moRittenhouse@verizon.net, 978-562-4288
- ⇒ Book Reviews—**Lois Boemer**, 4-E Rotherham, allen@boemer.biz, 978562-5217

Communications:

- ⇒ **Phone and address list** Jack Doherty, 4-B Rotherham 978-562-3164 JackTDoh@hotmail.com
- ⇒ Website **QuailRunHudson.com**

Next Deadline: 23 January — Out 1 February

Copying Courtesy of Sue Macdonald

Quail Runner published 6 times a year.

The Editor's Desk

MJ Ebens, editor



This has been a busy month for your editor. Rich and I flew to Little Rock, Arkansas to visit our daughter and only chick.

We had the airline trip through hell coming back — two hours sitting on the tarmac in Little Rock, a race through O'Hare / Chicago to make our connecting flight to Boston which turned out to be delayed two hours. We got back to Logan at 12:30 a.m. and home by Zebra Shuttle at 1:30 a.m. Thursday morning. By Thursday evening I had a raging ear infection — my first ever! I've spent the last two weeks recovering. Have you notice that as our age advances we take longer to recover? I certainly have!

Did you attend the Open BOG meeting on November 28? It's written up elsewhere. I may be prejudiced, but I thought the BOG had done a wonderful job faced with working out their/our first budget.

Joyce DiPaolo, our reporter for 6/11 Autumn, will be laid up for a while recovering from surgery. Her friend and neighbor, Sheila Mahoney, will fill in until Joyce is back literally on her feet. "Thanks" Sheila and "speedy recovery" Joyce!



Thanks also to Sue Macdonald who is again paying the cost of copying the *Quail Runner*. We are lucky here at Quail Run to have so many talented people ready and willing to help out.

mj

Vacation Delivery

To Receive *Quail Runner* While Away, give your reporter or the editor an extra long envelope with two first class stamps with your vacation address.

The editor also has some free extra large envelopes.

Or, view the current issue on **QuailRunHudson.com**



HEALTHY LIVING

by Peggy Rittenhouse

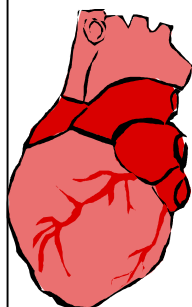
We owe a lot to some of the people in the neighboring town of Framingham, MA. What they did was give the world the gift of

knowledge.

The year was 1948 and at that time little was known about the causes of heart disease and stroke. The death rate for cardiovascular disease had been increasing steadily since the beginning of the century and was turning into a silent epidemic. Researchers from the U. S. Public Health Service wanted to discover common factors that contributed to cardiovascular disease. They chose the town of Framingham, MA and recruited 5,209 healthy men and women between the ages of 30 and 62 to participate in the study.

Every two years the participants underwent extensive physical examinations, lifestyle interviews and diagnostic testing. They did not do any treatment but instead watched them either develop the disease or not. Over a period of many years, the careful monitoring of the study participants has led to the identification of major cardiovascular risk factors such as high blood

pressure, smoking, obesity, diabetes and physical inactivity.



In 1971, the original participants' adult children were enrolled to participate in the study. And now the 3rd generation of the original participants are being recruited as well as members of the minority community.

I personally have been interested in this research study for many years as I often heard my brother, an internist in Minnesota, refer to the study. In addition I have heard Dr. William Castelli (Framingham Heart Study director from 1979 to 1995) speak on several occasions concerning the research findings.

We thank these participants in the famous Framingham Heart Study for volunteering their time and helping us understand the many interrelated factors that cause and prevent cardiovascular disease. In the process they have helped to save millions of lives.

ROMEOs

December 13 / January 10 / February 14

The Retired Old Men Eating Out will meet at noon on December 13 at the Assabet Valley Technical H.S., 215 Fitchburg Street, Marlborough, for a buffet luncheon.

Please make your reservations by noon, Monday the 10th for the December date; seating may be limited at the high school.

On January 10, the Romeos will meet at noon at the Quail Run Club House for the first time.

The menu, cost and reservation deadline for the January clubhouse luncheon will be distributed by e-mail in December.

In February the group will meet on the 14th at the Piccadilly pub, 587 Bolton St. (rt. 85), Marlborough.

The reservation deadline for the 14th will be noon on Monday, February 11.

For the December and January reservations contact:

Joe Ciampi, sue2341@verizon.net, 978-568-1625 or

Harry Morgan, h.hwmorgan@comcast.net / 978-568-1929

For February the solo contact will be:

Joe Ciampi, sue2341@verizon.net, 978-568-1625



Phone Book Updates & Corrections

Steve Pietchel, 6-E Autumn spietchel@verizon.net

Fire Regulation Violations

Recent activities at the Club House violated a couple of Fire Regulations.

- Do not block, cover, or obstruct the fire exits. This includes the double French Doors.
- Do not cover or obstruct the Fire Alarm Control Panel on the wall by the bubbler.

Play Safely!



Sale / Free / Wanted

Used Furniture for Sale – Good Condition

One year old queen bed, forged steel with bronze finish, sleigh design with decorative curves and finials (\$400) Stained pine cedar-lined hope chest with bottom drawer (\$150) Pine stained cherry occasional table with drawer, 24w x17d x 26h (\$90) Beige tweed swivel office chair (\$35) 16-bottle vertical iron wine rack (\$10)

Call Harry/Barbara Morgan, 978-568-1929

Free Treadmill Try out this one and see if you'll really use it. Easy to remove from our walk-out basement. Incline portion doesn't work, but everything else is fine. (I need help with my mountain climbing. See page 12)

MJ Ebens 978-562-7880

Clearing out small household items and kitchenware? Don't forget Project Home Again. Contact Paula Bradbard 978-562-7249.

Contact the editor or your reporter to place a notice.



Quail Run Birthdays

December

Richard Ebens, 6
Theresa Bosio, 19
Renee Kossuth, 21
Ken Spears, Marilyn Hoffman, 29
George McGoldrick, 31

January

Lois Boemer, 2
Nina Schlikin, 6
Barbara Langley, 10
Helen Marckini, 13
Barbara Kansky, 17
Peggy Rittenhouse, Terry Milot, 20
Deborah McCormack, 30
Karen Hart, 31

To include a birthday, contact your reporter or the editor at 978-562-7880 or RmjEbens@Verizon.net



*Wishing you a wonderful
Holiday Season!*

Health & Happiness

Sue Macdonald
& The Brigham Team
508.229.2225

Book Review

Annie Freeman's Fabulous Traveling Funeral
by Kris Radish, Bantam Books Paperback.

"Annie G. Freeman - Local historian, English professor at San Francisco State University, founder of the Brighton Adolescent Suicide Prevention Network, Survivor's Poetry Coalition.....lively friend, mother, and the first woman in Northern California to successfully challenge the..... California's school system." Well, you get the picture from her partial obituary. This was a woman who would not leave this world lightly.

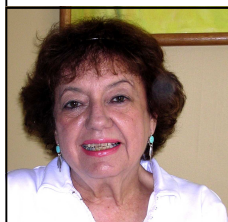
Annie leaves her ashes in red tennis shoes to her four friends: Katherine, Laura, Rebecca, Jill and Marie - a sisterhood, albeit a loose one. Their instructions are to distribute the ashes to four places identified by Annie's written letter with the ashes, sent to Katherine via an UPS delivery woman.

Each of the four women had been Annie's friend, and the women do, or do not, know each other. But they all knew and loved Annie. Whatever the prior circumstances, they come to know each other through Annie's eyes.

Katherine, the organizer, is the one in charge. She saved Annie's life when she was a teenager and tried to kill herself in the high school girls' room in Milwaukee, Wisconsin. Annie and Katie remained best friends for life.

Annie was thirty-eight years old when she was watched, stalked and nearly raped and killed in Chicago, Illinois in the stall of a men's room on the first floor of the university. When she fought her attacker off and called from inside her office to the campus crisis line she reached "wonderful" Laura. They bonded over the causes and concerns of the women's center.

Along their journey the group meets people who somehow are connected to Annie, or anxious to hear their stories. This is where the book breaks down, and the readers did not find this entirely plausible. Annie has raised interesting questions about life, but the trials of the four women are too often repetitive.

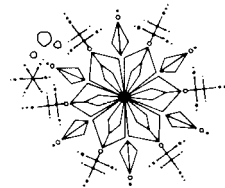


Review by Lois Boemer

JULIETS NEWS

DECEMBER JULIETS

We have a large number signed up for the Juliets Holiday Lunch at the Olive Garden (Solomon Pond) on Monday 10th December.



Please arrive by 11.30am. Any questions?-call Terri 978 562 0578

As of January 1st 2008 Kareen Shaw (562 2340) and Sally Mauro (568 0821) will be managing the Juliets. Please call them if you have any questions or to volunteer to plan a lunch.

DINO'S TRATTORIA JANUARY 15TH 12:30



Dino's Trattoria is located in Marlboro at 277 Main Street. You will be given a choice of five different menu selections. Prices will include either a hot or cold beverage, tax and tip. There will be individual checks. Cocktails, soup, salads and desserts will be available at an extra cost. A sign up sheet will be posted at the club house with the menu selections and directions. There will also be a e-mail sent out and we ask that you share the information with those that do not have a computer. To reserve your spot, please call or e-mail:

Sally Mauro 978-568-0821, srednims@aol.com or
Kareen Shaw 978-562-2340 kareenshaw@comcast.net

FEBRUARY 19th HUDSON SUPER BUFFET

The Hudson Super Buffet is located right around the corner on Broad Street. Please respond to:

Marion Anderson 978-562-4546 or e-mail
mlpand@aol.com or
Janice Owen 978-567-0767 or e-mail
jowen337@comcast.net

Condo Care

Seasonal Reminders:

- Dig out that bucket of the snow melt pellets from under the lawn chairs
- To receive the *Runner* while you're away, give your reporter or the editor an extra long envelope with two first class stamps and your address. The editor has some free extra large envelopes for your use. As an alternative, you can check out our website (address on the top of the first page).
- Storm Door Reminder – Don't lock the storm door while you're away. In an emergency if the association has to gain entry to your unit, they may have to break the glass to get in.
- This is a good time of year to change the batteries in your thermostat and smoke detectors
- As the snow season approaches, you are reminded to leave your carriage lights on all night to facilitate the plowing operation. The more light our snow elves have the better for cleaning up the white stuff.
- If your friends and family can't **locate Quail Run**, tell them to use "45 Reed Road". MapQuest and some of the other on-line services do show Quail Run roads now.

Send in your ideas or comments to the editor or your reporter.

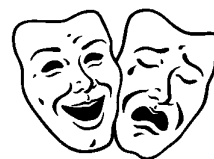


Stitch & Knit

The group is taking a hiatus through December and will meet next on Tuesday, 8 January at 7 pm at 4-C Autumn Dr., MJ Ebens' home. We decided that for our small group of 5—8 people, our homes were more appropriate. New comers and new knitters (or other types of handwork) are more than welcome.

For more information on the group and/or a copy of the pattern contact **Barbara Baker**, 978-562-2460.

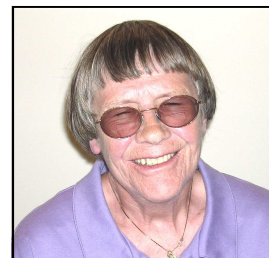
Curtain Call



Eight people from Curtain Call attended the Pro Musica Concert at Hudson High School in November. The program included twelve year old piano prodigy George Li. He was absolutely sensational. We had a wonderful time.

At our **December 12th** meeting we will discuss Pro Musica celebration of their 25th season. The program on Saturday May 10th is – Schachter's Rhapsody for Orchestra and Beethoven's Symphony No. 9.

On **December 15th** eleven of us will go to Waltham to see *It's Christmas Time* put on by The Reagle Players. Our group is small. We have a good time going to the local theaters. We do get group rates. Call or email me if you are interested in participating in the group. **Toby Allen**, for more information, 978 562-7437, e-mail Puella_tobia@hotmail.com or Helen Marckini 978-567-0937

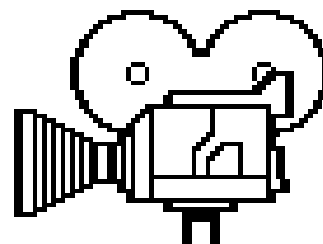


Quail Run Film Society

George Champine and **Harold Edelstein** put on the first showing of our budding Film Society with a showing of *Casablanca*. The admission charge included popcorn and soda. They were hoping for about 20 people for the first night and were delighted when over 35 showed up! Everyone commented on how much fun it was to see this classic with a group of friends and neighbors.

The next **Cinema Night** is 7pm Friday January 4th and feature "The Sting" Newman/Redford. Popcorn and soda ; \$1.

Look for more information at the club house.

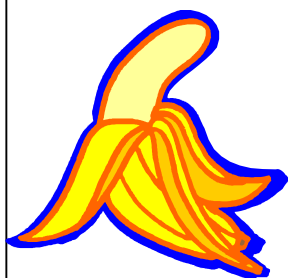


Food & Fork

by Elaine McGoldrick

Banana Bread

3 overripe Bananas
1 cup Sugar
¼ cup melted Butter
1 Egg
1 ½ cup Flour
1 tsp Baking Soda
¼ tsp Salt



Add Sugar to melted Butter and mix well. Add Bananas and egg. Mix in dry ingredients.

Spray Oil in loaf pan and add batter. Bake 45 – 60 minutes at 375°

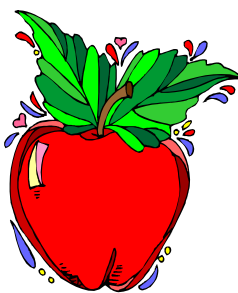
From Ginny Bosio

Individual Apple Crisp

1 small Apple, peeled and sliced
1 Tbsp Flour
1 Tbsp Quick Quaker Oats
1 Tbsp Brown Sugar
Dash Cinnamon
Chopped Walnuts

Place sliced Apple in small oven proof-container; Mix remaining ingredients and blend in ½ Tbsp Butter with knives or your fingers. Top apple with crumb mixture.

Bake 350° for 30 minutes



Blueberries in Apricot Cream

Combine about 2 Tbsp of low fat Sour Cream with 1 Tbsp Apricot Jam (or more to sweeten the mixture).

Fold in ½ cup of fresh Blueberries. Spoon into martini glass and garnish with Mint Leaves. 129 calorie dessert!



Astrology—What's Up

by Beverly Beylouné



Capricorn Dec 22 – Jan 19

This year 2007-2008 you may find yourself taking sudden trips. Inter-

action with family and neighbors will be stimulated under planetary aspects during this time. You'll find that your mind could be quite restless, penetrating even warlike at times...try to be more diplomatic and think before you speak. This year planets are in an excellent position for deepening religious beliefs. They



also bring a great desire for additional learning. Public and professional life are prominent. Often honors and popularity are gained. This is a favorable year to reap success.

Aquarius Jan 20 – Feb 18

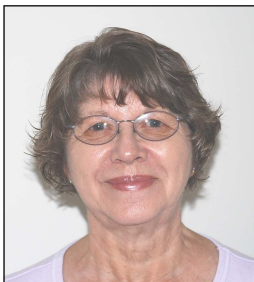
During this year (2007-2008) you may have a tendency of seeing things thru rose-colored glasses – seeing things as you want them to be, not as they are. This is a time when you can most deceive yourself. Try to realistically see all sides before passing a judgment. You may need to come to the aid of friends. You may also find an increased work load and take on much more than you should. With planets in position you will be drawn to people of action and power. You yourself may gain power in the organization or re-organization of group activities.



Hudson Day in Nokomis, Florida takes place on Tuesday February 12, 2008, at 10:30 am.

Off Route 41 take Elbee Road to the end and take the left to North Jetty. Bring your lunch.





Area Highlights

By Barbara Champagne

WALTHAM MUSEUM has a new home. For years the thousand of historical items had been crammed into a mid-19th century house. They have recently moved

to the first floor of a former police station. The exhibits document more than three centuries of Waltham history. They include an 1872 horse-drawn fire engine, hose trailer, and chemical pump. Al Arena, the founder, began collecting Waltham memorabilia, starting with watches made by the Waltham Watch Co., which was world renowned in the 1800s and kept on ticking through the mid-20th century. He bought two antique cars manufactured in Waltham, a 1903 Orient Buckboard and a 1915 Metz 22. His collection grew from two rooms in an apartment to an entire house and now the police station.

There are arrowheads, spear points, ax heads and a stone pestle from the 1600s. Also on display are spools of thread made in Waltham's mills, which nearly two centuries ago launched America's textile industry with Francis Cabot Lowell providing the money. The museum has amassed about 10,000 objects.

A large part of the main exhibition room is devoted to Waltham's heritage as a manufacturing center for fine watches. It began with the Waltham Watch Co., founded in 1854 by Aaron Dennison. Its watches were the first to be assembled from entirely American made parts.

The Waltham Museum is at 25 Lexington Street, across from city hall, Waltham. Hours: Tuesday through Saturday 1 pm to 4:30pm. Admission: \$5 adults, \$4 senior citizens and children. (781) 893-9020

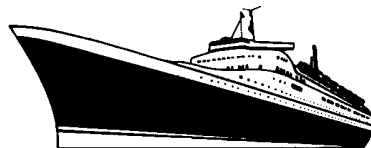
RIVERS EDGE CONCERT

The Rivers Edge Band, Chorale, and Pro Musica Youth Chorus will present a full repertoire of winter holiday music at Hudson High School at 3:30 p.m. on Sunday December 9. Tickets at the door are \$12 adult, \$9 seniors / students; in advance \$10 ad \$7. For advance tickets call (978) 562-1646. The concert will include an audience sing along, which is always great fun. These groups work very hard to prepare excellent music. These are local musicians and deserve our support.

This 'n' That

The Rouse's Return from Panama

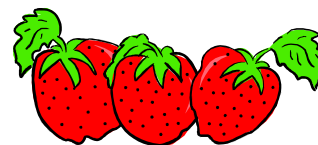
Dick and I just returned from a cruise to the Panama Canal. Our original itinerary was changed due to Hurricane Noel. Instead of going to Jamaica, we went to Grand Cayman Island. We also visited Costa Rica, Columbia, and Aruba.



When we reached the Canal, the ship did not go completely through, but went

through the locks into Gatun Lake and then later turned around. We took a small boat trip around the lake on the perimeter of the rain forest. It was very interesting to see some of the animals that live in the rain forest -- howler monkeys, sloths, colorful birds and butterflies, and one very still crocodile on a log waiting for lunch.

In Cartagena, Columbia, we took a harbor tour. From the harbor, Cartagena looks very beautiful. One passenger on our boat was a lovely young lady whose armband read Tourist Police. Fortunately all the tourists were well behaved. Of course, as with any cruise, there were many opportunities to eat and to shop and we did our share of both.



The Strawberry Laners of 1 and 3 Strawberry Lane held a late summer pot luck event which was held outdoors on September 30th. Everybody brought their favorite pot luck dish to share and a good time was had by all.



Hudson Historical Association

The **History of Ice-Harvest in Hudson** will be presented by Michael Volk. He has researched this early-20th century practice.

First Federated Church
Hall, 200 Central St., 7:30
pm, Tuesday, 29 January



From Alpine Prop. Mgmt.

Snow Removal

The Board has signed a snow removal contract with Lawn Barber for the 2007/2008 season. A pathway will be maintained throughout the property for emergency vehicles for the duration of the storm. During a very heavy snowfall, driveways may be cleared somewhat as well. At the completion of the storm, the contractor will proceed to clear the driveways, walkways, and clubhouse parking lot and walkways.

If you need to have your driveway plowed out early so you can leave for work, please contact Cathy at Alpine. The Contractor will do his best to do this for you.

Grey ice melt containers are placed strategically throughout the property and used by the plowing contractor during storms, and refilled as needed. This product is also there for unit owners' use.

Finally, next week, Management will be mailing out the 2008 Budget

WINTER PRECAUTIONS

If you have not turned OFF the water to your outside front and rear spigots, please do so immediately; otherwise the pipes can freeze and burst. If you plan to be away this winter, please make sure your heat is left ON at no lower than 64

degrees F to prevent pipes from freezing and bursting. Insurance will NOT cover a loss if adequate heat is not provided at all times. If you live in an "A" style unit, we recommend you turn your fireplace on occasionally to warm up any non-insulated pipes that may be located in the open space behind the fireplace.



Happy Holiday Wishes

Alpine's office will be closed :

Christmas December 24th and 25th

New Years December 31st and January 1st

Our 24-hour answering service (number on page 7 of the new phone book) will dispatch our on-call staff for all emergency calls.

Alpine wishes you and your family a very happy holiday season!

Holiday Decoration Guidelines

1. White non-blinking lights outlining the front porch railings and balusters are OK, but please don't use nails since that puts holes in the wood trim. *No blinking or colored lights, please.*
2. White non-blinking lights outlining the rear deck/balcony porch railings and balusters are OK, but please don't use nails since that puts holes in the wood trim. *No blinking or colored lights, and please turn the REAR lights OFF before you go to bed to avoid shining the lights in nearby bedroom windows.*
3. White non-blinking electric candles are OK in the windows. *No colored or blinking lights, please.*
4. ***Please do not hang any lights, icicle lights or other decorations from the garages or roof areas.*** We do not want anyone to fall and get hurt while hanging decorations; and putting nail holes in the roof or trim is not a good idea and may cause damage.
5. Please do not place lighted spiral trees or reindeer or other freestanding decorations or statues on the lawn, or in the tree beds or in the planted mulch bed areas. These are common areas and do not belong to individual residents.
6. If you want to place a lighted tree outside, please put it on your front porch only, which is limited common area for the exclusive use of the owner or resident.
7. Please do not place any neon or blinking holiday signs or oversized lighted figures on the front porch, front porch railings, rear balcony/deck, or in the windows.
8. Although white lights on trees can be beautiful and very festive, the trees at Quail Run are too small and delicate, so please refrain from outlining them with lights. The weight of ice and snow on top of the lights can easily break branches.
9. Please make sure any extension cords you use are rated for exterior use and do not drape them on the steps. You need to make sure that no one can trip and fall on an extension cord.
10. If using a live wreath, we suggest you place it on the outside of your front door or storm door to keep it looking fresh longer. If you hang it between the front door and storm door, the wreath will dry out quickly.
11. Lighted wreaths are fine if the lights are white and non-blinking.
12. Hanging boughs are a lovely decoration on the front porch area.

You can decorate the inside of your home to your heart's content but please use moderation on the outside of your unit and follow the aforementioned guidelines. Remember that in a condominium, you own the inside but all the Unit Owners jointly own the common areas or outside areas. If you use a live Christmas tree inside your unit, please take precautions so that the tree does not dry out and become a fire hazard.

Please remove all planters and containers that are near the garage doors or on the walkways to make it easier and safer to plow and shovel. Items such as these are invisible when covered with snow.

Open BOG Meeting Highlights

Here are some of the high lights from the Open BOG meeting on 28 November 2007.

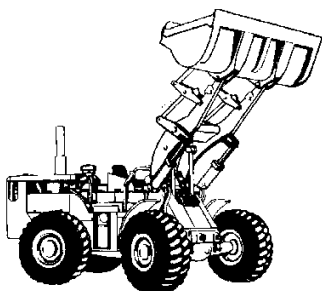
- Once all the decks are in compliance the association will take over the maintenance. Any decks not done by next spring will be done by the association and billed back to the owner.
- The association's electric bill is primarily for the pump, fire alarm service at each building, and the Club House.
- The BOG is working to get a refund from the Hudson Public Works Department for the sewer charges that were accrued by the mammoth irrigation leak we had last summer. That leak poured out at the rate of 13 gallons a minute, 24 hours per day for several seasons.
- Building and Grounds will check water meters monthly to catch any future leaks sooner.



Reserve monies are being moved to a 4.8% interest bearing account.

- The increase in association dues is effective on 1 January
- Contact Alpine if you notice any of the mail box lights are out. Alpine should be contacted for any exterior maintenance problems.

- Snowplow rates are lower if we allow the contractor to leave some of the equipment here at Quail Run. The equipment will be moved to a new spot on a regular basis so that no one area gets "stuck". There is not enough parking space at the Club House to make this a feasible location.



- We can save the association (that's us) on postage and printing by signing up for automatic deduction of association fees.

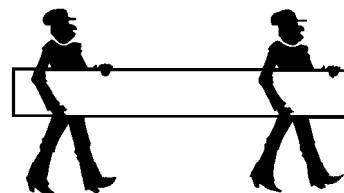
Building & Grounds Committee Report



One of our residents noticed a problem with the windows. The vinyl at the bottom of all the south westerly facing windows has split and separated from the bottom sash. Someone from Alpine checked it out and thinks the direct sunlight has weakened the vinyl causing it to split.

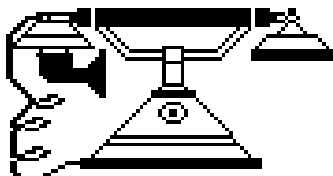
You should check all your windows. The arrow in the above picture shows where to look. This can be seen from the outside on the lower windows. On windows not visible from the ground, you will have to open and pull in on the top of the bottom half of the window — as though you were going to wash the outside. If you have a problem doing this please contact someone in your zone (listed in the new telephone directory on the back) They should be able to help. Call Toby Allen -Chair of B&G or notify someone in your zone if your windows have this problem.

To contact the company directly call Paul at Maki Building Center 978-630-3916 x 505. It is our understanding that these windows have a one year warranty. Beyond this warranty period the company will send replacements free of charge except for shipping and handling. There is a charge for the company to install them. There are people here at Quail Run who would assist you in installing them.



Communications Committee Report

New phonebooks were recently distributed to residents at the BOGs expense. The Communications Committee (CC) plans to update them yearly with interim corrections and additions published in the *Quail Runner*. Contact Jack Doherty (see back page of phone book) with update.



Beverly Beylouné's name was inadvertently left off the last page of the phone book under the CC's listing. Bev is our email contact for official and

emergency information such as the recent notice sent out from Intel on their parking lot work. Our apologies to Bev for this error – another one of those pesky computer gremlins at work!

The Social Committee will handle their own email distribution for Social Activities here at Quail Run.

George Champine is Beverly's back up and also the contact to have your email address added or removed from either distribution list.

We ask those who have email to pass on the emergency information to their email-less neighbors.

Transitions

Condolences to **Ken Curewitz**, 5-G Strawberry, on the death of his wife "Midge" (Barbara) on October 8. Memorial donations may be made to the Memorial and Honor Program, St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105-1905.

Also condolences to **Jean Mercury**, 7-A Autumn on the death of her Mother and some time Quail Run resident Jean Courage in October.

Frank Monte, 3-C Strawberry, recently had a knee replacement, and would like to thank the residents of Quail Run for their get-well cards and good wishes. Frank is home now and doing well.

Joyce DiPaolo, 11-C Autumn is recovering from surgery and would appreciate some cards until she is ready to receive visitors.

SOCIAL COMMITTEE REPORT

We would like to thank all of you who have so far supported our efforts and made our events a success. The Newport Playhouse trip was as enjoyable as ever, the Oktoberfest was great fun (thanks to those who came in amazing costumes), the Cinema Night was a great success and the coffee mornings have been well-attended.

If you have not joined us so far please come along and enjoy the upcoming events. They are for singles, couples and groups of friends! Everyone welcome!

UPCOMING EVENTS

Holiday Party 7pm Friday December 7th

Santa Claus visit, \$5 optional grab, prize raffle, 50/50, games. Hors d'oeuvres, desserts, beverages, b.y.o.b. Entrance \$2

Cinema Night 7pm Friday January 4th; \$1

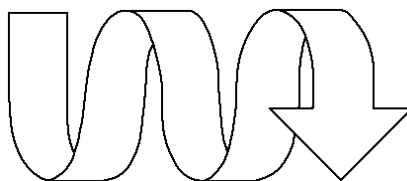
"The Sting" Newman/Redford. Popcorn and soda.

Coffee Morning, Saturday, January 12 10am-12 at clubhouse. Coffee, tea, donuts, chat. Entrance \$1

Afternoon Tea 3pm Sunday January 20th; \$1, With *LIVE*, lighthearted organ music, homemade scones, jam and cream, Scottish shortbread and Dundee cake, a variety of Tea or coffee.

Polar Bears Dinner 6.30pm Tuesday January 29th

Coral Seafood Restaurant. Great meal. Great fun! Menu on clubhouse notice board. All included \$28 Advance bookings. Call Terri 978 562 0578



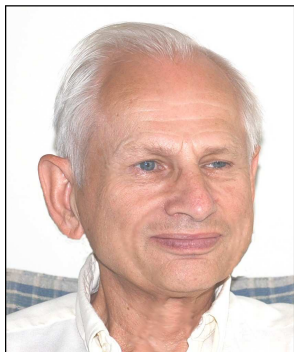
AUTHOR—AUTHOR!!

Book Club Meeting will be Wednesday, December 5 from 7 to 9 PM. To discuss *I to Myself*: An Annotated Selection from the Journal of Henry D. Thoreau, edited by Jeffrey Cramer. Mr. Cramer will join us to further discuss Henry Thoreau's life and answer any questions we may have regarding the life of Henry Thoreau. F.Y.I. Jeffrey Cramer, a cousin of Paula Bradbard, is the Curator of Collections at the Thoreau Institute.



Technology Corner

By George Champine



The next Intermediate Computer Usage course will start on Tuesday March 11. Several new topics will be covered, including Vista Fundamentals, Making and Editing Home Videos, Using Computers in Genealogy, and Best Free Software. The course, which is nine consecutive Tuesdays at 2:30, is held in the Hudson High School in room T110.

We have a free, used computer to give away to someone who will use it, thanks to the efforts of Bob Freedman who refurbished it and is making the donation. Contact George Champine at 978-567-5982 or george.champine@computer.org if you are interested or know someone who would benefit from it. They don't have to live at Quail Run.

George's column is abbreviated this month due to technical difficulties caused by the editor's Delete Key. He'll be back on the full page in the next issue.

Street Lighting

Additional outdoor lighting is still "on the list" for Quail Run but in the meantime, you can make a difference. Leave those carriage lights on in the evening. Minimize the electrical usage by substituting florescent bulbs in the fixtures.

How to remember to turn them off when you head to bed??? Use a red (or other color) magic marker to highlight the underside of the switch. Makes it much more obvious.

Ebens in Switzerland

We flew to Zurich and stayed with our friends near there for 2 nights and then the 4 of us drove to the rental place near San Moritz on the Italian / Swiss boarder. We saw a terrible accident on the way down. Evidently a car and motorcycle had a head-on collision. We were able to get past the accident and later saw a helicopter coming to the rescue. In this mountainous country, helicopters can get to an accident site much faster than conventional equipment.

Other than that, we had a great time. The rental place was very nice with beautiful views out all the windows. One night we had dinner at a fabulous restaurant. Rich and I split a venison dish that was wonderful. We had apricot strudel for dessert.

Another day we took the cog railroad up to the top of a mountain area. Then we walked 2.5 hours to the chair lift. Rich and I stopped for hot chocolate and bundt cake before we took the lift down. Our friends, Dennis and Ingrid, hiked down.

We hiked everyday...I did more than I ever thought I could. Another day we hiked to a cable car that took us up to the top of a glacier where we had our lunch at the restaurant there. The Swiss are very good at plunking restaurants all over at strategic spots.

The Swiss make use of an amazing variety of transportation modes including lots of people and car ferries. One day we took the people ferry down Lake Zurich from our friend's home and then came back on the commuter rail. We spent the day in a small village that boasted a castle, vineyards, and the inevitable town square with a choice of restaurants, cafes, bakeries and coffee shops.

Another day we saw men playing the Alpine Horns when the cows were brought down from the high meadows.

Amazingly, I didn't gain any weight -- all that hiking overcame the cheese and chocolate consumed.

—MJ

