

The Quail Runner

For and By the Residents
Of Quail Run



January — February 2008

Began Publishing 2003
www.QuailRun Hudson.com

Hudson, Massachusetts

BOG Open Meeting

Wednesday, February 20, 7 PM,
at the Clubhouse

All are invited
(See page 6 For more)



Vote

Tuesday
February 5.

Ballot initiative on
expansion of the
Hudson Senior Center.
Vote at the Forest Ave. School
(See Letter to the Editor page 11)

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Quail Run Productions Present

An afternoon of entertainment and refreshment on
Saturday, 16 February at 3:00 at the Club House.

This staged reading of the play, *A Sunny Morning; A Comedy of Madrid* (Spain) takes place in One Act and is sponsored by *Curtain Call*.

The afternoon is limited to 50 to make sure everyone can see and hear. To reserve your seat for a staged reading of this play, contact Sally Mauro, 978-568-0821, srednims@aol.com, or take your chances at the door. Charge is \$1.00. This is an experiment to see how well live theater works at the Club House. If you're interested in taking part in future productions, contact Toby Allen or MJ Ebens.

Refreshments will be served.

Curtain Call is our Quail Run group who attends plays and productions in the local area. Now they are sponsoring a reading of a play set in sunny Spain. Cast and crew are made up of our own talented Quail Runners. (See page 4 for details)

Digital Photography Seminar

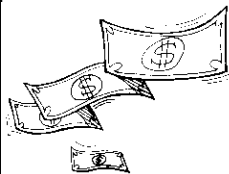
A seminar on digital photography will take place in the Clubhouse by George Champine on **Monday February 11 at 7:00 PM**. The 90 minutes seminar will be aimed at the novice digital photographer.



There will be ample time for questions, be sure to bring your digital camera. A ten-page set of notes summarizing the material presented will be provided. \$2

Quail Runner Funding Change

This current issue of the *Quail Runner* is funded by our Board of Governors since Sue Macdonald's retirement. The BOG is looking at other ways to cover the cost of copying. Stay tuned.



**Large
Plants
Needed
Real or
Artificial**



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Published first of February, April, June, August, October, December

The Editor's Desk

MJ Ebens, editor

The *Quail Runner* enters a new era with this edition. Sue Macdonald and her company have sponsored the copying of previous issues since the summer of 2003 when we began publishing. But now, Sue has retired and can no longer provide the copies. The Board of Governors (BOG) is picking up the cost of this issue.

Vinnie Picarello is looking at other options. Since the newsletter is the primary means of contacting all residents here, we prefer not to make it optional by charging for a subscription. If you have any thoughts, you could contact him.

Don't miss the **Open BOG Meeting** on Wednesday, 20 February. This is your chance to get first hand knowledge of just what is in the offing at Quail Run.

Several new or new-ish events are coming up. **Cinema Night** has turned out to be a big hit. George Champine and Harold Edelstein expected 7 patrons the first night and were delighted when 25 showed up. Now they have a new, permanent movie screen which will make the showing better than ever.

I've been persuaded to put on my director's hat and we're experimenting with a staged reading of a Spanish play, **A Sunny Morning**. The Club House is not an ideal venue so we're limiting the audience to 50. If this works out, we maybe able to do some other productions. Let us know if you want to be involved.

What kind of activities would you like to see at Quail Run? The Social Committee is planning a survey in the spring to collect your suggestions.



mj

Vacation Delivery

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

According to an article in the American Family Physician published by the American Academy of Family Physicians,

falls are the leading cause of injury-related visits to the emergency room in the United States. Falls increase dramatically with age in both sexes. Most hip fractures occur as a result of falls and most fractures occur in persons over 70 years of age.

Some of the common causes of falls in the elderly are environmental hazards such as scatter rugs, balance disorders, gait disturbance, vertigo (dizziness), certain medications, acute illness, confusion, postural hypotension (low blood pressure when getting up from the bed or a chair) and visual disorders.

In a New York Times article Scott McCredie states that physical therapists and physiatrists and fitness experts have proved that much of the sense of balance can be preserved and even restored through exercises that require no special equipment or training. Exercises such as standing on one foot while brushing your teeth, walking heel-to-toe with one foot directly in front of the other, and walking on your toes and then on your heels strengthens the ankles, legs and hips and helps the body adjust to changes in position without becoming dizzy.



It would be a good idea to perform a home safety check. Some of the things we can do in our homes to prevent falls are: remove throw rugs, secure carpet edges, reduce clutter on floor, remove cords and wires on the floor, check for adequate lighting (especially in the pathway to the bathroom at night), install and then always use handrails on stairs, install grab bars in the bathtub or shower and by the toilet, use rubber mats in bathtub or shower, install a raised toilet seat and eliminate chairs that are too low to sit in and get out of easily.

ROMEOs

February 13 / March 13 / April 10

The Retired Old Men Eating Out will meet at noon on **February 13** at the **PICCADILLY PUB, 587 Bolton St. (Rt. 85) Marlborough.**

This is a **change of date** due to conflict with Valentine's Day since the previous announcement in the Quail Runner. The reservation deadline for the 13th will be noon on Monday, February 11.

For February the solo contact will be: Joe Ciampi, e-mail: sue2341@verizon.net / phone: 978-568-1625

Harry Morgan will be out of state at the time.

On **March 13**, the ROMEOs will meet at noon at **DINO'S TRATTORIA, 277 Main Street (Rt. 20), Marlborough.** The reservation deadline for the March luncheon will be noon on Monday, March 10.

On **April 10th** at **The Lazy Dog Restaurant, 31 Main Street (Rt. 20) Marlborough.** The reservation deadline for The Lazy Dog will be noon on Monday, April 7.

For the March and April reservations contact either: Joe Ciampi, e-mail: sue2341@verizon.net / phone: 978-568-1625 or Harry Morgan, e-mail: h.hwmorgan@comcast.net / phone: 978-568-1929



Great Truths from Little Children:

No matter how hard you try, you can't baptize cats!



Book Club

Wednesday, February 27 at the Clubhouse.

Contact Marcella Monte for more information; 978-562-0823 or marcellamonte@verizon.net



Sale / Free / Wanted

Dress Form Wanted To Borrow

The Andersons are celebrating their 50th Wedding Anniversary on Saturday 29 March. She wants to borrow a dress form to show off her wedding dress at the party. Would someone have one to loan or know where she might get one? Contact her at 978-562-4546.

Connie Nefzger is **looking for a bed** (not hospital) that raises the leg part. 978-568-1430

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

February

- Bob Freedman, 1
- Susan Ciampi, 3
- Joanne Doherty, 3
- Evelyn Spears, 5
- Jean Mercury, 6
- Mary Mitchell, 8
- Barbara Baker, 9
- Gerry Hegarty, 9
- Bob Reid, 11
- Barbara Morgan, 17
- Ken Curewitz, 13
- Claire Davis, 24
- Wally Howard, 26
- Elaine Recklet, 27

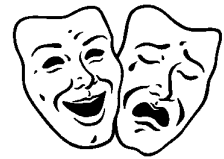
March

- Bob Frame, 1
- Peter Recklet, 4
- Ben Iannotta, 6
- Janice Owen, 6
- Sue Rosen, 9
- Terry Troyer, 17
- Jack Allers, 19
- Janet Allers, 23
- Ann Zemejda, 27
- Kevin Fitzgerald, 29

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



Curtain Call



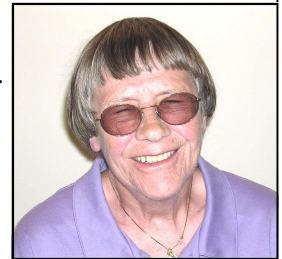
Sponsors *A Sunny Day* at the Club House on 3:00 February 16. A staged reading of a play set in a park in Madrid, Spain. Come, get away from the cold for an afternoon of refreshment and entertainment. \$1 for the first 50 to reserve with Sally Mauro, our Box Office 978-568-0821.

The story line involves two senior citizens who get in an argument over a park bench. Come and see how the dispute is resolved. Our cast includes Maria Morrison, Janice Owen, Kent Callahan and Vince Picarello. Paul Anderson is providing lighting and Sally Guidotti will set the stage musically.

This is an experiment on our part to see how well a live production will work at Quail Run. The audience is limited to 50 to be sure everyone can see and hear.

If you would like to be involved in a future production, either as cast or crew, contact Toby Allen.

We will be back to attending plays after this. 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.



Calling All Plants, live or artificial

Do you have a plant who would like to visit a park in sunny Spain for a few days? We need them for the park setting. Large plants, both real and artificial including non-decorated Christmas trees are needed. **All Quail Run plants are welcome.** Contact Toby for pickup.

Great Adult Truths:

- Middle age is when you choose your cereal for the fiber, not the toy.
- Raising teenagers is like nailing Jell-O to a tree
- Families are like fudge — mostly sweet, with a few nuts

Book Review

At a recent meeting of the Quail Run Book Club, members and guests were treated to a talk by Thoreau author and authority, Jeffrey Cramer. Mr. Cramer is the Curator of Collections at the Thoreau Institute. He has recently published *I to Myself: An Annotated Selection from the Journal of Henry D. Thoreau*. The club members each read a section of the book and used the meeting as an opportunity to ask a question or two on their portion – which enlightened everyone.

If you came to the book knowing only that he was “that guy who lived in a cabin on Walden Pond,” you had much to learn about an amazing man. Thoreau (pronounced “through” – though hardly anyone knows that!) and his thought captured in his writings still impact our lives today. His essay on *Civil Disobedience* brought a new concept to the world and was picked up by Gandhi struggling for freedom in India and later by Martin Luther King, Jr. in the American Civil Rights struggle as well as numerous other campaigns, world-wide to evoke change in government policies.

Thoreau was a Transcendentalist – one who tries to reduce life to its simplest needs. Emerson, the Father of the American Environmental Movement, owned the land around Walden Pond and allowed Thoreau to build a simple cabin there where he could concentrate on his writing while he mourned his brother’s death.

The questions Thoreau raises in his writings are the same ones we ask ourselves today in trying to find the purpose of life and our existence. He believed you should live your life to make a difference in the world and that people can make a difference. Charity should be helping people to better themselves and not just a handout.

Emerson and Thoreau were great friends in a circle that included Hawthorne and Alcott. Their relationship went through a rocky spell as Thoreau’s fame grew, but they worked through this and reunited before Thoreau’s death from TB at the age 44. He had eclectic interests: studying Native Americans who he saw as “real people” not glorified savages; playing with children as an equal – these included the Emerson and Alcott families, Abolitionist, vegetarian, meat eater, hermit, gossip, etc.

The Institute may be visited by appointment – call 781-259-4707. MJ Ebens

JULIETS NEWS

February Luncheon Tuesday, February 19th 12:30;

Hudson Super Buffet - Broad Street - Hudson
The cost is \$7.61 which includes the meal tax and hot tea. Sign up at the club house or you can contact Marion Anderson 978-562-4546 or e-mail mlpand@aol.com or Janice Owen 978-567-0767 or e-mail jowen337@comcast.net by February 13th.

March Luncheon Tuesday, March 11th 12:30

The Piccadilly Pub -Bolton Street - Marlboro
You can either sign up at the club house or contact Marcella Monte at 978-562-0823 or e-mail marcellamonte@verizon.net or Paula Bradbard at 978-562-7249 or e-mail - lelandbradbard@comcast.net by March 5th



We need volunteers for the upcoming months. Contact either Sally Mauro 978-568-0821 or e-mail srednims@aol.com or Karen Shaw 978-562-2340 or e-mail Kareenshaw@comcast.net

Time to Renew Hudson Senior Center Membership

Send a check or stop by the Senior Center at 29 Church St. (just past the Post Office) to pay your yearly \$5.00 per person membership. This will bring their newsletter to your mailbox and keep you up-to- date on all their activities.

The Senior Center sponsors many off-site activities as well as those in the Center. They hope the article supporting the renovation of the Center passes on February 5 so that they can continue to improve and expand on their offering to Hudson Seniors

R.U.O.K. is a program run by the Hudson Police Department in conjunction with the help of the Center. Names are entered into the computer and each morning the *computer* dials you number. Pick up the phone and the computer logs that **You Are OK!** Otherwise there is a follow-up. Contact the Center to enter your name.

Alpine Property Mgmt.

The upcoming **Open meeting**, scheduled for Wednesday, February 20, at 7 p.m., will be a special meeting to vote to amend the By-Laws of the Quail Run Condominium Association. The amendment proposes to change the term of the Board of Governors from a one year term to a 2-year term. It also will allow for staggered terms on the Board of Governors, so that there is some overlap from year to year. If this amendment passes, it will mean that each year, two or three seats on the Board will up for election, since there are 5 members.

Watch your mail for a Notice of this special meeting and a ballot so that you can vote by mail if you cannot attend the meeting in person. It is very important that all unit owners cast their vote on this amendment because the By-Laws require a vote of 66 2/3% of the beneficial interest of unit owners in order to approve an amendment. If this amendment is passed by unit owners at the February 20 meeting, the first election of staggered terms will be held at this year's Annual Meeting on May 21. We look forward to seeing you at both meetings!!

Condo Care

This is a good time to **empty the built-in vacuum**. It probably needs it once or twice a year

Shower Grab Bar? Has anyone attached a grab bar in the shower? Preferably using some kind of glue or epoxy — how has it worked? **MJ Ebens**

Tradesmen Recommendation:

Mitchell Motors 70 Spectacle Road, Bolton- Right off Old Central St going toward Berlin. 978-7795445.

We have had him for our car repairs for 17 years. He is honest, very knowledgeable on all makes. He will find the cheapest way to repair your car! Dick Mitchell is his name. We can't say enough good about him! **Connie Nefzger**

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

Stitch & Knit

The group meets on the second and fourth Tuesday at 7:00 each month at members homes. New comers and/or beginner knitters (or other types of handwork) are more than welcome.

In addition to their own projects, member of the group continues to work on "Knit for Kids". Quail Run sent in 14 sweaters last year. The project received nearly 75,000 sweaters in 2006 — their 10th anniversary. They now offer a pattern for those who want to crochet a sweater. These sweaters go to many places, world-wide, including Africa where the undernourished children need something to keep them warm at night.



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

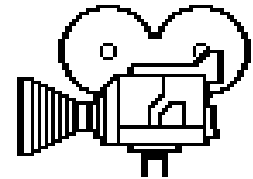
Cinema Night February 15

The movie selection is "**Les Diaboliques**" in French with English subtitles. It will show in the Clubhouse at 7:00 PM. Popcorn and soda are provided. \$1.

"Les Diaboliques" is a 1955 black-and-white film directed by Henri-Georges Clouzot, starring Simone Signoret and Véra Clouzot. The title translates as 'The Devils'. It is based on the novel "*Celle qui n'était plus*" by Pierre Boileau and Thomas Narcejac.

The film created a sensation on its original release. It has often been likened to the films of Alfred Hitchcock in that it is still creepy even when one has seen it and knows the ending. The end credit contains an early example of an "anti-spoiler message", requesting the audience not to disclose the plot to others who have not seen the film.

The BOG has authorized the purchase of a permanent screen 96 inches wide by 75 inches long for use at the Club House.



Cinema Night will be better than ever!

Food & Fork

Salmon W/ Cr. Caper Sauce

Vegetable oil spray
4 Salmon filets (about 5 oz. Each)
¼ tsp pepper



Creamy Caper Sauce

by Elaine McGoldrick

1/3 cup fat-free or low fat yogurt
2 tbsp capers, rinsed, drained; 2 tsp fat-free milk
1 tsp dried dillweed, crumbled; ¾ tsp Dijon mustard
½ medium garlic clove, crushed
¼ tsp coarsely ground pepper

Preheat oven to 350. Line a baking sheet with foil, lightly sprayed with vegetable oil. Rinse fish and pat dry. Sprinkle with ¼ tsp pepper and place skin side down on foil. Bake 18-20 minutes, or until fish flakes easily.

Meanwhile, in small bowl, stir together the sauce ingredients. Serve fish topped with about 2 tbsp sauce on each filet.

From Barbara Baker

Joe Ciampi's Italian Wedding Soup

As served at the ROMEO luncheon Serves 10 to 15

Ingredients: 3 garlic cloves minced; 1 medium onion diced ¾ cup finely diced carrot; 2 stalks of celery chopped; 1 large or 2 small heads of escarole chopped, stalks and greens; 12 cups of chicken stock; ½ tsp oregano; ½ tsp basil; ¼ to ½ tsp Italian spice; 1 14 oz can of diced tomatoes; 2 cup uncooked pastini

Meatballs:

2 lbs extra lean ground beef (chicken or turkey may be substituted); ½ cup onion grated; 2 eggs; 1 ½ cups Italian bread crumbs; ¾ cup grated parmesan cheese; Salt and pepper to taste

Prepare meatballs first. Mix all ingredients listed under meatballs. Form into small meatballs ½" in diameter. Place into a fry pan and cook till ¾ done with nice brown coating. Drain on paper towel. Remove fats from pan and deglaze with 1 cup of chicken stock. Reserve this stock. In large soup pot, add 1 tsp olive oil, add onions, garlic, carrot and celery. Sauté till tender, appx 5 to 10 min. Add chicken stock, basil, Italian spice, oregano and can of tomatoes. Simmer appx 10 min. Add escarole and allow to melt into soup. Cook for 5 to 10 min. Add meatballs and reserved stock from deglazing fry pan. Cook pastini to al dente. Add to soup. Serve with fresh grated Parmesan Reggiano cheese.

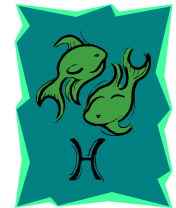
Astrology—What's Up

by Beverly Beylouné



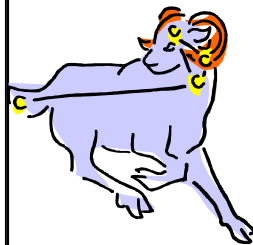
PISCES Feb 19 – Mar 20

An exciting and unpredictable year ahead for you! You'll experience some major changes in your life including your appearance. You may change your hairdo or invest in a brand new wardrobe....styles you never wore before! This year it's out with the old and in with the new ... people, places and things. You may meet new people and make new friendships. Strange and unusual or unconventional people may enter your life. You'll find that your thinking will become even more original, always alert for the new and the different. Freedom and independence become more focused in your life as well as understanding and compassion for your fellow man. Open yourself to new and progressive undertakings and attempt the things you never had the courage to do before.



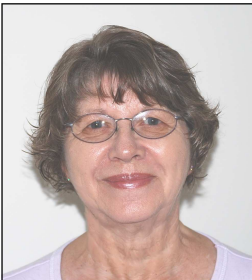
ARIES Mar 21 - Apr 20

This year expect a lot of family interaction. You will be involved quite a bit with your family and neighbors. You'll find yourself on the road traveling and visiting...so much that it may seem as if you live in your car. You may be exposed to a new enterprise or express a more self assertive nature. Your physical energy level is high; therefore, new projects requiring physical exertion can be tackled at this time. Occasionally your personality can become somewhat aggressive and forceful...a fighting, competitive spirit. There is a desire to accomplish something and a great desire to lead...Tact and diplomacy will be required to succeed. This year you'll experience a vigorous pursuit of personal aims and objectives.



Cholesterol Lowering Drugs

If you are taking **Lipitor** or a similar drug, you will want to read the article in the January 28 issue of Business Week.



Area Highlights

By Barbara Champine

CRUISE FROM HOME

A New York company is breathing life back into the maritime industry of the South Boston Waterfront and is also proposing

to spend \$75 million to transform the decrepit Black Falcon passenger cruise terminal into a modern tourist destination. In 2007, 103 ships called at the Port of Boston with 250,000 total passengers. Sixteen cruise lines currently serve the Port with a mix of cruises to New England/Canada, Bermuda, the Caribbean, and Europe. Massachusetts ranks just behind Florida, California, and Texas as the 4th highest state in resident cruise passengers, with over a half a million residents enjoying a cruise vacation yearly. You can sail from Boston without the hassle of an airline flight from April through mid December.

There is ample parking at the cruise port. George and I have sailed from here and although the terminal needs much updating it is adequate. NCL will sail a new ship, the Norwegian Dream, to St. George's Bermuda weekly from May to October. They also go to Maine and Nova Scotia. Royal Caribbean has cruises to Maine, Nova Scotia, Bermuda and a one way to Miami via Aruba. The Holland America ship, Maasdam, goes to Quebec and Montreal and has a 17 night trip on July 5 that visits Newfoundland, Greenland, Iceland, Scotland and Norway, ending the cruise in Rotterdam.

If you would like to see what everyone is talking about, there is a 5 day cruise to Bermuda on October 23 to 28. This cruise spends one day sailing to Bermuda with a day in Hamilton and a day at King's Wharf, and then a one day return. This is just long enough to find out if you like cruising, and gives two days in Bermuda with your ship as your hotel. Several of us from Quail Run will be taking this cruise. For most cruises your travel agent can make the arrangements for you. However, the long week-end in October on The Royal Caribbean's Jewel of the Seas (one of the most gorgeous ships we have been on) is a charter and must be booked through Vacation Outlet. The number there is 800-825-3633. Talk to any agent. We hope to see you on board. Cruise prices from: \$649 interior, \$829 ocean view and \$979 balcony. More information at www.vacationoutlet.com

This 'n' That

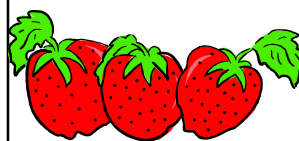
Mahoney / Tessier trip to Aruba

Sheila Mahoney with Bob and Judy Tessier spent three glorious weeks in Aruba. Sheila has been a number of times, but this was a first for Bob and Judy. They loved the experience!



Annual 7 / 12 Strawberry Get-Together

This second annual affair was hosted on New Year's Day by Jeannine Bensette and Barbara Langley at their home. Despite the bad weather, everyone came and had a good time. The group is looking forward to number three!



Email Scams Bilk Seniors

Studies show that the Senior Citizens who fall for emails promising to "send you money" for helping them loose \$3—4,000. The *money or check* they send you for helping them out turns out to be bogus.

Don't Get Taken In



FiftyPlusCareGivers.com

-- provides care giving services and information to help you assist your elderly loved ones.

They offer thousands of housing options such as nursing homes, assisted living facilities, and subsidized elderly house as well as options for Alzheimer's care.

Find professionals in elder law; senior real estate, geriatric care, medical and non-medical in-home care, reverse mortgages and senior financial advisors.



Hudson Day in Nokomis, Florida

Tuesday February 12, 2008, at 10:30 am.

Intel Newsletter

To subscribe to the Intel Massachusetts newsletter, email caseyx.morrissey@intel.com or write to Intel Massachusetts, Inc. Corporate Affairs, Mailstop HD2-373, 75 Reed Road, Hudson, MA 01749.

SOCIAL COMMITTEE REPORT

Since the last issue at the beginning of December the Committee has organized some great events for your enjoyment including the Holiday Party, Cinema Night, Coffee Morning and the Afternoon Tea.

The latter, with about 30 participants, was indeed a wonderful experience. Beverly Duncan had prepared an amazing display of home-baked scones and cakes. We sipped tea from china cups as we reveled in the beautiful music played by Richie on his organ that sounded like an orchestra. Everyone who attended declared unanimously that it was the best experience they had had at the clubhouse. Don't miss it next time! We would like to thank all those who have supported our events so far.

**“ Thanks to
Beverly
Duncan”**



UPCOMING EVENTS

- Tuesday February 5th 7pm Games Night
- Monday February 11th 7pm Digital Photography Seminar \$2
- Friday February 15th 7pm **Cinema Night** ‘Diabolique’ \$1
- Saturday February 16th **Curtain Call Play**, \$1
- Tuesday February 19th 7pm **Games Night**
- Saturday February 23rd 10am-12 **Coffee Morning** \$1
- Tuesday March 4th 7pm **Games Night**
- Friday March 14th 7pm **Cinema Night** \$1
- Tuesday March 18th 7pm **Games Night**
- Saturday March 29th 10am-12 **Coffee Morning** \$1
(cut this list out and put it on your fridge!)

Also, look out for the flyer on Weight-Watcher classes!! For Romeos and Juliets info call their respective organizers.

Remember, if you don't go into the 'quailrunhudson' website and physically log in to 'confirm to receive e-mail' you will not receive our notices of events!! Be sure you are in the phone book listing.

Contact Terri to get your event on the Club House calendar.

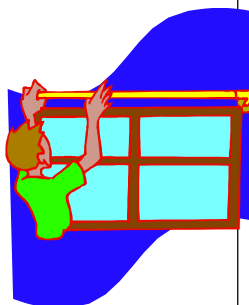
Building & Grounds Report

Problems?

If so contact Cathy at Alpine, (page 7 in phone book). Do not ask the snow removers or landscapers directly. This only causes confusion and questions of billing.

Another window problem.

If top half of a window won't close after the bottom half has been opened, contact Toby Allen, 978-562-7437 puella_tobia@hotmail.com. She is collecting information on how wide spread the problem is.



She talked with Paul from SWS. Window parts are only guaranteed for 1 year. If they were to send someone out the price would be \$45.00 per hour; however, it would be cheaper if there were a large number of residents together. That would mean only one trip for the repair person.

Vinyl Strip Problem

Most of the residents with the problem of the vinyl strip at the bottom of the window splitting have had the material replaced.

Quail Run has a quantity of stripping on hand given to us by the supplier. Contact Vinnie Picarello, Rich Ebens or George Shaw for the material. They will also help with the installation. Give us a count of the number of windows you need done. We figure an average of three feet per window.

Great Truths of Old Age:

- Growing up is mandatory; growing old is optional
- When you fall down, you wonder what else you can do while you're down there
- Time may be a great healer, but it's a lousy beautician
- Wisdom comes with age, but sometimes age comes alone
- Forget the health food. I need all the preservatives I can get



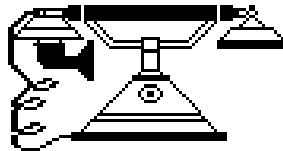
Communications Committee

The latest email updates are listed below. If you have a change or addition, contact George Champine. He is also Beverly's email back up for emergency and official messages.

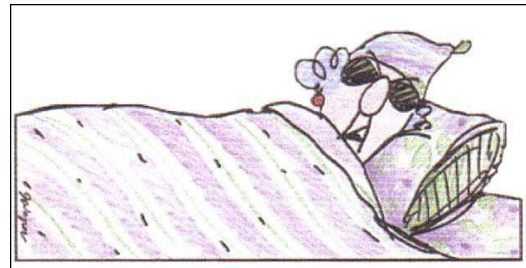
The committee has also developed a list of those units that do not have email. If you want a copy of this list, contact George.

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

Contact Jack Doherty (see back page of phone book) with update to your phone number.



WWW.QuailRunHudson.com, our website is getting lots of action. Contact George to have something added to the calendar section or to have some photos posted. (Reservations for the Club House go through Terri Kilshaw first.) There are almost 200 photos of Quail Run on there now.



Last night my sister and I were sitting in the den and I said to her, "I never want to live in a vegetative state, dependent on some machine and fluids from a bottle to keep me alive. That would be no quality of life at all, if that ever happens, just pull the plug."

So she got up, unplugged the computer, and threw out my wine.

She's such a bitch.

211 is new number for disaster updates

There's a new phone number to call during storms or disasters in Massachusetts. It's 211. Officials at the Massachusetts Emergency Management Agency say 211 is designed to reduce the number of non-emergency calls made to 911. By dialing 211, people can get updated information on disasters and post-disaster programs, as well as volunteering and donation opportunities. The 211 call center operates weekdays 8 a.m. to 8 p.m., providing information about social services.

Update and Changes to Email List

A list of units without email is available from George Champine. Contact him if you would like a copy.



Baker, Barbara, bakerb2939@gmail.com
 Callahan, Kent, Quail4D@gmail.com
 Chiasson, Betty, lizchase8@verizon.net
 Chiasson, Ronald, ronchase5@verizon.net
 Durben, James and Alice, Jaaldurb25@aol.com

Dykeman, Patricia, pdykeman@verizon.net
 Fay, Ruth & Barbara Paradiso rhubarb292@msn.com
 Gordon, Dolly & Keith, dollynkeith1@aol.com
 Hoffman, Steve, n1wcd@msn.com

Howard, Wallace, wallylky13@comcast.net
 Kossuth, Renee, mkossuth@comcast.net
 Lupien, Sherry, s-sl@att.net
 Minot, Beverly, Jminot29@comcast.net
 Nollman, Barbara, nollman01749@aol.com

Palmer, Tony, palms1@comcast.net
 Rauhala, Ken, krrauhala@comcast.net
 Troyer, Terry & Vickie, tjtroyer88@verizon.net

Letter to the Editor

Vote February 5

Every citizen has the obligation to vote in the election February 5. One of the very important initiatives on the ballot is the expansion of the Hudson Senior Center. This ballot question could not come at a worse time, with \$3 gasoline, rising food costs, and increasing property taxes. Nevertheless, this initiative is so important that it should be approved regardless.

Hudson has a senior of these people need a helping Medicare

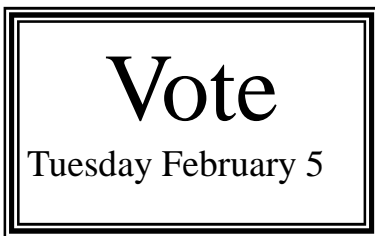
Large and growing senior population

large and growing population. Many are quite frail and hand, such as advice, tax assistance, blood pressure checking, fuel or utility assistance, hearing testing, help in navigating a myriad of government services and regulations, or maybe just a hot meal.

The large number of people that use the Senior Center means that the need has outgrown the facility some time ago, and Janice Long has done a wonderful job as Director. I know from personal experience. The computer classes taught by John Greelis and myself had to move out of the Senior Center because of lack of space and because the stairs were a formidable obstacle for many. With our larger outside space and with no stairs, our class size doubled, and we now train about 60 seniors at any given time, which greatly increases their quality of life.

The cost of the Senior Center expansion is minimal for each citizen. I urge all citizens to vote in favor of it.

George Champine



→
Failing to observe the right of way, making improper left turns and lane changes, and driving while distracted can cause trouble and accidents—for drivers 55 and over.

Join Weight Watchers

Weight Watchers is here at Quail Run and meeting at the Club House. Join their prepaid 10 week program for \$130. **Chuck Mayo** will help us reach our goal.

Open to Men and Women

For further information on date and time contact:
Marcella Monte –
967-562-0823 or
marcellamonte@verizon.net



How is your Driving?

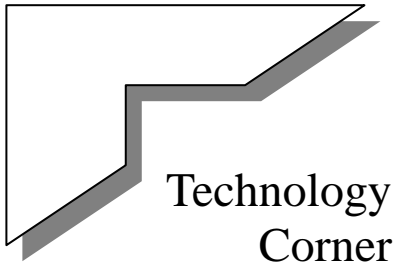
This 15-question test, from the AARP's Driver safety Program Participant Workbook, is recommended self-assessment for all drivers.

How to score this test:

Never – zero points, Occasionally – one point, Frequently – two points, Always – three points

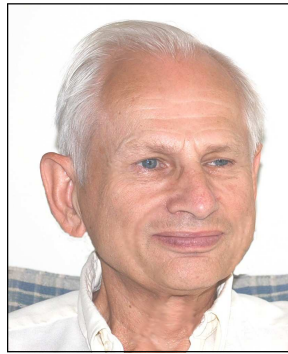
- I notice that other drivers seem to be honking at me.
- I find gaps in traffic hard to judge.
- I find that cars suddenly appear from nowhere.
- I find drivers are stopping suddenly in front of me.
- I fail to notice red lights and traffic signs.
- I have trouble looking over my shoulder to back up or change lanes.
- I have trouble remembering to look left and right to check traffic at intersections.
- I have trouble driving through intersections.
- I get nervous making left turns.
- I lack confidence that I am able to drive in heavy traffic and at high speeds.
- I feel overwhelmed by too many road signs, signals, pavement markings, pedestrians, other vehicles, etc.
- I have trouble moving my foot from the gas pedal to the brake pedal or turning the steering wheel.
- I get lost on roads that are familiar to me.
- I feel nervous, agitated, or irritated while driving.
- I had several "fender benders" in the last three years.
- I forget where I'm going.

Your score: 0-5 points—Do not be concerned at this time. 6 – 15 points – Take additional self-assessments, 16 or more points – Consider a more formal assessment.



Technology Corner

By George Champine



New Technology 1

The good news: the industry has now standardized on one kind of media chip for digital cameras, replacing five previous types such as Compact Flash, multimedia, xD, etc. It is called Secure Digital, abbreviated “SD”. These chips are now available in a 4 gigabyte size for about \$40. The bad news: the 4 gigabyte chips are NOT compatible with most cameras or media card readers. These new chips are called “SDHC” for Secure Digital High Capacity. They require a special High Capacity camera and media chip reader to be used.

The reason for this compatibility problem is that no one ever thought that a 4 gigabyte media chip would ever be affordable, so the architecture was designed with a 2 gigabyte limit to save money. At that time, a 64 megabyte chip was large and expensive. Now the 4 gigabyte chip (60 times bigger at 1/4th the price) is available and relatively cheap. Such is the march of technology.

No such problem exists with USB thumb drives.

New Technology 2 in April

Goodbye Microsoft Office: Hello Open Office

For many years I have used Microsoft Office, including Word for document preparation and Excel for spreadsheets. Recently I bought a laptop with Vista. It came with a free version of Microsoft Works, which is a crippled version of Microsoft Office, which I will not use. It also came with a 60 day trial version of Microsoft Office. After 60 days it self-destructs and you must pay \$100 to continue to use it. While I have great respect for Bill Gates I decided not to send him the \$100 but instead installed Open Office from Sun Microsystems. It supports all of the Microsoft Office file types and has a “look and feel” that is almost identical. Best of all it is free, and after using it for a month I recommend it without reservation. This column was written with it. You can

download it from: <http://www.openoffice.org> .

The only drawback is that it does not support the Outlook or Outlook Express mail systems.

Internet telephone

Let's face it: land line telephone is going away. First it was attacked by cell phones: many young people do not bother getting a land line phone for the house. Now it is being attacked by the Internet. There are several vendors offering this capability, including Vonage, Verizon, Skype, and Comcast. I decided to take the step and chose Comcast because I already used them for video and Internet. It takes two minutes to fill out the form, and we can keep our phone number. Comcast handles all of the details of making the switch. They come to the house, plug a modem into the video cable, and plug the house phone system into the modem. All house phones operate the same as before the change. When Verizon received word that they were losing us as a customer, they suddenly became very attentive. They showered us with attention and special discounts and offers. It was too late.

Intermediate Computer Training Course

The next Intermediate Computer Training Course begins Tuesday, March 11 at the Hudson High School, 69 Brigham Street in room T110. Classes are held 2:30 to 4:00 PM. The instructor is George Champine. If you can use e-mail you are probably qualified for this course

The intermediate course has been expanded with several new sessions. The new sessions are: 1) Microsoft Vista, 2) Best free software, 3) taking and editing home videos, 4) computers and genealogy, 5) an expanded presentation of digital photography, and 6) the computer as an entertainment center. These are in addition to: Internet access, anti-virus, document preparation, spreadsheets, and e-mail.

A CD with a number of high-quality, tested, and free software packages is handed out at the beginning of each course. A 100-page set of notes of all of the lectures is also available. Problems being experienced by class members are discussed and answered during each class as a learning experience. The cost is \$25.00 payable to the Hudson Senior Center. To register contact Marie at the Senior Center, phone 978-568-9638, or e-mail george.champine@computer.org .