

The Quail Runner

For and By the Residents
Of Quail Run



March — April 2008

Began Publishing 2003
www.QuailRun Hudson.com

Hudson, Massachusetts

NEWPORT PLAYHOUSE SUNDAY SEPTEMBER 14TH “NO SEX PLEASE, WE’RE BRITISH!!”

Join us on this next trip for a great buffet lunch, a hilarious comedy and fun cabaret. The farce ran in London for eight years and delighted Broadway audiences too. Seats are limited so book early.

Departure 9am Return 6pm Price includes bus from Quail Run, Lunch, all gratuities, play and cabaret. \$70. Payment and reservations to Terri Kilshaw 5F Autumn Drive.

CHEESE AND WINE PARTY

FRIDAY APRIL 18TH 7PM

The Quail Run Social Committee invite you to enjoy an evening with your friends and neighbors at the clubhouse.

We will provide lots of delicious different cheeses and crackers etc. and coffee.

You bring your own soda, wine, beer! \$3 at the door. No reservations needed.



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7th ANNUAL INTEL SPONSORED

Community PC/TV & Small Electronic Recycling Event

Friday, April 11, 12:00 – 6 p.m. & Saturday, April 12, 8 a.m. – 2 p.m.

Stop and Shop Plaza; Technology Drive and Route 85 Hudson, MA

A \$10.00 minimum donation is being requested however since this is also a fundraiser to help local communities, more would be graciously accepted based on the volume of recyclables being dropped off.

All funds raised will be donated to the United Way and matched by the Intel Foundation

Questions, contact: Intel 978-553-5390

Historical Society Request on Town Warrant

The Historical Society’s application for money from the Community Preservation Fund has been approved. It will be voted upon at **town meeting in May 2008**. The Society will use these funds to insure Hudson’s museum treasures, and further their educational endeavors, as well. (See page 8 for more on the Society)

Thanks to Intel for the wonderful St. Patrick’s Day Lunch they hosted for the



Senior Citizens in town. The event included not only a delicious meal but also live Irish Music. The company is certainly a “good neighbor”!



Daffodils

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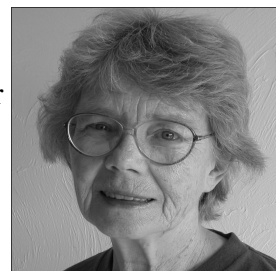
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Published first of February, April, June, August, October, December; Dead Lines on the 23rd of the previous month.

The Editor's Desk

MJ Ebens, editor



The copying cost of the *Quail Runner* is now covered by six advertisements. These ads will pay for the copying for the next year. A big "Thank you" goes to

Vince Picarello and **Joe Fallon** for soliciting for the ads and especially for Joe for offering the use of his artist to create the artwork.

We have promised each advertiser that s/he will have an exclusive listing in the *Runner*—that is, we won't run ads from their competitors. Remember to thank our advertisers when you see them and to let them know you saw their ad in the *Quail Runner*.

We've been asked about running more ads as a money making project. This newsletter is the main means of communication for the residents here in Quail Run. Hudson already receives a weekly, free newsletter – we don't want the *Quail Runner* to be mistaken for that!

Did you get the Senior Center notice about the St. Patrick's Luncheon at Intel? This wonderful event sponsored by Intel is always a sell-out. Contact the Senior Center for membership and to get their newsletter which also contained information on the Community Health Fair.

Susan and Joe Ciampi are testing out the idea of writing restaurant reviews for us. Let them know how you like their review of the Chateau in Westborough.

Thanks to **Lois Boemer** for her work as Book Reviewer. She has moved to other writing assignments.

George Champine's **Letter to the Editor** (Page 10) contains a report on the recent hearing by the **Zoning Board of Appeals** that has the potential to affect us here at Quail Run as well as other Over 55 developments.

Be sure to read **George Shaw's** article on **Smoke Alarm** problems (page 11).

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

We recently returned from California where we visited relatives, attended our medical and nursing school alumni functions and I attended a 3 day

International Congress of Nutrition.

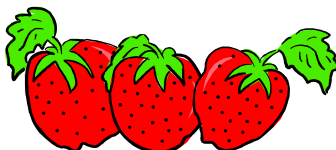
One of the speakers I especially enjoyed was James Joseph, PhD from the Human Nutrition Research Center on Aging at Tufts University who spoke on the “Role of antioxidants from berries and other sources in brain aging and diseases associated with aging”. It appears that people who consume high amounts of brightly colored fruits and vegetables may prevent age-related disease such as Alzheimer Disease (AD).



The work of Joseph and others has turned eating colorful foods into a hot new dietary trend, which is really just a gimmick to get us to eat more fruits and vegetables. He has divided fruits and vegetables into four groups of colorful foods—red, orange-yellow, green and blue-purple. (Another researcher, David Heber PhD, divides foods into 7 colorful categories.) Each of the colors of fruits and vegetables has a specific role in the body. It seems that berries such as blueberries, blackberries, raspberries, strawberries, cranberries and others have remarkable health benefits. Dr. Joseph related some of his experiments with mice in which blueberries made aging mice smarter. The researchers discovered blueberry’s potential for reversing some age-related impairments in both memory and motor coordination.

Pigments in fruits and vegetables contain phytochemicals—the hundreds of different compounds produced by plants that can protect them from oxygen, sunlight, bad weather, insects and other sources of harm and can provide protection for humans against the effects of free radicals, which play a large role in the aging process. For instance, phytochemicals from the red group contain lycopene (tomatoes) which appears to reduce the risk of prostate cancer whereas those from the blue-purple group (like blueberries) appear to have effect on the brain.

(Continued on page 10)



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ROMEOs

APRIL 10 / MAY 8 / JUNE 12 / JULY 10

The Retired Old Men Eating Out will be meeting at noon on APRIL 10th at the LAZY DOG RESTAURANT, 31 Main Street, Marlborough. The reservation deadline for The Lazy Dog will be noon on Monday, April 7th.

On May 8th, the ROMEOs will meet at noon at the CHATEAU, 95 Turnpike Road (Rt. 9), Westborough. The reservation deadline for the May luncheon will be noon on Monday, May 5th.

In June the group will meet on the 12th at the LONGHORN STEAKHOUSE, 191 Boston Post Road (Rt. 20), Marlborough. The reservation deadline for the LongHorn will be noon on Monday, June 9th.

Since our first Clubhouse luncheon went so well, the ROMEOs will meet again at the QUAIL RUN CLUBHOUSE on JULY 10th for a pizza fest.

The cost, additional information and reservation deadline for the July CLUBHOUSE luncheon will be distributed by e-mail in June.

Joe Ciampi, e-mail: sue2341@verizon.net / phone: 978-568-1625 or Harry Morgan, e-mail: h.hwmorgan@comcast.net / phone: 978-568-1929



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Curtain Call

Brigadoon is next on the group's agenda on Sunday, April 6 at 2:00, put on by The Weston Friendly Society of the Performing Arts. It is too late to get tickets for this from Toby, but you may be able to get them at the door.

Curtain Calls' next meeting will be Wednesday, April 9th 2:00



We do get group rates. Contact **Toby Allen**, for more information, 978 562-7437, puella_tobia@hotmail.com or **Helen Marckini** 978-567-0937.

Quail Run Birthdays

April

- Barbara Champine, 7
- Joe Fallon, 11
- Lois Rawson, 12
- Sharon Berthiaume, 12
- Jennie Frame, 14
- Craig Evans, 19
- Charlie Bosio, 20
- Helena Cabral, 23
- Tony Nefzger, 24
- Edward Berthiaume, 26

May

- Diane Potter, 5
- Vickie Troyer, 11
- George Champine, 16
- John Palmaccio, 18
- Jo Fierro, 23
- Jack Doherty, 24
- MJ Ebens, 28
- Joe Ciampi, 29

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



Eating Out

(Restaurant Reviews by Susan and Joe Ciampi)

The Chateau Italian Restaurant

Rte. 9 at 95 Turnpike Road
Westborough, (formerly Naked Fish)

Joe & I haven't been out for awhile. Last time we had very enjoyable lunch. We decided to try the Chateau (our first time) in Westborough. We called **Dean and Bill McEvoy**, our backyard neighbors, who have become very good friends. It was Valentines Day and also Dean's birthday.

Arriving at the restaurant at 1:00 thinking it would be crowded because of Valentines Day, we were seated right away in a very comfortable booth for four.

All four decided not to have an appetizer. Plenty on the menu to choose from. Lots of soups and salads on the menu. A huge menu to choose from, sandwiches, chicken, steak, veal, sea food and plenty of Italian specialties.

Three of us decided on chicken supreme \$9.49. I had it with garlic mashed potatoes and a vegetable. Joe & Bill had a side of pasta. All three thought it was delicious. Dean chose chicken piccata with a garden salad, \$10.49. Also delicious. We were all satisfied and looking forward to going back again.



Joe is going to make reservations for the Romeos in the near future.

Plans For Washington Street

Town officials have submitted the initial design plans for the expansion of Washington Street, or Route 85, to the state Highway Department, according to Hudson's community development director, Michelle Ciccolo. The plans detail a proposal to widen the street from two to four lanes for much of its length between Interstate 290 and its bridge over the Assabet River. The street would not be widened between Brigham and Park streets, but its surface would be repaved and sidewalks would be added on that section. The widening is necessary because of the commercial development along the corridor. She expects MassHighway to review the design over the next few months before holding a public hearing on the project and then deciding whether to fund it. (*Boston Sunday Globe*, 3/23/08)

TWO BOOKS & A PLAY

As reviewed by Lois Boemer

The two books read by the Book Club in January and February were from very different perspectives, in France, Valparaiso, Chile, and the 1849 Gold Rush. The Quail Run play, "A Sunny Morning" was performed by the new "Quail Run Productions" directed by MJ Ebens. This brought our residents a breadth of fresh air from Madrid, Spain.

The memoir, "The Diving Bell and the Butterfly," vividly captures the inner musings of Jean-Dominique Bauby's mind. He never loses his spirit, dictating to his secretary /editor, through a French alphabet where each letter requires one blink of the eye for "yes," and "two" for "no, with most often used letters first. Bauby wrote and memorized the script during the night. The reader is enveloped in his mind through his heart wrenching words and flashbacks. In one chapter, in a dream, he describes an automobile accident (not unlike his) where police are after him, and he worries about his friends. "I try desperately to warn them" he says, "but my dream conforms perfectly with reality. I am unable to utter an word." The book and film, which won Academy Awards, are works of art.

In the epic, "Daughter of Fortune," Isabel Allende, a prolific Spanish author, has another classic. An orphan raised in Valparaiso in the 1840's by a spinster aunt and begrudging uncle, Eliza Sommers, moves between two worlds. On one hand there is Mama Fresia, "with her incantations in her Mapuche tongue," and on the other her Aunt Rose, with her wealth and English background. There is a periodic appearance of Captain John Sommers who joins his brother and sister between his ports of call. He gives Eliza gifts which she tucks carefully away. Eliza joins up with a young Chinese doctor, Tao Chi'en, and stores away with him on a ship to California in search of her lover.

"A Sunny Morning," marks the first venture of Curtain Call to sponsor actual staging of a performance. The play received a warm reception from the Quail Run audience. On a sunny autumn morning in a quite corner of a park in Madrid, Dona Laura (Maria Morrison) a handsome, white-haired lady of about seventy, refined in appearance, is feeding pigeons in the park. Don Gonzalo, a gentleman of seventy, gouty and impatient (Kent Callahan) enters. Their servants Petra, Dona

(Continued at right)

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JULIETS NEWS

Coral Seafood Restaurant April 28th at 12:30

The Coral Seafood Restaurant is located on Route 85 in Marlboro. The number of seats is limited; please sign up prior to Wednesday, April 23rd if you plan to attend the luncheon. You will be able to choose from the menu, individual checks will be made available. To reserve your seat, please sign up or contact Toby Allen at 978-562-7437 or email her at Puella_tobia@hotmail.com



We have already received volunteer names to host the May and June Juliets' luncheons. If you are interested in volunteering for July or August, contact either Sally Mauro 978-568-0821, srednims@aol.com or Karen Shaw 978-562-2340, Kareenshaw@comcast.net

TWO BOOKS & A PLAY (Continued)

Laura's maid (Janice Owen) and Juanito (Vince Picarello) come and go nearby.

The conversations between the two seventy year olds begin sarcastically, with each accusing the other of encroaching on their private space. Don Gonzalo complains the priests have taken his bench, and says Dona Laura is a, "Senile old lady! She ought to be at home knitting and counting her beads." She finds him "an ill-natured old man!" He resigns himself to "sit on the bench with the old lady." They begin to discuss Valencia and without acknowledging it to each other, realize he and she are two lost lovers from the past. They part, agreeing to meet at the park again. (For a longer review of these events, see the web page.)

Condo Care

In the last issue, there was a request for a **grab bar** in the shower. The **Montes** replied and say that theirs works very well. It was purchased from www.ActiveForever.com. (1-800-377-8033) cost was \$129.95 – plus tax and shipping (\$12.80) total of \$142.75. It comes in assorted sizes. This was recommended by the Occupational Therapist at the Braintree Rehab Center. Further information could be found on the website.

Vent kitchen smoke & odors with the lavatory fan in A units. **Helen Marckini**

Time to run the various seldom used features of your unit occasionally, i.e. fans, vent fans, showers, faucets – indoors and out, and include the oven cleaner setting, to be sure they haven't "frozen or rusted".

Broken Glass splinters can be picked up with a dry cotton ball. **Kevin Fitzgerald**

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

Transitions

Condolences to **Barbara Clark**, in 12E Strawberry on the passing of her husband **Bud**, who died 31 January. They were originally from Marlborough.

Dolly Gordon, 8-B Strawberry is recovering at Bolton Manor, 400 Bolton St., Marlborough. **Keith** says she would be happy to get cards from her friends.

Linda Borrelli, 7-E Strawberry, is recovering from recent back surgery. All her neighbors at 7-12 Strawberry wish her well, as do the rest of us.

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.

TSA regulations now allow all types of knitting and crochet needles as carry-on. For more go to www.tsa.gov

For more information **Barbara Baker**, 978-562-2460.

Cinema Night

Note Time Change to 7:30

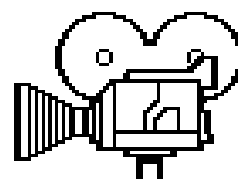
The first Friday night in April will be "**The Blue Angel**" with **Marlene Dietrich** and Emil Janning. A classic story about a proper and distinguished Professor who falls for a "loose" show girl and follows a path to ruin and despair. The film made Marlene internationally known and started her on the path to fame and a long career.

May 2 "Around the World in 80 Days"

This 1956 movie is a giant British production extravaganza in wide format featuring cameo appearances by 40 famous actors and scenes from around the world. Around 1872, English gentleman Phileas Fogg (David Niven) claims he can circumnavigate the world in eighty days. He makes a £20,000 wager with several skeptical fellow members of his London gentlemen's club that he can arrive back within 80 days before exactly 8:45 pm.

Together with his resourceful valet Passepartout (Mario Moreno), Fogg sets out on his journey from Paris via a hot-air balloon. Meanwhile, suspicion grows that Fogg has stolen his £20,000 from the Bank of England. Police Inspector Fix (Robert Newton) is sent out by Ralph the bank president (Robert Morley) to trail and arrest Fogg. Hopscoching around the globe, Fogg pauses in Spain, where Passepartout engages in a comic bullfight.

Fogg is the classic Victorian gentleman, well-dressed, well-spoken, and extremely punctual, whereas his servant Passepartout (who has an eye for the ladies) provides much of the comic relief as a "jack of all trades" for the film in contrast to his master's strict formality.



Book Club

The April meeting is scheduled for Wednesday, April 30. Meetings are generally scheduled for the last Wednesday of each month.



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

Food & Fork

Cranberry Streusel Muffins

Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups with shortening or cooking spray, or line with paper baking cups. In small bowl, mix brown sugar and 1 tablespoon Bisquick mix; set aside.

2 Tablespoons packed Brown Sugar
1 Tablespoon Bisquick mix

In medium bowl, beat milk, egg and cranberry sauce slightly with spoon. Stir in 2 cups Bisquick mix and the granulated sugar just until moistened. Fill muffin cups about half full. Sprinkle with brown sugar mixture.

1/3 cup Milk
1 Egg
1/2 cup Whole Berry Cranberry Sauce
2 cups Bisquick mix
2 Tablespoons Granulated Sugar

Bake about 18 minutes or until golden brown. Cool slightly before removing from pan.

Red Lobster's Cheese Garlic Biscuits

1 cup Bisquick Heart Smart® mix
1/3 cup fat-free (skim) milk
1/4 cup shredded reduced-fat Cheddar cheese (1 oz)
1/4 teaspoon garlic powder
Butter-flavor cooking spray, if desired

1. Heat oven to 450°F.
2. In small bowl, stir Bisquick® mix, milk, cheese and garlic powder to make a soft dough. Drop dough by 5 spoonfuls onto ungreased cookie sheet.

Bake about 8 minutes or until golden brown. Spray warm biscuits with cooking spray before removing from cookie sheet. Serve warm.

Reheat Pizza in a non-stick skillet with heat set to medium-low until warm. This keeps the crust crispy and not soggy.

Easy Deviled Eggs — After cooking and peeling the hard boiled eggs, put the yolks in a zip lock bag. Seal, mash till they are broken up. Add remainder of the ingredients, reseal, keep mashing until thoroughly mixed. Cut a small corner off the bag and squeeze the mixture into the empty whites. Throw the bag away when finished. Both of the above from **Kevin Fitzgerald**



Astrology—What's Up

by Beverly Beylouné



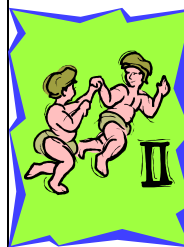
TAURUS April 20 – May 20

Buckle up Taurus.. you're taking a ride. Actually over the next few months you will be on the go, here and there and everywhere! You may begin to feel as if you are living in your car but there are things to do and people to see...enjoy! With Jupiter well placed you may even plan a long distance trip, or you may begin some type of studies..take classes or begin a self study at home. This year also introduces you to new friends. You may also decide to join a club. If you do you may find that you are part of committee and not just a member. You will also find during 2008 that your hopes and wishes and goals for the future may change. This is a time when you reflect on plans that were made long ago and, so to speak, bring them up to date. New friends and new plans for the new year.



GEMINI May 21 – June 20

Watch what you spend Gemini. You may have some sudden urges towards extravagance and waste! The next few months is a time of temptation and impulsive spending. But, during this same time acquisition is very possible. You may find yourself staying at home more during this year, except for a possible trip that comes up totally unexpected. It is not something you have planned for but, the opportunity suddenly presents itself. You may develop an interest in mystical or religious studies. Changes in your current beliefs and attitudes could occur as a result. This year may also bring you in contact with brilliant, eccentric and/or important people. Friends, desires and gifts may suddenly spark your life in 2008. Enjoy!



Tradesmen Recommendations

Naturally Chiropractic, Hubert Hanlon; North-borough, 508-393-1900
(Linda K. Palmer)

Send your recommendations to the editor or your reporter.



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This 'n' That

Welcome home to **Anna Mula**, 7-C Autumn. She had a long illness and we're glad she's back.

POLAR BEARS DINNER Thank you to all of you who attended my Polar Bear Dinner on January 29th. This is the 5th year I have organized it. The Coral Seafood gave its usual high standard of presentation, lovely food and excellent, friendly service. For us it was a great opportunity to chat with our neighbors in a pleasant environment and have some fun. (Thanks to MJ for the games.) We had 60 voices raised in the Polar Bear Anthem!! I hope you will join next year for 'number 6'!

Terri Kilshaw

Congratulations to **Ann Zemejda** on her **98th birthday**. Ann lives at 7E Strawberry with her daughter, Renee.



MARK YOUR CALENDAR:

APR 4: River's Edge Community Band; "Viva la France! Concert", Hudson Town Hall, 7:30pm \$

APR 11, 12, 18: River's Edge Players; "Rumors" by Neil Simon, Hudson Town Hall, 7:30pm \$

MAY 6: Hudson High School, Concert and Art Show
HHS

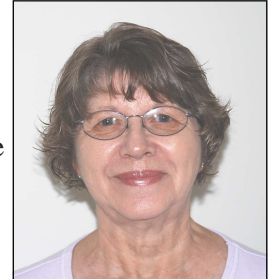


MAY 18: *Sounds of Stow*, Spring Concert, First Parish Church, Stow, 4pm
\$(Calendar Courtesy of Barbara Champine)

Area Highlights

By Barbara Champine

Spellman Museum Of Stamps And Postal History



The Spellman Museum is a center of learning and activity that enables those of all ages to appreciate diverse cultures and peoples by exploring the ways they communicate through the world's postal systems. The museum was founded in 1960 and brought together the collections of Francis Cardinal Spellman, Archbishop of New York, and the National Philatelic Museum in Philadelphia. The collection now includes over 2,000,000 items including those from President Dwight David Eisenhower, violinist Jascha Heifetz, and General Matthew Ridgway. The Spellman Museum is one of two public museums in the United States devoted to stamps and postal history, the other being the Smithsonian Institution's National Postal Museum in Washington, D.C.

Goldilocks, The Cat in the Hat, Pippi Longstockings and Harry Potter are all featured on postage stamps from around the world. Many other favorite characters from children's literature are also commemorated on stamps. These can be viewed in a special exhibit which will run through April 30th entitled "The World of Storybooks—A Magical Journey Through Stamps." Stamps from over 30 countries featuring tales from national folklore legends to classical stories and fairy tales familiar to children worldwide are on display. This could be a destination if you are caring for grandchildren over spring vacation. There are many historical exhibits that will also appeal to the adults such as those commemorating the Hindenburg, Graf Zeppelin and Charles Lindbergh's flight.

The museum **Museum Hours** is open Thursday--Sunday from Noon to 5pm. Seniors and students pay only \$3 for admission.

Directions: Take Route 27 (main street Hudson) to Rt., 20 and turn left (east). Travel into Weston. Take a right turn on Wellesley Street. Turn right at the third entrance to Regis College at the sign for the museum.

Spellman Museum of Stamps and Postal History
235 Wellesley Street at REGIS College; Weston, MA
Phone (781) 768-7332; www.spellman.org

SOCIAL COMMITTEE REPORT

Since the last issue of the *Runner* the winter conditions have not prevented us from enjoying a few good events. The “Polar Bear Dinner” at the end of January was attended by 60 people. We had the usual impeccable service of the Coral Seafood, fun games presented by MJ and Ginny Curll won the top door prize.

A huge polar bear cushion! Everyone stood to sing the traditional “Polar Bear Anthem”!

Weight Watchers meetings are helping some of us lose some of those more than extra pounds! Thanks to Marcella Monte for organizing it.

George Champine has presented 2 excellent seminars at the Clubhouse.....Digital Cameras and Computer Refresher.

Coffee mornings and Cinema Nights are well attended and very enjoyable. We are aiming to schedule ‘Cinema’ as close as possible to first Fridays and ‘Coffee’ as close as possible to last Saturdays. Come and join us!!

UPCOMING EVENTS

- Tuesday April 1st Games Night 7pm
- Friday April 4th Cinema Night “Blue Angel” \$1 includes popcorn / soda 7.30pm
- Tuesday April 15th Games Night
- Friday April 18th Cheese and Wine Party \$3 (BYOB) 7pm
- Tuesday April 22 Cultural Event (Seder), 6:30 pm, \$5
- Saturday April 26th Coffee Morning 10-12 \$1 Coffee and donuts
- Friday May 2nd Cinema Night (TBA) \$1 7.30pm popcorn/soda
- Tuesday May 6th Games Night 7pm
- Tuesday May 20th Games Night 7pm
- Saturday May 31st Coffee Morning 10-12 \$1 Coffee and donuts
- Sunday, July 6 Catered Cookout 2pm, \$12

SUNDAY SEPTEMBER 14TH NEWPORT PLAYHOUSE “NO SEX PLEASE, WE’RE BRITISH”!!

Please cut this list out and keep on your refrigerator!!



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Building & Grounds Report

The Board of Governors has asked the Building and Grounds Committee to check the grounds to see where the darkest areas are in the community. They are exploring ways to improve the lighting throughout the area.



The Committee is to report back one week before April 16th.

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.

Blowing Trash

Residents are reminded not to put out their trash barrels prior to Friday morning, if possible. The barrels are unsightly and with our hill top winds, can easily blow over.



Trash, except for recyclables, should be bagged. The trash company does not have an automatic truck pickup; the handlers just take what’s bagged. The barrel blows over and the “left overs” are scattered far and wide.

(Did anyone find Terri Kilshaw’s (5F Autumn) recycle bin that blew away in the wind?)

Esplanade / Main Street Hudson

To the Editor,

There is an issue that has arisen in Hudson that is of potential interest to all Senior Citizens. The owners of the Esplanade on Main Street have applied to the Hudson Zoning Board of Appeals (ZBA) to remove the "55 plus" age restriction from their comprehensive building permit. The reason they give is to improve the marketability of the units, as they still have about 1/3rd of the 140 units left to sell after four years.

The Esplanade lawyer presented their case to the ZBA on March 20 with an audience of about 100 concerned citizens. All of the people in the audience who spoke were opposed to the change, and several said that the Esplanade was not an appropriate place for children and teenagers. There have been problems with a gang of teenagers causing considerable damage in the Esplanade public areas so that the police had to be called.

...open meeting on April 8...

The ZBA determined that the requested change was substantial and would have to go to an open meeting on April 8 to gather data for a decision.

Some of us are concerned that if the age restriction can be removed from the Esplanade well after construction is complete, it will set a precedent that will allow other projects to do the same. We want to prevent this precedent from being established and to avoid the problems that might arise from such a situation.

Anyone who is interested in this issue should consider attending the Esplanade ZBA meeting on April 8. This will allow you to get the relevant information first hand and have a basis for expressing your opinion if you so desire.

George Champine, 2-A Strawberry

Update and Changes to Email List

Anna Mula, 7-C Autumn Dr., 978-562-9136
Henry & Susan Ross, 1-G Rotherham; 803-295-6443
(cell phone)



HUDSON, MA

- ▶ AUTO
- ▶ HOME
- ▶ BUSINESS

978-562-2332

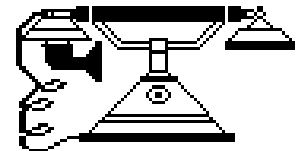
9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com

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.

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.

(Healthy Living continued from page 3)

Colorful foods include, but are not limited to: blueberries, strawberries, oranges, kiwi, watermelon, cantaloupe, raspberries, grapes, mango, apricots, red peppers, broccoli, corn, sweet potatoes, squash, carrots, peas, tomatoes, and kale. Always choose the brightest, deepest colors. Apparently frozen fruits and vegetables are as potent as fresh. Be sure to include deep green vegetables, which seem to be the most neglected of all.

One way I have found of getting more colorful fruits into my diet is to blend a banana, an orange, fresh pineapple, frozen blueberries and/or strawberries into a delicious fruit smoothie.



Alpine Property Management

False Smoke Alarms

By George Shaw

In the past I have been called because the smoke alarms were going off or chirping. Smoke alarms will chirp when the batteries are running low, the battery is a back up power source if you lose power in your home. A red light located on the smoke alarm will flash on the alarm with the low battery. When this happens replace the batteries in all the alarms. Do this twice a year, when you change the clocks.

Unit owners are responsible for the proper function and replacement of the smoke alarms.

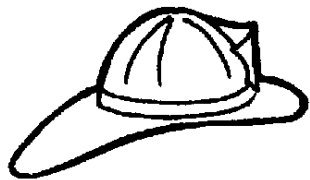
Now for the mystery of false smoke alarms. Be very careful. If your alarms go off (they will all go off at once) and you are **absolutely positively sure** there is no smoke or fumes in your home in all the locations where a smoke alarm is located, including the basement and loft, then you may have a defective smoke alarm.

The smoke alarms are hard wired together. In other words when one smoke alarm goes off, they all go off. You can identify the defective smoke alarm by the flashing red light on the alarm. You can disconnect the defective smoke alarm by turning it counter clock wise and unplugging the connector in the back. After you remove the smoke alarm all the other alarms will stop screeching except the one you just unplugged because it thinks your home had lost power and the battery takes over (which it did when you unplugged it) so you need to remove the battery.

Now that you have your sanity back you can now locate your animals under the sofa or bed. Now let's talk about why your alarms went off in the first place.

There are many reasons smoke alarms will go off with out smoke present. The most common reason is dust in the alarm, humidity too high, and, to a lesser degree, fumes from cleaning solutions. If you are cooking something smoky or burning toast, an alarm may go off. Just simply get a towel and fan it at the alarm until the

(Continued on right)



Smoke Alarms Continued

alarm stops. If the reason is not apparent, the best solution is to replace the alarm with a new one. Smoke alarms are relatively inexpensive (unlike CO2 alarms) and can be purchased at hardware stores such ACE or The Home Depot. But remember, if you need to purchase a new smoke alarm it has to **be exactly** the same brand and model number as the one you are replacing. If you use a different type of alarm, it will not be compatible with the other alarms in your home thus if you had a real emergency, you may not hear the alarm because the other alarms will not go off. If you cannot find the same alarm, then all the alarms have to be replaced with the same kind and an electrician may have to be called to replace them because the connectors may not be compatible.

Unit owners are responsible for the proper function and replacement of the smoke alarms.

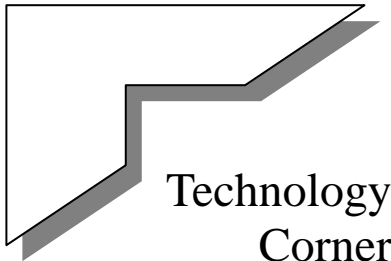
Pet Reminder

Please remember that pets are not permitted in the common areas without a leash and that all dogs must be licensed and inoculated as required by law. Also please be considerate of your neighbors by remembering that it is the dog owner's responsibility to scoop up their dog's droppings and dispose of the waste in a proper receptacle. Not complying with this could lead to possible fines, and even eventually being required to permanently remove your dog from Quail Run.

Gardening in the Circles

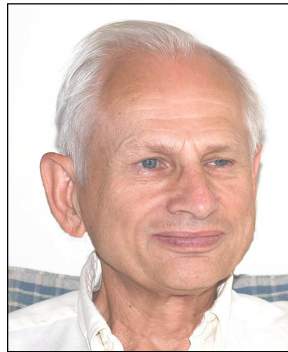
It's Spring! And we can't wait to get outside and enjoy the sunshine and warmth of Spring. Please refrain from putting anything other than plantings in the center circles of our streets. These are common areas of Quail Run and personal items / decorations / ornamentation should not be displayed there. Live planted materials only are permitted. As a courtesy, you may want to share any plans you have to garden in the center circles with your neighbors.





Technology Corner

By George Champine



New Technology 2

A few issues ago I mentioned that with the new Vista operating system, computers would be able to use media chips (such as used in digital cameras) to increase the speed of the computer. That ability is now available. The function is called “Windows ReadyBoost”, and it uses the media chip as a buffer to speed memory swapping. When you plug in the media card, the system should recognize it and bring up a menu, with one of the items being “Use ReadyBoost”. If you select it, the system will test the speed of the chip to see if it is fast enough to help the system (the “el cheapo” chips are often not fast enough). If not, it will so advise. If you decide to use the chip, the system will begin to use it for swapping. A 2 gigabyte media chip now costs about \$20. If you use it for ReadyBoost, you should empty it by formatting it before use. Also, be sure to power down completely before unplugging it.

Rebates on cruises

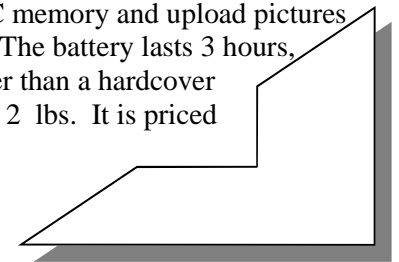
Those of you who like to cruise should know that rebates are available to shareholders of the cruise line. The requirement is usually 100 shares. Web sites for Carnival Cruise Line and Royal Caribbean Cruise Line are: Carnival: <http://phx.corporate-ir.net/phoenix.zhtml?c=140690&p=irol-sharebenefit> Royal Caribbean: http://media.corporate-ir.net/media_files/irol/10/103045/ShareholderBenefitLetter.pdf

Saving money and energy

We all like to save money as well as save energy and reduce global warming. A good way is to install compact fluorescent lights (CFL), especially where you have lights turned on for several hours per day. They now are small enough to fit standard fixtures, are quite affordable at Walmart and elsewhere, and quickly pay for themselves in saved energy as well as lasting much longer than incandescent bulbs.

Really Small Laptop for Travel

A couple of issues ago I predicted that soon laptops would use internal flash memory in place of hard disks to reduce weight, speed boot time, and increase battery life. This has now happened. One product that is very good for the traveler is the Asus Eee PC 2G. It does not run windows, but has a good web browser and text editor, which is about all you need for reading your e-mail and browsing the Internet. It also has a wireless Internet connection, 3 USB ports, and 40 popular applications. There is a slot for an external SD memory chip that can be used to augment the PC memory and upload pictures from a digital camera. The battery lasts 3 hours, the size is slightly larger than a hardcover book, and the weight is 2 lbs. It is priced at \$300 from Amazon.



Historical Society Happenings

Open House — at our new location, Hudson Mill Business Center, 43 Broad St., on Sunday, May 3, from 12 noon to 3 p.m. There will be displays and light refreshments will be served. The museum is on the fourth floor of the former Hudson Worsted Co. Mill. An elevator is available.

Museum Donations — **Paul and Claire Davis** recently donated the Wilcox bible and copies of the Hudson Town Reports dating from 1888-1973, which came from the Wood house on Washington Street

Hudson Memories — **Hugo and Sally Guidotti** donated notes on Hudson’s history written by the late Harriman A. Reardon.

Museum Hours

The museum at the Hudson Mill Business Center, 43 Broad Street, fourth floor, (accessible by elevator or stairway, and air conditioned) is open Tuesdays from 2-4 p.m. and also the first Saturday of each month from 10- 12 noon.

