

The Quail Runner

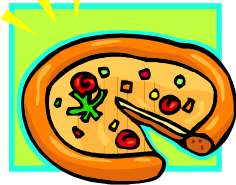
For and By the Residents
Of Quail Run



May — June 2008

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts



QUAIL RUN PIZZA PARTY

FRIDAY JUNE
13TH
6.30 PM \$5
AT THE CLUB
HOUSE

PIZZA (CHOICE OF 4 TOPPINGS),
SALAD, COFFEE, AND COOKIES

BOOK AND PAY IN
ADVANCE BY
JUNE 10
TO NANCY REID.
(BYOB)

QUESTIONS ??
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Organ Donated to Club House

On behalf of the Board of Governors, Barbara Morgan accepted the donation of a Lowery electronic organ for the Quail Run Club House from **Barbara and George Champine**. The organ has two keyboards and 13 foot pedals, and has excellent sound. The organ is now in place and should add enjoyment to many events.



Earth Day Clean-up a Success!
See page 5 for details.

Both Meetings of Board of Governors Well Attended

Large numbers of Quail Runners attended both the Candidates' Night on May 14 and the combined Annual Meeting and Election on May 21. Owners had a choice of eight candidates who presented their credentials on the 14th.

On May 21 voters, both those 52% present and those 70% who used the absentee ballot options, made a final selection of the final five officers who will take over the helm at Quail Run. (Some residents voted ahead and came to the meeting — but only voted once.)

Those elected are: **Toby Allen**, 8-A Strawberry, **Allen Boemer**, 4-E Rotherham, **Richard Ebens**, 4-C Autumn, **Robert Freedman**, 4-A Rotherham, **Barbara Morgan**, 6-D Rotherham. For more on the Annual Meeting and the election, see pg. 11.

South Street Park Grand Opening

Saturday 7 June 10:00—1:00

10 am Ribbon Cutting, Dedication Ceremony, and Splash Pad Opening Musical Entertainment, Food Booths and other Activities.

Inside Repeating Topics

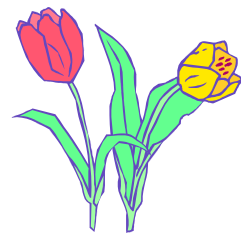
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Tulips

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, mkunz3@comcast.net
- ⇒ 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 Beyloun**, 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

Communications:

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

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

The Editor's Desk

MJ Ebens, editor



This has been a busy month for Quail Run. We had our trash clean up along Reed Road and environs that took care of an enormous amount of trash. Do you feel personally affronted to see the new litter already — I do! **Elaine & Peter Recklet** got left off the email “thanks” list. Theirs and the Fallon’s vans were also very helpful in moving the trash bags to the end of Autumn so that the Earth Day volunteers could pick up and dispose of them.

Our two community wide meetings with the Candidates and then the Annual Meeting and Election of the new board were very well attended.

Thanks also to **Elaine McGoldrick** who has been our Food & Fork columnist for about five years. Elaine has been very faithful with her columnist responsibilities — she hasn’t forgotten once while away in Florida over the winters!

Welcome to **Jeff & Pam Nesbit**; 4C Rotherham Way **Joanne Doherty’s** item about needing health care information when traveling is something for us all to think about. Joanne’s experience tells us what we need for US travel – does anyone know what’s required for travel outside the country?

Many thanks to the **Champines** for their donation of an organ to the Club House. The organ will liven up many of our Club House activities and stimulate thoughts towards new ones!

Lastly, the **Ebens** were in New York City for the last week in May. We did an Elderhostel covering the Five Boroughs in Five Days. They did a wonderful job taking a group 55 on the subway. NYC is now a very safe city — doesn’t even make the top 20 large cities in crime. We had a beautiful walk thru Central Park in the evening along with hundreds of New Yorkers. **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

I'd been hearing about Nordic walking for some time and was excited to learn that the Hudson Recreation Department was sponsoring a class to learn how to

do it. I quickly signed up for the course and promptly ordered some Nordic walking poles online. Mine were made in Norway in the town my grandmother came from. This sport has become very popular among Europeans and is catching on very quickly here in the U.S. After I saw the ad in the paper I called my neighbor and friend, Linda, to see if she might be interested and she has since taken a subsequent course.

According to one source, 10 million people world-wide fitness walk with these specially designed poles for their regular exercise. It is a form of exercise consisting of walking with poles, similar to cross country ski poles. Nordic walking works the arms, shoulders and upper chest as well as the leg muscles. Some of the benefits of Nordic walking are: 1) burns more calories than plain walking, 2) improves balance and stability with use of poles, 3) increases heart rate, 4) strengthens upper body, chest, back and arms, 5) burns up to 40% more calories, 6) and increases safety of walking by preventing falls. This form of exercise is especially good for older adults as it aids in balance, and can be done at any speed desired. Another advantage of this form of exercise is that it can be done any time of the year and on most any surface. The poles have rubber tips to walk on hard surfaces like blacktop or sidewalks and can be removed to walk in the woods or trails. The poles also have special walking straps something like a fingerless glove in order to use arm power to apply force with each stride thus exercising the arms and shoulders.

So if you see me walking with poles on the local railtrail (and also picking up trash) say "hello" and I'll be glad to let you try my poles and see for yourself if you'd like this form of exercise.



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ROMEOs

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.

As of the July luncheon, Joe and I will have completed one year of coordinating the ROMEOs. We are looking for new volunteer(s) to pick up the scheduling and restaurant selection for the next year beginning in August. Contact either Joe or myself if you are interested helping out.



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

Mosquitoes Season Approaches


Tuck a dryer sheet in your pocket when you're outdoors. Mosquitoes will stay away. **Kevin Fitzgerald** found this suggestion. The **Ebens** have used it too — we also tuck them in the back neck of our shirts.



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Eating Out

(Restaurant Reviews by Susan and Joe Ciampi)

Sofia Ristorante Main Street Hudson

A very small but pretty restaurant Joe and I have visited several times. The first time going to Sofia's was with the Juliets and for Joe was with the Romeos. I remember having chicken parmesan with pasta, it was delicious. All of the Juliets said they had a good lunch. Another time Chicken Marsala was my choice; it was served over penne pasta, \$16.00. Joe had homemade ravioli with a red sauce and ordered a single sausage on the side \$16.50 plus \$8.00 for the sausage. Joe doesn't think they were homemade ravioli because his mother made them all the time, no comparison.



Coming back from a doctor's appointment Joe asked if I wanted to have lunch out. As always I said yes. We went to Sofia's. We were

surprised that at 12:30 we were the only ones in the restaurant. We decided to share an antipasto, \$11.00. It consisted of cauliflower, carrots and black olives in vinegar over one red leaf lettuce and four small pieces of salami. Not the normal antipasto, no cheese, tomato, cucumber or tuna. We then decided to have a bowl of pasta fagioli soup, \$7.00 each. Joe's home made fagioli soup is much better. The basket of bread was stale. It was an expensive lunch that we did not enjoy. It will be a long, long time before we go back to Sofia's.

Antipasto — \$11.00; 2 soups — \$14.00; 2 glasses wine — \$13.00; Gratuity — \$ 6.00; Total — \$44
Very expensive lunch



Curtain Call

On April 6th a group of us went to see "Brigadoon" in Weston. The orchestra seating was set up Cabaret style. Four of our attendees sat at a table, right up front, enjoying the play, sipping a glass of wine and eating cheese & crackers.

The other 4 sat in the first row of the balcony watching them. (Of course we waved to each other.) We did not know the seating arrangement until the tickets arrived. We all had a good time and enjoyed the play.

On May 4th our group went to see "West Side Story". All enjoyed the musical. The theater was very comfortable and all seats had good viewing.

On Sunday, June 15th, 2 PM we will see "Joseph and the Technicolor Dreamcoat", put on by The Reagle Players. Their shows are really great.

The Curtain Call planning group meets the second Wednesday of each month. If you are interested in joining us please contact me. Get on our email list to receive notices of the plays we pick. I only reserve 15 tickets for each play. We do have a good time and we get group rates. Contact **Toby Allen**, 978 562-7437, puella_tobia@hotmail.com or **Helen Marckini** 978-567-0937 for more information.

Quail Run Birthdays

June

- Sandra Mocanu, 2
- Ray Samra, 4
- Vinny Graceffa, 5
- Marlynn Stott, Lee Rouse, 8
- Toby Allen, 9
- Hugo Guidotti, 12
- Nancy Reid, 18
- Sherry Lupien, 24

July

- Paul Davis, 4
- Barbara Edelstein, 8
- Connie Nefzger, 11
- Elaine McGoldrick, Ginny Fullam, 12
- Sharon Evans, 19
- Julio Bosio, 20
- Ginny Fernandes, 21
- Joyce DiPaolo, 27
- Ginnie Samra, 27
- Peter Stott, 29
- Kent Callahan, 31



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

Quail Run Trash Pickers & Intel Combine for Earth Week Success

Thanks are due to about 20 Quail Runners who took part in the Hudson Earth Week Clean-up by collecting over 30 bags of trash, discarded lumber, an automobile tire and much more from the area at the junction of Marlboro Street and Reed Road to the truck stop behind Stop & Shop and along Forestvale Road by the cemetery as well as part of Technology Drive to Washington St.

Intel Thanks All the Recyclers

The Intel PC/TV Community Recycling program collected 90,000 pounds of used electronic equipment and small household appliances at the April Earth Week Collection Event at the Stop & Shop Plaza in Hudson. The collection day will be back in the fall.

Roadside Trash Pickup Immortalized

by Joe Fallon

We're Quail Runners, through and through,
 We're here to get the trash.
 The refuse, waste, bottles and such
 We're fast just like a flash
 Ain't too proud to pick up junk
 That's messin' up our grounds
 We're Quail Run Trashers, Don't you know?
 The Trashiest around.

So fill fill those bags and don't let up
 'till everything is clean.

We're QRs man, just on our game
 Best Hudson's ever seen.

We all pitch in and do our part
 To keep our town real green
 I mean QR, we're Bad Ass Trashers,
 You know what we are mean!

And don't you fret, we work for pride
 And never will take cash
 For doin' what Quail Runners do
 And, "Yeah, I'm talkin' trash!"

"Thanks" to: **Barbara Baker, Sue Bohall, Allen Boemer, Kent Callahan, Barbara & George Champine, Rich & MJ Ebens, Joe & Ada Fallon, Kevin & Rosemary Fitzgerald, Harry & Barbara Morgan, Elaine & Peter Recklet, Bob & Nancy Reid, Ken & Evelyn Spears** and the use of the **Recklet and Fallon vans.**

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JULIETS NEWS

June — Tuesday, June 24th 12:30

Chateau, Rt. 9 West, Westborough; Order from the menu; tables will be set for 8-10 people. ONE SEPARATE CHECK WILL BE MADE OUT PER TABLE. A signup sheet will be posted at the club house or call Sue Ciampi 978-568-1625 or Marlynn Stott, 978-567-5912. Please sign up by June 19th.

July — Tuesday, July 22nd 12:30; Piccadilly Pub, Bolton Street, Marlboro; You can order from the menu and there will be separate checks. Sign up at the club house or call Marcella Monte, 978-562-0823 or Evelyn Spears, 978-567-0742. Please sign up by July 18th.

The Following Dates Will Complete This Calendar Year. Details Later

August — Wednesday, 20 August, 12:30 Butternut Farm Golf Club, 115 Wheeler Rd. Stow. Cost between 10 and 12 dollars. Menu and directions will be posted at Club House. Event hosted by Sally Guidotti and Nancy Reid

September — Wednesday, 17 September, 12:30 Quail Run Club House "Italian Fiesta." Hosts are Sherry Lupien and Joanne Doherty

October — Monday, 6 October, 12:30 Nancy's Airfield Cafe, Stow. Hosts are Jeannine Bensette and Barbara Langley

November — Wednesday, 19 November, 12:30 The Lazy Dog Restaurant, Marlboro. Hosts Sally Mauro & Karen Shaw

December — Monday, 15 December, 12:30; Olive Garden Restaurant, Marlboro. Host Terri Kilshaw



Condo Care

Hydrant Flushing completed. After a couple of false starts, our hydrant flushing was taken care of by the Hudson DPW. There doesn't seem to have been much "dirty water" reported by residents.

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

Time to switch your overhead fans to the summer setting with the button down.

Check your dryer's lint filter. Even if you clean it after every load (recommended), it may still not be clean. To test this, remove the filter and run some hot water on it. If the water does not quickly run through, you have a build up of invisible gunk left from the dryer sheets. If needed, clean with soap and an old toothbrush. This is generally just a problem for gas dryers, but some of our electric dryers here at Quail Run have had a problem.

Here's another way to deal with discoloration — in your dishwasher, if your plates are coming out with brown spots. Run the dishwasher through a cycle using Tang — yes, the orange flavored drink! Another idea is to change dish washer detergent.

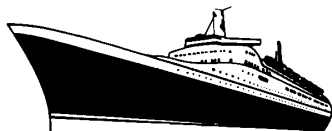
Send in your ideas or comments to the editor or your reporter



Transitions

Virginia Azablar, 6-E Strawberry, passed away Tuesday, 29 April. She will be missed by her many friends. Donations in her memory may be made to: Miriam Boyd Parlin Residence, 266 Cochituate Rd., Wayland, MA

Never be afraid to try something new.

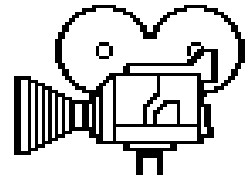


Remember, amateurs built the ark; professionals built the Titanic!

Cinema Night

The last Cinema Night for the season finished with *Around the World in 80 Days*. This "oldie but goodie" was popular with the crowd who had great fun identifying the many Hollywood stars who made cameo appearances. As **Lynn Fishman** said, "It's great to see a movie like this with friends who actually know who those great old stars are!"

Look for Cinema Night to start up again in September with "Alexander Nevsky", directed by Eisenstein with music by Prokofiev. It's an epic about 12th century defense of Russia from the Teutonic Knights by Nevsky, who was later made a saint by the Russian Orthodox church. It is Eisenstein's masterpiece.



Stitch & Knit

The group meets the second and fourth Tuesdays at 7:00 each month at members homes. All knitters (or other types of handwork) are welcome.

The group continues to work on sweaters for needy children in the third world. Donations for postage and/or yarn are welcome. Here's the webpage that contains the pattern for both knitted and crocheted sweaters along with information about it.

<http://www.knitforkids.org/>

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



Book Club

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

By Elaine McGoldrick

Surprise Monkey Bread

- 1 cup packed brown sugar
- 1/2 cup butter, cubed
- 2 tubes (12 ounces each) refrigerated, flaky buttermilk biscuits
- 1/2 cup sugar
- 1 tablespoon ground cinnamon
- 1 package (8 ounces) cream cheese, cut into 20 cubes
- 1/2 cups chopped walnuts

In a small microwave-safe bowl, heat the brown sugar and butter on high for 1 minute or until the sugar is dissolved; set aside.

Flatten each biscuit into a 3-in. circle. Combine the sugar and cinnamon; sprinkle 1/2 teaspoon in the center of each biscuit. Top with a cream cheese cube. Fold dough over filling; pinch the edges to seal tightly.

Sprinkle 1/2 cup walnuts into a greased 10-in. fluted tube pan. Layer with half of the biscuits, cinnamon-sugar and butter mixture and 1/2 cup walnuts. Repeat the layers.

Bake at 350° for 40-45 minutes or until golden brown. Immediately invert onto a serving platter. Serve warm. Refrigerate leftovers. Yield: 1 loaf.

Ham and Cheese Loaf

- 1 tube (13.8 ounces) refrigerated pizza crust
- 10 slices deli ham
- 1/4 cup sliced green onions
- 1 cup (4 ounces) shredded part-skim mozzarella cheese
- 1 cup (4 ounces) shredded cheddar cheese
- 4 slices provolone cheese
- 1 tablespoon butter, melted

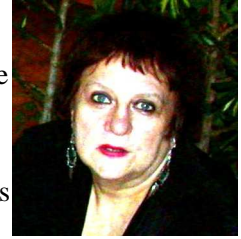
Unroll dough onto a greased baking sheet; top with ham, onions and cheeses. Roll up tightly jelly-roll style, starting with a long side; pinch seam to seal and tuck ends under. Brush with butter. Bake at 350° for 30-35 minutes or until golden brown. Let stand for 5 minutes; cut into 1-in. slices. Yield: 6 servings.

This is Elaine's last column. Many thanks for her dedication and wonderful recipes!



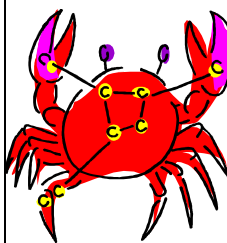
Astrology—What's Up

by Beverly Beylouné



CANCER June 21 – July 20

This is the year you have to learn what is really important to you. This does not mean just material things, but also psychological, spiritual and/or moral values. In Fact this year, these may take precedence over material values! Organize your finances so you won't have to pay much attention to them this year. You may also find yourself resolving old issues with a family member or with issues concerning land or property. You may encounter people who can help you out in various ways.

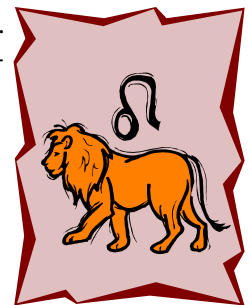


Look at this as an exchange of ideas... that you and the other person are able to help each other. This year you will have opportunities to greatly expand your awareness of the world...keep an open mind!

LEO July 21 –Aug 21

This year you may experience a period of introspection – a time when you reflect on your life – where you've been – what you've accomplished – where you hope to be etc.

You may also experience many diversified areas touching your life. You will be experiencing a very busy time with much running about as well as much correspondence...letters/phone calls. You may find yourself almost living in your car while you run here and there...count on a lot of contact with brothers/sisters and close family ties. This is also a time when you may re-evaluate your goals or plans for the future. Examine your ideals and decide if they are serving you well or to what extent you have attained them.



Frosting Hint: When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it is size. You get to frost more cake/cupcakes with the same amount and you also eat less sugar/calories per serving.

Kevin Fitzgerald



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This 'n' That

YESUE MEMORIAL CONCERT: Don't miss the free concert at Wood Park, Hudson, on Wednesday, June 18 at 6:30. Bring your lawn chairs and enjoy a concert by the River's Edge Community Band, River's Edge Chorale and Pro Musica Youth Chorus. [Editor's Note: Look for many of our talented Quail Run singers taking part in this event.]

Hudson Library Feature was added to the website this year call TixKeeper — an online museum pass registration system. Now patrons can log into the website, pick a destination, see when passes are available and book their own museum pass up to three months in advance. The system will send them an email confirmation or reminder of their registration if the patron chooses. It also provides quick links to the museum websites for easy access to directions or special events. The Friends of the Library has provided passes to ten area museums. www.hudsonpubliclibrary.com

Afternoon Dominoes? Learn Canasta?
Contact Joyce at 978-562-4116 if interested.

Sale / Free / Wanted

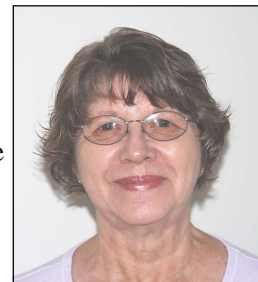
For Sale: Man's Bicycle — Switchback Mon-goose, 18 speed — \$25. Woman's Bike — GT Slipstream 18 speed — \$25. Helmets included. Contact Rich or MJ Ebens 978-562-7880

Don't forget "Home Again" donations if you're still Down Sizing. Contact Paula Bradbard 978-562-7249.

Contact the editor or your reporter to place a notice.

Area Highlights

By Barbara Champine



If you have guests from out of town this summer or are entertaining grandchildren you may want to consider visiting nearby Concord. There are all features of Minuteman Park and the walking tours from the Visitor Center at 58 Main Street on Fridays at 1pm and Saturday, Sunday and Monday Holidays at 11 and 1. Admission: Seniors and children 13-18 for \$12 and children 12 and under \$5.

Here are three of the most famous homes there that are all well worth a visit.

ORCHARD HOUSE at 339 Lexington Road. Tel. 978-369-4118. www.louisamayalcott.org The Alcott family home where Louisa May Alcott wrote "Little Women" has tours and living history programs. Tour hours are April 1-Oct 31, Monday through Saturday 10 to 4:30 and Sunday 1 to 4:30; Nov 1-March 31, Monday through Friday 11 to 3, Saturday 10 to 4:30, Sunday 1 to 4:30. Admission is \$8 seniors and \$5 age 6-17. Children under 6 are free.

RALPH WALDO EMERSON HOUSE at 28 Cambridge Turnpike. Tel. 978-369-2236. www.rwe.org/emersonhouse This was the home of the American writer from 1835 to 1882. There are 30 minute tours of the home, grounds and gardens. Open April 24-October 26. Thursday, Friday, Saturday from 10 to 4:30; Sunday 1 to 4:30; Monday Holidays 1 to 4:30. Closed Monday, Tuesday and Wednesday. Admission is \$6 Seniors and students under 17, Children under 7 are free.

THE WAYSIDE at 455 Lexington Road. Tel. 978-369-6993 or 918-318-7862 or 7863. www.nps.gov/mima/wayside. The Wayside is managed by the National Park Service. The Wayside was home to three families of authors: the Alcotts, Nathaniel Hawthorne, and Margaret Sidney. It is open by guided tour only from May 27-Oct 29. Thursday at 2pm and 4pm. Friday, Saturday and Sunday at 11am, 1:30pm and 4:30 pm. Closed Monday through Wednesday. \$5 for adults, free to your entire group with Golden Age Passport or 16 years and under. Because of some government cut backs it is best to call for their latest schedule.

SOCIAL COMMITTEE REPORT

Thank you again to all those who supported our events. We hope you enjoyed them! The coffee mornings were fun. The Cinema Nights (now suspended until September) were most enjoyable.....thanks to George, Harold and Barbara. Games Night is a great get-together and we would welcome some more players. (If anyone would like to play chess call Linda Palmer!) Bridge has started up again on Thursday nights (Theresa Bosio) and Weight Watchers was a winning 'loser'! (Thanks Marcella) Don't miss our upcoming Pizza Night and Catered Barbecue!! See separate ads and book in advance.

Please cut out this program and keep it handy:-

- Tuesday June 3rd and 17th 7pm Games Night
- Friday June 13th 6.30pm Pizza Night (\$5)
- Saturday June 28th 10-12 Coffee Morning (\$1)
- Tuesday July 1st and 15th 7pm Games Night
- Sunday July 6th 2pm Catered Barbecue (\$12)
- Saturday July 26th 10-12 Coffee Morning (\$1)

Thank you to those of you who returned the surveys. If you still wish to do so please drop them off to Marcella Monte at 3C Strawberry Lane. The comments and suggestions will be passed along to the next Social Committee appointed by the new Board of Governors.

Cultural Event The Bradbards, Paula and Lee and a group of helpers put on a Passover Seder for over 40 Quail Runners. We had "roasted" chicken wings, hard boiled eggs, and the bitter herb of horse radish along with celery, chopped apples and nuts and salted water on our plates to begin with. Lee, using his own Haggada or religious description for the evening, explained the significance of each item and how it related to the Israelites flight from Egypt. The "required" four glasses of wine (or grape juice) kept the diners busy refilling glasses.

We were seated at tables of 6 or 7 which gave everyone a chance to get acquainted with neighbors. Coffee and an assortment of traditional cookies and sweets finished the meal along with the light-hearted search for the Afikomen.

These events help to build our "Quail Run Family" and bring us all closer together. Others are invited to share their religious and cultural events with the rest of us.

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Building & Grounds Report Window Problems

On May 19th Paul Vermette, from Specialty Wholesale Supply (S.W.S), spoke to a large group of Quail Runners about the window problems some have had.

Paul talked about the warranty and where to find the information needed by S.W.S should you have a problem. He then went on to demonstrate how some of the problems can be fixed, by us, very easily. The warranty has been increased from 5 to 10 years, from date of purchase, on the windows and sliders should the seal fail allowing moisture to form between the glass. Parts warranty is 1 year and the vinyl around the window is lifetime.

Should you have a problem and call S.W.S be prepared to give them the lot, order and bin number found on the top window, under the very top.

The labor charge is \$45.00 per hour and it takes about an hour to get here from Gardener, Ma. Paul said labor charges generally average about \$90.00; however, if we collect a group with problems and Paul can make one trip to fix all at once the charge will be less.

We decided to collect a list, over a month's time, of those having a problem and I will call Paul to set an appointment for repairs. If you are having a problem please call me (978 562-7437).

Some problems can be fixed easily by one of us as stated above. You can call George Shaw, Vince Picarello, or Rich Ebens. It might be best to call George, Vince or Rich first. You can still call me.

Outside Building Problems?

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.

Vacation Medical Emergency

By Joanne Doherty

When packing our bags for Florida we thought we had included all the necessary items. We found out in hindsight that we neglected to take along the most important ones. Our vacations have always been trouble free. This year was the exception. My husband developed an infection during the first week there. We had the pleasure of visiting a hospital emergency room, a doctor's private practice and a local health stop. All the admittance forms required information about our Health Care Proxy's--did we have them and could we produce them if necessary. These included Healthcare Power of Attorney--Health and Personal Powers (Living Will)--Health Insurance Portability and Accountability Act (HIPAA) without these legal forms, if one of us became incapacitated, health care decisions could become difficult. We had the necessary forms but not with us! They were back in our home in Massachusetts with our other "important papers" safe. Luckily, we didn't need them as all my husband's medical needs were on an outpatient basis.

If you don't have these three items in your portfolio you should, even if you never leave Massachusetts. **The Privacy Act put into effect after September 11th, puts a roadblock on many health information sharing that was once taken for granted. It goes as far as not being able to make a medical appointment for your spouse without a note in his file!** So imagine your distress, being away from home with one of you in trouble and not having copies of your Health Care Proxy's on hand to facilitate your loved ones care instantly. That's the reason I'll not again travel without copies of the above--it's only an eight page file but could make all the difference in communicating with medical personnel in an emergency. Realistically, having copies of these forms with you when you travel could save you or your spouse's life. These proxies are required in the United States I don't know if there are any international rules that govern health care.

Update and Changes to Email List

George and Peggy Silva have a new email address. It is: mgtsilva@yahoo.com

Jeff & Pam Nesbit; 4C Rotherham Way; 262-719-4173; JDNPAN@AOL.com



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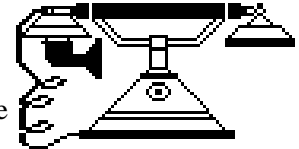
9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com

Communications Committee

If you have a change or addition to the Quail Run email list, contact George Champine.

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.

Be Sure to use Those Gift Cards

Stephen Hoffman provides this reminder that the following companies recently filed for Bankruptcy:

- 1) Hollywood Video
- 2) Levitz
- 3) Sharper Image
- 4) Performance Team Freight
- 5) Linens n Things
- 6) Circuit City

If you have gift cards from the above list you may want to use them soon. However, a company's "filing for bankruptcy" doesn't always mean it is going out of business. Companies typically file for Chapter 11 bankruptcy protection in order to put forth reorganization plans that will allow them to keep their businesses alive while they pay their creditors over time. Companies who file for Chapter 11 may still go bankrupt anyway but this outcome is not inevitable — many businesses have thrived (or least regained a stable level of performance) after emerging from Chapter 11 protection.



For more go to:

<http://www.snopes.com/politics/business/bankruptcies>

Annual Meeting Results & Election of Board of Governors

Past Year's Issues and Accomplishments

The first item the Board addressed was the need for more depth of management and led to the hiring of Alpine Management Corporation.

The BOG also met with the developer who responded to some of the issues brought before him. The rest we have to deal with ourselves.

Noblin Report is a review of the exterior building and landscaping here at Quail Run. The report stated that we are generally in good shape compared to other condominium groups, but there are a number of areas that need work. The BOG has used this report to help decide on how much to put in the Reserve Fund.

Thanks to the three committees and their chairs for the work and support provided by them as well as thanks to George Champine for his work to get the movie screen for the Club House.

The master valves for the sprinklers had to be replaced at a cost of \$5,300. The old ones could not be blown out properly in the fall and froze and split over the winter. The sprinkler company has also been requested to cut back on the sprinkling when possible. The community received \$11,352 back from the town on the huge leak in the sprinkler system's water lines that we experienced last summer.

A number of decks had structural problems that had to be immediately addressed. Twelve foundation cracks have been repaired. The parking lot at the Club House has been delineated.

The income tax reports for 2005 and 2006 were never filed which means that Alpine can not file our 2007 report nor ask for an extension. Alpine is working with the tax accountants to resolve this.

Current Issues and Projects

The Board of Governors are now elected in staggered terms as of this election. Three members will serve for one year and two will serve for two years.

Entrance signs are under study. The BOG has looked at several samples and have not been satisfied with the selection. One sign will be placed at the intersection of Rotherham and Reed Road facing in the direction of Marlboro St., the second sign will be at the intersection of Autumn and Reed Road facing in the direction of

Technology Dr. The bushes at the end of Autumn will be pushed back to allow for better visibility. Landscaping will be added to the Rotherham area. Estimates for the signs range from \$4 – 8,000.

The Rubbish contractors are giving us a new contract at a 8.5% decrease!

About 29 units have problems with rotted wood and are on the list to be repaired – worst first. The rotting wood will be replaced with PVC. Even though there is a lot of trim that needs painting, that will have to wait for the rotten wood problem to be completed.

Additional street lighting is scheduled. The current four lights cost us \$86 each year per an agreement with Hudson Light and Power. We are arranging to install six more lights at a cost of \$1,825 each. These will also be under the \$86 per year arrangement. Two lights will be placed on Autumn, two on Strawberry, and two on Rotherham. The Building and Grounds Committee selected the sites.

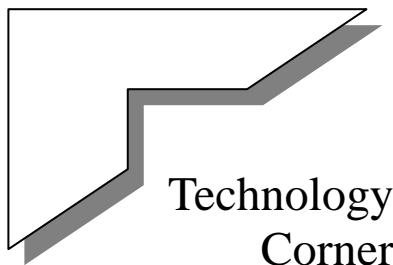
Deck power washing and staining caused the BOG a number of meetings and much discussion before the final plan was arrived at. Eight units have never been done and will be taken care of this summer at the owner's expense. A three year cycle for the cleaning and staining goes as follows: in 2008 – buildings 5 and 7 Autumn; 4 Rotherham; 1,3, 5, 7 Strawberry. In 2009 – 9 Autumn; 2, 4, 12 Strawberry; 1, 2, 3, 6 Rotherham. In 2010: 1, 2, 3, 4, 6, 11 Autumn; 6, 8 Strawberry. The cost for this will be covered by the association except as noted.

Drainage is a problem in a number of locations. Lawn Barber will be doing re-grading, putting in culverts, stone swales and other work, depending on the requirements of the area to be fixed.

Many Thanks to Those Who Ran for the BOG

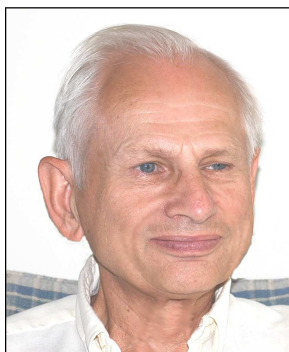
We had a strong slate of candidates which reflects a positive feeling among the residents about our community and how it is run.

Sincere thanks to: **Joseph Ciampi, 6-A Rotherham, Frank Monte, 3-C Strawberry, Anthony Palmer, 3-B Autumn.**



Technology Corner

By George Champine



New Internet Free Video

Location TV is slowly moving to the web, just as telephone and radio are. There is a new web site that provides free video clips, full programs from TV, and movies. It is discretely supported by ads. See <http://www.hulu.com>.

Restarting a Wireless Connection Many people are now using a wireless connection to be able to connect to the Internet from where ever they are. Sometimes these wireless connections stop working. Here is the first fix that should be used.

1. Turn off or remove power from both the modem and the router and wait 20 seconds.
2. Turn on the power to the modem and wait 30 seconds.

Turn on the power to the router and wait 30 seconds
In a couple of minutes the wireless connection will usually start working again.

Hudson Library web location The Hudson Library has a very good web site, which gives you access to not only their card catalog but to the card catalogs of most central Massachusetts libraries. With a Hudson library card you can request items from any of these libraries and renew the loan of items. It also provides free access to a wide variety of data bases such as Ancestry.com. See <http://www.hudsonpubliclibrary.com>.

High Definition DVD Players In a previous issue we talked about High Definition television receivers. Here is the rest of the story. Once you have an HDTV set, you may want a high definition DVD player that can support the higher quality picture available on the HDTV set, although your present DVD play will still work. A new generation of high definition DVD players is coming on the market this fall using a new high capacity media. Unfortunately there are two competing standards. One is called blu-ray and the other is called HD DVD, which uses two layers.

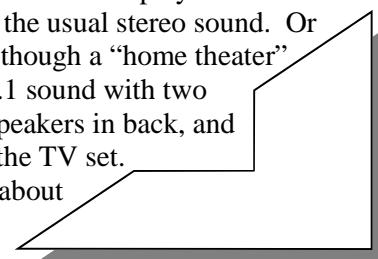
Players for these new media presently cost about \$500, but this will come down substantially in the next year or two. At this point it looks like blu-ray will win the standards war. You will need to buy all new high definition DVD disks to obtain picture quality improvement. A much less expensive compromise approach is to continue to use your current DVD disks but get a new DVD player which has “up conversion”, which can improve the quality of the picture from standard DVD disks.

There are two kinds of new interfaces for the high definition DVD players: DVI and HDMI. DVI, which is for video only, is the older interface standard which is now being phased out. I recommend the newer HDMI which carries both audio and video. There are adapters that will interface DVI into TV sets that require HDMI.

By the way, do not pay extra for “monster” or high quality DVI or HDMI cables. These are digital cables and all perform the same.

The high definition DVD players also support superior sound. You can of course play the DVD through the TV and get the usual stereo sound. Or you can play the sound through a “home theater” sound system and get 5.1 sound with two speakers in front, two speakers in back, and one speaker in front of the TV set.

These are available for about \$250 and up.



Letter to the Editor

My heartfelt thanks to all the Quail Runners who came to the community Seder. In addition, I learned that we have a wonderfully cooperative community here in Quail Run. After the Seder was over, not one person left the building until it was all cleaned and put together. **I have never before seen such a spirit of spontaneous cooperation like that before.** Thank you all for coming and for joining together.

“Lee” Bradbard

