



The Quail Runner

For and By the Residents
Of Quail Run



July — August 2008

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Lightening Strikes Again

Recent powerful storms brought three lightning strikes to Quail Run. **Ginny Fullam's** unit at 2-C Strawberry was struck over the garage and brought out a full complement of emergency equipment as well as many neighbors. Shortly after that the **Jacobs** at 5-D Strawberry discovered their unit had suffered a strike too. The units at 5 Strawberry were struck several years ago and the power surge effected a number of units. **Sherri** reported "We lost our Modem (which was an easy fix) and our garage door opener. Two years ago we lost a computer and 2 TVs."

This season's third strike was the electrical panel at the bottom of Autumn Drive. (Continued on page 7)

Volunteer Committees in Place

The Board of Governors met with the new committee members on July 16. The three committees, **Building and Grounds**, **Social**, and **Communications** will pick up from where the three from last year left off.

There were changes in membership, but a lot continued their good work. Each of these committees contribute to the life of this community of active adults. If you haven't served on one of the committees yet, consider joining next year. New ideas and enthusiasm are always welcome!

Thanks to all those who served this past year and to the committee heads.

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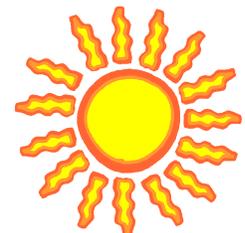
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Sixth Annual Ice Cream Social

Saturday, 9 August — 6:30

At the Community Center

Join with your neighbors for this annual Quail Run fun event
Lots of ice cream and assorted toppings.

Cost is \$1.00 per person with a donation of non-perishable food items for the Hudson Food Panty or \$2.00 without a donation Adults Only.

If you drive to the Community Center, please bring a chair – we need a few more for this event.

RSVP by August 7 to:

Barbara Baker	bakerb2939@gmail.com ,	978-562-2460,
Kent Callahan	quail4d@gmail.com ,	978-562-2460
MJ Ebens	RmjEbens@verizon.net	978-562-7880
Rich Ebens	RichEbens@verizon.net	978-562-7880

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
- ⇒ 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; PeggyRittenhouse@Comcast.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



If you haven't tried the **For Sale/Free/Wanted** column yet, give it a try. We sold our bikes the first day and have had equally good luck with other items!

Were you one of the over 70 who attended the **Pizza Party** at the Community Center? Rich and I missed out since our daughter was due to arrive at Logan that evening. Unfortunately she got caught in airline hell and didn't arrive until the next day!

We did make the **Cook Out** – again very well attended. The caterer did a super job and got a round of applause as he was leaving. I liked his burgers so well that I bought the Hilton Frozen patties to cook at home. (No, I'm not getting paid for this plug!)

With the arrival of hot weather the Ebens are taking an early morning, 6:30ish walk. A number of neighbors are doing the same, with and without their dog. The path on the right, behind the Community Center parking lot over to Intel's parking lot is getting quite worn down. The loop around to Technology Drive to Reed Road to Quail Run is about 1.3 miles with a great view.

See the Medicare Card reminder on page 10. The last time I had to show mine was for a flu shot.

Beverly Duncan remembers that six years ago, "Our moving van was the first to arrive on July 1, 2002. I think that a second one arrived later that day, but I don't remember whose it was (we were too occupied with moving in!)." We should keep this in mind and perhaps plan for our **Ten Anniversary on 2012!** That date will get here faster than we think!

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 you may view the current issue on **QuailRun Hudson.com**. The website also contains photos from various functions and events.



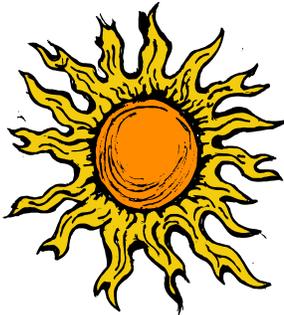
HEALTHY LIVING

by Peggy Rittenhouse

If you are like me, you probably love the summertime, but how do these really hot and humid days affect you? Did you know that we may be in danger of **heatstroke**

on these very hot, humid days if the body cannot keep itself cool? This may be caused by either extreme temperatures or strenuous exercise. Usually when the temperature rises, our bodies stay cool by the evaporation of sweat, but when the temperature and humidity rise, this evaporation of sweat is slowed down by the moisture in the air and our temperatures can rise to dangerous levels.

Typical symptoms of a heatstroke are: 1) rapid heartbeat and breathing, 2) elevated body temperature, 104 degrees or higher, 3) skin dry to touch with no sweating, unless heatstroke is from exercise, then the skin will be moist, 4) feeling dizzy, faint or light-headed, 5) headache, nausea or confusion and 6) muscle cramps or weakness.



Fortunately there are ways we can prevent these conditions from happening to us. In hot weather it is important to stay hydrated by drinking fluids, especially water or sports drinks, wear loose-fitting, lightweight clothing, avoid being inside a hot car, and avoid strenuous activity. It also may be important to take

precautions with medications that narrow your blood vessels or regulate your blood pressure or rid your body of sodium and water (diuretics). If you must exercise, it would be best to exercise in the early morning or late evening when the temperatures are cooler. Here in Quail Run we have air conditioning in our condos, which is a special blessing when the outside temperatures hover in the 90's.

If you suspect someone is having heatstroke, quickly move the person out of the sun and into a shady or air-conditioned environment, call 911 for emergency medical assistance, cool the person by covering with damp sheets, use a fan, and have the person drink cool water, if able.

Enjoy the rest of the summer and do keep cool!

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ROMEO'S

The next Romeos lunch will be at the beautiful Hudson Portuguese Club on the banks of the scenic Assabet River. Lunch will be on Thursday, August 21 at noon. The Club is located on Port St. which is off River St. This will be a bit different fare with some fine ethnic and authentic Portuguese food in a buffet style. For those inclined toward more traditional American food there will be roast chicken and hamburgers available. And all this for \$11 or \$12 bucks and include a soft drink!!



Hugo and Harold are trying hard to fill the big shoes of Harry and Joe in finding interesting and suitable lunch locations for our affable and congenial luncheon buddies. If we don't have you on our e-mail contact list and you would like to join us please contact Hugo hugosally@aol.com, 978-562-6501 or Harold tsvihesh38@verizon.net, 978-567-5909

Hudson Real Estate Taxes

John Ogden found some exemptions to local, Hudson taxes which may apply to some residents of Quail Run.

They are:

- Blind
- Veterans with a service -connected disability
- Surviving Spouse of veteran,
- Sr. Citizen age 70 and older (up to \$500) (65 and older by local option)

Contact Christine at the Assessors Office [978-568-9622](tel:978-568-9622). (This was previously sent out by email)



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Curtain Call



There is no Curtain Call meetings for July & August. The next meeting will be September 10th. I will send a reminder. I hope you have a great summer. Toby

Get on our email list to receive notices of the plays we pick. I only reserve 15 tickets for each play, but I can get more. 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.

Eating Out

(by Susan Ciampi)

Kimball Farm, Route 110 Westford

As a child growing up, my Mom and Dad and their 8 kids went to Wyman's Beach every Sunday in the summer. We grilled hamburgers and hot dogs for lunch. Then on our way home we stopped at Kimball's Farm Ice Cream Stand (established in 1939) for supper. As a special treat we all got a banana split. Many, many years ago the split cost \$1.00; today its \$6.50.



Kimball's has become a gold mine. From a seasonal ice cream stand to a driving range, pitch and putt, miniature golf, and bumper boats. The country store is open year-around where you can do some shopping or even have a lunch of soup and sandwiches.

About a month ago, Joe and I heard that they had opened a new restaurant called the Grill Shack. It is open from 11 am to 8 pm. Eating is outdoors on picnic tables under tents. The menu consists of hamburgers, hot dogs, chicken fingers, clam chowder, lobster roll and other delicious seafood. Joe ordered fried scallops and I had fried shrimp. Each was \$16.95. Everything was fresh and piping hot.

We decided to go again one week later. We got a fried seafood combo plate for \$18.95. The plate had two pieces of haddock, scallops and the most delicious fried clams we have ever had. It came with coleslaw and fries – big enough for two to share. Needless to say, we had no room for the ice cream! The place was very crowded that day because of all the activities.

Highly recommended!

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



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.

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

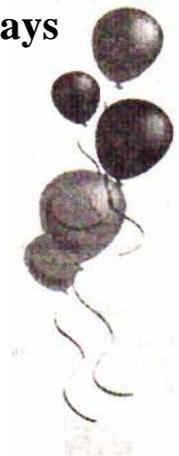
Quail Run Birthdays

August

Keith Gordon, 1
Dick Rouse, 3
Peggy Kunz, 4
Frank Monte, 9
Ginny Bosio, 17
Michael McCormack, 24
Lee Bradbard, 25

September

Terri Kilshaw, 3
Maria Morrison, 8
Marcella Monte, 12
Sally Mauro, Barbara Paradisco, 14
Sally Guidotti, 15
Toffy Beyloun, 17
Stephen Hoffman, 20
Kathy Palmaccio, 23
Paula Bradbard, 24



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

TIPS ON PUMPING GAS

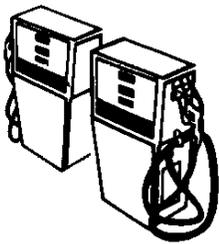
From Kevin Fitzgerald

Only buy or fill up your car or truck in the EARLY MORNING when the ground temperature is still cold. All service stations have their storage tanks buried below ground. The colder the ground the more dense the gasoline, when it gets warmer gasoline expands, so buying in the afternoon or in the evening your gallon is not exactly a gallon.

In the petroleum business, the specific gravity and the temperature of the gasoline and other petroleum products plays an important role.

A 1-degree rise in temperature is a big deal. But service stations don't compensate for temperature at the pumps.

When you're filling up do not squeeze the trigger of the nozzle to a fast mode. If you look you will see that the trigger has three (3) stages: low, middle, and high. Pumping on low speed minimizing the vapors that are created while you are pumping. All hoses at the pump have a vapor return. If you are pumping on the fast rate, some other liquid that goes into your tank becomes vapor. Those vapors are sucked back into the underground storage tank so you're getting less worth for your money.



One of the most important tips is to fill up when your gas tank when it's HALF FULL. The reason for this is, the more gas you have in your tank the less air occupies the empty space. Gasoline evaporates faster than you can imagine. Gasoline

storage tanks have an internal floating roof. This roof serves as zero clearance between the gas and the atmosphere, so it minimizes the evaporation. Here where I work, every truck that we load is temperature compensated so that every gallon is actually the exact amount.

If there is a gasoline truck pumping into the storage tanks when you stop to buy gas, DO NOT PUMP ANY GAS. The gas truck's fill stirs up the dirt that normally settles at the bottom off the tank and you might pick up some of it which can clog your gas line.

This information is available from the Department of Energy and each is required to state where they get their oil and how much they are importing.

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JULIETS NEWS

Wednesday, August 20th 12:30

Butternut Farm Golf Club, 115 Wheeler Rd, Stow
The menu selections as well as the sign up sheet will be posted at the club house. The prices will range between \$10.00 - \$12.00 with coffee, tea or soda and will include tax and tip. Seating arrangements will be four at a table and bills will be made out per table. Contacts are Sally Guidotti 978-562-6501 or Nancy Reid 978-562-6282. Please sign up by August 15th.

Directions are as follows: Left on Reed Rd, Left on Marlboro. Right on Forest Ave. Go through lights onto Rt. 62. Follow 3 miles and take a left on Wheeler Rd. There is a small sign on Rt. 62 on the left just before Wheeler Rd.

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

The Following Dates Will Complete This Calendar Year. Details Later

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 & Kareen Shaw

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



Condo Care

Stephen Hoffman came home to find his outside dryer vent and blown away in a recent wind storm. He bought a replacement vent at Home Depot for \$4. **Kent Callahan** noticed that his vent is cracked and loose.

Don't Flush — Whatever you do, skip the toilet when you're disposing of old medicine. That's the new advice from the federal government.

"Flushing down the toilet is the worst thing you can do. Most of these compounds are not removed by wastewater treatment," explains Dana Kolpin, a U.S. Geological Service hydrologist. In recent years Kolpin has identified about 50 pharmaceuticals in U.S. streams and groundwater. While impacts from human exposure to this potpourri is under investigation, it is known that dissolved birth control pills in Colorado's Boulder Creek, a tributary of the South Platte River, have caused some fish to switch sex. (March – April Audubon Magazine)

Compact Fluorescent light bulbs last longer and use up to 75 percent less electricity than incandescent bulbs. But the bulbs contain tiny amounts of mercury, which is toxic to the human nervous system. Uncertainty about disposal has discouraged consumers from adopting the bulbs, so it was welcome news last month when Home Depot announced that its 1,973 stores would begin accepting used bulbs for proper recycling.

Home Depot, Ikea, and True Value stores offer compact fluorescent bulb recycling. The recycling program should give an additional boost to sales of the bulbs, which reached 75 million at Home Depot in 2007. The company will take bulbs bought at any stores, not just its own.

According to the US Environmental Protection Agency, if every household switched just one bulb to compact fluorescent, the nation would save \$600 million in energy and would reduce greenhouse gases equivalent to the emissions of 800,000 cars.

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



Transitions

Condolences to **Steve Pietchel** on the death of his mother.

Welcome to **Domingo and Josefina Nieves**, 2-B Strawberry. The Nieves are newly here after 20 years in Orlando, FL and before that 25 years in Clinton, MA. They are the parents of Ada Fallon, 3-A Strawberry.

Henry and Susan Ross, newly moved to 8-D Strawberry from Rotherham were greeted by their new neighbors with Strawberry Shortcake!



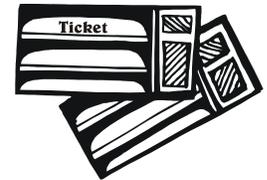
Welcome also to new neighbors at 1-G Rotherham. They are **Sharyn and Mark Kitchell**, 978-562-3229.

Former residents **Paul and Claire Davis** are now living on Felton St. We hope to see them here occasionally!

Hudson Public Library

Our local public library on the rotary, is one of the best around. Just ask your neighbors who have moved here from other towns! The library carries a wonderful collection of movies and audio books on a variety of formats. If they don't have your favorite, they can get it on an inter-library loan.

In addition they have added a new feature to their website this year call TixKeeper, an online museum / area of interest pass registration system. Patrons can log into the website and pick a destination and see when day passes are available and book their own museum pass up to three months in advance. It also provides quick links to the museum websites for easy access to directions or special events. The passes include Discovery Museum, Drumlin Farm, Ecotarium, Higgins Armory, Museum of Science, New England Aquarium, Plimoth Plantation, Tower Hill and the Worcester Art Museum. The passes are courtesy of **Friends of the Library**.



Another recent feature at the library was a 1908 Tea with Rita Parisi. Ms Parisi entertained over a dozen visitors including five from Quail Run with the trivia of her day. The group got an insight into the daily life of a middle class lady of the time. For more on this fascinating performer check waterfallproduction.com.

Quail Run Recipes

QUICK SWISS APPLE PIE

(Courtesy of Ginny Bosio)

2 eggs; 1 cup sugar
1 cup flour
½ cup walnuts (chopped)
½ cup raisins (optional)
¾ cup butter (1-1/2 sticks)

4 – 5 apples (peeled and cut)
1 teaspoon sugar
1 teaspoon cinnamon

Fill Pie Plate 2/3 full of apples.

Mix 1 teaspoon sugar and 1 teaspoon cinnamon –
sprinkle over apples

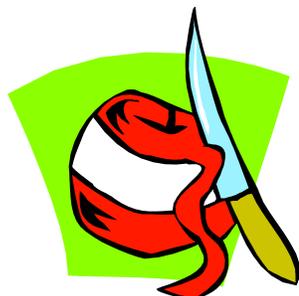
Sprinkle walnuts and raisins over apples

In a saucepan, melt butter – add sugar and flour – add
eggs. Mix and pour mixture over apples

Bake 45 minutes at 350 until golden brown

Elaine McGoldrick's Food & Fork column is being
replaced with an occasional column of popular and/or
requested recipes from residents here at Quail Run.

Does your neighbor make something you just love?
Share it with the rest of us by submitting the recipe to
either your reporter or the editor.



Tradesmen Recommendations

From **Sharon Berthiaume**

Post Road Carpet; 782 Boston Post Rd (east) - Rt. 20
Marlborough; 508-485-1993; They removed a couple of
severe wrinkles from my wall-to-wall carpets.

ALBEC on-site Drapery Cleaning; 774-217-2973

Had my Hunter Douglas: "Luminette" sheers, "Silhou-
ette" window shades and "Top Down-Bottom Up"
shades cleaned in home. All work done extremely well.

Janice Owen recommends the following:

Melindora's Massage Therapy - 118 Forest Ave, Suite
205, Hudson. 978-562-1555. Close to home - reason-
able and relaxing.

MetroWest Mobile Vet - a vet who makes house calls -
Dr. Lori Kreidberg, 978-579-0570. I have an elderly
cat that refuses to go to the vet so she came to him and
he adored her.

Send your recommendations to the editor or your
reporter.

Astrology—What's Up

by Beverly Beylouné

VIRGO Aug. 22 – Sept. 22

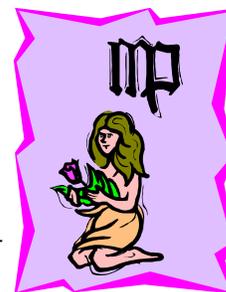
This year Virgo people will be
going through a lot of introspection.
Looking within and assessing their
lives. What goals were set, how far have they
gone... what have they accomplished... and what they
still hope to accomplish! While you
have spent a lifetime building up an
external world, you may be quite un-
aware of what is going on inside
yourself. Now is the time to turn in-
ward and restructure yourself wher-
ever necessary.

The more you get in touch with your-
self during the next year, the more
successful you will be in the future.

This year can also bring about some major changes in
your home including a change of residence, major re-
modeling or redecorating, or just changes within the
family. You will have this year, an opportunity for per-
sonal growth, and increased wisdom, along with greater
freedom of self-expression.

LIBRA Sept. 23 – OCT. 22

Changes of scene and traveling over short distances may
trigger off important changes that will have far reaching
effects. Wherever you go, strive to gain new perspective
that will enable you to understand your everyday world
a little more deeply. This is a year when you put more
emphasis on peace and security. All aspects of your in-
nermost life – your home, your personal life, your fam-
ily will improve. This is a very good time to invest in
real estate. Transits during this year stimulate artistic
creativity. If you have any artistic ability, your imagina-
tion will be very much improved, and
you will be able to come up with new
ideas for your art work in any field or
medium. If you are inclined to write,
start a journal or write a book! As a rule
your communication with others is bet-
ter than usual now. You are able to say
what's on your mind! Write it down!



Lightning

(From page 1)

Ginny Fullam lost her TV and printer and phones in the
whole building went out. Her neighbors, the **Mudgetts**,
lost their TV and some lights blew.



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Serenity Prayer

God grant me the serenity
To accept the things I cannot change,
The courage to change the things I can
And the wisdom to know the
difference.



Or the Senior Version

God grant me the senility
To forget the people I never liked,
The good fortune to run into the ones I do
And the eyesight to tell the difference.

From Terri Kilshaw

Sale / Free / Wanted

For Sale Bike Rack for automobile — holds two—three bikes. \$10 or best offer. Contact Ebens 978-562-7880

Paint Sprayer, Wagner, 2 speed. Operates on 4D batteries and holds 1 gallon of paint. Used once. Original price \$57.00; asking \$20. Contact Ebens

For Sale Two brass wall lamps that attach to wall at either side of bed. Excellent condition. \$75 each. Call Linda or Tony Palmer after August 3 at 978-568-9141.

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



Now that the beautiful summer weather is here, many of our Quail Runners are making good use of the Assabet Rail Trail.

There are many other fine trails in the area that can offer an interesting change of scenery.

MOUNT WARD CONSERVATION LAND

Take Rt. 20 East in Marlborough. Turn left on Wilson Street (the stop lights just past Bertucci's). Right onto Hemenway Street; then the first right on to Langelier Lane. The trail head is at the end of Langelier lane.

This trail passes over and around old cart paths and recently constructed trails. The hike covers a change in elevation of 110 vertical feet over 1000 horizontal feet. At the top of the hill is a massive maple tree estimated to be over 100 years old. There are many benches located along the trail. There is an information board. The trail is about 1.2 miles.

DANFORTH FALLS

A small parking area can be found on Lincoln Street (Hwy 85) in Hudson, going north from the rotary for one mile toward the town of Bolton. A nice pine needle lined path leads to the falls.

GATES POND

This trail is a favorite of many walkers. There isn't a single cottage on its shoreline, and it is open for all to enjoy. Gates Pond is a reservoir, managed by the Hudson Department of Public works. It is 2.5 miles around the pond. To reach the pond, take Hwy 62 at the rotary in Hudson. Pass under 495. Take the first road on the left after the underpass, Taylor Road, and take it to the end. The pond is actually in Berlin.

GRAY RESERVATION and HAYNES MEADOW

Take Main Street, Hudson, into Sudbury as far as Old Lancaster Road. Take a right and the parking area is immediately on the right. There are maps at the trail head to be returned when you are finished. This area has peaceful paths leading you past creeks and ponds and eventually to a good-sized bridge over Hop Brook at Haynes Meadow. There is also a direct route into Haynes Meadow at end of Blueberry Hill Road. Take Old Lancaster Road south to Peakham, go right and right again on Blueberry.

Quail Run Volunteer Committees

Building & Grounds

Joanne Doherty	Bill McEvoy
Ginny Fullam	Frank Monte
Roger Gagne	Harry Morgan
Hugo Guidotti	Vincent Picarello
Lee Jacobs	Steve Pugsley
Fitzgerald Kevin	Ken Spears
Timothy Lilley	Peter Stott
Michael McCormack	

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Social

Lee Bradbard	Sally Mauro
Barbara Edelstein	Marcella Monte
Lynn Fishman	Anthony Palmer
Virginia Fullam	Evelyn Spears
Terri Kilshaw	Marlynn Stott
Shirley Lupien	Jan Mudgett

Communications

Beverly Beyloune	MJ Ebens
George Champine	Peter Recklet
Jack Doherty	

The next meeting of the Communications Committee is in September. We are now posting Quail Run emails on the Community Center's Communications Bulletin board in the hall next to the small office. If you don't have email, or think you might have missed a notice, check there. Recent emails have covered such things as the change in trash pickup over the July 4th holiday, tick warning and information, and window repair updates.

We are also changing the way that non-Social email notices are sent out to the Quail Run community. Notices should be sent to quailrunmembers@gmail.com

At least two members of the Committee will monitor the site at all times and forward the messages on to the community. The complete lawn and pruning report from Alpine is also there.

We hope this will improve our coverage of official emails from the BOG and others.

Contact George Champine with email changes and Jack Doherty with update to your phone number.



Social Committee Year-end Report

The Social Committee of 2007/2008 comes to the end of its term on July 31.

Our recent 'Special Events' include the Pizza Night and the Catered Barbecue, both of which were well attended and successful. We thank all of you for your support And hope you had some enjoyable times in the last 12 months!! We got some great suggestions with our survey. Many of you want a pot-luck and other fun events and have offered to be called on to help. I hope that some things we introduced such as the Cinema Night and the Coffee Morning will become standards. Other events like the Musical Tea and the Holiday Party were so enjoyable they bear repeating!



I should like to take this opportunity to thank my great team. Marcella Monte, (Secretary), Sherry Lupien, (Treasurer), Lee Bradbard, Kevin Fitzgerald, Joanne Doherty, Harold Edelstein, Barbara Edelstein, Evelyn Spears, Nancy Reid, Sally Guidotti, and Barbara Picarello. You all worked so hard and with such enthusiasm.

Everyone shared the loadfrom the planning to the cleaning up!! My heartfelt thanks for your support!

We welcome the newly appointed Social Committee and wish them the best of luck and fun in the 2008/2009 year. We hope you will give them the support in their events that you gave us.



Terri Kilshaw

A Stonecroft Bible Study

Starting Monday, September 22nd, 2008, 1 PM at 1F Strawberry Lane. This study will be for about 1-1/2 hours and will meet weekly for 12 weeks. We use the Good News New Testament which is approved by all denominations.

We look scripture up by page numbers so if you have never studied the Bible you will not be intimidated!

Please call Marion Anderson – 978-562-4546 or Janice Owen – 978-567-0767 for more information or to sign up. (There is a small charge for materials)

Janice has been guiding these studies for about 25 years. Christian Women’s Clubs are the local organizations sponsored by Stonecroft. Marion has been attending CWC with Janice and they have felt the need to get a bible study going here in the neighborhood. We are excited about it and hope others will be too.

Stonecroft Ministries is an international, Interdenominational organization.
www.Stonecroft.org



Safety Reminders

Do Not carry your Medicare Card with you unless you plan to use it — it has your Social Security number on it.

Don’t lock storm doors when you are away. If an emergency required entry into your unit, your storm door will be broken to get to the front door lock.



Community Center Rock Garden

Have you noticed the flowers that **Toby Allen** and her crew are planting to beautify the rock face. They have worked in some of our hottest weather! In a few years we should have a lovely rock garden. In addition to Toby, **Karen Shaw, Helen Markini, and Sally Mauro** are working in the soil.



Dog Rose

If you have any perennials that need dividing, they will be happy to take them off your hands. They promise to be very careful when removing them.



HUDSON, MA

- ▶ AUTO
- ▶ HOME
- ▶ BUSINESS

978-562-2332

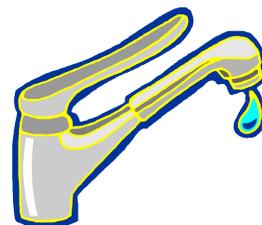
9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com

Vacation Instructions

Check page 7 of the Quail Run phonebook for vacation instructions.

Don’t leave home without contacting Alpine. It could mean the difference between substantial damage being done to your unit while emergency teams try to get in touch with you and something being quickly and easily repaired. For example, blocking a water leak in the unit next to you before you get flooded!



This ‘n’ That

Visiting a State Park this Summer?

Take advantage of the free parking by utilizing our OCR Annual Park Pass. Hudson Residents may borrow the pass for free parking for one vehicle at over 50 facilities in Massachusetts State Park system that charge a daily parking fee. Contact the Division of Recreation for more information 978-568-9642.

MARK YOUR CALENDAR:

River’s Edge Players “How to Succeed in Business Without Really Trying” Aug 1,2,8 & 9, Hudson High School, 7:30 \$\$

Boston Science Museum “Baseball As America” with artifacts from the Baseball Hall of Fame in Coopers-town from June 15-Sept 1. \$\$

New England Wild Flower Garden in the Woods, “Big Bugs” sculpture exhibit and “Web-of-Life”, July12-Oct 31, 180 Hemenway Road, Framingham \$\$

Lawn and Pruning Update From Alpine Management; Condensed

"Greening" up the lawns got off to a slow start this spring, due to a combination of lack of rain, and a late turn on of the irrigation system. There were two reasons for the late start. We have a new irrigation contractor here at Quail Run, Aqualogix, who came on site, with absolutely no records, drawings, plans of the existing system, or idea of how many heads, zones, clocks. They found that some of the backflow valves were cracked, and/or in need of some type of repair.

They have continued to 'tweak' the system as they receive reports that the irrigation is not working in particular areas.

As it relates to the lawns, Lawn Barber promptly took care of the damaged grass along walkways and drive-ways early, at our insistence, hoping that the rainfall would be adequate until the irrigation was running. A pre-emergent for crabgrass, was put down with the first application of fertilizer. It was not effective however, because of the lack of rain and irrigation.

Their second application of fertilizer contained weed control. We are getting an estimate to have the lawn sprayed again for both weeds and crabgrass.

The crabgrass starts dying out naturally at the end of August, and at that time Lawn Barber will reseed these areas along walkways and driveways.

The grass is not dying. In some areas it has turned brown, or a reddish color, because of a fungus. It is appropriately called 'brown spot' or 'summer spot'. Lawn Barber recognized this about a month ago, and treated for it with a fungicide at no additional cost to the association, so that it would not spread. These areas will be okay; they should come back fine next year.

This week Lawn Barber put a third application of fertilizer with high nitrogen content, and some iron on the lawns. Nitrogen helps make the lawns a lot greener and also has grub control.

As Lawn Barber continues to learn more about the property, including the fact that there is extensive clay and ledge at Quail Run to contend with, and that the soil content in the backs of the buildings is very poor, you will see improvements.

(The complete report is posted on the Communications Bulletin board in the hall at the Community Center.)

Building & Grounds Year End Report

I would like to THANK all the members, of last years, Building & Grounds Committee for their support and SUPERB job they did going out surveying the grounds and reporting the problems noted.

Members are/were: **Allen Boemer, Harry Morgan, Mike McCormack, Tim Lilley, Lee Jacobs, Steve Pictchel, Don Pugsley, Roger Gagne and Hugo Guidotti.**

Last year the B&G checked the grounds and buildings for irrigation and drainage problems, units and decks in need of painting / staining, safety condition of high decks, window problems, the darkest areas needed for street lighting and general condition of the outside of the units (i.e. wood rot, loose siding, etc).

Gentlemen, I applaud your work. I am glad to see that some of you will continue next year.

Toby Allen (Out going chair of the Building & Grounds Committee)



Community Reminder: If you have exterior problems at your unit, email Cathy Birnbrich (preferred) cbb@alpinemanagement.com or call 978-371-9090 x 13

She is the proper contact for these problems and has the means to solve them. She is employed by Alpine Management Company as our representative.

Updates & Changes to Email & Phone

Keith and Dolly Gordon, dollynkeith1@aol.com

Linda Borrelli, email4sunshine@comcast.net

Kevin Fitzgerald, jkfitzgerald@msn.com

Joe & Sue Ciampi, sue2341@comcast.net

Virginia Fullam, virginia2c@comcast.net

Julie Hall, speedy2u@net1plus.com

Henry & Susan Ross - 8D Strawberry Lane; Cell phone - 1 803 295-6443 (no land line)

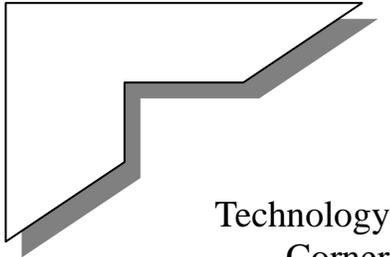
hanksnewtoy@bellsouth.net

Sharyn & Mark Kitchell, 1G Rotherham, 978-562-3229.

Harold Edelstein, tsvihesh38@comcast.net

Domingo and Josefina Nieves, 2-B Strawberry, 978-212-5852

Peggy Rittenhouse, PeggyRittenhouse@comcast.com



Technology Corner

By George Champine



Digital camcorders that allow you to take home “movies” have improved dramatically with much lower prices in the last few years. High quality camcorders are now available for about \$150. This column gives pointers on buying a camcorder, taking video, editing the video, and writing the edited video to tape or DVD. The software that we use for this discussion is Microsoft Movie Maker. It comes free with XP and Vista. It is designed for the amateur and is easy to use. The controls are well-labeled and there are several tutorials included on how to use it. However, it lacks the advanced features of a video editing package such as Pinnacle Studio, which is top rated in product reviews and which is my favorite. Movie Maker can write edited video to DV tape and CDs. Pinnacle can also generate DVDs.

In order to take and create videos, you need: 1)a camcorder, 2)a cable to transfer the video from the camcorder to the computer, and 3)a computer with video editing software

The Video Camcorder

Video cameras, called camcorders, are amazing examples of modern technology. They have a number of characteristics that are important. Most have zoom capability, which is very useful. Some also have anti-shake capability and backlight compensation. Some also take still digital pictures, so on vacations you do not need to take two cameras.

One of the important characteristics is the media that is used. Most current camcorders use Mini DV tape, which comes in two lengths: 60 and 90 minutes. I recommend the 60 minute tape as it is much more robust. Newer camcorders can use a small DVD disk for recording, a hard disk, or a media card as in a digital still camera. Whereas the tape can be reused, the DVD disk is write-once.

Another important characteristic is the type of interface to the computer. There are two types: Firewire (also known as IEEE 1394), and on newer camcorders USB 2.0. The interface on the camcorder needs to match the interface on the computer. All new computers have USB 2.0. Older computers have USB 1.1 and may have Firewire. If your computer does not have the interface that you need, you can buy an add-in board for about \$30.

Taking the Initial Video

The first step in getting good video is to take care with the original shots. Most of the rules for taking good pictures in the Digital Photography section also apply to video. Some additional suggestions for video are:

- Use zoom very sparingly. It is usually better to zoom between shots than during a shot
- Keep shots short (10-15 seconds) and change orientation and viewpoint between shots
- Mix distant (to set the scene) and close-up (to give details) shots
- Try to get good audio: it is more difficult than the video
- Hold the camera steady. Use a tripod if necessary
Get close!!!

Transferring the Video to the Computer

Connect the camcorder to the computer with the cable. Position the tape at the start of the desired video. I always plug the camcorder into its power pack to make sure it does not run out of power during the transfer. Start the Movie Maker software by selecting: Start>All Programs> Accessories >Movie Maker. Then select the “Capture Video” menu selection, and then select “Capture from Video Device”. Click on the “Start Capture” button. You will be asked to assign a name to the video that is captured. You can capture the video as a single segment, or you can automatically break it into clips each time the camcorder was stopped. I recommend capturing it as a single segment and breaking it up during editing.

Continued in the next issue: **Editing and Creating Output**

