

The Quail Runner

For and By the Residents
Of Quail Run



September — October 2008

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

Pot Luck Dinner

On Friday, November 14 we are having our first Pot Luck dinner. Sign-up sheet in the club house with 3 categories: salad, main course and dessert. You must bring a dish in order to attend plus a \$1.00 charge per person to cover all additional expenses.

This is chance for everyone to show off their culinary skills (gentlemen, this includes you). More information as we get closer to the date.

If you do not have e-mail, please ask your neighbors if we have sent additional information. Any questions, contact Marlynn Stott, 978-567-5912 petermarls@verizon.net

Phonebook Update

The Quail Run phonebook is in the update process. A draft of the latest version is at the Club House.

Please put a **check mark** by your information to indicate it is correct.



You have until the end of October to verify your information.

The new book will be distributed the first week in November. The Board of Governors is covering the expense.

“Excerpts from the Diaries of Adam and Eve”

World famous authors, Adam and Eve, are returning from their international book tour. Quail Run is the last stop on their trip. Come and hear them read excerpts from their diaries.

**Performance Saturday, 25 October 3:00.
Cost \$2.00; at the Club House**

Adam and Eve have graciously donated five copies of their book to be given as door prizes. They will also be available for autographs.

Sponsored by Curtain Call

**Don't miss out on this
Once in a Lifetime
Opportunity!**



New Board Member

The Board Of Governors (BOG) has appointed **Evelyn Spears** as Member -at-Large, to serve until May, 2009, when an election will be held.

Evelyn is replacing **Allen Boemer**, who resigned from the Board on August 28, 2008.

Board meetings have been changed to the third Tuesday of the month, at 3:00 PM, at the Clubhouse.

Welcome Evelyn! We appreciate your taking over this position.

Contents

Repeating Topics

- Ads — 3,4,5,8,9, 10
- Area Highlights— 8
- Astrology— 7
- Bible Study—10
- Birthdays— 4
- Book Club— 4
- Cinema Nite — 6
- Condo Care— 6
- Curtain Call— 4
- Editor's Desk— 2
- Healthy Living— 3
- Juliets— 5
- Romeo— 3
- Sale / Free / Wanted — 8
- Runner Staff— 2
- Stitch 'n' Knit— 4
- Technology Corner— 12
- Transitions — 6
- Vacation Delivery—2

Updates:

- Alpine Mgmnt—11
- BOG, Decks — 10
- Communications—9
- Social Com.— 9,10,11

Special Articles:

- Alice / Wonderland — 9
- Strawbry Block Party — 7
- Bounce Sheets — 11
- Breakfast w/ Janice — 3
- Concert Series — 7, 10
- Digital TV Switch — 8
- Elderhostels — 5
- Feathers? — 11
- Garage Sale — 10
- Ice Cream Social — 6
- Library Book Sale— 5
- Notary Public — 9



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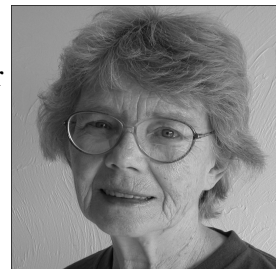
Website QuailRunHudson.com



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



One of the things I love about walking around Quail Run, is meeting so many of my neighbors. Our community is one of caring and sharing. Most of us have had and/or are having to deal with hard problems. I hear many conversations along the lines of "how is --- doing?" These are not questions asked to further the gossip mill, but rather concern about a neighbor's well being. The plus side of this is that most of us are upbeat and happy with our life here on top of the hill.

The technology involved in publishing the *Quail Runner* has taken another step forward with this issue. The master copy was emailed to A-1 Copy instead of my having to drive it to the rotary. This should also make a slight improvement to the quality of the copying as well as less work for me!

We also have the technology to email the *Quail Runner* to anyone with an email address. If you're interested in this, let me know.

This issue of the *Quail Runner* is full of happenings and activities for you to join. Don't be shy – you will be most welcome!

mj

Quail Run's Tenth Anniversary 2012!

BOG Minutes

To read the Board of Governors minutes, go to the Quail Run website — **QuailRunHudson.com**, then click on **Governance**, and then the **BOG Meeting Minutes**

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 has some free extra large envelopes; or get issues emailed to you

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

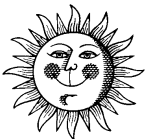
The Vitamin D Dilemma

We see the word “carcinogen” and we shudder. The word, of course, means anything believed to cause cancer. We think of toxic

chemicals or something similar. It’s difficult for us to think of sunlight, or to be more precise, the invisible ultraviolet portion of sunlight, to be labeled a carcinogen. But there seems to be no question that exposure to ultraviolet light is a risk factor for all 3 types of skin cancer—basal cell, squamous cell, and melanoma.

But lately a steady stream of research has linked sun exposure to lower rates of some cancers—especially colon cancer, but other kinds of cancer as well. The reason sunlight may have this anticancer effect is because when our skin is exposed to ultraviolet light it makes vitamin D, and vitamin D has a powerful effect in the body. Vitamin D seems to help regulate how cells grow and mature and also has a beneficial effect on our immune system, according to the Harvard Health Letter (Aug. 2009).

Of course, the pros and cons of sun exposure is often a hotly debated subject. On one hand are the dermatologists who want us to smear sunscreen over the exposed parts of our body and also want us to avoid midday sun. But now there are researchers who believe that by shielding ourselves from sunlight we might be missing out on the many benefits of this vitamin.



According to Dr. Michael Holick, a Boston University researcher, and reported in the Harvard Health Letter, in the summer a fair-skinned person can get all the vitamin D needed in just 5-15 minutes of sun exposure on the arms and legs 2 or 3 times

a week. He recommends sun protection on the face. But that may not be possible in the winter in our climate. What’s a person to do? Government guidelines tell us that people 51 years of age and older should get 400-600 IU of Vitamin D daily. One way to get this is by taking supplements, drinking vitamin D fortified milk, soy milk or orange juice and by eating salmon or other kinds of oily fish, which is about the only food source of the vitamin. Also losing weight may increase vitamin D levels as the vitamin is fat-soluble so may get locked away in fat tissue.

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ROMEO’S

The October ROMEO’s will be announced later.

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



BREAKFAST WITH JANICE

The Champines usually meet once a month for breakfast with Janice Long, director of the Hudson Senior Center. Meet her on the 3rd Wednesday of each month, at 8:30 am at the Harvest Cafe (one of our *Quail Runner* advertisers). Have breakfast or just coffee. Find out what is going on with Hudson seniors and around town. George and I first learned about the problem at the Esplanade and the plans for the new senior center at breakfast. We discussed using Geothermal Energy in the new center. The center will probably be moving its operations to the town hall around Dec 1, until the remodeling is finished. So, if you want advance information about what is going on with seniors in Hudson, consider joining the group. You do not have to be a member of the Senior Center.



However for \$5.00 a year you may join and get the monthly news letter. Send it to Friends of the Hudson Senior Center, 29 Church St., Hudson.



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Quail Run Birthdays

October

- Dolly Gordon, 4
- Barbara Picarello, 5
- Vinnie O'Brien, 6
- Jeannine Bensette, 9
- Bea Cabot, 11
- Abe Fernandes, Ken Hart, 12
- Ruth Fay, Nancy O'Brien, 22
- Harold Edelstein, 26
- Allen Boemer, 28
- Harry Morgan, 30

November

- Shirley Howard, 3
- Ed Rawson, Rosemary Fitzgerald, 4
- Regina Darcy, 9
- Bob Rittenhouse, 11
- Vincent Picarello, 16
- Pam Tavilla, 19
- Aida Fallon, 20
- Beverly Beyloune, 25
- Donna Milot, 25



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

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



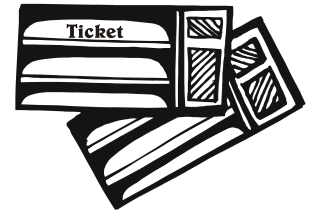
Curtain Call



Our first play after the summer months is "Meanwhile, Back on the Couch".

Place - Acme Theater, Maynard.
Date - Sunday, October 5th at 3 PM.
Price - \$14.00

In this zany, fast-paced play, struggling psychiatrist Victor Karleen takes on a new patient to help his growing financial problems. The patient frustrated, by love, dreams up a steamy, torrid novel and gives his first manuscript to Victor. Victor's nurse hands the manuscript over to a publisher, believing it is Victor's work. Suddenly Victor has an enormous advance royalty check, a Book of the Month Club selection and a potential Pulitzer Prize! Things continue to spiral out of control as Victor is determined to keep his patient crazy until he's dreamed up the final chapter...



We will see Noel Coward's play "Hay Fever" on 16 November, put on by The Concord Players. \$18.00.

Our next meeting will be Wednesday, October 15th at 2 PM in the Club House.

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.



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.

Knitting Acronyms

- LYS** – Local Yarn Store
- SEX** – Stash Enrichment eXpedition
- UFO** – UnFinished Object
- WIP** – Work In Progress
- KIP** – Knitting In Public

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

Education + Fun = Elderhostel

This is what the Bradbards, Baker / Callahans and the Ebens found this year in a number of Elderhostels ranging from “The History and Architecture of Charleston, SC”, “Vermont and the Revolutionary War”, “The Battle of Gettysburg”, and “A Taste of Vermont”. These four events included staying in lovely historic inns and hotels, delicious meals, stimulating and knowledgeable lectures, and tours of appropriate areas under study.

The Bradbards report that, “We were in Brandon VT for a delightful Elderhostel which included a trip to a cider mill, a winery, a chocolate factory, a cheese making farm, a goat milking, and a trip to Ben and Jerry’s ice cream factory. We were all over Vermont like a blanket. We enjoyed cooking demos at the Inn as well as demonstrations of maple syrup candy making and jelly making. If you think that sounds like a fun week, then I have succeeded. If you are drooling, then call me up and I will tell you the name of the Elderhostel course.”



Elderhostel is dedicated to life-long learning. Their courses are a combination of lecture and activity. Catalogs of the various offerings are available at the Club House or contact one of the above for more information.

Friends of the Hudson Public Library Used Book Sale

Saturday, October 18; 9:00 – 4:00; Homemade baked goods available

Sunday, October 19; 12:00 – 3:00

Fill a bag with books on Sunday for one price

The book sale is held at the VFW on Palmieri Drive in Hudson at the intersection of Lake and Cox Streets



This is a wonderful opportunity to support our local library and get BAGS of books at a very low price.

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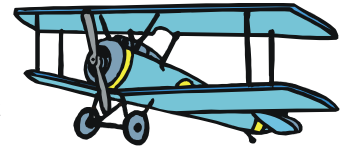
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JULIETS NEWS

October — Monday, 6 October, 12:30 Nancy's Airfield Cafe, Stow. The menu selection and sign up sheets are posted in the Quail Run Club House. The event will be hosted by Jeannine Bensette and Barbara Langley 978-212-5006

Directions are as follows:
Take Rt 62 into Stow Center. Go straight ahead at the lights which intersect Rt. 117. At the stop sign,



take a right and follow the airport signs which take you to Boxboro Rd. Take a left on Boxboro Rd and go straight. Nancy’s Airfield Cafe is several miles down on the left hand side and is very well marked with a sign and a flag. If you would like to carpool or need a ride, call Jeannine or Barbara.

The Following Dates Will Complete This Calendar Year. Details Later

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



Wanted

We need one or two ladies willing to coordinate the Juliet’s luncheons, starting with the January luncheon. All volunteers please contact Barbara Edelstein 978-567-5909 or bedelst@yahoo.com

Condo Care

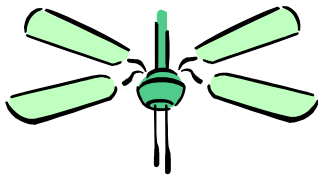
See page 11 for George Shaw's Condo Checking Service.



Calendar Reminders

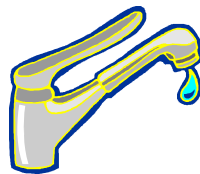
With the approach of winter and vacations in warmer climates, here are some things to remember before you go. Pay particular attention to the batteries that need to be replaced — you don't want them to die while you are away.

- Time to switch your overhead fans to the winter setting with the button up.
- This is a good time of year to replace the two AA batteries that run the LuxPro PSP511 thermostat. If the batteries die, according to



the LuxPro tech, the thermostat defaults to about 40° and will continue to turn the furnace off and on. You have 30 seconds to swap the batteries before your program is lost.

- It's a good idea replace the 9V batteries in the smoke detectors once a year. They are at the 2 bedrooms, dining/living area, loft, and the often forgotten basement.
- Next are your carbon monoxide detectors 9V batteries.
- Some of us have garage door openers that have a key pad outside the garage door. Don't forget to replace the battery in the key pad.
- Check your smoke detector-- push the button, perhaps with a broom handle, and make sure they are still functioning.
- Turn-off outside water faucets



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

Cinema Night "Singin' in the Rain"

The movie chosen for the next Cinema Night is "Singin' in the Rain". Join us on **Friday, October 3 at 7:30** for this movie and popcorn.

This movie is a 1952 comedy musical starring Gene Kelly, Donald O'Connor, Debbie Reynolds, Cyd Charisse, and Rita Moreno, and is directed by Kelly. Gene Kelly, one of the greatest dancers of all time, also provides the choreography. The plot is a comic depiction of Hollywood's transition from silent films to "talkies" and is based loosely on factual history.



The movie is consistently ranked as one of the top five musicals of all time and is very funny.

November's 7th film is "**One, Two, Three**" with James Cagney, Horst Bucholtz, Arlene Francis and Pamela Tiffin. It is Cagney's funniest movie ever as head of a West Berlin Coca Cola bottling plant where the boss' daughter runs off and becomes pregnant by an East German Communist. The boss is coming from Atlanta, Ga. and Cagney has to make everything right. It is hilarious and also a time capsule of American history the '50s. **Start Time 7:00 PM**

Transitions

Condolences to **Sal Palumbo** on the death of his sister Nancy DiLorenzo who passed away on August 24th.

Weddings:

Beverly Minot's, (8F Strawberry) grandson (John) was married to Samantha Moore on September 14th.

Vincent (Vinnie) Graceffa's (8G Strawberry) son, Vincent Jr. was married to Susan Daubney on September 20th.

Ice Cream Social a Sweet Time for All!

Over 60 Quail Runner joined in for a sweet feast of ice cream and homemade toppings. The weather cooperated with a nice sunny day. Residents enjoyed the chance to indulge their sweet tooth and chat with neighbors. We also made a substantial donation to the Food Pantry. This is the sixth year for this annual event. A big "thank you" goes to **Barbara Baker, Kent Callahan, and the Ebens** for their hard work and effort.

Concert Series Music Worcester

Mechanic's Hall and United Congregational Church
Organized by **Anthony J. Palmer**, 3B Autumn Drive

Monday, November 17—Warsaw Philharmonic
This is Poland's national orchestra, conducted by Antoni Wit. The featured work is Liszt's Piano Concerto No. 1 in Eb major, performed by acclaimed Ukrainian pianist Valentina Lisitsa.



Wednesday, March 4—Acrobats of China — I have seen this troupe in Japan and they are an incredible mixture of athletic ability and artistic acumen. The costumes alone are worth attending.

Monday, March 16—Natalie MacMaster — She is one of Canada's major talents, performing East Coast music. The accompanying band is superb.

Saturday, May 2—Water Music: Jonah and the Whale This cantata by the Pulitzer-prize winning Dominick Argento is a Massachusetts premiere; the concert, performed by the Worcester Chorus and orchestra will also feature spirituals and folk songs.



The first three concerts will be held in acoustically wonderful Mechanic's Hall, engaged by performers like Yo Yo Ma to do their recordings. The fourth concert is at the United Congregational Church.

A special concert of Messiah will be given on Saturday, December 6 in Mechanic's Hall. For anyone interested, we can schedule that as a separate event at additional cost.

Transportation will be by private auto depending on the number of interested parties. The concerts will be preceded by a review of the music and followed by an after-concert refreshment at 3B Autumn Drive.

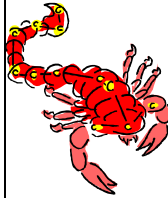
Cost of the series will be \$149 for first price seating and \$126 for 2nd price seating (both prices are with the 10% discount for the group rate). Call 978-568-9141 to order your subscription no later than October 15. check or cash will be accepted.

Astrology — What's Up

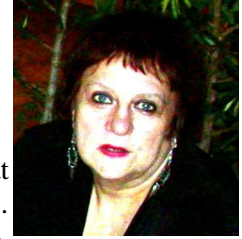
By Beverly Beylouné

SCORPIO Oct. 23 – Nov. 22

Over the next few years you'll notice changes in your values. What you feel is valuable...



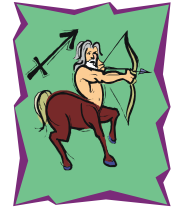
your material possessions. Considering how little control we have over the material world, it is amazing how much stock we put into what we possess. The effects of transits this year will increase your contacts through and within your immediate surroundings. You may also find yourself traveling more. Your concern for communication will increase, and you may do some writing, even if that is not one of your usual activities.



Your relations with family are very good during this time. As a general rule, communication with others is better than usual. Your plans for the future will be larger and more expansive.

SAGITTARIUS Nov. 23 – Dec. 22

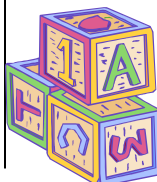
At this time you will begin to gradually reshape your personality. You will gain greater control over the ways you project your personality to others, which will make your relationships more rewarding. Under the transits you will be more and more driven to seek out the inner dimensions of life. The more you understand yourself in relation to the world the more you will be able to bring about a complete birth of energy and effectiveness in your life. For the next couple of years you will begin to see your everyday world in a different way. Your everyday mental attitudes (and habits) will change, and you will look at life in a new and different way. You will see things you have never seen before and communicate with others in a new way.



7 / 12 Annual Block Party

The Second Annual Block Party was held by the residents at the end Strawberry, buildings 7 and 12.

With the music from *Mama Mia* in the background they enjoyed the wonderful variety of food that each resident brought.



Special thanks to **Barbara Langley** and **Jeannine Bensette** who were the party organizers.



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DIGITAL TELEVISION SWITCH

FREE INFORMATION PROGRAM

Wednesday, October 8th at 7:00

By law, full-power television stations nationwide must stop using the old method of transmitting TV signals known as analog and begin broadcasting exclusively in a digital format on February 17, 2009. A speaker from the National Association of Broadcasters will explain why the switch is occurring, who will be affected, how to make sure you are prepared, how to participate in the federal coupon program to help with converter box expenses.

HUDSON PUBLIC LIBRARY 978-568-9644

Sale / Free / Wanted

Wanted — Knitting Swift Would like to buy, borrow or check measurements on this handy gadget for winding yarn into a ball. (If my husband can at least see one to measure, he can make me one!) MJ Ebens, 978-562-7880

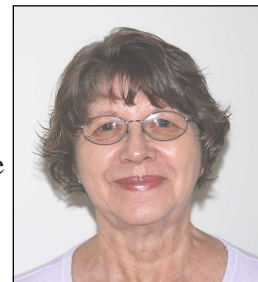
Info Wanted My Central vacuum system needs repair and I am looking for recommendations for repair service. Please contact Elaine Recklet at erecklet@comcast.net or 978-562-2721 with any suggestions.

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



MUSEUM OF RUSSIAN ICONS is located in nearby Clinton.

This museum was founded as a non-profit educational museum by Gordon Lankton. The collection includes about 340 Russian icons, the largest collection of its kind in North America. It is one of the largest private collections outside of Russia. The collection spans six centuries, and includes important historical icons dating from the earliest periods of icon painting up to the present.

TWO MUSEUMS, ONE CULTURE

From October 16th 2008 through May 1st 2009 the museum will have the International exhibition from the State Tretyakov Gallery, Moscow. This exhibition is organized exclusively by the Museum of Russian Icons and is the ONLY USA venue to see these masterpieces from Russia's exceptional Gallery. This is a groundbreaking cultural exchange between a Russian and American Museum. Concurrently, over 150 icons from the Museum of Russian Icons collection will be on view.

Here are a few events from their calendar:

Demonstration: 11/21/2008, 1pm to 3pm. Icon painter and priest Fr. Donat Lamothe will demonstrate traditional icon painting materials and techniques as he works on some of his exquisite paintings during this drop in demo.

Lecture: 12/13/2008 3pm. Speaker: Icon specialist Faye Peponis: Icons of the Season. Discover how symbolism and spirituality are written in the icons of the Nativity, and St. Nicholas among others. Expand your understanding and appreciation of this 2000 year old tradition of sacred art.

Location: 203 Union Street in Clinton. Route 62 joins Rt. 70 and becomes Union Street in Clinton.

ADMISSION, HOURS: The museum is open to the public Tuesday through Saturday 11:00 am until 3:00 pm. Admission is five dollars (\$5) for adults and voluntary donations by seniors/students/children. There is a gift shop. The museum has a Russian language study group this fall.

www.museumofrussianicons.org phone 978-598-5005

Communications Committee

Phonebook Update — see page 1 for details



Non-Social email notices for the Quail Run community 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.

Many people do not like to open attachments. Instead, they prefer that the information be in the body of the mail message. It is easy to do this by following these simple steps.

1. create your document in the usual way.
2. select the entire document by typing control+a (hold down the control key while typing a).
3. copy the document by typing control+c
4. close the document
5. click in the body of the message and then type control+v to paste the document into the email body.

Set the addresses and subject as usual. One exception to this process: Gmail (which we use to send out these messages) does not allow embedded pictures in the body of an email message.

Social Committee Upcoming Events

October

- 3 – Cinema Night – 7:30PM - \$1.00
- 18 – Coffee Morning - 10:00AM
- 31 – Oktoberfest - 7:00

November

- 3 - Cinema Night --7:00 PM - \$1.00
- 14 - Pot Luck -
- 29 – Coffee Morning – 10AM

December

- 5 – Cinema Night – 7:00 PM - \$1.00
- 12 – Holiday Party - 7:00

New Year's Eve — No New Year's Eve Party. Club House is Open. Since all of the attendees must be residents of Quail Run, there is no charge for use of the club house.

Any questions, contact Barbara Edelstein 978-567-5909 or bedelst@yahoo.com; Evelyn Spears 978-567-0742; Marcella Monte 978-562-0823



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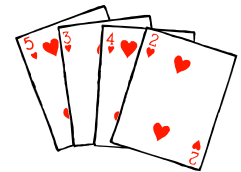
9 Bonazzoli Ave., Unit 4, Hudson, MA 01749

ALICE IN WONDERLAND

Sponsored by the River's Edge Players

The performances will be at Hudson Town Hall: Saturday 8th November at 3.30pm and 7pm Sunday 9th November at 2.30pm followed by 'meet the characters'!!

Price \$12 adults \$9 children with \$2 discount and reserved seats if booked in advance. For tickets call the Arts Alliance at 978 562 1646 (Producer Barbara Worrest) This is going to be a really fun show for



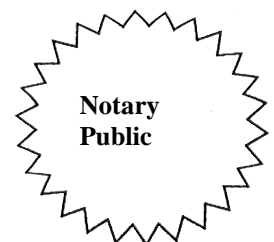
you and the grandchildren to enjoy together. Introduce them to Alice, the White Rabbit, The Mad Hatter and March Hare, Tweedledee and Tweedledum, Humpty Dumpty, the Cheshire Cat and, of course, the dreadful Queen of Hearts! The characters will also be present at the Hudson Halloween Parade down Main Street on Thursday October 30th.4-6pm.

Our own **Terri Kilshaw** shall be playing the "Queen of Hearts" in "Alice in Wonderland" an interactive production.

Notary Public at QR

Both **Evelyn Spears**, 1-E Strawberry, and **Ray Samra**, 7-D Strawberry, are Notaries and have offered to provide this service to residents of Quail Run. This is a very generous offer on their part.

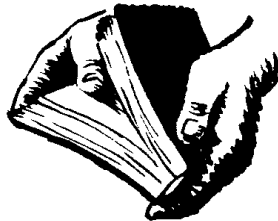
In order to have something notarized, in addition to the form itself, you will need to bring your driver's license or other form of identification.



A Stonecroft Bible Study

All indications are that a number of people are interested in this program which started Monday, September 22nd, 1 PM at 1F Strawberry Lane. The study is for about 1-1/2 hours and meets weekly for 12 weeks. We use the Good News New Testament which is approved by all denominations.

Contact Janice Owen, 978-567-0767 or Marion Anderson, 978-562-4546 if you would like to join.



Symphony Pro Musica 2008 - 2009 season

Save the Dates - Merits Attending

- > November 8 & 9, 2008; Mendelssohn *Violin Concerto* Sibelius *Symphony No. 5*
- > January 24 & 25, 2009; Wagner *Orchestral and Operatic Selections*
- > March 14 & 15, 2009; Haydn "*Clock*" *Symphony & Trumpet Concerto*; Villa-Lobos *Uirapuru*, *Bachianas #5 and other works*
- > May 2 & 3, 2009; Family Concert; Mendelssohn *Piano Concerto*; Grieg *Peer Gynt*; featuring performances by *George Li and Studio Ballet of Hudson*

For Information telephone: 978-562-0939
e-mail: spm@symphonymusica.org
website: symphonymusica.org



Garage Sale Spring 2009

Sponsored by the Social Committee.

It will be almost 4 years since the last one and if you are like me, you have a lot of unneeded stuff. To quote an uncle of mine "If you have any unopened boxes two years after moving, you probably don't need what's in there," Barbara Edelstein



HUDSON, MA

- ▶ AUTO
- ▶ HOME
- ▶ BUSINESS

978-562-2332

9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com

Planned Washing and Staining of Decks

As you know, we have been power washing and staining decks according to a prioritized schedule laid out last year. However, we have encountered some problems along the way and have temporarily halted work.

The BOG, along with Cathy Birnbrich of Alpine, recently met with a painting contractor, Prime Touch, to discuss both trim painting and the issues that have been encountered with staining and sealing the decks.

It is not necessarily that the contractor has done a bad job; there are several inherent factors that have contributed to the problems. First, the stair stringers, deck posts, and the railings are of two different types of wood, i.e., pressure treated wood and cedar, and each reacts differently to power washing and staining. It may be necessary to power wash with an additive, which we have not been doing. Secondly, once a deck has been stained, the stain soaks into the grain of the wood, and the deck cannot be stained darker at another time without the color absorbing unevenly. The Board has been hoping to be able to stain all the decks the same color for consistency, but this may not be possible to do unless a solid stain/paint is used.

We hope to continue with the deck project soon, and ask for your patience as we determine the best course of action going forward.

Thank you. Barbara Morgan for the BOG



What Can You Do with Bounce Dryer Sheets?

Here are some unusual uses courtesy of **Lee Bradbard**



The US Postal service urges all letter carriers to put a sheet of **Bounce** in their uniform pockets to **keep yellow-jackets away**.

It **chases ants away** when you lay a sheet near them and **repels mice**.

It takes the odor out of books and photo albums that don't get opened too often.

It **repels mosquitoes!** Tie a sheet of Bounce through a belt loop when outdoors during mosquito season.

Eliminate static electricity from your television (or computer) screen by wipe your television screen with a used sheet to keep dust from resettling.

Dissolve soap scum from shower doors by cleaning with a sheet of Bounce.

Freshen the air in your home with an individual sheet in a drawer or hang in the closet. Put a sheet in vacuum cleaner.

Prevent thread from tangling. Run a threaded needle through a sheet before beginning to sew.

Prevent musty suitcases. Place an individual sheet of bounce inside empty luggage before storing.

Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food and the pan.

Collect cat hair by rubbing the area with a sheet to attract all the loose hairs.

Feathers & Medals Wanted to Borrow

The Curtain Call production of *Adam and Eve* would like to borrow a feather hat, a feather fan, and a variety of medals, if anyone has such things to loan. We

promise to take good care of them. Contact Toby Allen or MJ Ebens



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.

Traveling?

Peace of mind while you are away.

George Shaw, 3G Strawberry Lane, is offering a new service for the residents of Quail Run who travel or are Snow Birds.

This service provides *periodic checking* of your condo, which includes:

- All circuit breakers and ground faults are functioning
- Plumbing and water heater – no leaks occurring
- Check for water seepage into the unit due to ice dams
- Basement/foundation water leaks
- Furnace/air conditioning units working
- Windows and doors closed/locked
- Smoke/CO detectors functioning
- Visual home inspections inside and out

For details, call George at 508-562-2340 or cell 508-615-5898. Fully insured.

Change in Coffee / Tea Policy

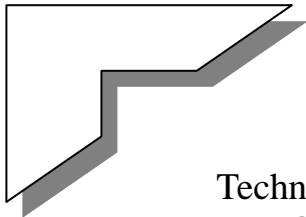
The Social Committee requests all groups serving coffee and tea in the club house to charge a small fee. For now it will be on an honor system with a donation can on the counter. This is to cover the price of the coffee, teas and paper goods used. Last year we were able to offer coffee, tea, paper goods gratis because the Board of Governors gave us one-time only start-up money.

The Social Committee must now be self-sustaining, forcing us to charge so that we can continue to stock the pantry cabinet.

As usual, the participating groups will supply the perishable creamers for their use.

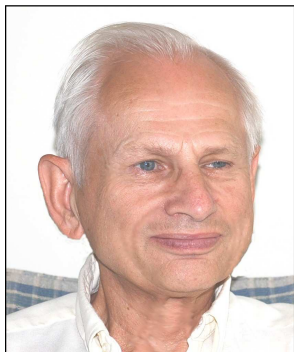
Adjustments to the price might have to be made as time goes on. Any questions, contact Barbara Edelstein bedelst@yahoo.com; 978-567-5909





Technology Corner

By George Champine



Home Video -2

In the last issue we talked about purchasing a video camcorder, taking good videos, and transferring the video to the computer. In this issue, we talk about editing the video to improve the quality and making them more enjoyable to watch. We also talk about the output process, copying the video to DVD, VHS tape, or video CDs.

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, VHS tape, and CDs. Pinnacle can also generate DVDs.

Editing the Video

To begin, select the “Edit Movie” menu selection. The video should tell a story, and each clip must add to the story-telling sequence. The first step in editing is to break the video into clips. The breaks should be selected to isolate clips that should be deleted or moved. Be aggressive about eliminating clips that are not useful or interesting. After the clips are created, they are moved into the “story board” in the order that is desired. Each clip usually must be “trimmed”, which is to modify the starting and ending points of the clip. This is done by selecting the clip, opening the clip editor, and adjusting the start and end points for each.

Next, you may want to add still photographs to the video. I often end a video with a series of still photographs that recap and summarize the highlights of the video. Include photographs by selecting the “Still photograph” tab and doing a “drag and drop” to place the photograph in the storyboard.

After any photographs, you may want to add transitions

between clips. These come in many forms, including dissolves, wipes, or other fancy transitions. Select the “transition” tab and drag-and-drop the desired transition to between the appropriate clips.

Next you will probably want to add titles. The titles may simply appear, or you can have them “slide in” from a variety of directions.

After titles, you may want to add background music. This can come from MP3 files, music CDs, or music provided by Movie Maker. To do this, and for other audio work, switch the storyboard to the timeline-based presentation. You can then drag and drop” the music file to the proper place on the time line. With Pinnacle you can also add a “voice over”.

Creating the output

The final step is to create the output. You can create a video CD, VHS tape, or DV tape. Select the “Output” menu selection and the desired output media. The DV tape video can be up to 90 minutes in length, and the CD can be up to 30 minutes in length. Many but not all DVD players can play video CD, so be sure to check to see if your has the necessary capability. I always make two copies of the output so that I have a backup in case one fails.

Disposal of batteries

The following provides guidelines for responsible battery disposal.

First the easy ones. Non-rechargeable alkaline and carbon-zinc (“heavy duty”) batteries are not considered hazardous waste and may be go in household waste.

Batteries from cell phones, pagers, cameras, computers, and related hand-held devices are considered hazardous. These include single use or rechargeable batteries such as NiCad, silver-oxide, mercury-oxide, and lithium which must be disposed of as hazardous waste. They are accepted by Best Buy and some other electronics stores for proper disposal and at the Intel recycle days.

Lead acid batteries used in cars, motorcycles, boats, garden tractors, and some heavy duty appliances are not accepted at the Transfer Station.

Companies that sell these batteries such as Sears and Sullivan Tire and Auto will accept them for disposal, although they may charge a fee.

