

# The Quail Runner

For and By the Residents  
Of Quail Run



November—December 2008

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## BOG Open Meeting

The latest Board of Governors' open meeting was crowded as usual with a good turn out of residents who wanted to get an update on what's going on in the community and what are the future plans.

**Barbara Morgan**, chair of the board thanked former members **Toby Allen** and **Allen Boemer**, who had previously resigned, for their work, time and effort. Toby will not be replaced since there is too little time before the next election for a new member to "ramp up" on the board's work.

For a review of the work that was done over the past spring and summer and future plans see page 9

## Quail Run Holiday Party

Friday December 12<sup>th</sup> 7pm

Celebrate The Season Together In Our Winter Wonderland Clubhouse!!

Lots of Savory Snacks and Sweet Treats Tea/Coffee, B.Y.O.B. Games, Prizes, Music, Grab Gift.

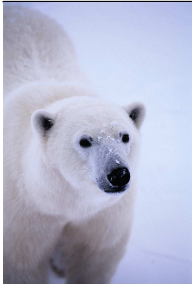
Voluntary  
Donation to  
Food Pantry or  
Toys for Tots.  
Entrance \$5



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## Polar Bears Dinner

Saturday 31st January 6.30pm Coral Seafood Restaurant

Nearby On Rte 85 — Marlboro

The Quail Run Polar Bears are the hardy souls who brave out the winter in the frozen north when the 'snowbirds' have fled to warmer climes! Join us this year for a wonderful dinner with fish specialties, just right for polar bears. Again we have negotiated an all inclusive

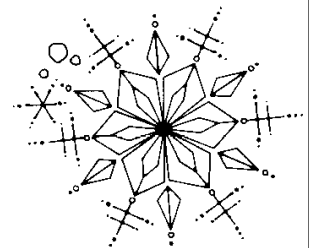
menu to ensure a speedier service at a good price. **Menu is displayed in the clubhouse.**

Don't miss this great winter get-together!! Please detach the booking slip below and leave it with your check in the collection jar at 5F Autumn Dr. (or mail) before January 24<sup>th</sup>. Questions? Call Terri Kilshaw at 978 562 0578

### 6th Annual Polar Bear Dinner

Name(s) \_\_\_\_\_

Amount Enclosed (\$28.00 per person) \_\_\_\_\_



## The Quail Runner Staff

**Editor:** MJ (Mary Jean) Ebens  
**Assistant Editor** Terri Kilshaw

### Reporters:

1/3 Autumn **Peggy Kunz**, 3D  
 4/9 Autumn **Marilyn Hoffman**,  
 5/7 Autumn **Terri Kilshaw**  
 6/11 Autumn **Carole Perla**,  
 1/3 Strawberry **Sally Mauro**  
 2/4 Strawberry **Barbara Champine**  
 5 Strawberry **Lee Rouse**  
 6/8 Strawberry **Toby Allen**  
 7/12 Strawberry **Barbara Paradiso**  
 1/4 Rotherham **Kevin Fitzgerald**  
 6 Rotherham **Harry Morgan**

### Columnists:

**Technology Corner**—George Champine  
**What's Up & Email Database Manager**—  
 Beverly Beylouné,

**Area News**—Barbara Champine  
**Healthy Living**—Peggy Rittenhouse,

### Communications:

**Phone and address list** Jack Doherty,

**Website** QuailRunHudson.com



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

## 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.

## Transitions

Condolences to **Barbara Champine** whose Mother died 22 November in Salt Lake City. She was 102 years old.

## The Editor's Desk

MJ Ebens, editor



We have two new advertisers in this issue, the Shaklee ad is courtesy of the Champine's daughter. Great Lengths is used by a number of us to get our hair done. Be sure to mention the Quail Runner when you use our advertisers — so they will know that their ad is seen!

Other changes include thanks to **Joyce DiPaolo** for her years as reporter for her end of Autumn, and welcome to **Carole Perla** who is taking over for her.

I appreciate the kind words expressed by the **Champions** on my work as editor of the *Quail Runner*, however I would be remiss if I didn't thank my loyal and supportive staff of reporters and columnists and well as the enthusiasm of the residents. We all work together to make Quail Run a great place to live.

mj

Welcome to **Marie Mangan** and her dog Tara to 7C Strawberry. She is from Gately Avenue here in Hudson. Marie is another retiree from Digital.

## Updates & Changes to Email & Phone

The updated phone book has just been distributed. The Board of Governors covered the \$123 cost of copying. There are already corrections and updates! You can see the current changes below. We will send out an email update in June. Be sure to send any updates or corrections to Jack Doherty, Communications Committee.

### Updates

**New email address for**

**Ron Chiasson** [ronchase5@comcast.net](mailto:ronchase5@comcast.net)

**Betty Chiasson** [lizchase8@comcast.net](mailto:lizchase8@comcast.net)

**Kevin and Rosemary Fitzgerald** [rkftzg@comcast.net](mailto:rkftzg@comcast.net)

### Additions to the book

**Stan Gordon:** 508-277-2659 2F Rotherham Way  
[stangordon@mindspring.com](mailto:stangordon@mindspring.com),

**Donna Alum:** 978-460-0835 2F Rotherham Way  
[mula45@mindspring.com](mailto:mula45@mindspring.com)

**Marie Mangan** 7-C Strawberry, 978-562-2891

[Marimangan@comcast.net](mailto:Marimangan@comcast.net)



## HEALTHY LIVING

by Peggy Rittenhouse

Probably all of us know someone who has **Alzheimer's disease** (AD). It seems that increasing age and a family history of AD are the greatest risk factors for the disease and, of

course, we can't do much about either one of those, so what's a person to do? Fortunately our government agency The National Institute of Health is funding numerous studies trying to find ways to prevent and/or treat AD and this agency has some suggestions for us.

A variety of factors seem to reduce the risk of developing AD and there is a growing body of evidence that a healthy lifestyle promotes a healthy brain.

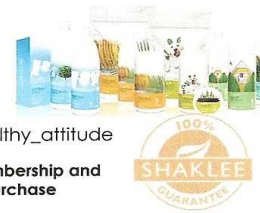
- 1) Take good care of your heart by treating high blood pressure because there seems to be a relationship between high blood pressure and damage to blood vessels in the brain which reduce the brain's oxygen supply
- 2) Maintain normal blood cholesterol levels which is another way to take good care of your heart
- 3) Keep blood sugar under control
- 4) Be physically active which benefits not only your heart and waistline but also your brain. It seems that physical and mental function improve with aerobic fitness which may have something to do with increased blood flow to the brain during physical activity
- 5) Stay engaged in social activities with friends, family and others. In a National Institute of Aging (NIA) funded study, a high level of social interactions was associated with significant reduction in cognitive decline. Examples of activities to keep your mind exercised and improve mental functioning are:
  - Learn something new such as learning a foreign language
  - Play memory games to improve your memory
  - Read challenging material
  - Join a book club
  - Do crossword puzzles, sudoku, jigsaw puzzles
  - Play board games
- 6) Eat a healthy diet such as a diet low in cholesterol, saturated fat, sugar and salt and high in dietary fiber, fruits, vegetables, legumes, whole grains and omega-3's such as salmon, flax seed and walnuts

Okay, I'm off for a walk on the Railtrail and after that a game of Big Boogie.



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11/08

## ROMEO'S

The next Romeos will be on the **18th of December at the Piccadilly Pub** on Bolton St.—Route 85, in Marlboro.

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](mailto:hugosally@aol.com), 978-562-6501 or Harold [tsvihesh38@verizon.net](mailto:tsvihesh38@verizon.net), 978-567-5909



## Drug Warning

A recent Mayo Clinic study indicates that for some people the drug **Mirapex** can induce compulsive behaviors.

Mirapex, is often prescribed for Parkinson's disease, restless leg syndrome, or fibromyalgia. Mirapex has a black box warning about compulsive behavior and can cause gambling, shopping/spending, overeating, and/or sexual addictions.

## Welcoming new residents

We as a community try hard to make sure that all new comers get a warm welcome, but we sometimes fall sadly short. **Sally Mauro** is the head of the Welcoming Committee and has a packet of information to hand out to new comers. She also requests information from them so that they will get in our phonebook and added to the email distribution. **If you notice someone new moving in** to your area, please let Sally or your reporter know. Don't assume that *someone* already knows – we would rather hear several times than miss one.



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04/08



## Quail Run Birthdays

### December

Jane Freedman, 2  
Tony Tavilla, 4  
Richard Ebens, 6  
Theresa Bosio, 19  
Renee Kossuth, 21  
Ken Spears, Marilyn Hoffman, 29  
George McGoldrick, 31

### January

Lois Boemer, 2  
Nina Schlikin, 6  
Barbara Langley, 10  
Helen Marckini, 13  
Barbara Kansky, 7  
Peggy Rittenhouse, Terry Milot, 20  
Shirley O'Connell, 27  
Deborah McCormack, 30  
Karen Hart, 31

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



## The Hudson Food Pantry

The recent Boy Scout Food Drive collected over 9000 lbs of food. This is the largest amount ever collected. The highest before was just over 7000 lbs. Unfortunately the need is greater than ever. Note the opportunity to contribute at the Holiday Party.

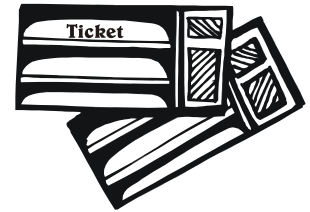
## Curtain Call



On November 16th eleven members of Curtain Call attended Noel Coward's play "Hay Fever" performed by the Concord Players. This was our second visit to this theater. Both plays were performed skillfully and the stage setting very appropriate. The seating arrangement of the Concord Theater allows for good viewing of the stage. All, who attended, enjoyed this play.

The next play we are planning on seeing is "**Cabaret**", performed by the Concord Players. The decadent world of 1930's Berlin comes to life in this Tony Award-winning musical masterpiece. Sunday, February 15th. 2 PM (matinee). Tickets go on sale December 1. I am taking names now for those who are interested. Price \$23.00

You do not have to be a member of Curtain Call to attend; however, if you belong to Curtain Call, you get to help pick out what we see, and receive e-mail notices from Curtain Call. The best thing is meeting your neighbors the second Wednesday of each month and enjoying lively conversations.



Contact **Toby Allen**, 978 562-7437, puella\_tobia@hotmail.com or **Helen Marckini** 978-567-0937 for more information.

## Curtain Call Productions

The world famous authors, Adam and Eve, paid a visit to Quail Run, the last stop on their trip international book promotion tour. With the help of **Ken Curewitz** and **Jeannine Bensette** these two character were brought to life through excerpts from their diaries. They were formally introduced by **Lee Bradbard** as Master of Ceremonies. Profits from the production will go towards plants and materials for the rock garden behind the Club House parking lot.

Our next production is scheduled for February 21. We will present an evening of "**Stew and Stage**" with a light supper, a multi-media production of *Mrs. McWilliams and the Lightening*, dessert, and some a reading aloud of bedtime stories. Save the date – there will be more in the January/February issue.

If you want to be part of the cast / crew, contact Toby or MJ Ebens.



## Heritage Chorale

2009 Season  
72nd Season Programs

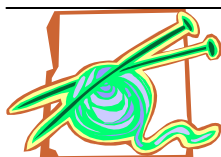
**POPS 2009** — Sunday, February 8, 2009; 4:00 p.m., Nevins Hall, Memorial Building; 150 Concord Street (Rte. 126), Framingham

Enjoy a "Rhythm" and "Dance" theme with songs that include "The Rhythm of Life" and "I Got Rhythm" and dance music from the Tango to the Hora, from Bolero to Square dances.

**Spring Concert** — Saturday, May 9, 2009; 7:30 p.m.,

Performing Arts Center, St. Mark's School, 25 Marlborough Road, Southborough

Celebrate with the Chorale and a full chamber orchestra the anniversaries of numerous world famous composers, including Purcell, Handel and Haydn. The concert will feature festive works by Purcell, one of the splendid "Coronation Anthems" by Handel and the stirring "Lord Nelson Mass" by Haydn.



## Stitch & Knit

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

The group is interested in making hats for **Project We Care -- Helping to Keep Others Warm**. The director writes that the articles go to diners at a soup kitchen in Lawrence, a homeless shelter also in Lawrence, a van that goes out each night with hot food seeking those in need of a warm meal or a hat to keep them warm. I also try to keep a small supply on hand in case of an emergency. Last winter there was a huge fire that left 150 people homeless I only had 14 hats on hand but I brought them over to the emergency facility so people could have something to keep them warm. We never have enough but we do the best we can. Every item helps. Thank you in advance.

Yarn is available for these projects including directions for a very simple hat.

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

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04/08

## Dog Quiz

Match these Quail Run dogs to the owners

- |        |           |   |
|--------|-----------|---|
| 1      | Fritz     | A Ed & Lois Rawson 5H Strawberry            |
| 2      | Abby      | B Toby Allen 8A Strawberry                  |
| 3      | Ginger    | C Michael & Deborah McCormack 1F Rotherham  |
| 4      | Justine   | D Helen Alkasab 2F Strawberry               |
| 5      | Bella     | E George & Karen Shaw 3G Straw.             |
| 6      | Ricky     | F Linda Borrelli 7F Strawberry              |
| 7 (#1) | Katie     | G Barbara Kansky 1H Strawberry              |
| 8 (#2) | Katie     | H David & Pat McKay 2A Autumn               |
| 9      | Jack      | I John & Janice Ogden 1A Rotherham          |
| 10     | Gretchen  | J Susan Rosen 4B Strawberry                 |
| 11     | McPherson | K Marie Mangan 7C Strawberry                |
| 12     | Lilly     | L Beverley Minot & Su Bohall 8 F Strawberry |
| 13     | Brucie    | M Donna Allen 2F Rotherham                  |
| 14     | Tara      | N Sandra Mocanu 6C Strawberry               |
| 15     | Fluffy    | O Joe & Aida Fallon 3A Strawberry           |
| 16     | Chata     | P Terry & Vickie Troyer 6A Strawby          |

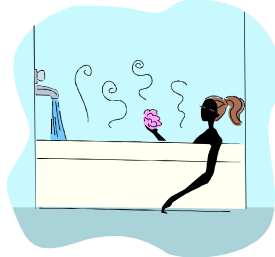
The quiz above is just for fun, but our four-footed friends do present some issues here at Quail Run. The foremost of these is **owners who do not pick up** after their pets. Many residents, both pet owners and non-owners are quite irate over this problem. Most of the malefactors are known and it is just a matter of time before someone brings a formal complaint to the board. **Doggie visitors** are subject to the same rules, this includes the handsome Doberman Pincher seen recently dragging his leash, out to do his *business* unattended.

**Night time visibility** is another problem. Most of the dogs being walked after dark, seem to have reflective material on their collars and coats — but the owners are wearing dark winter jackets. Motorists can't see them and a pedestrian may get hit when the driver swerves to miss the dog! Quiz Answers on page 12

# Condo Care

## LASCO WHIRLPOOL BATHTUB

To flush the circulating system in the whirlpool tub close the air controls by turning clockwise until finger-tight. Fill the tub with warm water above the highest jet. Add 3 teaspoons of a low-foaming dishwasher detergent such as Cascade and 6 ounces of liquid household bleach. Run whirlpool system for 10 minutes. Turn whirlpool system off and let water stand for 10 minutes. Drain the tub and refill with water and run for another 10 minute cycle. Drain and rinse the tub. This should be done after about every 15 uses.



## Water Heater Maintenance

It is generally recommended that we drain some water out of the hot water heater occasionally to remove accumulated sediment because it reduces heating efficiency. It is certainly true that the Hudson water has considerable sediment. However, those of us with the larger 85 gallon water heater are surprised when we try to drain some water to see that there is no handle on the drain faucet. A search on the Internet reveals the reason: the 85 gallon heater has a special sediment removal mechanism that eliminates the need to remove it through the drain. Sometimes we get a break.

Both of the above from **George Champine**

**Window Problems** Contact **Roger Gagne**, member of the B&G committee, with any window problems you may have. He will be contacting Paul Vermette (SWS).

Send ideas or comments to the editor or your reporter.

**The Hudson Recycling Center** is looking for Volunteers. Very easy -- no heavy work, Very small commitment -- one Saturday for 2 ½ hours every 3 months and very friendly. Help sort recycling material in proper bins.



If you are interested, contact Rosemary Schantz, 978 568-0558. They are very flexible. If winter weather is too much - spring or fall would be okay. Whatever you can do.

11/08

*Great Lengths*  
HAIR SALON

Appointment \_\_\_\_\_

176 Maple Street, Marlborough, MA 01752  
(508) 481-8086

## Cinema Night

*Some Like It Hot*

December 5 at 7:00 PM

**Some Like It Hot** is a 1959 comedy film starring Marilyn Monroe, Tony Curtis, and Jack Lemmon. The supporting cast includes George Raft, Joe E. Brown, Edward G. Robinson, and Pat O'Brien. In 2000, the American Film Institute listed **Some Like It Hot** as the greatest American comedy film of all time. The film is 122 minutes in black and white.

The film was originally planned to be filmed in full color, but it had to be changed to black and white because of a very obvious 'green tint' around the heavy make-up required by Curtis and Lemmon.



**The Plot** — Two struggling musicians, Joe and Jerry (Curtis and Lemmon), witness what looks like the Saint Valentine's Day massacre of 1929. When the Chicago gangsters spot them, the duo leave town in an all-girl band. They call themselves Josephine and Geraldine and join the band. In Florida, Joe woos Sugar by assuming a second disguise as a millionaire named "Junior", the heir to Shell Oil, while mimicking Cary Grant's voice.

The escapades continue non-stop with everyone proposing marriage to everyone. When the mobsters arrive at the same hotel for a conference honoring "Friends of Italian Opera", Spats and his gang spot Joe and Jerry. After several humorous chases, Jerry, Joe, Sugar, and Osgood escape to the millionaire's yacht where the action continues.

### Refuse Disposal Services

If you've wondered what can and cannot be recycled, the list below should help.

Trash and recyclables should be bagged out on Fridays by 8:30 am. (They seem to come earlier than 9am.)

#### Recycling Acceptable Items

- Aluminum cans
- Brown paper bags
- Cardboard (must be broken down)
- Catalogs, magazines and phone books
- Chipboard (cereal boxes, shoe boxes etc. must be broken down)
- Colored paper
- Envelopes
- Glass bottles and jars
- Newspaper and junk mail
- Plastic bottles and jugs
- Tin and steel cans
- White ledger paper



#### Recycling Non-Acceptable

##### Items

- Aluminum Foil
- Auto glass or ceramics
- Batteries
- Film canisters
- Light bulbs
- Painted wood
- Paper towels or tissues
- Plastic grocery bags (Please return to your supermarket)
- Plastic wrap or plastic pots from plants
- Porcelain
- Styrofoam
- Treated wood
- Pill Bottles
- Latex Gloves

Refuse Disposal Services, Inc. • P.O. Box 3286 • Framingham, MA 01705-3286 Phone: (508) 877-1710 • Fax: (508) 877-5020

### SEDER

Paula and Lee Bradbard will be hosting a Seder this coming spring. If you are interested in attending please call them at 978-562-7249.

Last year's Seder was both educational and fun for all who attended.



### Astrology — What's Up

By Beverly Beylouné



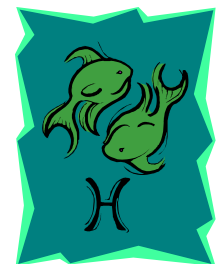
#### **AQUARIUS** Jan 20 – Feb 18

During the next year or two you may discover a change in your values – and what you value. The values you are beginning to consider important are different than the old values you held ...your need for material things – possessions. This is a time when you will begin to free yourself from 'things' and 'possessions'. A time when you will begin to redefine your relationship to the outside world and the people around you. Old patterns and ways of thinking as well as the old limitations you placed on yourself no longer seem acceptable. You also have the tendency at this time to 'see' through rose colored glasses. You tend to see things not as they are but in the way that you would want them to be.



#### **PISCES** Feb 19 – Mar 20

This is a year of very big changes in you. A time when you make major changes in your appearance and life in general. You may change the color of your hair, or decide on a totally different style. You may change the type of clothes you wear or begin wearing colors you never tried before. This is the year (or two) of 'out with the old and in with the new'. This includes things as well as people. This is a time when you'll find yourself making new friends and going to new places. You see everything and everyone in a different way. This is a very important time in your life when you will strive to achieve more now than you ever have before.



### LETTER TO THE EDITOR

Five years ago this fall we began writing the Area Highlights and Technology columns at the request of MJ Ebens, our editor. She saw the need for a newsletter in the summer of 2003. I wish to take this opportunity to thank her for her dedication in publishing "The Quail Runner". A tremendous amount of time and effort on her part makes possible this fine publication. We should all give her a hearty thank you for the time that she spends on our behalf. Thank you MJ.

**George and Barbara Champine**



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04/08

## Thank Quail Run

Dear Quail Run Community,  
I cannot begin to thank you for your continued support of **Project Home Again**. It seems as though Lee and Paula Bradbard are constantly unloading a van full of items you've sent our way! Your generosity is so greatly appreciated. To state the obvious, times are now harder on those in need than in a very long time and we simply cannot keep up with the demand. Your household items have changed the lives of so many of our neighbors in need. My sincerest gratitude for all your donations,  
Nancy Kanell, Director, Project Home Again

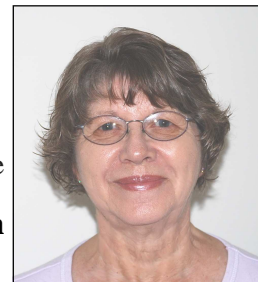
**Game Nite** – If you're looking for something fun to do on these long winter nights, don't forget Game Nite – the first and third Tuesdays in each month – 7:00 – 9:30 pm. We play a variety of table and card games. Beginners are encouraged to come. There are usually about 15 to 20 gamers — generally 4 to 6 at a table. More are always welcome. This is a good way to get acquainted with your neighbors in small batches.

**November Pot Luck** – over 70 residents came for dinner. Surprisingly, there was space for everyone. The serving tables were groaning with food. Food lines were kept short by bringing people up by table, although there was a lot of good natured ribbing about who got to go up when! Marlynn kept us all in line. After second servings there was a slight pause while the desserts were brought out. The crowd all agreed that this group knows how to cook! Several people took photographs – check out our Quail Run website [QuailRunHudson.com](http://QuailRunHudson.com) to see them.

Thanks to Marlynn Stott, Marcella Monte and their crew along with the Social Committee for a job well done.

## Area Highlights

By Barbara Champine

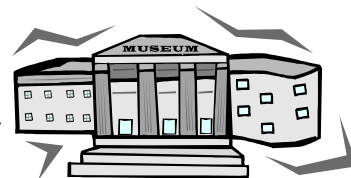


### National Heritage Museum

This is a nearby gem — an American History museum supported by Scottish Rite Freemasons. A visit to this museum is truly an experience in the American Spirit. George and I try to visit at least once a year. The exhibits, both permanent and temporary, tell stories of patriotism, adventure, invention, community—all aspects of how we have worked, played, struggled and achieved. The exhibitions change regularly so there is something new several times a year. The museum has a year round calendar of related events. There is a fine auditorium, a Heritage gift shop, and Tuesday-Friday a café.

Through Feb 8, 2009 there is an exhibition “Keepers of Tradition: Art and Folk Heritage in Massachusetts”, a major new exhibit that features more than 100 works by 70 Massachusetts artists who preserve and revitalize deeply rooted traditions. There are Native American baskets, Yankee wooden boats, Armenian lace, Chinese seals, Puerto Rican Santos, Irish music and dance and much more. These keepers of tradition are recognized in their communities as outstanding practitioners of craft, music, dance, and sacred arts.

Other current exhibits: Ellis Island Portraits 1905-1920, Illustrated Sheet Music 1917-1924, “Made in Massachusetts”, and several other exhibits. The museum



hosts many free programs and a few with an admission charge.

Hours: Monday-Saturday, 10am-5pm, Sunday, Noon-5pm; Free Admission and Parking; Tel: 781-861-6559 [www.nationalheritagemuseum.org](http://www.nationalheritagemuseum.org) (Check this often for a current list of exhibits)

Directions: 33 Marrett Road (Route 2A) Lexington, MA. Take route 62 to Rt, 2 in Concord. Take a right and then go straight on 2A at the split with 2. Go east. Cross I 95. Take this road into Lexington. This museum is on the left at a large brick wall and iron gates. If you get to Mass Ave. you have gone too far.



## BOG Open Meeting

At the latest Board of Governors' open meeting **Barbara Morgan**, chair of the board, provided an update on the community and what are the future plans.

Since the next election for the board will take place in May the current board decided not to fill the gap left by the resignation of **Toby Allen**.

- New signs are on order to be installed at the entrances to Quail Run on both Autumn and Rotherham. *The finished design is on page 11.* The board would like to see the signs installed as quickly as possible once they are finished and the town has approved the location. The cost for the two signs is \$3,300. The six new street lights that were installed this past year cost \$11,850. While they don't provide as much light as residents would like, they are an improvement, and we can add more at a later date.

- Five drainage projects were completed at \$5,390

- The board is experimenting with the best solution for down spouts and gutters. Six units have been selected to see if larger downspouts and gutters will solve the problem or just increase the size of the backup.

- Painting presents a major problem for the community – the trim is full of rotten wood. The wood is being replaced with PVC which is expensive but will solve the problem in the long run. The board has prioritized the units to be repaired.

- One Rotherham was the worst looking building in the complex and was repainted at a cost of \$20,000.

- A parking space for Lawn Barber was added to Rotherham and some bushes which were removed from the entrance of Autumn were planted there. The bushes needed to be moved to allow for the new sign. We will continue with Lawn Barber for another year.

- The new rules and regulations for the community were sent out to the owners. This amended the original ones received when units were bought

- A new trash contract with our current hauler has a reduction of costs from \$36,010 to \$35,100.

- A new contract was negotiated for pump maintenance. Barbara made a point of thanking **Vinnie Picarello** who has taken on the job of pump manager and checking the unit. The board also found that the pump back up generator had not had maintenance since



the year 2002. The generator required \$5,000 to repair. A maintenance contract was set up.

- The issues around back taxes are better. We ended up paying no additional taxes for 2005, a small sum was owed for 2006, and 2007 is in progress.

- Decks have been a major headache. The contract for deck maintenance was late and the very rainy spring didn't help. Three decks were done on a trial basis and were very unsatisfactory. After review by several painting contractor, the consensus was that because of the variety of finishes used on the decks there is no stain that will work well. Our only choice is to have the decks painted. The board was told that while the developer may have skimmed on some things around the development, the red cedar on the decks was the best choice. Decks will be a priority next spring.

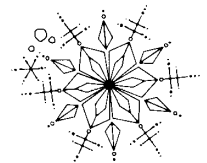
Under Emergencies, the board had several issues to deal with.

- Lightning strikes required \$4,000 for repairs. The board looked into lightening rods and found they would cost \$3,450 per unit – not per building! They are investigation surge protectors as an alternate for both the units involved in past strikes as well as the pump and the fire kiosk

- A large sink hole at the end of Strawberry was repaired as well as a number of basement cracks. Some gutters required extra cleaning. Gutters will be cleaned twice a year.

The new budget projects a fee increase of about \$10.00 per month per unit.

The budget will be finalized by the end of November and a statement will be sent out to owners.



Under the heading of new and on-going

- Additional street parking is under investigation

- Ice dams are a problem and a solution is being sought.

- The Building and Grounds Committee is prioritizing the trim and repairs needed. The goal is to keep the community as a whole looking nice.

- Building and unit insurance has become confused with a conflict between what the community bylaws require and what the current insurance covers. Our lawyer and insurance agent are trying to resolve the issue. There will probably be a special meeting on insurance as soon as these two entities resolve the issue. It is not easy to sort out.

## Does Quail Run have a Resident Fox and other wild life?

By: George Champine

If Quail Run has a mascot, it is probably the friendly red fox that **Harold Edelstein** has seen and photographed recently. Of course, to be a real mascot, it needs a name such as Freddie Fox. At least he can qualify as our Resident Fox. He is quite friendly, but has not joined any clubs or attended any social functions that I know of. A few days ago he was on our driveway checking up on our unit to make sure everything was in order. I thought he might stop in for a chat, but he had other business to attend to, so he kept moving.

Red foxes eat rodents, snakes, squirrels, rabbits, birds, and other small game as described in the web site: [http://www.mass.gov/dfwele/dfw/wildlife/living/pdf/living\\_with\\_foxes.pdf](http://www.mass.gov/dfwele/dfw/wildlife/living/pdf/living_with_foxes.pdf) (thanks to Harold for the web pointer). Although he is probably harmless to adults, we should be concerned for the safety of children, cats, and small dogs. His portrait has been posted on the Quail Run web site under Photo Gallery and Scenery Photos.



Editor Note: Foxes are only one of native animals living in and around us. Several

residents have reported that the annual migration of field mice looking for warmer quarters has begun. The **Ebens** found a dead mouse on the hall runner courtesy of their cat. (Unfortunately he has declined becoming *Rent-a-Cat*). **Mildred Chomsky** found mouse droppings in a kitchen drawer when she returned from two weeks away – she called an exterminator. **Toby Allen** can hear them overhead in her basement and is deciding on the best method of dealing with them. We all should keep in mind that Quail Run was a forest before we all moved in and that there is still much wooded and open land around us. The animals were here first and are trying to adjust to us. We need to do the same.



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04/08

### Symphony Pro Musica 2008 - 2009 season

Save the Dates - Merits Attending

> January 24 & 25, 2009; Wagner *Orchestral and Operatic Selections*

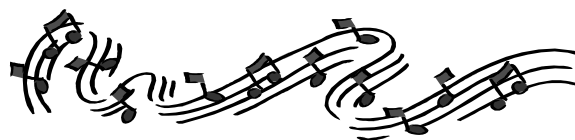
> March 14 & 15, 2009; Haydn "*Clock*" *Symphony & Trumpet Concerto*; Villa-Lobos *Uirapuru, Bachianas #5 and other works*

> 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@symphonypromusica.org](mailto:spm@symphonypromusica.org)

website: [symphonypromusica.org](http://symphonypromusica.org)



### River's Edge Holiday Concert

**Saturday, Dec. 13, 3:30pm**

Hudson High School Auditorium on Park St.

Featuring the River's Edge Chorale, River's Edge Community Band, and Pro Musica Youth Chorus.

Tickets: \$12 adults, \$9 seniors and students. Save \$2 by purchasing tickets in advance.

**The Mass Registry of Motor** vehicles no longer sends out reminder renewal letters that your driver's license is expiring. Thanks to **Lee Bradbard** for bringing this to our attention.



# Social Committee Doings



## Coffee Money Reminder

If you use the paper goods, coffee and tea etc. from the club house, please make a contribution to the coffee can next to the coffee maker.

Thank you, The Social Committee

## New Stonecroft Bible Study

A new Stonecroft Bible Study will begin on Monday, January 12 at 1 pm meeting at 1F Strawberry. If interested call **Janice Owen** 978-567-0767 or **Marion Anderson** 978-562-4546.



**Perks of old age** — Kidnappers are not very interested in you and in a hostage situation you are likely to be released first. There is nothing left to learn the hard way. Things you buy now won't wear out. You can live without sex but not your nap or glasses. Thanks to **Pat McKay**

## New Sign for Quail Run

To be Installed Soon (before the ground freezes?)  
The Sign is made of solid Spanish cedar. The letter font is Goudy old style, and the letters to be Hand Carved and the Pictorial of the Quail painted.



## JULIETS NEWS

**Holiday Lunch; Monday December 15<sup>th</sup>** 11.30 a.m.; The Olive Garden, Solomon Pond Mall

Order from the menu. Individual bills. Sign up at the clubhouse or call Terri 978-562-0578 before December 8<sup>th</sup>. Come together to enjoy the spirit of the season!!!

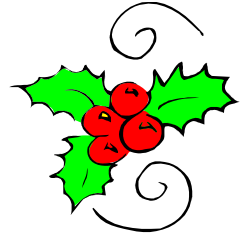


**JANUARY** - Wednesday, January 21st 12:30  
Guiseppe's Grille, Solomon Pond Rd., Northboro  
You can order from the menu. A sign up sheet will be posted in the club house or call Marion Anderson 978-562-4546 or Janice Owen 978-567-0767



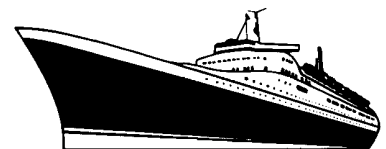
**FEBRUARY** - Thursday, February 19th 12:30  
Piccadilly Pub, Bolton Street, Marlboro

You can order from the menu. Sign up sheets will be posted in the club house or you can call Sue Ciampi 978-568-1625 or Dean McEvoy 978-562-5238

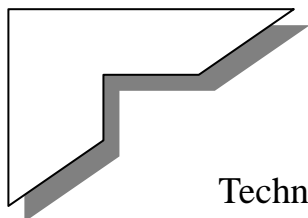


## News from 2-4 Strawberry

**Cruise To Bermuda** — Four Quail Runners from 2 Strawberry and four other friends (8 in all) went on a five-day cruise to Bermuda on the beautiful Jewel of the Seas, a Royal Caribbean ship. Those from Quail Run to take the cruise were **Lynn Fishman, Ginny Fullham,** and **George and Barbara Champine.** We had a great table in the center of the dining room where George reigned with seven women. He says "How can one guy be so lucky?" We had a great cruise with rough seas on only one day (after all, this was sailing in the North Atlantic in the fall). The food and entertainment were first class. Ginny entertained us at her line dancing class. One of the gals even climbed the rock wall on the ship and we all tried out the pools and hot tubs. In Hamilton there was a trolley ride to sight see and at Kings Wharf there were dolphins, glass blowing and pottery exhibit and a visit to the fort (museum). A great time was had by all.

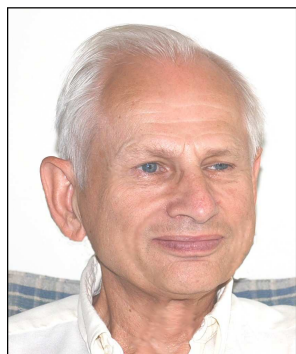






## Technology Corner

By George Champine



### Guarding against lightening damage

Quail Run has recently attracted a number of lightening strikes, which have caused damage to computers, printers, TVs, and other electronic devices. The damage is caused by power surges in the electrical power connection. One way to avoid this damage is to unplug the devices when there is lightening. This can be inconvenient, especially if no one is home. Another way to avoid damage is to use power surge limiters. These can be purchased from Best Buy and Amazon for about \$10 to \$60 depending on capacity.

### Improved picture format

Mark Reid has greatly improved the picture display in the Picture Gallery on the Quail Run web site. To see it, go to: <http://www.quailrunhudson.com/photos.html> . Then click on Social Events Photos #1 for recent pictures of the Coffee Morning event, Social Events Photos #2 for recent pictures of the Oktober Fest and the crazy costumes worn by your friends and neighbors, Social Events Photos #3 for recent pictures of the Pot Luck Supper, Special for pictures of the trip to the Newport Playhouse, and Scenery for pictures of our resident fox (thanks to Harold Edelstein) and other scenes around Quail Run.

### Netbooks arrive

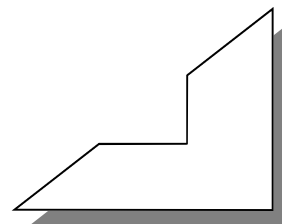
It is amazing how new technology quickly becomes indispensable. First it was desktop computers. They became indispensable, but were too large to be portable. Then came laptops, which were much better but seven pounds was just too much. Now the “netbooks” (the official name) have arrived which weigh in at about two pounds and are the size of a hardcover book. Asus was an early leader in this new technology, but now HP, Acer, Lenovo, and others are entering the market. Those of us who travel extensively appreciate them allow us to do e-mail, surf the web, and store and view digital pictures. The early ones used Unix but the newer ones run Windows XP, have built-in wireless N WiFi (three times better than wireless G), media slots to

upload pictures from a digital camera, a built-in webcam for video instant messaging, Ethernet, audio out, microphone in, USB, and a full keyboard for easy typing. They are not cheap but at about \$400 they cost about the same as a low-end laptop. A typical product is the Asus Eee 900HA with a nine-inch screen and 160 Gbyte hard disk at about \$330 from Amazon. For another \$90 you can get the Asus 901 which has a 12 Gbyte solid state memory in place of a hard disk. The solid state memory uses the same technology as in digital camera media cards, and provides much faster boot times and eight hours battery life. Asus also provides 20 Gbytes of Internet storage for you to store files too large for your computer and to share them with others under password protection.

### Free TV

As we all know, analog TV broadcasts over the air will end on Feb. 17, 2009 when the FCC requires them to switch to all-digital. This will not affect anyone on Comcast cable TV. However, this is an opportunity to dump Comcast. You can still receive over-the-air programs free through an antenna. All newer HDTV sets already have a built-in digital receiver (called an ATSC tuner) which will receive these programs if you attach an antenna. If you do not have an antenna, I suggest a powered antenna at about \$40. However, you can use your old analog TV set if you purchase a converter. The converter sells for about \$60 at Best Buy (one of the best) but you can get a \$40 discount coupon from the government at: <https://www.dtv2009.gov/> .

I recently purchased the converter at Best Buy for \$20 with the coupon. Setup was trivial and consisted of selecting the “next” button several times. Performance was excellent and I can receive about 25 channels. The converter comes with a remote which the old TV did not have. Since the signal is digital, the picture quality is excellent.



### Doggie Quiz Answers

1 – E	9 – H	2 – A	10 – N
3 – L	11 – D	4 – G	12 – C
5 – M	13 – B	6 – J	
14 – K	7 – P	15 – F	
8 – I	16 – O		