

# The Quail Runner

For and By the Residents  
Of Quail Run



March — April 2009

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## BOG Election Coming Up

To Quail Run residents:

It's that time again. Soon you will receive a letter in the mail outlining the nomination procedure for the election of new Board members to be held at the Open Meeting of the Association in May. Due to the resignation this year of two newly elected members, and the expiring terms of two current members, we will be electing four residents to complete the five-person BOG requirement.

I want to urge all of you to consider participating in the governance of Quail Run by running for the Board. In this time of renewed volunteerism across the country, what better way to answer the call than to put some time and energy into your immediate community?

If you are thinking about running, but have questions or concerns, please contact me or another Board member. We will be happy to talk with you. If you know someone who is a good candidate for the Board, please encourage them, or let the current Board know so we can contact them.

Remember, it is up to each of us to help keep this community one in which we can take pride. Leadership is a responsibility we must all share.

Barbara Morgan



Happy Birthday to Ann Zemejda, 7-E Strawberry who celebrated her 99<sup>th</sup> birthday on March 27<sup>th</sup>.

## Stew & Stage at the Club House

**Curtain Call** presents an evening that includes a light supper, a multi-media production of *Mrs. McWilliams and the Lightening*, dessert and the "bedtime" story *Pickle Chiffon Pie*.

The play is An adapted Mark Twain short story about the McWilliams family, Mortimer and his wife Evangeline who is convinced her husband



will bring death and destruction to the family with his callus disregard of the dangers of lightening. Cast includes Terri Kilshaw and "Lee" Bradbard.

Performance is 6:00 pm 25 April at the Club House. **Advance tickets are on sale for \$7.00 until 18 April** from Helen Marckini, 12-C Strawberry, Terri Kilshaw, 5-F Autumn, "Lee" Bradbard, 1-B Strawberry, and Toby Allen, 8-A Strawberry. Ticket price at the door is \$10. Limited to 40 people. Make checks out to Sally Mauro.

## Passover Seder

A light supper of traditional Passover foods will be served on Tuesday, April 14 at 6:00 P.M. Cost is \$6.00 and seating is limited to 40 people.

Contact "Lee" and Paula Bradbard, 978-562-7249 to join in.



They are looking forward to sharing this event with our neighbors.

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### The Quail Runner Staff

**Editor:** MJ (Mary Jean) Ebens  
**Assistant Editor** Terri Kilshaw  
**Advertising Manager** Ruth Fay

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- 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**

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**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](http://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 you can get issues emailed to you.

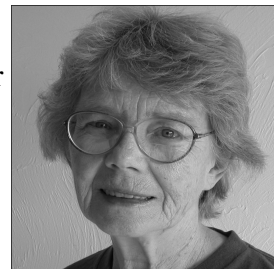
Or you may view the current issue on **QuailRun Hudson.com**. The website also contains photos from various functions and events.

**Why? Why? Why?**

- Why do we press harder on a remote control when
- we know the batteries are almost dead?

### The Editor’s Desk

MJ Ebens, editor



Welcome to Ruth Fay, 7-G Strawberry, who has agreed to be our Advertising Manager and will handle the assorted tasks involved with ads in our newsletter. Please note she gets a fancy title, no pay!

We also welcome a new advertiser, Alice and Roger Gagne’s son-in-law Dennis Campbell and his electrical and plumbing business. See his ad on page 9.

The Bradbard’s Seder Supper is a lovely way to learn more about the Jewish religion and our many Jewish neighbors.

The article from Christopher Heights in Marlborough on who pays for assisted living is quite interesting. I hope to have one from New Horizons in Marlborough for the next issue.

Also note that Cinema Nite has moved back the start time to 7:30.

**mj**

### Transitions

Condolences to **Alice Durben**, 3-G Autumn, on the sudden death of her husband James on 13 February while they were in Myrtle Beach, SC. The Durbens moved to Quail Run from Acton and were one of the first families to move to our community.

**Stephen and Helen Pietchel**, 6E Autumn Drive, have just put their home up for sale in order to be near their 3 daughters in Billerica. Hugo Guidotti, 5A Autumn Drive is handling the sale. See his ad on page 4.

**George Silva**, 5-B Strawberry, died 26 February. He was a wonderful person who will be missed. Our heartfelt sympathy goes out to Peggy and the entire Silva family.

Condolences to **Julian and Ann Demeo**, 4-E Strawberry, on the death of their son Michael on 23 January at age 51. He had battled rheumatoid arthritis since he was a young man.

### Updates & Changes to Email & Phone

**Joe and Catherine Aiello**, 6-E Strawberry 978-562-2556 [CManzo5@MSN.com](mailto:CManzo5@MSN.com)



## HEALTHY LIVING

by Peggy Rittenhouse

You may have heard of "C. diff" (the abbreviation for the bacterium clostridium difficile) which commonly affects older adults in hospitals or in nursing

homes. This condition typically occurs after the use of antibiotic therapy. This disease is becoming more frequent and more severe and increasingly difficult to treat. In the United States, tens of thousands of people get sick from this organism, including some people who aren't hospitalized or taking antibiotics. Some people who are infected with C. diff. never become sick, though they are still able to spread the infection.

The most common symptoms of C. difficile disease according to the Centers for Disease Control and Prevention are: Watery diarrhea three or more times a day for two or more days; fever; Loss of appetite; Nausea; Abdominal pain/tenderness

C. difficile bacteria can be found in the environment—in soil, air, water, and human and animal feces. C. diff bacteria are usually passed in feces and spread to food, surfaces and objects when people who are infected don't wash their hands thoroughly. If you touch a surface contaminated with C. diff, you may then unknowingly ingest the bacteria.

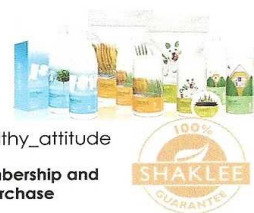
The standard treatment for C. diff is to stop taking the antibiotic that triggered the infection and then treatment with a different antibiotic.

Preventive measures include: 1) Hand washing. Health care workers, of course, should wash their hands thoroughly with soap and water before and after treating each patient. Those alcohol-based hand sanitizers you see everywhere in the hospital do not effectively destroy C. difficile spore. Visitors should also wash their hands with soap and water before and after leaving the room or using the bathroom. 2) Precautions. People hospitalized with C. diff should have a private room. Hospital staff and visitors wear disposable gloves and gowns while in the room. 3) Thorough cleaning. The room must be carefully disinfected with a product that contains chlorine bleach. 4) Avoid unnecessary use of antibiotics. 5) Consider eating yogurt before, during and after antibiotic treatment. This helps replace the beneficial bacteria in the intestine that antibiotics destroy.



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9/09

## ROMEO'S

Next luncheon on 30 April at noon at Carbone's Italian restaurant in Hopkinton

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



## Welcome New Residents

Please welcome Joe and Catherine Aiello who recently purchased 6 E Strawberry from the estate of Virginia Azablar. Joe has already joined the poker group and fared very well on his first session.



**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.

## FIOS is Coming

A number of people have expressed an interest in FIOS, the fast internet service offered by Verizon. The BOG wants you to know that it is coming; we have signed an agreement with them which will make this possible. Verizon has already been out here doing the groundwork preparation; when it becomes an actuality is up to them. Sign up is optional.



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04/10



### Quail Run Birthdays

#### April

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

#### May

- Diane Potter 5
- Vickie Troyer 11
- George Champine 16
- John Palmaccio 18
- Jo Fierro 23
- Jack Doherty 24
- MJ Ebens 28
- Joe Ciampi 29
- Marie T. Mangan 31



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

### Book Club

The *Book Thief* written by Markus Zusak was the selection for March, 2009.

Meetings will take place at our Clubhouse on Wednesdays, from 7 to 9 PM.

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

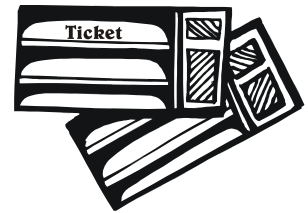
Toby Allen



The performance of Cabaret the group attended in February was outstanding. How The Concord Players come up with such area talent is amazing. The bouncy story and lyrics in the first act of the play came to a shattering conclusion as the Nazis took over the country and left the audience stunned.

The buzz during intermission was all about how the events had played out and people were quite shaken by how the cast accomplished the change.

*Forever Plaid* is next on the list, put on by Theatre III in West Acton. One of the most popular and successful musicals in recent memory, this deliciously goofy revue centers on four young, eager male singers killed in a car crash in the 1950s on the way to their first big concert, and now miraculously revived for the posthumous chance to fulfill their dreams and perform the show that never was.



The "Plaids" are a guaranteed smash, with a program of beloved songs and delightful patter that keeps the audiences rolling in the aisles when they're not humming along to some of the great nostalgic pop hits of the '50s.

Place - Theatre III, 250 Central St.; Matinee 2 PM; May 3. Contact Toby by April 13. Price - \$19.75

### Tradesmen Recommendations

Frank Budrewicz 978-562-9372, Ace Painting, did work for the Ebens as well as a number of others in our community.

A to Z Handyman Service, 978-273-7133, AtoZhandyman@verizon.net did a wonderful job for the Evans on Rotherham and some of their neighbors.

Send your recommendations to the editor or your reporter.



## Keeping Money Safe on Trips

These tips are provided by Nancy Dunnan, publisher of [travelsmartnewsletter.com](http://travelsmartnewsletter.com). Losses can be much harder to deal with if you're away from home.



The first thing she recommends is to limit what you take with you. In most cases, she recommends no more than two credit cards – one for regular

use and the other for backup, or one credit card and one debit card for cash withdrawals.

Notify the card issuers you'll be traveling, so they don't put a hold on the card when they start seeing charges from an unfamiliar place.

Another way to handle credit cards is for you and your traveling companion to each carry different credit cards so that if one is compromised, the other can be used for backup.

A money belt worn under the clothes is also useful. Consider putting the equivalent of \$100 in local currency in a separate wallet in your pocket. This way you expose only a limited amount and are less attractive to a thief. Wrapping a rubber band around this wallet also makes it harder for a pickpocket to remove it without your knowing it.

## Logan Cell Phone Waiting Lot

If you're picking up someone at Logan Airport, you might want to use the free Cell Phone waiting lot instead of paying to park. This is a relatively new offering at Logan. The idea is to wait at the lot until you get a cell phone call from the arrivee. Then drive over to pick them up – the lot is about 5 minutes from the arrival areas or wait until they take the Cell Phone Parking Lot shuttle to you.



From the West: Take the Mass Pike (Rout 90 East) to the Airport/Ted Williams Tunnel. Stay in the right hand lane when you start to see the terminal signs. Get off at the exit that reads "Hotel Drive/Harborside Drive/Car Rental Agencies. Take a right at the lights onto Hotel Drive. Go through the blinking light. At the traffic light take a left onto Harborside Drive. The Cell Phone Waiting Lot will be ¼ mile on your right.

There is a 30 minute waiting time maximum at the lot. 1-800-23-Logan for more information.

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## 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.

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

Paula Bradbard received this note in response to the support of many Quail Run knitters:

"Thank you so much for your wonderful gift of 4 bags of knitted hats and scarves. In the midst of these winter months, with the energy costs rising, you have chosen to bless our guests with your goodness. For many, especially this year, there will be no thoughts at this time of "breaking the chill". Only thoughts of, "How will we make it through the winter?"

You have chosen to help us make the cold and dark days a little brighter, a little warmer, both physically and emotionally. We are so grateful to you for making that choice in this fluctuating economy and choosing to stand for a kind and gentler world. As we continue to stand together with our guests please be assured of our gratitude and our prayers.

May God continue to bless your goodness a hundredfold. With a grateful heart,

H. Bridget Shaheen, Executive Director of Lazarus House Ministries



### Why? Why? Why?

Why does someone believe you when you say there are four billion stars; but have to check when you say the paint is wet?

# Condo Care

**Energy Saving Recessed Light Bulbs** are available now for our kitchen lights. The lights seem a bit dimmer when first turned on, but they gradually brighten to the same intensity as the incandescent bulbs. The Ebens bought some at Lowes and they are probably available elsewhere.

The recessed bulbs look similar to the incandescent we already have. Both types of compact fluorescent bulbs cost more than the old-fashioned incandescent bulbs, but since they last 10 times longer, they save money in the long run. A single bulb can shave more than \$60 off your electric bill during its lifetime, while keeping 1,000 pounds of CO<sub>2</sub> out of the atmosphere.



**Heat and Your Gas Fireplace** Not everyone received instructions with their fireplace. If you want to contact the company for a copy, try the local Heatilator dealer in E. Hampstead, NH at 603-362-0020. (The company name is on the front, upper right side of the fireplace in small print.) The appliance is manufactured by Hearth Technologies – Mt. Pleasant; 1915 W. Saunders St.; Mt. Pleasant, Iowa 52641; a division of Hon Industries. [www.heatilator.com](http://www.heatilator.com).

Now is a good time to run the various seldom used features of your unit occasionally, i.e. fans, vent fans, showers, faucets – indoors and out, and as well as the oven cleaner feature on the stove, to be sure they haven't "frozen or rusted"

Change the batteries in your smoke detectors.

## Volunteer Reading for the Visually Impaired

Checkout the Metrowest Radio Reading Service if you have some spare time. There are a number of reading opportunities available and you may not even have to leave home! TIC operates similarly to other broadcast networks, such as CBS or NBC. Affiliates throughout the state provide inserts of local news and information that is of interest to consumers in their area. Talk to Paula Bradbard for more on this.

Locally, Director: Dennis Polselli, 510-C College Center, Framingham State College, 508-626-4527 or [dennisp@frc.mass.edu](mailto:dennisp@frc.mass.edu)

9/10

## Great Lengths HAIR SALON



Appointment \_\_\_\_\_

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

## Cinema Night

Put **April 3, at 7:30 P.M.** on your calendar to re-live the 1960s and enjoy a great movie with popcorn, friends, and family. See 20-something Richard Dreyfuss, Harrison Ford, Mackenzie Phillips, Cindy Williams, Suzanne Somers, and Ron Howard enjoying the good life and problems of the 1960s. The movie does a great job of capturing the life and times of this era, including hot rods, fashions, cruising on Main Street, drag races, "playing chicken", and finding a boy/girl friend.

Note that we are back to a start time of 7:30

The movie for **May '09 will be Mel Brooks' "Young Frankenstein"**. It stars Gene Wilder, Terri Garr and Marty Feldman. It is, in Harold Edelstein's opinion, the funniest American film made in the last 40 years. It has become a cult classic with many, many lines of dialogue becoming great clichés of the American language. Be prepared to laugh constantly when we show it!!



## Hudson Food Pantry Needs Support

People and families are in need of such things as cold and hot cereal, pancake mix, peanut butter, tuna fish, rice, egg noodles, soup, hot chocolate, bar soap, tooth paste, toilet paper, shampoo, dish detergent etc.

Nothing that needs refrigeration, the Panty can't handle those.

Items can be dropped off at the Senior Center, Town Hall 2<sup>nd</sup> floor auditorium. Take the elevator.



## Puritans in England and America

Quail Run resident Linda Palmer will be leading this class at Concord-Carlisle Adult Education during the month of May. We will be studying the Puritans from their humble beginnings in England through their days of glory in early Massachusetts, then ignominy and decline by the mid 19th century. How did this happen? Who were the major players and keepers of the flame of the Puritan legacy? How did they fall from grace and what are historians saying about them today?



The first three classes will be held at the Concord-Carlisle High School Tuesday nights from 7:00-9:00 p.m. May 12, 19, 26. The fourth class is a field trip to Boston on May 30 from 11:00 a.m. to 1:00 p.m. for a walking tour of 17th century sites with the instructor portraying colonist Ann Vassall. We walk a three block radius around 17th century Boston sites, some obvious, some hidden under modern facades.

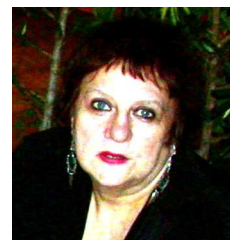
Each participant receives a copy of a colonial map from 1722 to discover Puritan haunts in contemporary Boston. We see how Nathaniel Hawthorne, himself a fifth generation descendant of early Puritans, set the scenes for his famous romance, *The Scarlet Letter*, in the early Boston graveyard we are standing in. We locate what used to be the Puritan prison Hester Prynne steps out of with her love child. We discuss the themes of love, guilt and revenge over the gravestones Hawthorne imagined for his doomed lovers. Inside the Old South Meetinghouse we learn how Puritan identification with the Hebrews influenced their worship and architecture. A special add-on for this tour will be a visit to the beautiful Congregational Library on Beacon Street.

The cost for all the above is only \$65. To register call 978-318-1540 or online at [www.ace.colonial.net](http://www.ace.colonial.net).

Save on time and transportation: Linda will be able to take three people in her car, including the Boston trip.

## Astrology — What's Up

By Beverly Beylouné



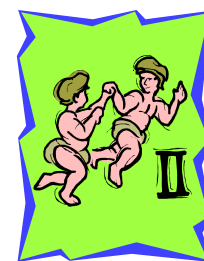
### TAURUS April 20 - May 20

This is a time when you want to examine your life as a whole and see if you are going in the direction you want ... making adequate progress in your life. Circumstances may put you in the lime-light, either on a large or small scale, depending on the normal course of your life. You may be called upon to take over the direction of a task or project in which you could have considerable power, but take note that the responsibility will be equally great. It is extremely important to approach such an opportunity with proper knowledge of your strengths and weaknesses. At this time you do not have to be super strong to succeed, because the natural flow of energy is with you!



### Gemini May 21 – June 21

At this time you may find profound and significant transformations through close encounters with other people. The relationships affected could include marriage, partnerships in business, or with people you consult like doctor, lawyer, psychologist etc...



You may reach a crisis that requires you to redefine the entire nature of a relationship. You may discover that long hidden tensions within the relationship can no longer remain hidden. Encounters with professional consultants at this time could bring about some positive and significant changes to your life. You may have opportunities for extensive travel as well as for learning and/or teaching. Your desire to learn is very great and you will do much more reading than usual. If you are a writer or wish to become one, this is an excellent time for it.

### Why? Why? Why?

In winter why do we try to keep the house as warm as it was in summer when we complained about the heat?

How come you never hear father-in-law jokes?



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3/109

## BOG Notices & Reminders

### Exterior Unit Problems

If you have exterior problems at your unit, email Cathy Birnbrich (preferred) [cbb@alpinemanagement.com](mailto: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.

### Open Meeting Policy

We have two open meetings: one in November for the presentation of the budget, and one in May for the Annual Meeting and election of Board members.

### To Meet Individually with Board

We provide limited time at the beginning of our regular meetings for the presentation of concerns.

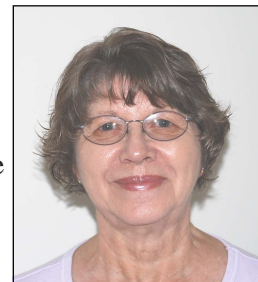
If anyone has an issue to present to the board they are asked to put the problem in writing, limited to one page in length, and provide 6 copies to our president and a hearing will be schedule.

**Board Of Governors Minutes** can be seen at the Quail Run website — [QuailRunHudson.com](http://QuailRunHudson.com); **Governance; BOG Meeting Minutes**



## Area Highlights

By Barbara Champine



### PLUMBING MUSEUM

Since 1979, the Plumbing Museum has attracted plumb-ers, tradesmen and curious visitors from all walks of life. The museum offers a unique take on American history and follows the fascinating progression of plumbing through the centuries. The historic museum features many items that date back to the eighteenth century. Visitors travel through history and see the development of piping technology through the decades. The exhibits include history, plumbing systems, technology, a machine shop and a library.

The Manoog family began collecting antique com-modes, claw-foot tubs, sinks and other plumbing items in the 1950s and a museum was established in 1979. Formerly in Worcester the Museum had hosted curious visitors from all over the world. The Manoogs wanted a family organization that would continue the stewardship of the museum. J.C. Cannistraro, combined with the operational help of the PHCC of Greater Boston, finally brought this remarkable Plumbing Museum to the historic city of Watertown in 2008. The building that is now home to The Plumbing Museum was once the property of Brothers Abraham and Edward Howard who supplied their thriving Watertown ice business with ice, wood and coal from their Charles River storage yard and ice house starting in 1842.

Located at 80 Rosedale Road, Watertown, MA. Take Mass Pike to exit 17 (Newton/Watertown) towards Watertown. Follow signs to Watertown and continue straight on Galen Street. At Galen St. and Route 20, turn left onto Main Street/ Rte.20. Follow Main Street for just over 1 mile and turn left onto Rosedale Road. The Plumbing Museum is 80 Rosedale Road and is at the end of the street on the left.

Open by appointment only. Tours available on Tuesday and Thursday from 10 AM until 2PM. Email [info@theplumbingmuseum.org](mailto:info@theplumbingmuseum.org) to set up a tour. Find out more [www.theplumbingmuseum.org](http://www.theplumbingmuseum.org)



## Who Pays for Assisted Living?

By Judi Mulry Christopher Heights Assisted Living Area Director Marketing/Admissions

Many seniors and their families believe Social Security and/or Medicare will pay for all health related issues. Unfortunately that is not correct... Social Security does not *pay* for anything, it is strictly an income source. Medicare Part A will pay for acute hospitalization stays and up to 100 days of care in a rehab but patients are required to pay a co-pay amount. Medicare Part B is optional and will pay for office visits to physicians and certain out-patient services but again a co-pay is required by the patient. Medicare does not cover long term or custodial care at any time or any place. Medicare Part D is an optional prescription plan that has caused seniors much anguish...depending upon income this prescription plan will pay a portion of medication costs but often there is a hefty co-pay prior to any relief for seniors.

Well, who **does** pay for assisted living? Payment sources are as varied as are assisted livings. The resident pays in most circumstances...requirements for payment are not regulated by the Executive Office of Elder Affairs.

- Some communities require a “buy-in”. A large sum is required with 80-90% of this investment returned either to the resident’s estate or after the apartment is re-rented. The resident also must pay for services such as meals, personal care, & housekeeping.
- Private pay for entire length of stay (When residents no longer have assets, they may be forced to find other living arrangements.)
- Lifecare communities (Continuing Care Communities) Usually a “buy in” at the independent level and in most cases, residents are required to buy insurance that will help pay for transitions to the assisted living and/or LTC.
- Long term care insurance will usually pay for a number of years depending upon the policy... usually residents must need assistance with at least 2 activities of daily living such as bathing or dressing. often 90-100 days are not covered initially.

(Continued in next column)

3/10

DENNIS CAMPBELL  
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Carpentry  
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Emergency Service

### Who Pays for Assisted Living? (Continued)

- Private pay for a minimum number of years...this is variable depending upon the community any where from 2-4 years
- VA “Aid and Attendance” subsidies available to help defer the cost of assisted living. (Must meet specific dates of service) Has asset and income limitations.
- Other VA benefits – Homebound or veteran with ill spouse
- MassHealth subsidies such as SSI-G and community MassHealth with a spend-down. Both of these subsidies have asset limitations of \$2000 for individual and \$3000 for a couple. Income limitations for SSI-G change on yearly basis. Residents must meet Medical and financial criteria.

*Christopher Heights of Marlborough* is the area’s newest assisted living. This beautiful new building, located on the former Frye Boot property, offers seniors all that is needed to remain independent...help with bathing, dressing, grooming, medication management, three nutritious meals daily, housekeeping and laundry services and a full social calendar.

### New Quail Run Insurance Coverage

Residents recently received a copy of the recorded Insurance Amendment to the By-Laws of The Quail Run Condominium Association.

You are encouraged to discuss your own insurance coverage with your insurance agent in light of the change in coverage.

Note **you must sign** the Acknowledgement of Receipt and return it either to the Alpine address or drop it off with a member of the BOG. The insurance notice should be kept with your copy of the By-laws and other papers related to your unit.

## Cranberry Clafoutis

This is based on a traditional French custard recipe. The tart cranberries contrast nicely with the sweet custard. This recipe serves about 6. Might be good for brunch.

### Ready

2 cups fresh cranberries  
 1 cup sugar plus 1/4 cup sugar (separated)  
 1 cup water  
 4 large eggs  
 1/4 flour  
 1 cup milk  
 1/4 cup heavy or whipping cream  
 Chantilly cream

### Set

Medium sauce pan  
 Slotted spoon  
 2 quart baking dish or gratin dish  
 Mixer with whisk attachment

### Go

1. Preheat oven to 400°F.
2. In medium sized sauce pan place cranberries, 1/4 cup sugar and water.
3. Bring to a slow boil over medium heat and boil for about 5 minutes, stirring occasionally.
4. With slotted spoon remove cranberries from pan and place in an even, single layer on the bottom of buttered baking dish.
5. Continue to boil the remaining cranberry liquid until it has reduced to about 1/4 cup. Remove from heat.
6. In mixer bowl with whisk attachment, whip eggs and remaining 1 cup of sugar until well incorporated and light in color. Gradually sift flour into egg mixture whisk until smooth.
7. Gradually add milk, cream.
8. With whisk still on stream reduced syrup into bowl and whisk until well blended. Remove from mixer and pour over cranberries in baking dish.
9. Place in oven and bake for about 40 to 45 minutes, or until the top turns golden brown and the center is set.
10. Remove from oven while still warm and dish into bowls; garnish with a dollop of Chantilly or whipped cream.

Thanks to **Barbara Champine** for this yummy sounding recipe.



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## Symphony Pro Musica

Symphony Pro Musica's last concert for this season is Saturday, May 2, 7:30 PM at Hudson High School. The concert features pianist George Li. The program is available at the Club House or on line at [www.symphonypromusica.org](http://www.symphonypromusica.org).

Order your tickets from Toby Allen of Curtain Call by April 24. Price is \$16. This is the advanced purchase price. 978-562-7437 [Puella\\_tobia@hotmail.com](mailto:Puella_tobia@hotmail.com)

The Social Committee will be serving after concert refreshments at the Club House for all Quail Run concert attendees. Cost is \$1.00 per person. RSVP by April 24 to Barbara Edelstein, 978-567-5909 [bedelst@yahoo.com](mailto:bedelst@yahoo.com)

## Other Musical Events

April 3: River's Edge Community Band at Hudson Town Hall, 7:30 pm there is a charge

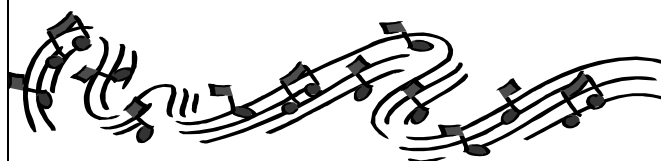
June 17: Yesue Memorial Concert, River's edge Community Band and Chorale, Pro Musica Youth Chorus, Wood Park, Free

## Free Concerts at Mechanics Hall

Brown Bag Concert with the US Army Jazz Ambassadors, noon, April 8

Organ Concert, Brett Maguire, noon, April 22

Bring your lunch to this beautiful hall in downtown Worcester. The organ is terrific.



# Social Committee Doings

## Coffee at the Club House is now free

for meetings and functions except for the Saturday Coffee Mornings when there is a charge for the goodies!

## A traditional English Tea

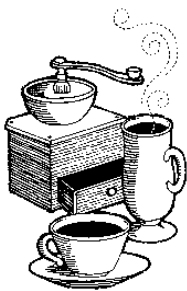


is set for April 19 at 3:00 PM in the Clubhouse.

We will have tea, home-baked scones, shortbread, Dundee cake and much more.

Organ music will be provided by Richie Mitnick who entertained us last year. Enjoyable for ladies and gentlemen

There is no charge for this event, but please RSVP to any member of the Social Committee so that we know how much to prepare. Names of the Social Committee are listed on the inside, front cover of the phone book.



## Coffee morning May 30

from 10am to noon. Note there is no Coffee Morning in April, instead come to Stew and Stage in the

evening.

## Garage Sale



There will be a Quail Run garage sale on Saturday, May 16. Each resident will have their own sale. The only cost will be for advertising. Our first yard sale was a terrific success. If you have not signed up, call Barbara Edelstein, 978-567-5909, [bedelst@yahoo.com](mailto:bedelst@yahoo.com) to do so.



Over the past few weeks, **Barbara and Harry Morgan** have gotten together with the **Stotts and Gagnes** at their respective homes at Nettles Island and West Palm Beach and hosted them at our place in Port St. Lucie. We also met up for lunch in Melbourne with the **Recklets**. It's been like old home week down here.



## JULIETS NEWS

APRIL - Wednesday, the 15<sup>th</sup>  
12:30 at The Chateau,  
Westborough

Order directly from the menu. Sign up sheets are posted in the club house or call one of the following: Evelyn Spears 978-567-0742, Marcella Monte 978-562-0823 or Ginny Curll at 978-562-9998.



May Juliets will be held at **Fruitland** in Harvard on Wednesday, 20 May. Details will follow. The event will be hosted by Paula Bradbard, Bev Minot, and Lee Rouse.

We are booked for the entire calendar year, but would like to remind the ladies that they need to start thinking about 2010 as we will be looking for new chairpersons.

## Help Our Local Schools

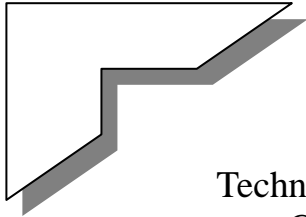
You can help our Hudson schools raise money for special projects by taking your paper for recycling to a pick up box behind Hubert Kindergarten on Broad Street or the parking lot in front of Forest Avenue Elementary School. The paper does not have to be bagged or tied.

## Recycling in the News

According to a recent press release from the Department of Environmental Protection (DEP), Massachusetts will miss its goal of a 56 percent overall recycling rate by next year. The DEP'S most recent statewide numbers, from 2006, show recycling by homes, businesses and construction projects at 47 percent. The department is reexamining the solid waste master plan and evaluating all ways to increase the recycling rate. Sadly, it is estimated 6.2 million tons of Massachusetts waste is not recycled.

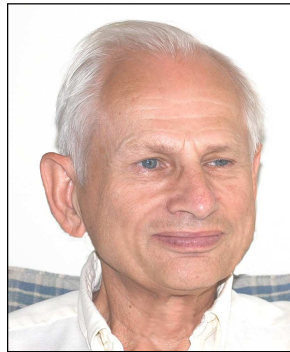


Recycling is not a forgotten issue by the legislatures even in this economic environment.



## Technology Corner

By George Champine



Sure, you have high-definition cable service and a huge, flat, 1080P high-definition TV. However, your DVDs are only giving you boring, vanilla, standard-definition quality. The HDTV revolution is here and there are ways to get the same superb picture quality from your DVDs as from HD cable pictures. Enter Blu-ray and up-converting DVD players.

### Blu-ray

Earlier we had the usual format wars in the HD DVD technology. The format war is over and the winner is Blu-ray, which all vendors now support. Blu-ray technology can hold 25 GB of data on a single layer compared to about 5 GB for current DVDs. The extra capacity is required for the HD video. Blu-ray DVDs are still about twice as expensive as standard DVDs, but deliver superb picture quality in the full 1080P HD format. Blu-ray DVD players are still somewhat expensive, running about \$200 to \$300, but the price is dropping steadily. The next generations after single layer Blu-ray are already in development. The double layer Blu-ray can store 50 GB, and a triple layer Blu-ray is in the planning stage. All of these will be available in read-only and read-write versions. Blu-ray players are backwards compatible with the current DVD technology, so you can continue to play your current disks. However, your current disks will not be played in HD.

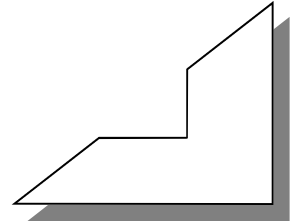
### Up converting DVD Player

If you are not ready to invest in Blu-ray technology, you can enhance your existing DVDs to close to HD quality with a DVD player that has 'up converting' features. Up converting is the process of upgrading the DVD picture from 720x480 (480i) resolution to 720p or 1080i which matches your HDTV's higher resolution. It's cheaper than a Blu-ray player and it will work with your existing DVD library.

### Home Theater System

Don't let your eyes have all the fun. Become part of the

experience with a six-speaker surround sound system. Home theater receivers also offer the ability to process sound and switch between numerous components. They are available for about \$300, but you can also spend much more.



## What if you have a heart attack while you are alone?

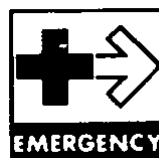
Suddenly you start experiencing severe pain in your chest that starts to radiate out into your arm and up into your jaw. You don't know if you can wait for 911 to arrive.

What can you do? Without help, the person whose heart is beating improperly and who begins to feel faint has only about 10 seconds left before losing consciousness.

However, these victims can help themselves by **coughing repeatedly and very vigorously.**

A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest.

A breath and a cough must be repeated about every two seconds without let up until help arrives, or until the heart is felt to be beating normally again.



Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating.

The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

From Health Cares, Rochester General Hospital



**R U OK** is sponsored by the Senior Center. This consists of an automated phone call to you once a day at a time of your choosing. If everything is fine, then just pickup the phone and then hang up. If the phone isn't picked up, the system will call back in a half hour. After that the system will call another number of your choice such as a friend, relative or neighbor.