

The Quail Runner

For and By the Residents
Of Quail Run



January—February 2010

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

From your Board of Governors:

Since the last edition of the Quail Runner, a new communication link has been established to let Quail Runners get their latest local news. Use your computer and go to <http://quailrunhudson.blogspot.com> with your browser to get access to a column that presently is being updated weekly.

Recent columns covered progress being made on the Trim Replacement project, including front porch hand rails. Some information included was:

1) The square piece of plastic on the bottom of the porch handrail post where it attaches to the floor is loose on purpose because the manufacturer recommends that it NOT be fastened to the floor or the rail.



2) Flagpoles that have been attached to the wooden trim will not be reattached at this point. We are finding out

how best to attach the brackets for maximum security with the least risk of damage to the new PVC.

3) Gaps between the cement siding and the trim are over one quarter inch in some cases previously hidden by using a lot of caulk. The solution is to recaulk the gap, which will look strange until the buildings are painted. The caulk does not contain water and can be used in below freezing temperatures.

4) There are several teams working at any one time, so an adjacent building might appear to be further repaired than yours, but yours will be taken care of.

(Continued on page 8)

Polar Bear Dinner

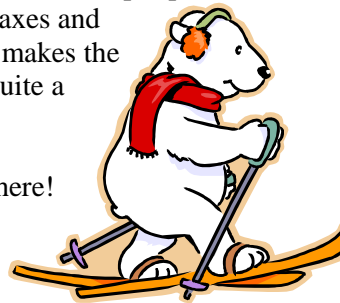
February 6, 2010

The Social Committee has a wonderful evening planned for the Polar Bears who signed up. (Sorry, the cut-off was January 29) Place settings included.

Classic Occasions Caterers are providing the meal at the Club House.

The price of \$30.00 per person which includes taxes and gratuities makes the evening quite a bargain.

See you there!



Coming Attractions!!

Curtain Call Productions

Readers and Extras needed!

Next performance

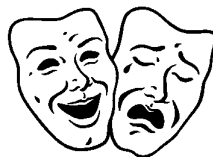
If Men Played Cards as Women Do

Friday 7 May

Rehearsals start April 13

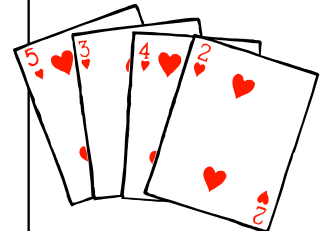
Come and get your **Name in Lights**

Contact MJ Ebens or Toby Allen if you'd like to be part of the team!
(More on page 8)



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 5 Strawberry **Lee Rouse**
 6/8 Strawberry **Toby Allen**
 7/12 Strawberry **Barbara Paradiso**
 1/4 Rotherham **Kevin Fitzgerald**
 6 Rotherham **Harry Morgan**

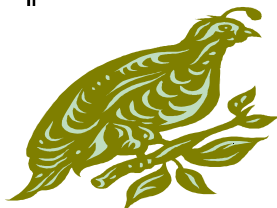
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Published first week of February, April, June, August, October, December; **Dead Lines** on the 23rd of the previous month.

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**.

Cats are Smarter Than Dogs.

You can’t get eight cats to pull a sled through the snow!

Jeff Valdez



The Editor’s Desk

MJ Ebens, editor



Welcome **Ron Chiasson**, our newest advertiser. Ron is the son of our own **Betty and Ron Chiasson**, 11-E Autumn

Farewell to Brian at A-1 Copy on Wood Square. He is closing his business and we will sorely miss his excellent service. This is the last issue printed under his care. If you can recommend another copy center that does good work, please let the editor know.

I couldn’t resist the review of *Daring Young Men* about the 1948 Berlin Airlift. I was 12 years old and living near Frankfurt, Germany at the time. The planes came into the Berlin airport spaced 3 minutes apart and I saw many of them flying over our house. Amazon.com is shipping me a copy. Let me know if you’d like to borrow it, once I’m finished. **mj**

Transitions

Richard Rouse, 70, 5-E Strawberry, died on Dec. 1st at Marlboro Hospital. Our condolences to Lee, his wife of 26 years.

Richard was born in Hudson and was a long time resident of Hudson. He was a 1957 graduate of Hudson High School and later attended Lyndon State College in Lyndonville, NH. He received his Bachelor’s Degree from Keene State College in Keene, NH and his Master’s Degree from Worcester State College.

He was a school teacher for 33 years in Hudson and was at the Forest Avenue School in Hudson prior to retiring.

Donations in memory of Richard may be made to the charity of one’s choice.

Phone Book & Email Updates

Bruce Eckman baeckman@verizon.net
Kathy Palmaccio's phone number should be 978 562 2888.

Ron Chiasson to ronchase2@verizon.net
Betty Chiasson to lizchase2@verizon.net

Need an extra Quail Run phonebook? Contact Marie Kapsalis to get one. 978-568-0713. \$1 a piece



HEALTHY LIVING

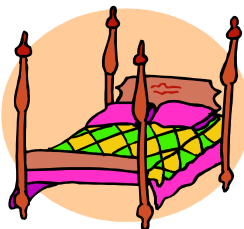
by Peggy Rittenhouse

Insomnia

According to WebMD, “insomnia is a sleep disorder that is characterized by difficulty

falling and/or staying asleep”. People with insomnia have difficulty falling asleep or waking up often during the night and having trouble going back to sleep or waking up too early in the morning. Some people have problems sleeping because of a health condition like pain, asthma, or arthritis but others have sleep problems not associated with any health condition. In some people insomnia lasts a long time (chronic), in others it is a temporary problem (acute).

Acute insomnia may be caused by such things as job loss, death of a loved one, divorce, illness, noise, emotional upset or even travel whereas chronic insomnia may be caused by chronic pain, chronic stress, anxiety or possibly lifestyle choices.



Dr. Michael Breus has suggested 10 tips to get better sleep. He states that we can make it easier to get a good night’s sleep every night with these simple steps:

1. Cut caffeine. The effects of caffeine can last longer than you think, even up to 8 hours.
2. Avoid alcohol as a sleep aid. It can initially help you get to sleep but it will give you a less restful sleep.
3. Relax before bedtime. Stress makes you miserable and it wreaks havoc on your sleep. Develop some kind of a sleep ritual to break the connection between all the day’s stress and bedtime. How about a hot bath?
4. Exercise at the right time for you. Regular exercise can help you get a good night’s sleep but it is best for most people to not exercise in the evening.
5. Keep your bedroom quiet, dark, and comfortable. Usually temperatures above 75 or below about 54 can disrupt sleep. Many people prefer a cool bedroom.
6. Eat right, sleep tight. Avoid heavy meals before bedtime, which would keep your digestive tract active, but some foods may help you sleep better. You decide.
7. Drinking fluids late in the day keeps many people getting up at night to use the bathroom.
8. Restrict nicotine. Smoking before bed actually puts a stimulant into your bloodstream much like caffeine.

(Continued at right)



It's cold and flu season!



Basic-G - germicidal cleaner proven effective against flu viruses
Nutriferon - stimulates production of natural interferon, shown to suppress flu in recent clinical studies
Defend and Resist Complex - high quality zinc and Echinacea
Optiflora – probiotics for a healthy immune system

Free membership and 15% discount for Quail Run residents
 (\$19.95 membership fee refunded after 1st order)
 All Shaklee products covered by a 100% satisfaction guarantee
<http://healthy-attitude.myshaklee.com> or 1-866-212-8070

9/10

ROMEO’S

Contact Harold Edelstein, 978-567-5909, tsvihesh38@comcast.net or Hugo Guidotti, hugosally@aol.com, 978-562-6501 for details.



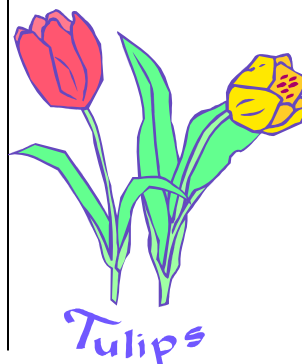
Insomnia (Continued from left)

9. Avoid napping. Napping can make matters worse if you usually have problems falling asleep. If you do nap, keep it earlier in the day. Keep pets off the bed. This may cause you to awaken during the night
10. Avoid watching TV, eating, and discussing an emotional issue in bed. These distracting activities could make it difficult for you to fall asleep.

Planter Boxes

It has come to my attention, the planter boxes I made may not fit properly on the new front porch railings recently installed. This problem appears to be confined to A units on the short span railing.

Due to the location of the new vertical balusters, interference with the mounting of the boxes may result. This is a very easy fix. If you are experiencing this problem, please call me and I will relocate the mounting holes on the boxes so they will fit properly at no cost.



For those who do not have these window boxes, I make them out of maintenance free PVC and are available for \$45.00 each installed.

George Shaw

Curtain Call

Toby Allen



Our next play to see will be *The Man Who Came To Dinner* put on by The Concord Players.

In March we are planning on seeing *Man of LaMancha* at the Turtle Lane Playhouse in Newton.

To become a member of our group, contact Toby Allen, 978-562-7437.

Skinny Dippers

An elderly man in North Carolina had owned a large farm for several years. He had a large pond in the back, fixed up really nice, along with some picnic tables, horseshoe courts, and some apple and peach trees. The pond was properly shaped and fixed up for swimming when it was built.

One evening, the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five gallon bucket to bring back some fruit.

As he neared the pond, he heard voices shouting and laughing with glee. When he came closer, he realized it was a bunch of young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end to shield themselves.

One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned and replied, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked."

Holding the bucket up he said, "I'm here to feed the alligator!"

Moral of the story:
Old men may move slow but can still think fast!



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www.495realtygroup.com

Hugo G. Guidotti Jr., SRES
Realtor®, Senior Real Estate Specialist



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E-mail: hugoshomes@aol.com

04/10

Real Estate Market

At the moment there are 4 units on the market in QR with asking prices ranging from \$289,900 to \$294,900 and they are all "A" units.

I have several customers looking for a "B" unit so let me know even if you are "just thinking" about selling your B unit. I had a great open house on Sunday with 12 parties attending with several folks really interested in QR. After all, what is there not to like?

Clarification of "short sale" – When an owner has a mortgage on his property that is larger than what the property could sell for, some banks will consider allowing a sale to take place that will leave the bank "short" of the money owed. Nowadays most of the time the owner does not owe any money to the IRS which used to consider the amount short as a taxable gift. And usually there is not a horribly adverse affect on the owner's credit

Next issue—Reverse mortgages

One of our sharp eyed residents spotted an inconsistency with the unit count published in the last issue. Here is the correct count!

UnitType	UnitCount
A Unit, 1 Car Garage	83
A Unit, 2 Car Garage	14
B Unit, 1 Car Garage	39
B Unit, 2 Car Garage	1
C Unit, 2 Car Garage	13

Totals 150

Your QR Realtor,

Hugo



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.

The Simple Knit Hat shown in the last issue had an error in the directions. The corrected directions are below.

Simple Knit Hat

Cast on 76 stitches. Knit for 9 ½” Next row *k2 k2 together yo*. Repeat all around. **Knit for 1 ½ “ and bind off.**

Make a crochet chain doubling yarn about 18" long. Weave it through the “holes” and pull tight and knot. Attach pom-poms to ends. Use the yarn from the pom-poms to bind off, just a little extra touch.

Knitting it in the round makes no finishing necessary.

The Little Things

It’s the little things in life, That keep me sane. The sunshine After the snowfall. The sweet smile of a child, So innocent and loving. The withered hands Of an elderly person, That have toiled, with love, For so long. The song of a bird, Early in the morning The sunset in the evening, That takes your breath away! A small but unexpected gift, From a dear friend. The smell of bread bak- ing, That reminds me Of my childhood.	The memory of that day, When my son Took his first step. The prayer of a small child. The laughter of teenagers. This is what life is all about, The “little things” That happen each day Make for us Cherished memories, That bring joy, peace and love To our hearts and minds! — Margaret V. Nugent Found in Helen Marckini’s mother’s cookbook
---	---

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03/10

Quail Run Birthdays

February

Bob Freedman, 1
Ron Ruest, 2
Susan Ciampi, Joanne Doherty, 3
Evelyn Spears, Kenneth Ward, 5
Jean Mercury, 6
Charlotte Sullivan, 7
Mary Mitchell, 8
Barbara Baker, Gerry Hegarty, 9
Bob Reid, Howie Pearlman, 11
Ken Curewitz, 13
Barbara Morgan, 17
Carole Perla, 23
Claire Davis, 24
Wally Howard, 26
Elaine Recklet, 27



March

Bob Frame, 1
Peter Recklet, 4
Ben Iannotta, Janice Owen, Barbara Chisholm, 6
Sue Rosen, 9
Terry Troyer, 17
Kevin Fitzgerald, 29



No shortage of “extra glasses” for us Senior Citizens!

Condo Care

Light Bulb Phase Out Mandated – Incandescent light bulbs will start to phase out, i.e. no longer for sale, starting with 100-watt bulbs in 2012. The 75-watt incandescents are next for phase out in 2013 and 40 and 60-watt in 2014.

We will have several choices by then including fluorescents and LED. There is sure to be more information available before then. (Boston Globe 12/28/09)

Previous Condo Care information is now on the Quail Run Website www.QuailRunHudson.com

Calendar Reminders

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

Extreme Cold Reminders Here are some things you might want to do and/or check:

- All outside faucets turned off
- Thermostat temperature not set below 64°
- All windows and sliders closed tightly and locked
- For “A” units, run the fireplace occasionally to warm the outside wall behind the fireplace that also contains a pipe for the sprinkler system. Note that the fireplace will operate even in a power outage.

In case of area wide loss of power and you need help, contact the Emergency Operation Center, 978-562-3434

Tradesmen Recommendations

My AC decided not to work the week we had temperatures in the 90's. Elite Mechanical was at my house around 2:30 pm. I was very surprised and impressed at how Mike went above and beyond his job to get my AC up and running because I have never dealt with him before. I got his name and phone from a person who told me he was very good and very reasonable and has used him for years. So for anyone who has any problems with your AC call Mike @Elite Mechanical Corp (781) 899-0222. Sharon Evans

Past vendor recommendations on the Condo Care web page www.QuailRunHudson.com.

Send your recommendations to the editor or your reporter.

Great Lengths HAIR SALON



Appointment _____

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

9/10

Cinema Night

Mark February 12 at 7:30 P.M. on your calendar and enjoy a fascinating movie with friends and family. See it on our 100 inch screen.



Something's Gotta Give is a 2003 American romantic comedy film, starring Jack Nicholson and Diane Keaton as a successful 60-something and 50-something, who find love for each other at a different time of life, despite being complete opposites. Amanda Peet and Keanu Reeves co-star, with Frances McDormand, Paul Michael Glaser, Jon Favreau, and KaDee Strickland in supporting roles.

Sometimes when legendary stars are teamed up in a film, the result is often less than passable. Not so with this film, thanks to two great stars in Diane Keaton and Jack Nicholson who click wonderfully together on screen and an excellent supporting cast. This is a romantic comedy that is funny when it's meant to be, insightful when it needs to be, and filled with many sincere and touching moments.

Harry Sanborn (Nicholson), the over-age playboy who has spent his entire life avoiding serious commitments, is set to spend the weekend with his flavor of the moment girlfriend, Marin (Amanda Peet), at a beach house owned by Marin's mother. Unfortunately for Harry and Marin, Marin's mother Erica Barry (Diane Keaton), shows up for the weekend. Of course Erica doesn't quite know how to deal with the fact that her daughter is dating and possibly sleeping with a man of Harry's reputation and age...

March 5, To Catch a Thief with Cary Grant and Grace Kelly, set in the French Rivera.

1/11



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Astrology — What's Up

By Beverly Beylouné

Beverly is taking some time off from her column.



Project We Care

These are notes I received from Bread & Roses, and Lazarus House. They are meant for everyone who has participated in Project We Care. **Paula Bradbard**



From Bread & Roses

Dear Friends,

Thank you for the beautifully knit items you have donated to Bread & Roses. We appreciate your generosity especially during these tough economic times.

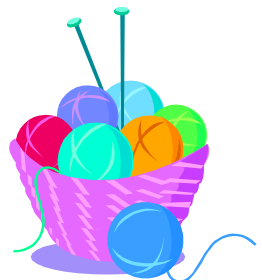
Your Friends at Bread & Roses



From Lazarus House Ministries.

As we supply children and families with warm meals and heavy sweaters in preparation for the crisp, cool days of fall we thank you for remembering the people living in poverty right in our own area especially during these challenging times.

Your recent contribution of new winter hats is making an incredible difference in people's lives. Our guests, staff and Board of Directors are extremely grateful that you have chosen to support this ministry as we work to break the cycle of poverty one person at a time.



Thank you for strengthening our brothers and sisters in need with your caring and love.

With a grateful heart,

H. Bridget Shaheen, Executive Director

Extra 2010 Calendars

Many thanks to all who have left their extra calendars at my door. They will be much appreciated by residents of the Bedford VA hospital.

Bev Minot, 8-F Strawberry

Welcome New Residents



Janice Hornberg,
2-C Rotherham Way,
978 562 4247,
jhornberg0507@verizon.net

CORNERED by Baldwin

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cornered@comic.com



"Ocean view, or would you prefer to watch them fight over the will?"

Overheard at Game Nite —

"This is so much more fun than staying home!"

From the Board of Governors (From page 1)

5) Work on the upper trim (around dormers and roof lines) will not be done until more favorable weather. SPS may wrap up their work at ground level before they can proceed.

This column will also be used to bring you up to date on other news:

- 1) A new water heater will be installed in the Clubhouse. The one installed by the builder does not have enough capacity to run the dishwasher when events being held there require it.
- 2) Bids have been requested for landscaping this summer, and the BOG is awaiting replies.
- 3) Similarly, we asked three companies for bids to improve drainage along some spots that have been problematic for years.



My Forgetter

My forgetter's getting better
 But my rememberer is broke,
 To you that may seem funny,
 but to me, that is no joke.
 For when I'm "here" I'm wondering
 if I really should be "there."

And when I try to think it through,
 I haven't got a prayer,
 Oft times I walk into a room,
 saying, "What am I here for?"
 I wrack my brain, but all in vain,
 zero is my score.

At times I put a thing away
 where it is safe, but gee!
 The person it is safest from
 is generally me!

When shopping I may see someone,
 say "Hi" and have a chat.
 Then, when the person walks away,
 I ask myself, "Who the heck was that?"

Yes, my forgetter's getting better while my rememberer is broke. It's driving me plumb crazy, and that isn't any joke.



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3/10

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Letters to the Editor

Recently there was some question raised around "Letters to the *Quail Runner* Editor". There has never been any issue about publishing letters sent to the editor. Indeed all letters, which for the most part have been "Thanks" to the community, have always been printed.

Guidelines to submit a letter for publishing:

1. All messages must be signed and dated.
2. No bad language or profanity allowed.
3. No statements that could be considered slanderous or libelous will be allowed.
4. Letters should be brief; ½ column or less, or they will be edited as space allows.
5. Email is the preferred format.
6. Quail Run residents only.

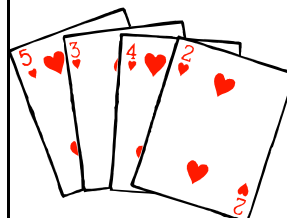


Next Curtain Call Production (from page 1)

If Men Played Cards As Women Do is the story of 4 men getting together to play cards and is written by George S. Kaufman. While you might think that this is a bit sexist, you will agree that the evening is a lot of fun!

In addition to the 4 men needed for reading parts, there are also lots of non-speaking parts that only require a photo to be used in the multi-media production.

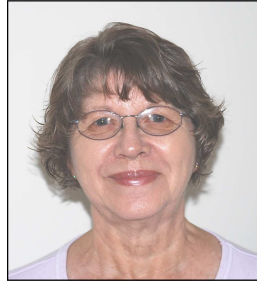
So contact either MJ, 978-562-7880 or Toby Allen, 978-7437 to take part.



Area Highlights

By Barbara Champine

Historic Newton: The Jackson Homestead and Museum



The Museum presents permanent and changing exhibits on a variety of historic topics. You can discover what life was like for New England's earliest settlers. Learn about the abolition movement in Newton and how the Jackson family used their home as a stop on the Underground Railroad. The museum houses the Newton Historical Society and holds an extensive library and research collection.

The Jackson family associated with the Homestead on Washington Street can trace its descent back to two brothers who were among the first settlers on the south side of the Charles River in Cambridge. Edward bought a 500-acre farm that covered much of what is today's Newton Corner and Newtonville. The story of the Jackson Homestead begins with Edward's gift of a house and 150 acres to his son Sebas---a homestead where the family lived and worked for 10 generations.

The Jackson Homestead is a nationally accredited museum and documented station on the Underground Railroad. The 1809 Homestead has a collection of photographs, paintings, maps, manuscripts, and building histories.

Museum Hours:

Tuesday-Friday, 11 AM to 5 PM
 Saturday and Sunday, 12 Noon to 5 PM
 Closed Mondays and major holidays

Admission: Adults \$5; Children/Seniors \$3; AAA Members, 2 for 1. There is a gift shop.

Address: 527 Washington St., Newton: Tel. (617) 522 7228

Directions: Mass. Pike to Exit 17 and loop left around the Sheraton Hotel onto Washington Street going west. The Museum is on the right, one-third of a mile



3/10

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Book Club

Meetings are the Clubhouse on Wednesdays, from 7 to 9 PM and generally the last Wednesday of each month.

Our book club selection for January was *Stealing Athena* written by Karen Essex. **Ginny Curll** conducted the meeting. Refreshments provided by **Helen Alkasab** and **Marcella Monte**.



Contact **Marcella Monte** for more information; 978-562-0823 or marcellamonte@comcast.net

The Berlin Airlift is a Tale of Courage and Resolve

At the end of World War II, Berlin was a ruined city. Located entirely within what would become East Germany, Berlin was divided into four zones with the Soviets in the eastern sector and America, Britain, and France in the western neighborhoods. A quiet, if very uneasy, truce prevailed until July 1948 when Soviet dictator Joseph Stalin abruptly blocked access to the city. By making it impossible to resupply Berlin, Stalin hoped to force the Allies to leave.

President Truman's key advisers - including Secretary of State George Marshall and Secretary of Defense James Forrestal - wanted to pull out. But Truman simply said: "We stay in Berlin. Period."

Without rail, highway, or canal access, the only way to resupply the city entirely was by air. And so the Berlin Airlift was born. Nobody thought that this would be a long-term project. Instead, the airlift lasted 324 days before Stalin backed down.

A new book, *Daring Young Men*, by Richard Reeves, Simon & Schuster, 366 pp., \$28 tells the story of this central event of the cold war by focusing largely on the work of the pilots, ground crews, and other who made it possible.

Taken from a review by Terry Hartle in the *Christian Science Monitor*.



The Cheese Shop
29 Walden St., Concord

SAY ‘CHEESE’!!
Last fall my 81 year old French friend, Marcelle, made her first trip across the ‘Big Pond’ to the ‘Big Apple’. She asked me to join her there for several days of sight-seeing. I had difficulty matching her energy as we raced around in yellow cabs visiting the Empire State building, Times Square, Brooklyn, Ellis Island, Central Park and, her obsession, numerous museums.

Then it was my turn to play tour guide for Massachusetts. We visited all the sights of Boston,, Old Sturbridge Village, the Wayside, Quail Run etc. Then I took her to nearby Concord for a history lesson on the American Revolution and while there we visited my favorite spot, The Cheese Shop at 29 Walden Street, off the Main St. in the town center.

I introduced her to ‘P.G.’ who has hundreds of fresh cheeses from all over the world. He gave us tastes of several delicious cheeses. Marcelle was amazed that he knew of an obscure cheese made in the area around her small village in northern France, one that is hard to find even in other parts of her country. He was expecting a delivery the next day. My friend was so entertained by him and couldn’t believe she’d found this gem of a place in a small town in the U.S.

At the end of her visit I asked Marcelle what she had enjoyed most of all she had seen in America. She thought for a moment and then said **“the Cheese Shop”!!** A few days after her return to France she made a special phone call to tell me she was very upset not to have taken a photo of ‘the Cheese Man’ . She asked me to do it for her and send it so she could place in an album of her great souvenirs, among shots of the Statue of Liberty and other great monuments! She also said she had talked to her own village cheese man who was excited and wanted the address and phone number of his counterpart in Concord!!

SAY ‘FROMAGE’!!!!

Terri Kilshaw



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978-562-2332

9 Bonazzoli Ave., Unit 6, Hudson, MA

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3/10

MARK YOUR CALENDAR

February 26, Celtic Traditions with Kate Chadbourne and the Irish Music Guy, and evening of story and song, Hudson Town Hall, 7:30 pm. \$

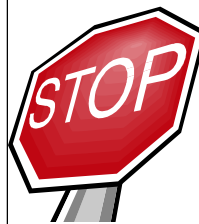


Thanks

Toby Allen received a note from an anonymous resident. This person asked me to put this in the Quail Runner - “Thanks to all who pick up trash, cigarette butts and dog droppings in an effort to keep Quail Run clean.”



Recycling



Hudson Town Dump **does not recycle “Styrofoam”** even though it is clearly labeled with a #6 plastic recycling symbol.

This is not a unique restriction to the Hudson Transfer Station. Styrofoam poses a number of problems for recycling. It is a petroleum based product and therefore highly flammable. If it is burned a complex mixture of toxic gases and chemicals are released. Many communities have banned the use of Styrofoam for the packaging of food.

Styrofoam is recycled at a rate of 10-12% a year. If it is properly recycled it can be made into new polystyrene or pelletized and remanufactured into rigid durable products such as plastic lumber and molding trim. But, alas, not from Hudson’s dump. **Toby Allen**

Meals on Wheels

Meals on Wheels is a program that traces its roots back to WWII and the battle of Britain where neighbors would make food for their bombed out neighbors. Here in the US, the program began in Philadelphia in 1954 to provide nutritious hot food to home bound senior citizens. Here in our area, the program is coordinated by Baypath Elder Services Inc located in Marlborough.

Meals on Wheels Guidelines

Recipients must be:

- * 60 years of age or older
- * Residents of one of the 14 towns BayPath services
- * Homebound with limited driving
- * Living alone and not able to provide themselves with a meal, or living with someone else that is incapacitated, or unable to provide them with a hot meal daily

Hot meals are delivered each day Monday through Friday between the hours of 10:00 a.m. and 2:00pm. The client must be home during delivery hours to receive the meal.



There is a voluntary requested donation of \$2.00 per meal. Donations letters are sent by mail monthly to the elder.

Meals are available for short term or long term needs and are available without regard to income, race, religion, national origin, sex or handicap.

Once a referral is received the Elder Nutrition Program Coordinator, Liz Laughlin, will contact the potential meal recipient within 48 hours. Eligibility will be determined by the ENP Dept. by completing an assessment by phone or in person.

Any individual 60+ years of age is invited to attend our Congregate Lunch Program located at the Hudson Senior Center. To participate in Congregate meals you need to sign up the day before at the lunch site you wish to attend. For more information or to make a referral call Liz Laughlin at 508-573-7426.

When Hudson Senior center is finished, the meals will be served there as well as being home delivered; currently meals are served at the First United Methodist Church. The menus for the month are published on the back page of the Senior Center news Bulletin.

For more on **Meals on Wheels** including volunteering information, see page 12.

JULIETS NEWS

February 10, Wednesday, at 12:30, Horseshoe Pub, 29 South St., Hudson

You can order directly from the menu and there will be one check per table. A sign up sheet is posted in the club house.



Contacts are Marcella Monte 978-562-0823

marcellamonte@comcast.net

or Ginny Curl 978-562-9998

Curlig@verizon.net



March 10th, Wednesday 12:30 at Georgio's on Rt 20 in Marlboro contact people Paula Bradbard, Lee Rouse and Bev Minot



April 20th, Tuesday 11 AM, Tower Hill Botanic Garden with Lunch at Twig's Cafe

Directions: Exit 24 from 290, following that road 3 miles to the entrance on the right (just before Route 70). Tower Hill is just 11 miles from Quail Run.

Senior Group Rate Admission to Gardens - \$5 per person

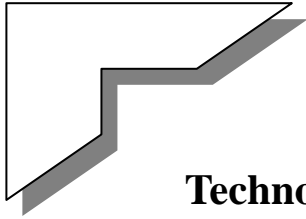
Lunch: Reservations can't be made in advance but once you arrive you can form groups of 4 or 6 to eat early or late. Entrees run from 6.95 to 8.95. They serve soups, salads, sandwiches - wonderful creative lunches at fair prices. Spectacular desserts run around \$5-6. Billing will be per table.

You can spend the whole day or as much time as you like enjoying the views and extensive gardens and walking paths. They are presently in the middle of extensive construction with the cafe and gift shop in a temporary location but expect to be in their permanent location with a new kitchen for Twigs by the end of March.

What if it is pouring on April 20? Rain date April 27.

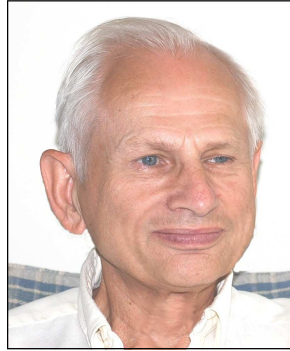
Contacts are Marion Anderson - 978-562-4546, MIpand@aol.com or Janice Owen - 978-567-0767, jowen337@comcast.net.

Sign-up sheets will be available in the club house by March 1st.



Technology Corner

By George Champagne



Digital Picture Frames

Picture frames that simply hold a picture are so last century. Now we have digital picture frames that can download pictures from the Internet, hold thousands of pictures, and present them as a slide show with music or other MP3 audio. Here are some things to keep in mind.

Resolution: more is better, but you should get at least 800 by 600.

Aspect ratio: it should match your camera. If your camera has a 4X3 aspect ratio, get a frame with the same. If your camera is high definition with a 16X9 aspect ratio, get the same in a frame.

Internet access: frames are available with Internet access by Ethernet or wireless to download pictures. Decide if you want that.

Media cards: most frames accept a (camera) media card, usually Secure Digital (SD). These are very useful because you can store different kinds of pictures on different cards and swap them easily.

Internal memory: ranges from 0.5 GB to 2.0 GB. It is not too important because you can use an external media card for about \$10.

Size: generally ranges from seven inches to ten inches diagonal measurement.

Unfortunately they are also expensive, ranging from \$80 to \$150. Good manufacturers include Kodak, HP, Sony, and Transcend.

Netbooks Revisited

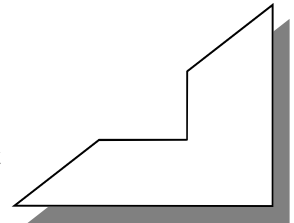
A “Netbook” is like a laptop but in a much smaller size. Netbooks are attractive to Seniors who travel because they are small, light weight, and have long battery life. A recent product that has received high ratings is the Asus Eee PC 1000He, available for about \$380 from Amazon and elsewhere. It has a ten inch screen, wireless N (the new technology with 50% more speed and 40% more range), and a battery good for an actual seven hours (they advertise 9.5 hours). The downside of the long battery life is that at three pounds it is a few ounces

heavier than other Netbooks. In contrast to some earlier Netbooks, the keyboard is large enough for easy typing. It has good multi-media capability with a web cam, an SD slot for a digital camera card, microphone, and audio output, and it is good at video conferencing. It runs XP, as all current Netbooks do and has USB, 1 GB of RAM, and 160 GB of disk, both of which are entirely adequate. Also as usual, there is no CD/DVD drive, but an external CD/DVD drive can be added as an external USB device.

I recently bought an HP Mini netbook for \$300 with a ten inch screen to use for traveling. It is very small and lightweight. I find it as fast, powerful, and capable as a laptop computer with one exception. It is missing the “home”, “end”, “page up”, and “page down” keys. However, there is a key combination that makes the arrow keys operate as the missing keys. Otherwise it is great!

Technology continues to advance

When GPS devices first came out, they seemed to be a miracle of technology. Recently I took a ride with a friend to the Fitchburg Art Museum. Instead of a GPS, he used an iPhone with GPS capability. It worked as well as my Garmin and had very good voice output, although of course with a smaller screen. Now it is not necessary to buy two different devices.



Meals on Wheels continued from page 11

Some of our residents are volunteering for MOW.

“Lee” and Paula Bradbard deliver meals to homes in Hudson, and “Lee” volunteers one day a week to help put the meals together and get them ready to be delivered.

Barbara Langley is a substitute driver. The time commitment is about 1½ hours for delivery and about three hours when you are working in the kitchen.

Volunteers are always needed and arrangements can be made by calling Liz at 508-573-7426 or the Hudson Senior Center (978-568-9638).

