

# The Quail Runner

For and By the Residents  
Of Quail Run



March — April 2010

Began Publishing 2003  
www.QuailRunHudson.com

Hudson, Massachusetts

## Social Committee Invitation

Join us for dessert at **A SWEET EVENING** in the Club House on Friday, 23 April beginning at 7:00. Cost \$4.00 per person. There will be cheese, crackers, fruit, some very special desserts and Door Prizes. Coffee and Tea will be served and please BYOB (including soft drinks).



No need to bring your own place settings or tableware. The sign up deadline is Tuesday, 20 April. A sign up sheet will be posted in the club house or please contact one of the following: Jan Mudgett - 978-562-0598 - [KJM119@earthlink.net](mailto:KJM119@earthlink.net), Ginny Fullam -978-562-2787 - [virginia2c@comcast.net](mailto:virginia2c@comcast.net) - SallyMauro - 978-568-0821 - [srednims@aol.com](mailto:srednims@aol.com).

## Hudson Cleanup Day

It's that time again! Two years ago we helped by picking up trash along Reed Road/Technology Drive, Cemetery Road and part of Marlboro Road. I'm looking for volunteers again to help do the same on Saturday, April 24<sup>th</sup>, probably starting around 9:00 AM.



The more volunteers we have, the quicker we will be done. If you are willing, able and available, please call Barbara Baker @ 978-562-2460, or Email @ [bakerb2939@gmail.com](mailto:bakerb2939@gmail.com). This is your chance to do something for our Town.

## Curtain Call Productions

Sponsors

### If Men Played Cards Like Women Do

Friday 7 May  
Evening includes a multimedia  
production, music, and  
dessert

Come and enjoy an evening that is  
frankly sexist!

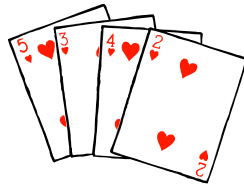
Performance 7:30

Doors open 7:00

**Tickets: Limited to 60**

\$4 before 25 April

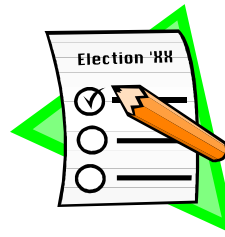
\$7 at the door



Available from  
Curtain Call  
members  
(More page 4)

## Interested In Running for the Next BOG?

For some insight  
on what being a  
member of the  
BOG entails, see  
page 9

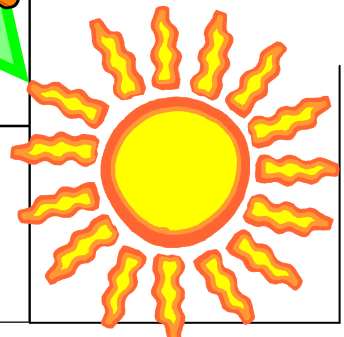


## ??How About Another Yard Sale??

See page 5 for more on this.

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### The Quail Runner Staff

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

**Reporters:**

- 1/3 Autumn **Peggy Kunz**
- 4/9 Autumn **Marilyn Hoffman**
- 5/7 Autumn **Terri Kilshaw**
- 6/11 Autumn **Carole Perla**
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- 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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- Technology Corner**—George Champine
- What’s Up** — Beverly Beylouné,
- Area News**—Barbara Champine
- Healthy Living**—Peggy Rittenhouse
- Senior Money Sense**—Howie Perlman

**Communications:**

**Phone, email address list:** Maria Kapsalis,

**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 view the current issue on [QuailRun Hudson.com](http://QuailRun Hudson.com).

### Phone and Email Updates

Claire Davis, owner and former resident on Autumn [clairedelune1935@aol.com](mailto:clairedelune1935@aol.com)

### The Editor’s Desk

MJ Ebens, editor



Nominations for new BOG members will soon be due. Read Rich Ebens’ article on page 9 and think about whether you would like to run or to nominate someone. We need committed members to act for us in this important organization.

The **Sweet Evening** sponsored by the Social Committee sounds great, after all, “Life is uncertain, eat dessert first” is my motto!

**Hudson Cleanup Day** is a worth while event. Those who took part last time really did a fantastic job. The town organizers picked up all the bags of trash the Quail Runners gathered and disposed of it for us. Reed Road and environs certainly looked much better when we finished.

The next **Curtain Call Productions** will involve a lot of Quail Runners. What could be more painless than just having your picture taken to be part of the cast?

The Ebens just got back from San Francisco and an Elderhostel, now Exploritas, program. The subject was the history of the city from its earliest days up through the great earthquake and fire, the various uses of the island of Alcatraz, and the addition of the cable cars which allowed the city to make use of their very high hills. Boston, by comparison, leveled the hills for fill for the Back Bay.

Welcome **Howie Pearlman**, 3-F Rotherham, to our pages. Howie is starting a regular column called **Senior Money Sense** on

financial and insurance needs including long-term care. He is certified in this field and has been at it for 29 years.

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**mj**

### Laws of Nature

Law of the Bath - When the body is fully immersed in water, the telephone rings.

Law of the Result - When you try to prove to someone that a machine won’t work, it will.



## HEALTHY LIVING

by Peggy Rittenhouse

### Urinary Incontinence

Millions of people in the United States have urinary incontinence problems. It is most common in people over 50 years old, especially women. According to one study, over 50% of women 20 to 80 years old reported urinary incontinence. Urinary incontinence is the accidental release of urine. While it is not a serious health problem, it can be very embarrassing. Two of the common types of urinary incontinence are stress incontinence and urge (or overactive bladder) incontinence.

With stress incontinence there is a leakage of urine caused by an increase in pressure in the lower stomach muscles such as when you cough, laugh, sneeze, lift something or exercise. Stress incontinence usually occurs when the pelvic muscles are weakened, for example by childbirth or surgery. It is especially common in women.

Urge incontinence occurs when the need to urinate comes on very suddenly, often before you can get to a toilet. Your body may only give you a warning of a few seconds to minutes before you urinate. This is most common in the elderly and may be a sign of urinary tract infection.

What can be done about this very prevalent problem? Treatment, of course, depends on what is causing the problem and what type of incontinence you have. Kegel exercises and bladder training may help some women, while medication and surgery might be another alternative. Kegel exercises help strengthen the muscles that control the bladder. They can be done anywhere at any time. It may take several months to see an improvement so it is important to keep doing them.

Kegel exercises involve:

- Squeezing the same muscles used during urination. To locate the right muscles, try stopping or slowing your urine flow without using your stomach, leg or buttock muscles. When you're able to slow or stop the stream of urine, you've located the right muscles.
- Squeeze your muscles. Hold for a count of 10. Relax for a count of 10.
- Repeat this 10 to 20 times, 3 times a day.

(Continued at right)



9/10

Call or email for free sample of Basic-H2 multipurpose cleaner

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

## ROMEO's

Contact Harold Edelstein, 978-567-5909, [tsvihesh38@comcast.net](mailto:tsvihesh38@comcast.net) or Hugo Guidotti, [hugosally@aol.com](mailto:hugosally@aol.com), 978-562-6501 for details.



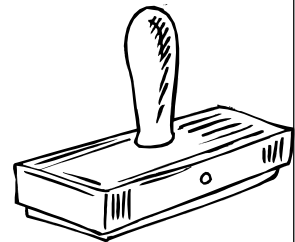
Urinary Incontinence — continued from left  
You may need to start slower, perhaps squeezing and relaxing your muscles for 4 seconds each and doing this 10 times, 2 times a day. Work your way up from there.

Medications can help some types of urinary incontinence so it is advisable to talk this problem over with your physician. Surgery can sometimes be helpful but is usually only performed if other treatments haven't worked or if the incontinence is severe.

## Notary Publics at QR

Evelyn Spears, 1-E Strawberry, Ray Samra, 7-D Strawberry, and Joe Aioloa, 6-E Strawberry are Notaries and have offered to provide this service to residents of Quail Run. This is a very generous offer on their part.

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



**There's always a lot to be thankful** for if you take time to look for it. For example, I am sitting here thinking how nice it is that wrinkles don't hurt....!

### Curtain Call

Toby Allen



In March members went to see "Cash on Delivery", a British comedy, at the Calliope Theater in Boylston. The play was very funny and enjoyed by all. Our next play, in April, is "The Gin Game", A Tragi-comedy, in the same theater. Curtain Call's next meeting will be April 1st. There is no meeting on April 14th.

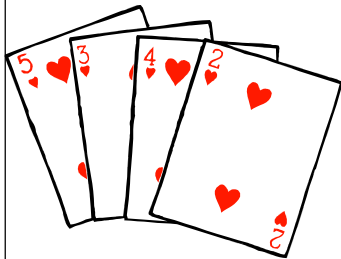
To become a member of our group, contact Toby Allen, 978-562-7437.

### Next Curtain Call Production (from page 1)

**Readers and Extras needed!**

**Performance Friday 7 May**

*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 and adapted for Quail Run. 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.

**Willing to take a chance and be photographed?**

**Come get your Name in *Lights***

Contact either MJ, 978-562-7880 or Toby Allen, 978-7437 to take part to be either photographed or have a speaking part.

### Litter Free Quail Run

Residents are reminded that all household trash should be bagged; recycles should be tied or weighted down so they don't blow around on our windy hillside.



433 Main Street  
Hudson, MA 01749  
www.495realtygroup.com

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04/10

### Quail Run Real Estate News

There will be **new neighbors at QR soon!** Purchasing 6A Autumn Drive are **George and Mary Lewis** from Marlboro and moving from the Cape are **Klaus and Sherry Schneller** buying the home of Hank and Susan Ross. The Schnellers are long time friends of **Jean and Les Malecki** of 12G Strawberry Ln.

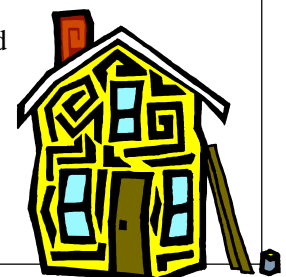
#### Today's Topic: Reverse Mortgages (Rm)

If you have need for greater cash flow, a reverse mortgage is worth looking into. Basically it is what the name implies but great care and caution should be exercised before getting involved.

One would make a contract with a lender that they would pay you a certain amount each month but you are obligated, at some point, to turn your home over to the bank for some serious financial consideration. There are many different varieties of RM's and some will allow you to live in the home for the rest of your life while they pay you. They own the home after your death and, depending on the equity in the home, there may or may not be value left for your estate.

A mandated requirement by HUD (Federal govt.) is that a homeowner **MUST** attend a series of seminars in order to qualify for a RM in order to insure that the homeowner understands completely what the RM contract obligations involve. This is an attempt to help homeowners to avoid being bilked by scams and fraud. RM lenders are also required to be certified in this field

I have several brochures and pamphlets available and am happy to share them with anyone who would like more information.







## Stitch & Knit

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

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

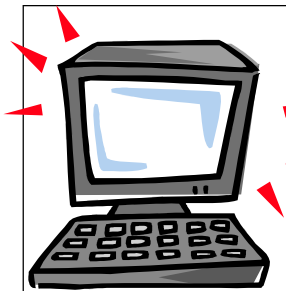
## Bible Study



A new Stonecroft Bible Study will begin Monday, April 12th @ 1:00 pm at the home of Janice Owen, 1F Strawberry. This will be an 8 week study titled "*Knowing God's Will*" and exploring principles in the Old Testament book of Ruth to learn how to determine God's will. Newcomers are welcome.

Call Janice Owen (978-567-0767) or Marion Anderson (978-562-4546) so a Study Guide can be ordered for you. Small charge for materials.

Call Janice Owen (978-567-0767) or Marion Anderson (978-562-4546) so a Study Guide can be ordered for you. Small charge for materials.



## Intel PC/TV & Electronics Recycling

on Friday, April 16th from 12:00pm-6:00pm; on Saturday, April 17<sup>th</sup> from 8:00am-2:00pm. at the Center at Hudson shopping plaza at the intersection of Route 85/Washington Street and

Technology Drive (Stop & Shop plaza). Items accepted for recycling include computer monitors, CRTs (cathode-ray tubes), fax machines, copiers, typewriters, CPUs (central processing units) including accessories, DVD or VCR players, radios, telephones, cameras, microwaves, and stereo equipment.

A minimum donation of \$10 and \$20 will be requested from individuals and businesses, respectively. Donations will benefit the United Way of Tri-County, and Intel volunteers will be on hand to assist with unloading recyclable electronics from the vehicles.

The location of the PC/TV collection is sponsored by Edens & Avant, owner of the Center at Hudson.

For more information contact Anne McGrath at 978-553-5390.

## HARVEST CAFE



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03/10

## Quail Run Birthdays

### April

Barbara Champine, 7  
Joe Fallon, 11  
Lois Rawson, Sharon Berthiaume, 12  
Jennie Frame, 14  
Robert Sullivan, 17  
Craig Evans, 19  
Charlie Bosio, 20  
Helena Cabral, 23  
Tony Nefzger, 24  
Edward Berthiaume, 26

### May

Diane Potter, 5  
Janice Hornberg, 7  
Roger Montgomery, 9  
Vickie Troyer, 11  
George Champine, May16  
John Palmaccio, 18  
Patricia Ruest, 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



## ??Yard Sale??

"Got Stuff" If you are interested in a yard/garage sale this year, please contact Barbara Baker at [bak-erb2939@gmail.com](mailto:bak-erb2939@gmail.com).



If there is not enough interest, it will be considered again next year.

# Condo Care

•Run the various seldom used features of your unit occasionally, i.e. ceiling fans, vent fans, showers, faucets – indoors and out, and oven cleaner, to be sure they haven't "frozen or rusted"

• Change the batteries in your smoke detectors (also in the fall) when you change from Day Light Savings Time.

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

## Gardening at Quail Run



The plantings on the ridge behind the Club House are beginning to show green growth. If you have plants to donate please call Toby Allen ( 978 562-7437 ). You are all invited to come "play" in the garden any time you want. Your help would be gratefully appreciated.

## Laws of Nature

Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

Law of Probability - The probability of being watched is directly proportional to the stupidity of your act

Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

The Coffee Law - As soon as you sit down to a cup of hot coffee, you will have to do something which will last until the coffee is cold.

Murphy's Law of Lockers - If there are only two people in a locker room, they will have adjacent lockers.

Law of Logical Argument - Anything is possible if you don't know what you are talking about.

## Great Lengths HAIR SALON



Appointment \_\_\_\_\_

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

9/10

## Cinema Night

Put Cinema Night April 9 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), who is a famous playwright, shows up for the weekend also with her sister Zoe (Frances McDormand). 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...


1/11

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## Income Tax Suggestion

With income tax season upon us, most of us are looking for all the legitimate deductions we can get. One of the deductions that some of us can use, depending on our income and other deductions is in a portion of the Massachusetts tax code sometimes called the **'Senior Circuit Breaker'** which allows you a deduction dependent on the amount of money charged for water and sewerage charges.



If you are eligible for this deduction, you are allowed to deduct 50% of the charge, times the percentage of ownership that you have in Quail Run (which runs from 0.66 to 0.689 - see your deed for your exact percentage). The total charge is \$71,272, for Quail Run in 2009. That can possibly give you a deduction of up to \$245.00. If the numbers seem confusing, let your tax preparer sort it out. Most computer tax programs, such as TurboTax, will ask for the numbers if you qualify. **You may not be eligible for this at all.**

### SAY A PRAYER

from Lee Bradbard

Little Johnny and his family were having Sunday dinner at his Grandmother's house. Everyone was seated as the food was being served.

When Little Johnny received his plate, he started eating right away. "Johnny! Please wait until we say our prayer." said his mother. "I don't need to," the boy replied. "Of course, you do." his mother insisted. "We always say a prayer before eating at our house." "That's at our house." Johnny explained. **"But this is Grandma's house and she knows how to cook!"**

## Astrology — What's Up

By Beverly Beyloune



### ARIES March 21 – April 19

Your frenzied routine during 2010 may have you feeling out of sorts from time to time, especially during



the summer. Be ready for some unexpected changes...get ready for a new hairstyle or new wardrobe and some unexpected travel. Watch your wallet when you get that urge for impulsive spending. With a little pampering, you'll feel unstoppable by Fall!

*The World Will Be Yours!*

### TAURUS April 20 – May 20

Transits in your wellness area help you set healthy habits to keep colds at bay. A rejuvenating summer hobby will make you feel like superman/woman by Fall.

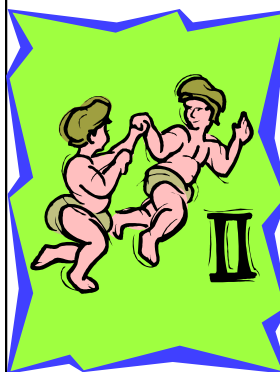


This year a possible new venture may reveal itself. Follow your intuition to ensure prosperity. Keep your mind focused and reap the rewards.

You'll find bonds with those around you strengthening. Communication with others is becoming easier for you to reveal your desires. *You're Set To Take The Stage!*

### GEMINI May 21 – June 20

With transits you'll find yourself in a 'work-out' drive...you and a workout pal will be going fall speed. By Fall you'll have to get out your skinny jeans! This year it seems as if anything you do will attract some well deserved praise. You are set to win! You're intuition is heightened and you're becoming even more charismatic this year. You'll find you can get what you want if you set your mind to it. *Get Ready*



*To Truly Win!*



**Senior Money Sense** By Howie Pearlman  
 Posted by Lisa Gibbs, taken from CNNMoney.com

More or less buried in the massive debate over what our health care system should look like is a provision to create a national long-term care insurance program. The Community Living Assistance Services and Supports (CLASS) Act would allow people to pay an average \$65 a month and, after five years, be eligible for between \$50 to \$100 a day in benefits. Insurers oppose the CLASS Act — clearly; it would cut into their sales of long-term care insurance. Also, the government doesn't need to be expanding programs even further than it already is, and low benefits would give people a false sense of security. While \$100 is better than nothing, it would pay for about four hours of daily care from the home aides I hired recently to help my mother recover from surgery. It certainly wouldn't cover assisted living or nursing homes, which run into the tens of thousands of dollars per year.

Whether through private long-term care insurance or a public plan, its clear this country needs to do a better job thinking about how we're going to care for ourselves as we get older and frailer. Few of us have saved enough money or bought insurance to cover whatever care we need in our later years. Typically the responsibility for care falls on a family member — if not a spouse, then adult children. The boomers now turning 65 have averaged only two children each — kids who most likely don't live close to their parents anymore. Today, 80% of women in those potentially prime care giving years are working. How many times can we take off from work to take mom to the doctor? Throw in the higher divorce rate, and even more parents are likely to need their children to pitch in.

"If you ask older adults, 'What worries you about your family?' they say, 'I don't want to be a burden to them,'" Dychtwald, a gerontologist, says. "People are increasingly coming to realize that in the absence of some other way of providing for care or funding, that care that will fall on the family."

Dychtwald says the issue came home for him when his parents, now in their late 80s, became ill with a variety of conditions that made it impossible for them to get around on their own. They do have long-term care insurance, which provides an aide six days a week; a coordinator manages all their treatments and activities. "If it weren't for that protection and care," he says, "there's a high likelihood my mom and dad would have spent all of their savings, my brother's or my life would have to have been completely adjusted, and ... the life they've had together would essentially be over."

Dychtwald is a big proponent of long-term care insurance. The most important thing, he says, is to have some kind of plan. How do you want to live when you're 80? What kind of relationship do you want with your children? What do your parents want? "Families are intertwined in helping each other get through their lives," he says. "We can either be the deer in the headlights or we can try to make sense of it."

Supporting our local residents  
 is just part of what makes us  
 your community bank.



3/10

**Transitions**

*Condolences to Dolly Gordon, 8B Strawberry, on the death of her husband Keith.*

*Update on Vinnie Graceffa, from 8G Strawberry. Vinnie is now living at Christopher Heights, an assisted living home, in Marlborough. He had a little adjusting to do; but, now that he is settled he is really enjoying it there. He has made many friends, especially the ladies - as he is always helping them. He sold his convertible, no garage, and replaced it with a hardtop. He says he is ambulating better due to the very long halls. Vinnie is now a grandfather to his son's (Vincent) new daughter. Vinnie says "Hi" to all. He made the right decision in moving. Vinnie wrote an automotive column for the Quail Runner for a time.*

*Condolences to Rosemary Fitzgerald, 1B Rotherham, on the death of her brother Daniel J. Regan, on Feb. 6*

*Death Notice - Beverly Vashon, 75, formerly of 1D Rotherham, Mar.5, 2010*

*Condolences to Priscilla Cellucci on the death of her sister-in-law Helen Cellucci Rossi*

*Condolences to Regina Darcy and her mother, Mary Mitchell, 12A Strawberry, on the death of their mother / grandmother, Rita Arsenault.*

*Condolences to Donald Pugsley, 6-F Autumn, on the death of his sister, Agnes E. Wuorio*

*Condolences to Bob Tessier, 11F Autumn. His wife Judith E. "Judy" (Ingham), 73, formerly of Framingham, died Saturday, Jan. 30, 2010.*

*Congratulations to Sherri and Lee Jacobs. Their daughter Lauren married Ariel Potischman on 3/28.*





## Area Highlights

By Barbara Champine

### SAGUS IRON WORKS

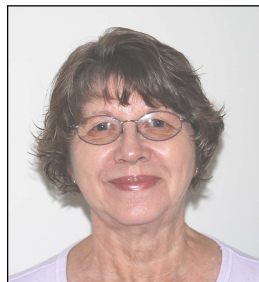
The Saugus Iron Works is a National Historic Site. This was the site of the first successful plant for the integrated production of cast and wrought iron in the new world. John Winthrop, Jr. was a student of metallurgy. He found significant ore deposits in the Boston area. John formed a company in Braintree that subsequently failed. Richard Leader took over the company and chose a site on the Saugus River for its water power and raw materials. At a level of technology equaling anything in 17<sup>th</sup> century Europe, the Saugus works was by 1646 producing iron products for Massachusetts and England. There were financial problems and the last recorded blast was in 1668. Despite its short life, the Saugus works introduced a complex and demanding technology into what was still a roughhewn world.

The iron works was an extraordinary achievement. The plant used the era's most advanced iron making technology, which it adapted to the resources of New England. Its rolling and slitting mill was one of only a dozen such mills in the seventeenth-century world. Its production was not achieved in America again until the Slater Mill in Rhode Island.

This museum is a must see. You will certainly enjoy a visit. Saugus Iron Works is a museum where you follow a path from site to site. It was reopened in May of 2008 after more than 18 months of major construction projects. The blast furnace, forge, and rolling and slitting mill were reconstructed over the original 1640s foundations. The museum offers a film and displays hundreds of artifacts found at the iron works. A half-mile nature trail winds through woodland and tall-grass marsh.

Saugus Iron Works has free admission. The site reopens for the year on April 1. It is then open daily from 9 to 5. Closes for the season November 1.

Directions: Central Street, Saugus. Telephone (781) 233 0050. From Interstate 95 northbound or southbound take the Walnut Street exit, number 43. Drive east towards Lynn and follow the brown National Park Service signs for 3.5 miles to the iron works.



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## What is Required from BOG Members

contributed by Rich Ebens

I have served on the Board of Governors here at Quail Run for the three years since we took over the operation of Quail Run from the developer, and this is my last term. This year we will be electing three members to serve on the Board. I have been requested to encourage people to consider serving, and to offer suggestions from my experience which may help people when they consider serving in this capacity.

1. First and foremost that the board members are there for direction and governance. It is the responsibility of the management company to carry out the day to day operations. Board members must be careful not to get mixed up in these day to day operations.
2. In making decisions Board members must consider the long term implications of their decisions. Once a precedent has been set, it is almost impossible to change it.
3. Be able to look at the larger picture and not focus just on your own or others individual needs. We are responsible for the welfare of the community as a whole. One thing I have learned from being involved in churches, where budgets are always tight: **“deferred maintenance”** is the most expensive kind of maintenance.

Membership on the Board involves many hours of work, many problems to solve, many decisions to be made – far more than most of the residents of Quail Run are aware of. But it is important work; we owe it to all the members of the community to see that facilities are maintained, homeowner’s investment is preserved, and that they have a pleasant community to reside in.

The BOG meets at least once a month and many times as often as once a week. The stream of BOG related material emails comes in torrents at times.

Once involved in the “nuts and bolts” of Quail Run you will have new insight into Condo Living.

## Book Club

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

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



### Dark Tide by Stephen Puleo Reviewed by Rich Ebens

A little after noon on January 15, 1919 a little remembered event occurred in Boston which resulted in a major change in the construction practices in the United States. A 100 foot high 50 foot diameter steel tank containing 2.3 million gallons of molasses exploded, releasing a **50 foot high flood of molasses** across the surrounding area. Twenty-one people died and others received injuries from which they would never recover.

The author traces the history of the tank including where it was built, and the lack of care in the design and construction. The general climate of suspicion and unrest in the country influenced efforts to fix the cause of the disaster. Very similar to the situation facing the country today, it is an uncomfortable reminder that “those who forget history are doomed to repeat it”.

USIA, the company who built and operated the tank, was driven by the desire to maximize profits. The molasses was distilled into alcohol, an essential ingredient used in the manufacture of munitions, and in demand not only by this country, but by all of the countries involved in the “Great War”. No structural engineers checked the specifications of the design. Construction was rushed. The tank was not tested before use; it leaked molasses through the joints in the steel plates - enough so that local children would gather around the tank to scoop up the sweet stuff. Warnings of problems from those who were working with the tank were ignored. Later the tank was painted brown, to disguise the problem of the leaking molasses.

In hearings on culpability MIT Professor Charles Spofford played an important role in fixing the responsibility on the company.

(Continued at right)



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## MARK YOUR CALENDAR

River's Edge Community Band Spring Concert: Saturday, **April 10 at 7:30pm**; Hudson High School, 69 Brigham Street \$\$

River's Edge Players: “The Importance of Being Earnest”: **Fri. April 16 and Sat. April 17 at 7:30pm and Sunday, April 18 at 3:30 pm**, Hudson Town Hall \$\$

Pro Musica Youth Chorus Spring Sing with guests from Studio Ballet of Hudson; **Fri, May 7 at 7pm**. Hudson High School \$\$

### Dark Tide (continued from left)

This interested me as I worked for several years as a structural engineer at the firm of Fay Spofford and Thorndike. Prof Spofford was the sole surviving member of the original founders. He was quite aged at the time, but he would drop in to check up on the office.

Out of tragedy some benefits do come. In an era when the move was on to deregulate businesses, states and local communities were moved to develop rules and regulations governing construction of building; required they be designed by engineers, and all plans connected with construction be stamped and signed by the designing engineers.

### Crossword Puzzle Help

If you get stuck on the Jewish months doing the crossword puzzle, here is some help from **Lee Bradbard**. Because they are transliterations some spellings may differ from case to case.

Nisan, Iyar, Sivan, Tammuz, Av, Elul, Tishri, Kislev, Cheshvan, Tevet, Shevat, Adar.

## Egypt Trip

From Carole Perla

It is impossible to impart all that I experienced on this trip. It was one of the best trips that I have taken. The people were friendly and Cairo was clean. If you are interested in seeing any of my pictures visit <http://gallery.me.com/cperla>.

I traveled with 32 other people to Egypt. We flew Egypt Air from New York's Kennedy International Airport to Cairo the night of February 13th.

We arrived at the Cairo airport in the afternoon, and were met by Nayer, our Egyptian tour coordinator. We had some time to enjoy a walk along the Nile River. Later that evening we went to a local Egyptian restaurant aboard a ship cruising the Nile. A belly dancer and a whirling dervish entertained us during dinner.

On Monday we met our Egyptologist tour guide, Meena. We visited the Egyptian Museum, saw the mummy room, and all sorts of famous antiquities from Egypt's Pharaonic period, which dates back some 50 centuries and includes the fabulous treasures of King Tutankhamen. Later during the day we went to Islamic Cairo, and saw the Fortress of Salah el Din and Mohamed Ali Mosque. Then we enjoyed a visit to Khan El Khalily, one of the oldest and most famous bazaars in Cairo. When we went to the market Meena and Nayer told us to offer 1/2 of what the vendors was asking if we wanted to purchase an item. You are expected to bargain.

On subsequent days we visited the ruins of the ancient city of Memphis and the Stepped Pyramid in Sakkara, the oldest ever construction of hard rocks made by man. In Giza we saw and climbed into the 4500 year-old Giza Pyramids (including inside Cheops Pyramid), the only remaining wonder of the ancient world. On our way to Giza we visited a rug shop where beautiful silk rugs were being woven.

Next was a flight to Aswan. and saw the High Dam in Aswan and Lake Nasser. At Kom Ombo we walked through the double Temple shared by "Horus & Sobek" the crocodile God. On the west bank, we visited the Necropolis of Thebes and the tombs of the ancient pharaohs in the Valley of the Kings. We went into 3 of the tombs which had beautiful hieroglyphics on the ceiling and walls.

(Continued at right)



## JULIETS NEWS

### 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 at the Gate House (say you are with the Juliets).

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.

They expect to be serving lunch in Twigs as of April 11th, after that the area will be closed for construction for several weeks.

Contacts are Marion Anderson - 978-562-4546, [MIpand@aol.com](mailto:MIpand@aol.com) or Janice Owen - 978-567-0767, [jowen337@comcast.net](mailto:jowen337@comcast.net).

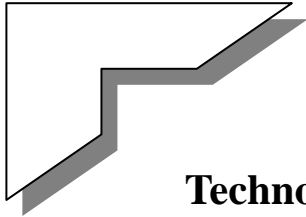
Sign-up sheets will be available in the club house by March 1st. Rain date April 27.

**May 18th at 12:30 at Coral Seafood - pick from the menu - separate checks. Contact Nancy Reid or Nancy O'Brien**

### Egypt Trip Continued from left

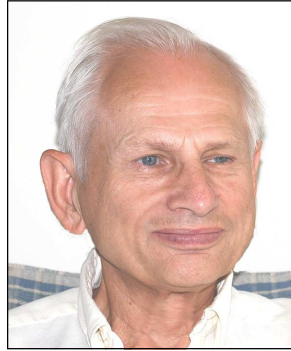
The temperature was over 90 degrees that day. Afterwards we went on to the temple of Hatshepsut and saw the colossi of Memnon, gigantic statues. That evening after dinner some of us went to see a light and sound show at the Karnack temple.

On Saturday, our last full day in Egypt we disembarked the ship after breakfast and visited the east bank of Nile. There we saw the 3200 year-old Luxor and Karnack temples. The Karnack Temple sits on over 240 acres of land.



## Technology Corner

By George Champagne



### Another Dangerous Scam

A phishing attack is now underway that pretends to be e-mail from the IRS. Please understand that the **IRS never sends e-mail**, and any e-mail pretending to be from them is a fraud by people trying to rob you. The subject line reads "Notice of Underreported Income". Most importantly - the IRS will never ask you to complete a form via e-mail!

### Video Chat Services

In our modern world with friends and family scattered all over the country or all over the globe, video calls are a great way to stay in touch, especially when it is free. In addition to the video, you can send and receive files, leave messages, and text chat as well. Skype is one of the better video chat services. The service is free world-wide if both users are registered with Skype. The video and audio quality are very good in the current version which is 4.0. You can also set up three-way calls. For video chat, both users must have computers with web cams, audio output, and microphone input. Some people prefer to use headsets for audio to get better quality. For a small additional fee Skype users can call regular land line, internet, or cell phones. To download the Skype software, go to: <http://www.skype.com/>. Video chat and netbooks (in the next section) make a good combination.

### Can you live without these gadgets?

Product developers continue to be highly creative in producing new gadgets and features. Digital cameras are now coming out with screens on the front as well as the back to facilitate taking pictures of yourself, for example the Samsung DualView camera selling for about \$300.

The new Nikon Coolpix S1000pj digital camera features

a built-in LED projector for displaying images up to 40 inches diagonal in size. The camera has 12.1 million pixels, 5X optical zoom, a remote control for controlling the shutter and operating the projector, and a battery that lasts for one hour while projecting. It can focus down to 1.5 inches. The price is about \$400 at Ritz Camera and elsewhere. Who can live without this camera?

### Goodbye DVDs

First we had home movies using Super 8 film, then we had VHS video tape, now we have DVDs. However, DVDs to show movies are going the way of the 78 RPM phonograph record and are being replaced by direct download of movies from the Internet. If you buy the appropriate interface box, you can download movies and TV shows directly from NetFlix, Blockbuster, or Amazon and see them on your TV. The NetFlix offering is: for \$9 per month you can have unlimited downloads of any of their 17,000 movies, many in HD, at any time and as many times as you want. No computer is involved.

One popular interface box is the Roku for \$79. See more information at: <http://www.roku.com/> It installs in five minutes or less, and works like a video tape player. All operation is controlled by the Roku remote. After you select the movie it plays in less than 30 seconds. It can be connected to the Internet with a wireless Wi-Fi connection or with a cable to your router. For more information on the Netflix offering see:

<http://www.netflix.com/NetflixReadyDevicesDetails?pdid=2>. In addition to the Roku box, other interface units that let you do the same thing include: Play Station 3, Xbox 360, TiVo, and Internet-connected Blu-Ray players from Samsung, Sony, LG, and Best Buy (Insignia). Some of our friends and family use the NetFlix system and tell us it is great, except they watch too many movies!

