

The Quail Runner

For and By the Residents
Of Quail Run



July — August 2010

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

From the Board of Governors

We will have a **quarterly Open Meeting on August 18**, as posted on the Quail Run website calendar. Open to all Owners. **Starting at 2:00 PM as this is a summertime session.**

Anyone desiring to put a specific item on the agenda should notify our Property Manager at least five business days before the meeting. The notice should specify the topic and include a brief outline of the item that the Owner wants to discuss. To allow all Owners adequate time for discussion, a 10 minute time limitation for the presentation will be enforced. Any Owner and/or the Board reserves the right to reply either at the meeting with the same 10 minute limitation or to take under advisement for future discussion.

The Board is looking for **additional volunteers for the Buildings and Grounds Committee and for the Social Committee.** Please either send in your name to Cathy Birnbrich or to QuailRunHudson@gmail.com. If you would like further information as to what you might be asked to help with, either see one of the present Committee members or ask any of the Board for further information.

By the time you will have gotten this issue, SPS will be working on some of the decks that were not painted last year. They should be finishing all of them in the next few weeks. This is being done for economic reasons at this point rather than doing it in phases. We were able to negotiate a substantial discount with them to complete the job now and did not want to pass this savings up. At this time they

(Continued at BOG, page 11)

8th Annual Ice Cream Social

Saturday, 14 August —
6:30 PM

At the Community Center

Lots of ice
cream and
assorted
toppings.



Cost is \$1.00 Per Person Plus
Donation of Non-perishable
Food Items for
the Hudson Food Pantry.

\$2.00 Without Donation.

Adults Only.

RSVP by August 7 to Either:

Barbara Baker bakerb2939@gmail.com

Kent Callahan Quail4D@gmail.com

MJ Ebens rmjebens@verizon.net

Rich Ebens richebens@verizon.net

Or
Sign Up at the Community
Center

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The Quail Runner Staff

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- 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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- Technology Corner**—George Champine
- What’s Up** — Beverly Beylouné,
- Area News**—Barbara Champine
- Healthy Living**—Peggy Rittenhouse
- QR Real Estate News**—Hugo Guidotti
- Senior Money Sense**—Howie Pearlman

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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.

Volunteers Needed for All Committees

Quail Run Committees are organizing for the new year. This is a wonderful way to get to know your neighbors and have fun at the same time.

Give the idea some thought.

The Editor’s Desk

MJ Ebens, editor



Several residents mentioned how much they appreciated the reminder to wait until Friday mornings to put out trash — their areas seem to be the ones that “benefit” from the blowing litter.

Email Scams get more and more tricky — check out the latest from Harry Morgan on page 12. Several Quail Runners have mentioned finding similar things in their email from “friends”.

The Swindling of the Elderly on page 7 is disturbing to all of us and may offer an opportunity for some discreet help. There are so many ways to lose our money. An elderly friend “invested” all her assets into a home for her son and daughter-in-law with the understanding that she could live out her days with them. Unfortunately the marriage collapsed and the woman was forced into public housing.

The Raccoon visitor, page 6, was spotted on the Baker / Callahan deck along with siblings and mom. Cute, but I wish they’d stay out of the bird feeders!

By co-incidence, Rich and I dined at *Allora* the other day for lunch. We were quite pleased with the meal which started with some warm, rosemary focaccia bread and olive oil for dipping. I had the poached salmon with red pepper cream sauce on arugula and fennel. Rich had a salmon and goat cheese pannini. The Juliets should enjoy their visit.

The BOG is holding an afternoon open meeting on 18 August. This offers another option for our residents, some of whom don’t do “nights”. I’m glad to see presentations from the floor are time limited. It is too easy for one idea to monopolize the time.

mj

Phone and Email Updates

- Tom DeMartini**, 508-380-3306.
- Jeff and Donna Osoff**, [josoff@verizon.net](mailto:jsoff@verizon.net)
- Janice Owen**, jowen337@verizon.net
- Ken and Evelyn Spears**, Kenneve@verizon.net
- Lee and Paula Bradbard**, lelandbradbard@verizon.net

See page 8 for info on New Directory Listing

Sale / Free / Wanted

Free: Basket to attach to walker or something similar. Contact **Dolly Gordon**, 6-B Strawberry, 978-562-6727, or her son **Rob**, if you know of a need for this.

Grandkids Special



Splash Pad at Cellucci Park on South Street

This marvelous attraction makes me wish I had small children to enjoy it. A self-service button allows the tots 3 minutes worth of *splash*. They quickly learn to operate it themselves. Moms and tykes enjoying the water, shade, and some munchies is a common sight there.



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 1st order)
All Shaklee products covered by a 100% satisfaction guarantee
<http://healthy-attitude.myshaklee.com> or 1-866-212-8070

ROMEO's

August 20, the Romeo luncheon will be at *The Halfway Cafe* in Marlborough, 820 Boston Post Road (Route 20) on Friday, 12 noon. This is a great chance for the men of Quail Run to share a meal and some conversation.

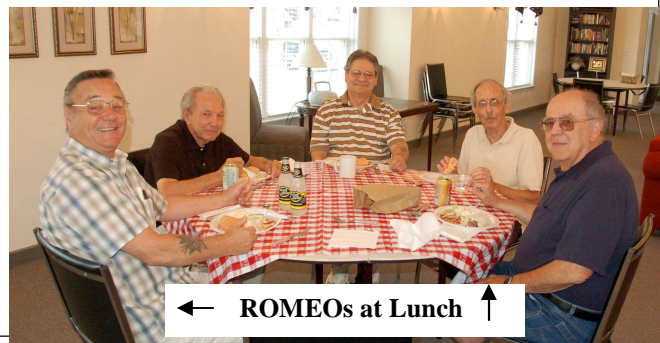
Call **Charlie Bosio** at 978-568-1416 or **Julio Bosio** at 978-568-0301 if you plan to attend the luncheon. A reminder for the luncheon will be sent via e-mail as the date approaches.



The July lunch at the Community Center was a great success with 18 attending. *Brad's Deli*, here in Hudson, supplied the food with a dessert assist from Lee Bradbard. **There were very few leftovers!**

ROMEOS are taking a hint from the Juliets and asking for volunteers to host the various outings. Frank Monte and Rich Ebens are the over-seers for the group and would appreciate input from the rest of the group. A **pot luck lunch** is planned for the fall – get out your favorites and polish up the recipes. For non-cooks, a financial donation will help cover expenses.

Contact either Frank (562-0823) or Rich (562-7880) to host a future lunch.



Curtain Call

Toby Allen



Our meetings start again in September. We meet in the Community Center the second Wednesday of each month at 2 PM. You are welcome to join us. We will decide what LOCAL PLAYS to see including LOCAL High School plays.

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



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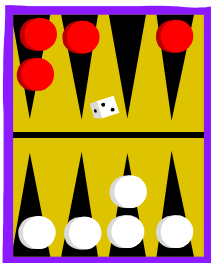
E-mail: hugoshomes@aol.com

04/11



Game Nite

The first and third Tuesday evenings at 7:00 at the Community Center finds a group of Gamesters busily involved with a variety of games. Dominos, Scrabble and Rumikube are among the regular games played but players often bring in something new for some to try out.



Some of the players get quite rowdy and are encouraged by other groups to "pipe down" or something similarly unkind. All in good fun.

Bring your game and join the group. They break at 9:00 to indulge in the treats brought by different residents. Last names from **A—F**

bring something on the first of the month. **G - Z** does the third Tuesday.

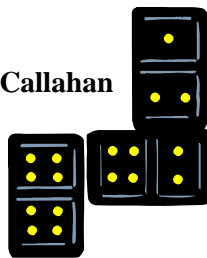
Upcoming Hosts:

August 3 — Barbara Baker & Kent Callahan

August 17 — Rich & MJ Ebens

September 7 — Paula & Lee Bradbard

September 21 — Available



Murphy's Lesser Known Laws

- Change is inevitable, except from a vending machine
- Nothing is foolproof to a sufficiently talented fool.
- The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90% probability you'll get it wrong

Quail Run Real Estate News

Not much to report on this month except to answer the big question regarding the sale of **2 B Strawberry Lane** that many of you inquired about. The house was reported in the transaction page of the newspaper as having sold for \$45,000 which was totally wrong. I checked through the Registry of Deeds and found that unit was purchased at foreclosure auction for \$242,000 by a local realtor and then immediately resold to a new owner for \$282,000. I think the reported \$45,000 was actually the mortgage amount for the new owner. It was a relief to know the actual selling price was in the range of other homes sold at Quail Run in the past year.

Lois Rawson closed on her home at 5H Strawberry on 7/17 and moved to Marblehead and to be near her son and hopes to move her husband to a home in the area.

Leonard and Dot Lattanzi will be moving in around early August.

At this moment no homes are on the market at QR. Several people are interested in living here but they are looking for homes with 2 bedrooms on the first floor and especially those with 2 car garages.

Two bits of good news: the only competition for QR sellers, is Marlboro at Crane Meadow and Villages East and the two available are now priced well into the \$300's. Interest rates are the lowest in 50 years and people could borrow at 4.5%!! If you choose to do a re-fi and need a referral to a bank please give me a call. Your monthly payments could be reduced enough to offset the special Assessment fee!! And remember for most folks in our age bracket stretching our mortgages to 30 years makes not a bit of difference — we are never going to see them paid off anyway. *Heck, I don't even do 3 year magazine subscriptions anymore.*

HEALTHY LIVING

by Peggy Rittenhouse

Spirituality and Health

Spirituality is the way you find meaning, hope, comfort and inner peace in your life. Many people find spirituality through their religion. Others may find it through music, art or a connection with nature. Others may find it in their values and principles.

But how is spirituality related to health? Well, it seems the physical body, the mind and the spirit are intrinsically connected and the health of one seems to affect the health of the others. There is research that shows that things such as positive beliefs, comfort and strength gained from religion, meditation and prayer can contribute to healing and a sense of well-being. Improving your spiritual health may not cure an illness, but it may help you feel better, prevent some health problems and help you cope with illness.

Because addressing spiritual issues can make such a difference in an individual's experience of illness and even in health outcomes, there is now much more emphasis on weaving spirituality into medical education. Today two-thirds of the 125 medical schools in the US now include courses on spirituality and faith in their curricula, up from just 3 in 1992.

One of the early researchers on spirituality and health is Dr. Herbert Benson, a cardio-vascular medicine specialist at Harvard Medical School. He documented the potential healing benefits of spiritual practices, such as prayer and meditation with what he calls the relaxation response, which consists of a lowering of the heart rate, blood pressure, and breathing rate, a reduced need for oxygen, less carbon dioxide production.



Prayer is important in healthcare simply because it is used so widely. One survey indicated that nearly 90% of patients with serious illness will engage in prayer for the alleviation of their suffering or disease. According to a University of Minnesota Center for Spirituality

and Healing, the following explanations have been offered as to how prayer helps improve health:

- The relaxation response – lowers blood pressure and other factors heightened by stress (Continued right)



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03/11

Quail Run Birthdays

August

Peggy Kunz, 4
 Frank Monte, 9
 Jeanne Malecki, 13
 Ginny Bosio, 17
 Michael McCormack, 24
 Lee Bradbard, 25

September

Terri Kilshaw, 3
 Maria Morrison, 8
 Klaus Schneller, 11
 Marcella Monte, 12
 Joe Aiello, 13
 Sally Mauro, Barbara Paradiso, &
 Aileen Wilson, 14
 Sally Guidotti, 15
 Stephen Hoffman, 20
 Kathy Palmaccio, 23
 Paula Bradbard, 24



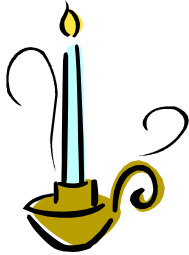
To include a birthday, contact your reporter or the editor

Healthy Living (continued from left)

- Secondary control – prayer release control to something greater than oneself, which can reduce the stress of needing to be in charge
- The placebo response – prayer can enhance a person's hope and expectations and that in turn can positively impact health
- Healing presence – prayer can bring a sense of a spiritual or loving presence and alignment with God
- Positive feelings – prayer can elicit feelings of gratitude, compassion, forgiveness, and hope, all of which are associated with healing and wellness
- Mind-body-spirit connection – when prayer uplifts or calms, it inhibits the release of cortisol and other hormones thus reducing the negative impact of stress on the immune system and promoting healing

Condo Care

Hudson Light & Power maintains a list of **oxygen users**. Users should contact Customer Service at 978-568-8736 to make sure the proper information is recorded.



Light & Power tries to be aware of who the critical users are and contact them when needed with a backup strategy

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

Please be sure you are not feeding the local Coyotes, Foxes or Raccoons. These animals are all our neighbors here at Quail Run, but unfortunately they do carry rabies. This puts not only our pets out on leashes or back decks at risk, but also ourselves.

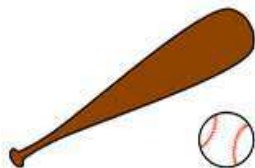
Bird seed is not a “big” attractor for these animals, but human food is.



Help to keep us all safe.

Trip to Toronto, Canada

The **Hudson Senior Center** sponsored a trip along with *Best of Times Tour Group* based out of Rindge, NH. **Sally Mauro** went with the group. The first night was spent in Niagara Falls, Canada and the following day we went on to Niagara-On-The-Lake and then to Toronto where we enjoyed two Red Sox vs. Blue Jays games played at the Rogers Centre and a side trip to the Hockey Hall of Fame.



The accommodations were very nice and the bus was very comfortable with reclining seats and a rest room. The trip was **focused**

on baseball so we watched four DVD’s that pertained to baseball and helped pass the time. This was a great trip for those that either don’t want to or are unable to drive long distances.

Great Lengths HAIR SALON

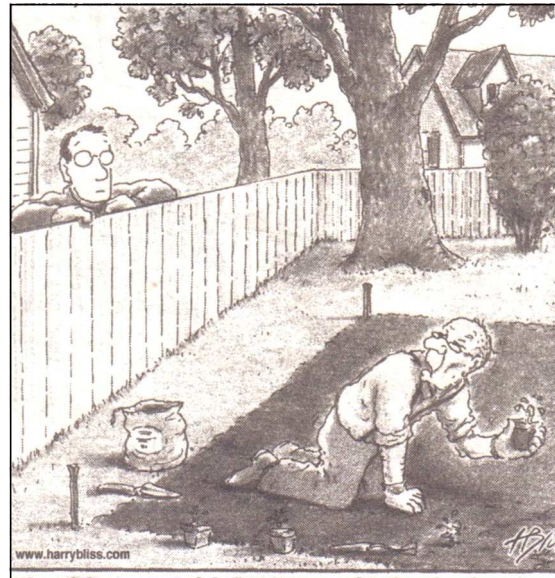


Appointment _____

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

9/10

Gardening at Quail Run



I’m 92 years old Larry, why the heck would I plant perennials?

Senior Center Grand Opening

19 September, Sunday –1—4:00

The Senior Center *officially* moved into the new building July 28th. Bus service and Meals On Wheels were available, but staff will not be seeing people as offices are still getting going. Working phone lines should be operating by now. Everyone is very excited to have a new/renovated building and be all together again!!



1/11



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Signs an Elderly Person is being Swindled

When we talk about the aging population, the conversation is often focused on who will take care of the physical needs of millions of seniors. But there's a growing threat we also need to make our concern — financial fraud of the elderly. One out of every five Americans over the age of 65 has been victimized by a financial swindle, according to a survey by the Investor Protection Trust. Stealing from seniors adds up to more than \$2.6 billion a year; according to a report released last year by MetLife's Mature Market Institute. "With the present state of the economy, older Americans are at a greater risk than ever of having their financial security threatened," said Sandra Timmermann, director of the institute.



For each case of elder fraud reported to authorities, an estimated four or more go unreported, according to MetLife. Family members and caregivers are the perpetrators in 55 percent of the cases. In an effort to catch the thieves, the Investor Protection Trust has joined forces with a number of organizations to create the "Elder Investment Fraud and Financial Exploitation" project.

The project centers on teaching medical professionals and adult protective services workers to identify the red flags that a senior is being financially abused. The professionals are being encouraged to probe and pay attention to any changes in an elderly person's behavior, or the presence of a caregiver who appears excessively protective or dominating.



(Swindled continued on page 9)

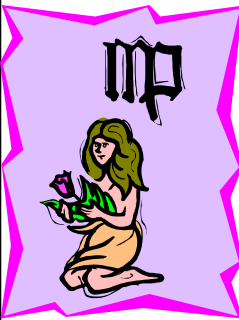
Astrology — What's Up

By Beverly Beylouné

**VIRGO August 23 -
September 22**



The stars have one thing in mind for you and that is exciting travel! Whether you prefer to stay local or go farther a field, you'll have a great time!! Another adventure awaits you as someone intriguing from your past reenters your life.



Your portfolio may get a boost when your luck in investments improves. You may also find that an irksome real estate matter is about to have a happy ending. Speaking of happy endings this is a great time for you to heal and old rift.

The key to keeping love strong is an open heart!

LIBRA September 23 – October 23

This summer travel looks terrific. You may experience a few changes in your plans, but you will find that changes as well as going off the beaten path will open your eyes to sights no guidebook contains. Delightful Venus dances through your flirtatious zone making your romantic life fire on all cylinders.



This is the time when you can take charge of a delicate family matter and resolve it to everyone's satisfaction. Fittingly, your loved ones will show you how much they truly appreciate your efforts, which leads you to appreciate yourself all the more!

**“Nothing is so firmly believed
as what we least know.”**

Michel de Montaigne, [1533—1592]

Senior Money Sense

By Howie Pearlman

The Consequences of Long-term Care on Your Family & Retirement Portfolio

Part 1

You have likely seen the statistics that talk about the risk of needing long term care as you age. And like most, you've told yourself "It will never happen to me." You may very well be right. But what if you are not? Rather than focus on the risk of an event happening to you, take a moment to consider the consequences that providing care over an extended period of years would have on the emotional, physical and financial wellbeing of those you have promised to take care of.

Long-term care can also be ruinous to the best thought out retirement plan. Many people believe that a federal program such as Medicare or Medicaid or the VA, if they are veterans, will pay for their care. These programs primarily cover medical procedures or rehabilitative care. Long-term care requires custodial care, which is defined as the assistance or supervision that a person who is physically or cognitively impaired needs in order to get through the day. With few exceptions, no federal or state program will pay for custodial assistance over an extended period of years. The family therefore is forced to pay out of pocket. Even so, you may still think you have enough to pay for care.

The problem with relying on your retirement portfolio to pay for care is that it likely has already been committed to something very important: generating income to support your family's lifestyle. If you have to reallocate your retirement assets to pay for care, you reduce the amount of income they generate. It can also cause other consequences such as:

- **"Taxes:"** What would it cost to sell your qualified fund or low cost based assets?
- **"Market Conditions:"** What if your investments needed to be sold in a down market?
- **"Liquidity:"** Could you sell your assets, and if so, would you incur a loss? If your illness or condition lasted long enough, it could threaten the financial viability of your surviving spouse and children who may depend on an inheritance.

In the next issue we will talk about the value of having a plan.*

* Family & Retirement copyright CLTC 2009

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

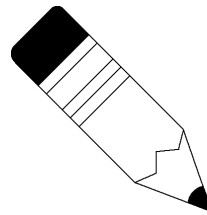


3/11

Communications Committee

Updating Directory Listing for Quail Run is in progress. The new directory will be published in November.

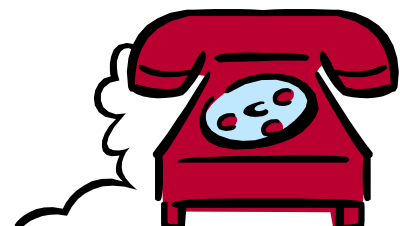
Check the draft posted on the **Communications Committee's bulletin board in the Community Center to verify that your new email address is correct!**



A new field has been added to allow for an alternate phone number. You may list another seasonal residence or your cell phone.

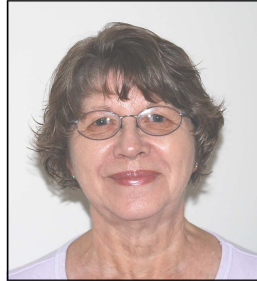
New Phonebook Coming Update Your Listing

Along with this change in the directory, the Social Committee and the Communications Committee are discontinuing the Emergency Phone Listing developed several years ago after our extended power outage. **You are now responsible** for making sure there is some alternate way to contact you, in an emergency.



Area Highlights

By Barbara Champine



The Butterfly Place in

Westford reopened on March 21, 2010 after being rebuilt. The wooden beams have been replaced with steel beams. This indoor living environment has been designed for the propagation and development of butterflies. The 3,100 sq. ft. habitat contains a glass atrium building towering to a height of over 27 ft. at its peak. Within the atrium are colorful plants and shrubs, each a source of nectar for the to 500 butterflies to sup representing as many as 50 different species from around the world.

You will see New England butterflies and tropical species. Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. There are Koi fish and quail which live among the butterflies. There is a *show and tell* bench to observe eggs and caterpillars and a 15 minute video which explains the life cycle of the butterfly.

Parking at the Butterfly Place is free and plentiful. All areas are handicapped accessible, and strollers are welcomed. Temperature in the atrium is kept at 80-85 degrees as butterflies need warmth to fly. Dress for warm weather. As a hint, butterflies like light blue clothing—they will land on you! Areas other than the atrium are air conditioned so you may come out if you need to cool off, and then return. Tickets are good for all day. Bring a camera to get many beautiful pictures. This would be a great place to bring grandchildren.

Directions: I 495 north to exit 32. Go north on Boston Road to the center of Westford. At the common, right onto Lincoln Street to Main Street. Bear left onto Depot Street (off Main Street) and follow Depot Street to Route 40. Cross over Route 40, where Depot Street becomes Tyngsboro road; The Butterfly Place will be on the left, approximately 2 miles from route 40. GPS the address is 120 Tyngsboro Road, Westford, MA (978) 392 0955.

Hours: until August 31st are 10 to 5, September 1 to October 31st are 10 to 4. Plan to spend at least an hour.

Admission: Adults \$12, seniors \$9, Children \$7, free under 2. (Senior discount for those 65 and over, M-F 1:00 - 3pm for \$6) WGBH membership \$1 off.

Swindled (continued from page 7)

Using a grant from the Investor Protection Trust, clinicians and geriatrics faculty from the Baylor College of Medicine in Houston have developed a “Clinician’s Pocket Guide” with questions and checklists. To download the brochure, go to investorprotection.org.

To direct professionals who may not know how to broach this topic, the guide suggests saying: “We find that some older adults worry about money, may I ask you a few questions about this?”

Here are a few of the questions: Who manages your money day to day? How is that going? Have you given power of attorney to another person? Do you have a will? Has anyone asked you to change it? If the answers raise any concerns, the professionals are then instructed to consult a checklist for further signs that the person may be a victim of fraud. The guide lists resources and where to report the suspected abuse. The elder abuse project was field tested in Texas, where several cases went to trial and resulted in convictions.

Eliciting the help of the medical community is smart. But there are others who come in contact with seniors who should keep the pocket guide handy. In one case in Maryland, it was an elderly woman’s beauticians who suspected something was wrong and called county authorities. The call led to an arrest.

The more seniors who are scammed, the greater the financial burden to care for them will fall to the government. So watch out for seniors you know. Report suspected abuse. This is your business.

Boston Globe 6/20/2010 Michelle Singletary is a columnist for The Washington Post.



R U OK?

Are You OK? is a service run through the **Senior Center** that provides peace of mind to those living alone. Basically those who enroll get a daily, automated phone call at a time of their choice. To confirm that everything is fine, simply pick up the phone and then hang up. The automated system knows you are there and functioning. If there is no pick up, the system will call back later and, if no response, contact the listed back up person.

4th of July at Quail Run

Fourth of July was celebrated in fine style at Quail Run. Numerous residents joined together with their neighbors to make this a fun celebration.



6-A Autumn

George and Mary Lewis, hosted their neighbors and friends for a backyard cookout. Every-

one enjoyed the chance to see Mary's garden.



Neighbors at 7/12 Strawberry celebrated with their annual cookout. There was lots of good food and conversation. A big "Thanks" to **Jeannine Bensette** and **Barbara Langley** for all their work hosting the event.



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9 Bonazzoli Ave., Unit 6, Hudson, MA
Website: www.countryglass.com 3/11



Flags provided by the Baker / Callahan



Karen and Ken Hart hosted some residents on Rotherham Way with a pot luck picnic.



Social Committee

The first event for the Fall will be a Ham & Bean Dinner beginning at 6:00 PM on Saturday, September 11. The menu will be rolls, ham,



beans, salad and dessert. Coffee/Tea will be provided or bring your own beverage. A sign up sheet will be posted in the Community Center or you can contact Marlynn Stott at mjandpkstott@yahoo.com or call 978-567-5912. **The cost is \$7.00 per person paid that night.**

The current Social Committee held a luncheon on July 7 to celebrate the very successful events that were held in the 2009-2010 season. Part of this success was due to the fact that we had community volunteers that baked, cooked and donated their time to help move furniture and get the club house back in order after the events. We would like to extend a big thanks to all that helped us out and hope for your continued support.



The current committee members are **Jeannine Ben-sette, Barbara Baker, Barbara Langley, Alice Gagne, Lynn Fishman, Marlynn Stott, Barbara Paradiso, Theresa Bosio, Sherry Lupien, Jan Mudgett, Ginny Fullam and Sally Mauro.** Most of these members will be returning for the upcoming year.

The new Social Committee will be holding their first meeting for the 2010-2011 year in August. We generally meet twice a month but more time is needed when we are getting ready for an event. It's a great opportunity to meet and work with your neighbors on various projects. The committee is always looking for new ideas and better ways of doing things. Contact **Sally Mauro** or **Bob Freedman** to join. To date, we have four new members and would welcome additional new members: **Paula and Lee Bradbard, Audrey Eckman and Peggy Sullivan.**

Once again, thank you for your support in attending and contributing to our events.

JULIETS NEWS

August 24 at 12:00, Tuesday at the **Allora** on 139 Lakeside Ave, Marlborough. Full menu: Soup, salads, sandwiches and full meals. Separate checks

Contacts: **Joyce DiPaolo** 978-562-4116 and **Betty Chiasson** 978-562-7087. Or sign up at the Community Center



September 9, Thursday at 12:00 at the **Marlborough Country Club**, 200 Concord Road, Marlborough. Menu will be posted at Community Center. Contacts: **Sally Mauro** 978-568-0821 or **Sally Guidotti** 978-562-6501

All Quail Run women are invited to these events.

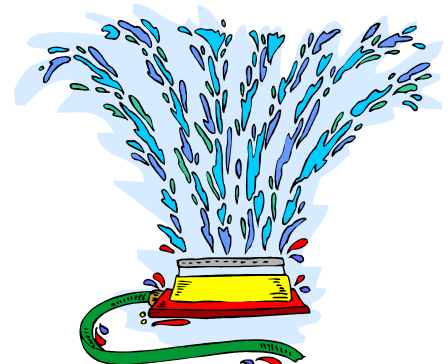
BOG (continued from page 1)

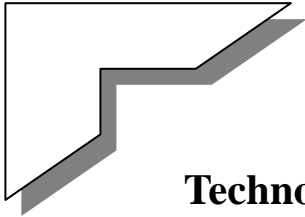
will also complete the painting of the exterior siding that was replaced during the trim repair project.

Waverly is still working to identify and repair the defective sprinklers and valves in the irrigation system. A lot of the issues that plagued the system last year have been identified and repaired already, but there is still a bit of work to do.

In the meantime, please help us to keep the lawns looking good by watering the areas near your unit.

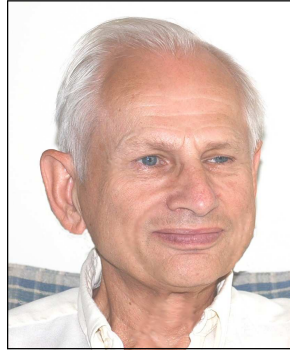
Please be aware that the Town of Hudson has us under a **mandatory water conservation ban at this point until September 30, 2010.** This means that you can **only water before 9:00 AM or after 5:00 PM. Odd numbered houses are permitted to water on Tuesday, Thursday, and Saturday, and even numbered houses on Wednesday, Friday, and Sunday. Watering on Mondays is prohibited.**





Technology Corner

By George Champagne



Technology is not only moving ahead, it is charging forward with great leaps in TV, computers, and electronic book readers. In addition, everything is moving to the internet, including TV, music, newspapers, magazines, and books.

Technologies in TV include 3-D, LCD, plasma, DLP, HDMI, and wireless. TVs supporting 3-D are now available that use glasses, as are 3-D Blu-ray disks. Cable TV with 3-D is coming this year. TV providing 3-D without glasses is coming later this year. Any new TV should have HDMI input capability, as this is the new input standard.

New TVs should have internet capability, either within itself or through a peripheral such as a Blu-ray player or internet box from Netflix. This will allow you to watch downloaded streaming movies from Netflix and Amazon, get music from Pandora or other free Internet music providers, watch TV programs from Hulu and other free TV program providers, and use your TV as a computer screen. Some TVs offer wireless connection to your local wireless router so that you do not have to run a cable from the router to the TV to get internet connection.

LCD (Liquid Crystal Display) is the most popular choice today, although plasma comes at a lower price for the same size, and DLP (Digital Light Processor) is the lowest cost especially at large screen sizes.

Laptops have become much more powerful in the last year. If you want portability, you should consider a Netbook with a nine inch or ten inch screen. They are the size of a hard cover book, weight about two pounds, and have the power and capability of last year's laptop for about \$300 on sale.

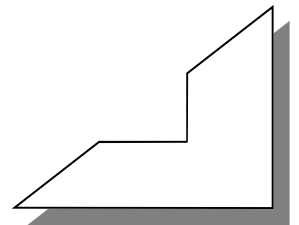
Or you can get a desktop-replacement high powered laptop with a 17 inch screen, wireless N (the new standard), two processors, four or more gigabytes of memory, and 250 gigabytes of disk. You should also

look for HDMI output so that you can use your TV as a computer screen. Blu-ray disk drives are also available, although at this time they only play back, and do not record.

Book readers like the Amazon Kindle, Sony xxx, and Apple iPad are beginning to replace books, and will replace magazines and newspapers. It really makes no sense to move all of that paper around and then discard it. Books can be downloaded wirelessly free from Amazon in a minute or so, and newspapers and magazines are becoming available.

WirelessHD

One problem that has not been solved is the mass of wires behind the TV. Finally there is a small improvement coming in the form of WirelessHD. It eliminates the coaxial cable that connects the set to the cable TV network. There is a transmitter attached to the wall outlet and the receiver is built into the TV. This is especially helpful for wall-mounted TVs. You still need a power cable, the range is limited to 33 feet, and it is expensive. However, the prices should drop rapidly.



Another Email Scam Alert..

Last week I received an e-mail with an address from a long time friend. It was his correct address. The e-mail went on to indicate he was the victim of a mugging while on vacation in London and lost all his cash and credit cards. "He" then requested I help him out and wire him via Western Union, \$2450. Needless to say I sent no money. Careful reading of the e-mail indicated my friend did not write it.

After contacting my friend directly and confirming it was a scam, he indicated his Yahoo contact/address book account was hacked. Another of his friends stated her son-in-law suffered from the same situation. He couldn't get a fix from Yahoo and was forced to change his e-mail account.

Moral: Check your e-mail carefully even if it appears to come from a known acquaintance or family member.

Harry Morgan