

The Quail Runner

For and By the Residents
Of Quail Run



March — April 2011

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

BOG Annual Meeting & Election

The Association has had its Annual Election and the new Board is as follows, with the offices that will be held: **Bob Freedman - President**

Vince Picarello - Vice President Bob Reid - Treasurer

Dianne Potter - Clerk Pat Ritter-Waltrup - Member at Large

The New Board held its first meeting and began work to see what can be done to avoid another winter like we just had with ice dam damage. Although the interior repairs are progressing at a brisk pace, the job is not yet complete. The report from the engineers who surveyed the roofs for contributing problems is in and they did a thorough job in that survey, but they did not give us cost estimates to implement any corrections. We now have to get prices from roofers to repair the exterior flaws now that they have been identified. We are asking for bids in order to decide on what is the best long term solution that will work for us to mitigate against future problems. Once we have their prices, we can put together what our various options are with their costs, and we will call for a Special Meeting to discuss them.

We will need to wait until we get figures from the insurance company on what will be allowed for breaking up the ice dams before we can calculate the assessment for this past winter's snow removal. We did have more snow than is included in the bid under the annual contract that we have so there will be some assessment..

Possibly by the time this Quail Runner is distributed, a flagpole will be installed by the southwest corner of the Community Center. As of this writing, its installation date is uncertain. An additional change to our grounds is the placement of vinyl panels to shield the unsightly utility panels present by almost all the buildings. That should be complete in the next few months.

This Board will use e-mail distribution to communicate to all Quail Runners items of interest or concern as they arise between the bimonthly issues of the Quail Runner. If you have questions or suggestions for topics, please send them in at any time to quail-runhudson@gmail.com and they will be covered as appropriate.

Contents	
Area Highlights—	9
Art—	7
Astrology—	7
Birthdays—	5
BOG—	1, 3
Building & Grounds—	6
Condo Care—	6
Curtain Call—	4
Editor's Desk—	2
Health Care Var. —	10
Healthy Living—	8
Hudson Food Pantry—	11
Italian Potluck —	5, 8
Juliets—	11
Phone & Email —	2
Pre-nuptial Party —	7
Real Estate—	4
Romeo—	3
Quail Runner Staff—	2
Sale / Free—	6
Senior Money Sense—	5
Social Committee—	1, 9
Technology Corner—	12
Tradespeople—	8
Transitions —	3
Vacation Delivery—	2



Don't Miss

Save the dates:

Saturday, June 25 Afternoon
Event: First "Quail Run Picnic"
Hope for good weather!!

Details to
Follow



9th Annual Ice Cream Social
Saturday, — August 13

More information in
July—August
newsletter



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 **Mary Lewis**
- 1/3 Strawberry **Sally Mauro**
- 2/4 Strawberry **Barbara Champine**
- 5 Strawberry **Lee Rouse**
- 6/8 Strawberry **Toby Allen**
- 7/12 Strawberry **Barbara Paradiso**
- 1/4 Rotherham **Kevin Fitzgerald**
- 6 Rotherham **Harry Morgan**

Columnists:

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

Communications: Phone, email address list:
Barbara Picarello.

Website: QuailRunHudson.com

Published first week of February, April, June, August, October, December



Deadlines on the 23rd of the previous month.

Copies of the *Quail Runner* can be emailed to a friend, relative, or yourself. Contact the editor if interested

Back issues of the *Quail Runner* are available at the Community Center.

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.

The Editor’s Desk

MJ Ebens, editor



Our recent Annual Meeting and Election was disappointing in some ways. Forty-four unit owners did not bother to vote in the election for the new Board. *Please remember, if you don’t vote, you forfeit your right to criticize actions of the Board and life at Quail Run.*

On the lighter side of the news the **Italian Potluck** sponsored by the **Social Committee** was a tasty and fun evening. Even those of us without a drop of Italian blood (editor is half English, and quarter each Norwegian and Danish!) were allowed to bring non-Italian desserts!

The **Food Pantry** has been an integral part of Hudson for far too many years and there is no sign of the need lessening. I had no idea that the recent **Post Office food collection** was so important to the Pantry!

Bob Starratt, our guest columnist on *Health Care Variations* has been a friend of ours for over 50 years. Rich knew him as a boy in Hingham, MA. Bob has been involved with health care for all of his adult life.

Kevin Fitzgerald is responsible again for our fillers. You can decide if we should say “Thanks”!

Occasionally we get questions about **putting an ad in the Runner**. Here are the particulars for a 3 ½” x 2” advertising space

- Ads must be camera-ready and submitted 2 weeks prior to publication
- Cost per year is \$125.00. No partial years accepted. Paid in full, in advance by the first of the month the ad is to run.
- Each advertiser gets an exclusive / non-competing right with no more than one ad per page

We limit the advertising to 6 ads per issue and currently we are full.

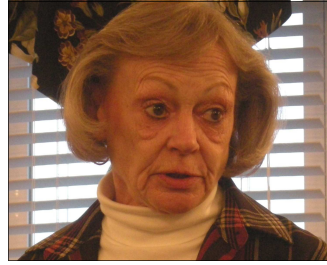
As an alternative, a listing in our “**Tradesmen Recommended**” column is possible.



Phone and Email Updates

Carol Schwab, 2-E Rotherham [carol.schwab@ hot-mail.com](mailto:carol.schwab@hotmail.com)
Sandra Mocanu 617-959-4443

BOG Election Results



Bob Reid

Pat Ritter-Waltrup

The results of the election held Wednesday evening, May 18, for the two vacant seats on the Board have been tabulated. They show **Bob Reid** (incumbent) and **Pat Ritter-Waltrup** as winning. They will join **Bob Freedman, Vince Picarello, and Dianne Potter** on the Board for the next twelve months.



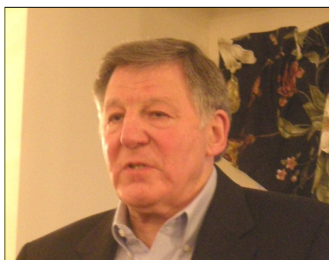
The final Election results are being released in response to requests from two of the candidates in the election:

69 unit owners submitted their ballots at the meeting
 37 unit owners were represented by proxy
 44 unit owners did not cast ballots

The final percentages by percent of beneficial interest are:

Bob Reid	58.012%
Pat Ritter-Waltrup	46.69%
Bruce Eckman	22.667%
Bob Sullivan	11.333%

Thanks to **Bruce Eckman** (left below) and **Bob Sullivan** for their interest in the Board of Governors and help to manage our community.



Many of our Volunteer Committees are looking for new members this time of year. Would you like to become involved with your neighbors?

ROMEO's

The ROMEO's group will meet for lunch on **Tuesday, June 28, at Kimball Farms** in Westford (Rt 110) at 12 noon.

Tuesday, July 26 the group will meet at the **Horseshoe Pub** – Hudson – 12 noon.

The group is open to all men living here at Quail Run. For reservations contact Frank Monte (978-562-0823) or FJMonte30@yahoo.com



Retired Old Men Eating Out (and having fun!)

Welcome New Residents

Albert G. and Ruth M. Durand,
 1-H Autumn; 978-562-3338
 (Photo page 8)



Transitions

Congratulations to Mildred Chomsky who turned **91** at the end of May!

Farewell to Elmore & Barbara Blanton, 5-E Autumn Drive who are moving the beginning of June to *The Village at Duxbury* to be near their daughter in Plymouth.

Condolences to Rob and the many friends of Elsie **“Dolly” Gordon,** 8-B Strawberry, 81 years old who died on May 12, 2011, at Whittier House in Westboro.

Dolly and husband Keith were former residents of Westford, MA, before they moved to Quail Run. She was born in Worcester on October 4, 1929.

Dolly graduated from Skidmore College and attended Boston University, graduating with her Masters Degree in 1954 and taught the 3rd grade until she started a family. Later, Dolly worked at the IRS as a secretary. She later went to work for the Courier Printing Company in Westford, MA.

Dolly was an active congregant of the First Parish Church of Westford, MA and member of the choir for many years.

Dolly and Keith both volunteered at Emerson Hospital for many years. Donations may be made to the First Parish Church of Westford.



Curtain Call

Toby Allen



This is our 5th year attending local plays. We have 23 members signed up who receive notices of planned theater productions and other activities.

We meet the second Wednesday each month from September -- June at 2:00 PM in the Community Center.

Reminder to members - Our next meeting will be Wednesday June 15th at 12:30 PM. Please NOTE the time change. We are repeating last years Pot Luck Luncheon. Food to be supplied by attending members. Bring whatever your specialty is. There will be a note posted on the bulletin board in the Club House to sign up. Please write in what you plan on bringing.

Please email me puella_tobia@hotmail.com -- (underscore between puella & tobia) if you would like to be on our mailing list. We have a good time. Or contact me, Toby Allen, 978-562-7437.

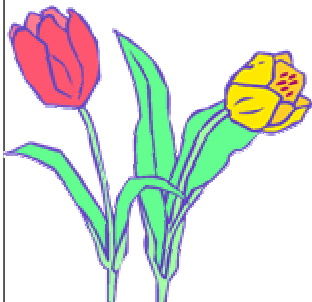
New Pole Lamps at the Community Center were donated by Curtain Call from the proceeds of their various activities. The lamps will provide *spot lights* for Curtain Call Productions as well as needed spot light for other Community Center activities.



Senior Citizens can obtain a FREE pass to use the *Hudson Transfer Station*. You can get the sticker from the Health Department in the Town Hall. There is a swap shack at the station where you can leave unwanted items that you think others can use. You may take something home if you see something you can use.



Ridge Garden survived the winter. Plants are growing and should be showing soon. We are accepting donations of plants. (NO HOSTA). Call Toby if you have any plants you would like to be removed from your garden. Many people help. If you happen to see us on the ridge, you are welcome to come join us.



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

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



Office: 978-562-5500 x15
Fax: 978-562-5101
Cell: 978-857-9712

E-mail: hugoshomes@aol.com

04/11

Quail Run Real Estate News

by Hugo Guidotti

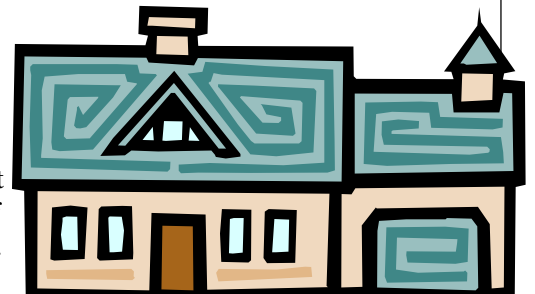
Nation wide, the real estate news is still getting worse by the month and by the year. Home prices, including condominiums, are still falling and for the first quarter fell 3% compared to the fourth quarter in 2010. This makes 57 months in a row of falling home prices.

Economists tell us prices are deteriorating because of the glut of foreclosed properties selling at huge discounts. Some economists think we are only half way through this difficult transition in the housing market and have very dire predictions for the near future in marketing properties.

However, I think we have something special to sell here at Quail Run so don't despair if you need to sell your home in QR as it can be done. One of the problems we have is that buyers often have a home to sell which limits their ability to buy now. We do have a couple of creative ways around that situation which can help both seller and buyer.

At the present time we have three units for sale in QR that can give a buyer a variety of choices. There is an A unit available for \$359,900, a B unit for \$329,900 and another B unit at \$297,900.

One positive factor that has helped keep a spark of life in the market is the fact that interest rates have remained low and pretty stable. Interest rates used to be the most variable and volatile factor affecting real estate sales in the past, but in recent times the stable interest rates have not been much of a factor at all.



Senior Money Sense

by Howie Pearlman

We have a guest columnist today — David J. Morticelli; Assistant Vice President / Avidia Bank (Past Chairman Marlboro Reg. Chamber of Commerce)

Electronic Banking

Does **NOT** have to be shocking!

If you're like me, you're not always convinced that something is good for you just because it's new! Would you be shocked if I told you that electronic banking (eBanking) is older than you think? Maybe more shocking to you is that whether you have signed up for it or not at your local bank, you're already involved with electronic banking.

Have you taken a look at your bank statement recently? (Really, you should). The check you wrote to the phone company didn't come back to you in the form of a check, but is now a line item on your statement. What happened? Electronic banking is what happened. Your check was "electronified". You paid your bill, but you paid it electronically. The phone company received their money faster and it cost them less to collect it.

What about the grocery store? The check you wrote was scanned by the cashier and handed back to you. Why? If you guessed you paid them electronically, **you're right!**

Now that you know you've been a passive participant in electronic banking, you may want to consider taking a more active role. How? By signing up for electronic banking services at your bank! The benefits to you are the same as the phone company and the grocery store. Electronic Banking is (1) faster, (2) convenient and (3) most importantly; **it saves you time and money!**



So, is eBanking right for you? It may well be. While eBanking may save you money, the price is change! Let's face it, change is never easy because there is a degree of uncertainty, no matter how certain we are of

making a change. So what should you do? Ask a friend who has eBanking. We seek recommendations all the time from others, whether it's a referral to a doctor, recommendation for a restaurant, or favorite vacation spot. Better yet, go to your trusted bank and ask for a demonstration. Knowledge is power. As the customer, you have the right and the bank has the responsibility to keep you informed of the best services it has to offer. They want to keep you as a satisfied customer and that shouldn't be shocking to anyone.

AGES FINANCIAL SERVICES

ADVISORY GROUP EQUITY SERVICES, LTD. • MEMBER FINRA/SIPC

Howard M. Pearlman, CLTC Office: 508-620-1088
Family Financial Strategies Fax: 508-620-2535
President

1881 Worcester Road
Suite 204
Framingham, MA 01701

hpearlman@tag-ages.com

161 Ash Street, Reading, MA 01867 • (781) 942-5070

03/11

Quail Run Birthdays

June

Sandra Mocanu, 2
Ray Samra, 4
Marlynn Stott, Lee Rouse, 8
James Donato, 9
Audrey Eckman, 11
Hugo Guidotti, 12
Bruce Eckman, 17
Nancy Reid, 18
Sherry Lupien, 24
Tom Haley, 27
Kay Aiello, 28



July

Barbara Edelstein, 8
Connie Nefzger, 11
Elaine McGoldrick, Ginny Fullam, 12
Sharon Evans, 19
Julio Bosio, 20
Ginny Fernandes, 21
Dot Haley, 25
Joyce DiPaolo, Ginnie Samra, 27
Peter Stott, Ruth Durand, 29

To include a birthday, contact your reporter or the editor

Barbara Paradiso at the Italian Potluck

(More picture on following pages & <http://www.quailrunhudson.com/socialphotos.html>)



Condo Care

- This is a good time to empty the built-in vacuum. It probably needs it once or twice a year
- Time to switch your overhead fans to the summer setting with the button down.
- **Reminder** for residents who do not use their shower stalls very often. The diverter/hot-cold balance valve will freeze in the unit and not respond to the hot water side if NOT USED often. The valve should be used once or twice a week by running it on hot water for a minute or so. From the Edelsteins

Conservation Services Group

This organization offers a **free program** to help us all save money on our utilities. The Board of Governors has approved of their services.

They will analyze your unit and make a study of where air leaks from inside your house to the outside, including the attic. This study includes a special unit they use with a blower door. Once they have identified the leaks, they will also seal them at no cost to you or to Quail Run.

At the very least, you should **save money on the cost of heating and cooling your unit**. This may possibly help avoid ice dams as well. They also offer faucet and shower units that use less water, which will save money on your cost to heat the water. These would have to be installed by you or your plumber at your cost.

This is all voluntary and they will not come to your home without your request.

For further information, please write to quailrunhudson@gmail.com.

They will not be able to do their work if your home is still in the process of being restored from the ice dam damage of last winter, but you should still get your name on their list. They are funded by many utilities around the country, including NStar gas in this region.



**Why doesn't Tarzan have a beard?
How come you never hear father-in-law jokes?**

Great Lengths Hair & Nail Salon



Appointment _____

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

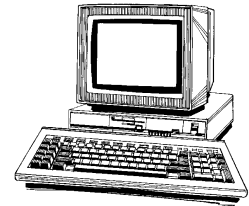
9/11

Sale / Free / Wanted

Do you need help finding your way around your PC or Mac computer? I will come to your home to help you learn how to use your computer effectively and efficiently. It can be for one session or multiple sessions. Learn at your convenience, your pace, in your home on your computer.

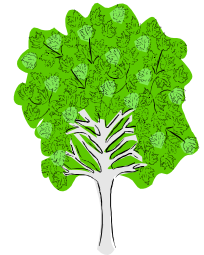
Reasonable hourly rates.

Contact Carole Perla, 6D Autumn Dr, 978-568-9979



Building & Grounds Committee

The B&G Committee sent scouts out and around our fair reservation here at QR during April and sent off a rather lengthy report to the BOG, for which they were duly thankful.



The major problems discovered were the abominable condition of the grounds incurred from the plowing, sanding and salting required to survive a brutal winter. I am happy to report that all of those issues have been resolved by Waverly. They thoroughly loamed and seeded the distressed areas and we already have grass growing in those places. I think the grounds are looking great and since the irrigation system is now functioning it should continue being something we can be proud of. Our duty also included checking for other winter damage. We noted and reported a number of homes that had some roof damage from the "wicked winter of 2011".

Quail Run survived and is now flourishing again.

Hugo Guidotti; Building and Grounds Committee

1/12



OWNER
RON CHIASSON
ELECTRICIAN

**COMMERCIAL
RESIDENTIAL
INDUSTRIAL**

Free Estimates
Call Today
978-562-5510

Fully Licensed and Insured
Lic. # E29975
Email: Ron_Chase@msn.com
Emergency Service 978-618-4648

“ART ANYONE?”

Lois Boemer has been taking art lessons for several years, and participating in the Art Alliance’s Exhibits.

Lois began painting when she went to Tuscany with her daughter three years ago. Her daughter planned to paint while Lois took photos. The first evening at a lovely Frattoria in San Donato, the artist turned to Lois and said: “Wouldn’t you like to paint? You’ll never have another chance like this!”

When you get to be a certain age, and have an offer like this, Lois figured you’d better take it

Most recently Lois has been working with Tracy Wesinger (who is well known to Quail Runners).



Lois & a recent painting



Queen Mothers Attend Pre-nuptial Party

All the ladies of 7 / 12 Strawberry enjoyed tea, goodies and champagne for toasting to celebrate the event. **Barbara Langley and Jeannine Bensette** hosted the affair.

The group was fortunate to have **two Queen Mothers (Ruth Fay & Barbara Clark)** join them.

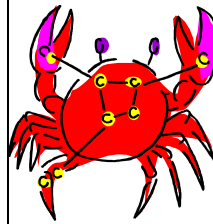
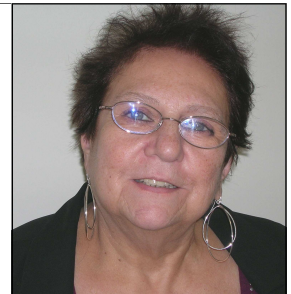
The group’s motto is “Anything for a Party”.

Astrology — What’s Up

By Beverly Beylouné

CANCER June 21 – July 22

Expect an invigorating new project or opportunity to change your fortunes for the better. Out-of-work Cancers will find their dream job, while those employed will enjoy greater job security.

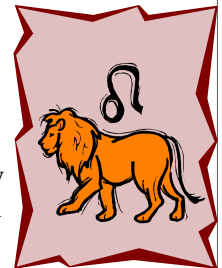


This year your budget gets a boost when you discover ways to lower your debt. You may have an exciting get-away opportunity that could even take you overseas! Your horizons also broaden on a spiritual level as you enjoy greater peace of mind.

Your social life gets hopping now; a new diet and exercise regimen will give you the energy you’ll need to keep up. This is a good time to go to the shelter and adopt a new pet.

LEO JULY 23 – AUGUST 22

Planets help you this year improve on family harmony ...you’ll be able to let go of bad feelings and start communicating more than ever before. You may also find yourself visiting relatives and traveling more, especially on the weekends.



Your financial forecast brightens this year and the stars give you the go-ahead to splurge a little on yourself. You can be generous to a fault when it comes to other people....being overly helpful can leave you burned out! So don’t forget to be generous to yourself.... otherwise, you won’t have the time or energy to help anyone at all.

Look for some bargain vacation alerts near the end of this year and enjoy a trip!!

Pre-nuptial Party for Kate & Will

HEALTHY LIVING

by Peggy Rittenhouse

GMO



Does it bother you to hear that fish genes have been put into tomatoes (supposedly to increase its frost tolerance)? My research shows that it has been tried but the results were not satisfactory so it is NOT being done. But what is this genetically-modified business all about anyway? The term “genetically modified organism” or GMO (also genetically engineered, GE) refers to a living a organism whose genes have been altered by inserting gene from an unrelated species. In crops, the technology has generally been used to incorporate genes that enhance resistance to insecticides, herbicides or pesticides, enhance drought tolerance, encourage higher yields or promote the ability to plant more in a smaller area.. The most popular herbicide-tolerant GMOs are Monsanto’s *Roundup Ready* crops, which are engineered to be resistant to the company’s own broad-spectrum herbicide *Roundup*. This enables growers to use large quantities of *Roundup* on their fields, and the herbicide will kill everything except the genetically modified crop. Today, over 80% of US corn, soybean and cotton crops are genetically modified. When I was growing up on a farm in Minnesota, we cultivated our corn and soybeans with a tractor and cultivator, but not anymore.

What is the result of GMO on human health? Many organizations have raised concerns about GM foods. Most concerns fall into three categories: environmental hazards, human health risks, and economic concerns. As far as human health is concerned, there is a possibility that introducing a gene into a plant may create a new allergen or cause an allergic reaction in susceptible individuals, but scientists believe that GM foods do not present a current risk to human health. Who knows what the future will tell. GM foods are much more regulated in Europe than the US.

If you are concerned about GMO, some ways you can avoid genetically modified foods are: 1) Know the most common applications of genetic modification—soybeans, corn, canola, sugar beets, cotton, farm-raised salmon, 2) buy food labeled 100% organic, 3) recognize fruit and vegetable label numbers: if it is a 4-digit number, the food is conventionally produced. A 5-digit number beginning with an 8, is GM (labeling is optional),

(continued on page 9)

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



3/12

Tradespeople Recommendations

Housekeeping Service: Daniela Mello 508-335-7913 Experienced & excellent; recommender **Napolitano**

Tracy Wesinger, Art Instructor (article page 7) 978-568-9159, jst@comcast.net, galleryinthepines.com recommender **Lois Boemer**

Mara’s Swim Lessons; learn to swim or improve your strokes. Students ranging from 4 – 83 years. Swimming is great exercise at any age. All lessons take place at Atkinson Pool, Sudbury. American Red Cross Certified; Mara Huston, 978-443-3278,

Mara@HustonFam.net recommender **Ebens**

Marcone Painting 508-366-0292 Excellent painting of my condo; recommender **Barbara Cerasuolo**

Italian Potluck



Ruth & Al Durand



Barbara Chisholm & Ken Ward

Below Paula & “Lee” Bradbard, Terri Kilshaw



Area Highlights

By Barbara Champine

WORCESTER HISTORICAL MUSEUM

The museum is devoted to local Worcester History. It includes a research library of over 7,000 titles, an archive that houses thousands of documents, and a collection of artifacts, all vital to the study of Worcester history. The museum has many items related to Worcester's industrial past including early woodenware and ceramics, weaponry from the colonial era through World War II, paintings and sculptures, and a significant costume and textile collection. There are both permanent installations and changing exhibitions.

Now through November 2011 the exhibit "To Arms!", commemorates the 150th Anniversary of the Civil War. Permanent exhibits celebrate early city accomplishments. Worcester lays claim to barbed wire, the monkey wrench, smiley faces, and the space suit. It is home to the early rocket scientist Robert H. Goddard.

The Smiley face that we all know so well was designed as a symbol for the Worcester Mutual Fire Insurance Company. It took Harvey Ball about 10 minutes to design. He was paid \$240 for the entire campaign. The Smiley face attained a life of its own well beyond the company's walls and by 1971 was the hottest selling image in the country.

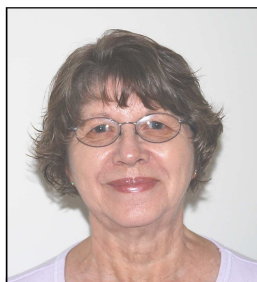
The museum publishes fine books detailing their research. We first made a visit to the museum so that I could obtain a copy of the book about Worcester's Swedish heritage for my genealogical research. The book was great. The museum studied the varied ethnic heritage of the city and published a book for each group. We not only obtained the book, but also spent considerable time viewing their very fine exhibits.

Hours: Tues-Sat 10am-4pm. Fourth Thurs 10am-8:30pm
Admission: Adults \$5, Seniors/Students \$4, Guided tours \$3, Self Guided tours \$1.50

Address: 30 Elm Street (508) 753-8287

Directions: I-290 West towards Worcester. Take exit 18.

Parking: 50 yards from the end of the block just past a church. Front entrance on Elm.



Social Committee Quail Run Picnic Saturday June 25 Afternoon

Save the date:

The first ever *Quail Run Picnic*.

Hope for good weather!!
Details to Follow



The Social Committee is currently working on the final events of the season. Some of the members will be staying on the committee but we are looking for new people to join the group.

The commitment is generally one meeting a month for planning purposes and working with the group to set up and attend the functions. We arrange the scheduling for those that are away during the winter so don't feel you can't join if you will be away.

The committee is always looking for new ideas and new ways of doing our events. Please consider joining us.

We have a good time planning our events and it's very rewarding to see our residents getting together and enjoying the activities. The committee is open to both men and women.



Feel free to contact any Social Committee member with questions or you can contact me directly. Our first and organizational meeting will be held at the clubhouse on **Wednesday, August 3 at 7:00**. Please let us know if you would like to join the group and I will send you a reminder prior to the meeting. Thank you.

Sally Mauro - Srednims@aol.com or 978-568-0821

Healthy Living (continued from page 8)

a 5-digit number beginning with a 9 is organic, 4) purchase beef that is 100% grass-fed, 5) Seek products that are specifically labeled as non-GM or GMO-free (but it is rare to find this), 6) Shop locally, as in farmers' markets, 7) Buy whole foods, rather than foods that are processed or prepared, 8) Grow your own food. This way you know exactly what was grown and what went into growing it.

Health Care Variations

We Senior Citizens have concerns over what will happen to our Medicare program on which we depend. There are many variations of health care in other countries. Bob Starratt is an old friend of the Ebens and he has been involved with health care as a former Director of Planning for a Massachusetts Health Planning Council and currently lives in Great Britain. The editor recently had a chance to ask him about the UK's plan. Here's his response.

The English (National) Health Service (NHS) is *not* a "single payer", as funding for health care in the UK comes not only directly from the Exchequer (Treasury) for UK-wide purposes, but also from money transferred to the governments of Scotland, Wales and Northern Ireland. They enjoy considerable autonomy in operating their respective parts of the NHS with the assistance of locally-elected health boards and local governments. There are also several private (non-profit and for-profit) companies that provide health care coverage and care (e.g. BUPA and Norwich Union) in return for a premium (a regular payment).

Although non-urgent care (e.g. some kinds of surgery and physiotherapy) sometimes has waiting lists longer than we like, those lists are shortening, and *all urgent care* is provided by the NHS promptly and at no out-of-pocket expense to recipients at the point of delivery. (They have already paid for it out of their taxes).

Two examples: 1. This past December my wife suffered a fractured hip after slipping and falling on an icy sidewalk. Within six hours she had been transferred by ambulance (at no out-of-pocket expense) and admitted to the Royal Infirmary of Edinburgh, one of Scotland's major emergency, teaching and research hospitals. She was placed in the care of one of several teams of orthopedic consultants (specialists), registrars and junior doctors, and with the aid of X-rays her condition was accurately diagnosed. She was then given appropriate medication (including pain-killers) and scheduled for surgery the following day. The next morning she received a full hip replacement. After five more days in hospital, she was home walking with two canes. Before discharge and after her arrival home, she received follow-up assistance from occupational and physical therapists, again at no out-of-pocket expense. Now, 5 months later, she has made a full recovery and expects to be enjoying the summer as usual. (Continued at right)



HUDSON, MA

- ▶ AUTO
- ▶ HOME
- ▶ BUSINESS

978-562-2332

9 Bonazzoli Ave., Unit 6, Hudson, MA

Website: www.countryglass.com

3/11

Health Care Variations, continued

2. During the past year, two friends have been successfully treated for serious eye problems and prostate cancer, respectively, without undue delays. Both have received excellent care and expect to be making a full recovery.

Although the NHS and other health care providers in the UK do not operate a perfect system, all patients in need of essential health services are able to receive the care they require either from the NHS at no expense other than what they pay in taxes, or privately by either paying in full or via private health insurance. Additionally, since April 1st, all prescription drugs in Scotland are paid for by the NHS.

I understand that there are still many places in the USA where persons in need of health services cannot access them if they are not covered by their employers' health insurance, are not destitute, or cannot afford to buy sufficient private health insurance.

Let us therefore hope that both of our countries will continue to improve so that all people in need of health services will be able to obtain quality health care in a timely fashion at a price they can afford.

Robert C. Starratt B.A., M.P.H., M.P.A., M.Sc.
Edinburgh Scotland



Why do banks charge a fee on "insufficient funds" when they already know there is not enough money?
Why do we press harder on a remote control when we know the batteries are almost dead?

Hudson Food Pantry

The Pantry began with Saint Michael’s Church as the collection point for all donations from the churches. Stephen Waugh was the first director. In 1994, the Food Pantry moved to a small garage on Sawyer Lane. After a fire in 2001 the Pantry Board purchased the present building on Houghton St. The Pantry’s goal is to help to people in a bad situation by providing food and other items to help them through. The allotment is one bag per person in family.

The Pantry is set up like a small grocery store. **Intel** and the former **Victory Grocery Market** donated shelving. There are 120--130 qualified clients who come twice a month for food and miscellaneous items. Each person picks out what they need by the size of their family. The pantry is open on Saturdays and Tuesdays, 9:00 -- 10:30 AM and the first Thursday of each month, 7:00-- 8:30 PM. They are not open on certain Holiday weekends.

There are 50--70 volunteers who participate at different times in assisting the clients and the managing of the pantry. Some of the volunteers have been helping for as many as 20 years. Most of the student volunteers are from Hudson High School. This is their community service project.

The pantry is largely stocked by donations of food and other necessary items by Hudson residents, occasionally by local businesses, donation by the schoolchildren and the churches are always taking up collections. **There are two big food drives each year; the Post Office in May and the Boy and Girl Scouts in November.** People are always coming by to drop off donations. Donations can be made in the name of others for some special occasions. Quail Run frequently requests Food Pantry items as part of attending functions. The Pantry purchases some of the food and other items as needed.

Nick said that while food is the priority; however, people really like it when they see the personal items, such as - shampoo, soap, deodorant, tooth-paste, toilet paper, hand towels, etc. The personal items are not something the pantry purchases.

They have never run out of food completely; however, the supply does get VERY low at times. When this happens the pantry does buy extra food from places like BJ’s. Then the amounts given out are decreased some.

JULIETS NEWS

All Quail Run women are invited to these lunches

Tuesday, June 21, 12:30 at Stephen Anthony Restaurant (on Rt 20 east) Separate checks and choice of menu.

Contact people are Marlynn Stott 978 567 5912 and Alice Gagne 508 653 0381

Tuesday, July 19, 12:30 at Horse Shoe Pub (on South Street, Hudson). Separate checks and choice of menu.

Contact people in July are Nancy Reid 978 562 6282 and Nancy O'Brien 978 562 7804

Sign up for either event at the Community Center.



Student Volunteers above; left Toby Allen and Nick, another volunteer, at the Food Pantry



Technology Corner

By George Champine

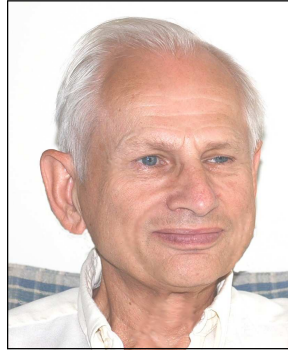
Most of us will migrate to Microsoft Windows 7 over time. We are devoting this column to some of the useful new features in Windows 7. Most of these work in Vista also.

Backup and Recovery

Windows 7 has improved backup capability and a new capability to create disk images.

Windows 7 backup has three major parts. The first component is **Backup**, designed to protect a system user's data such as Contacts, Desktop, Documents, Downloads, Favorites, Links, Music, Pictures, Saved Games, Searches, and Videos. You can back up to a DVD (4 gigabytes each), to a flash drive, available up to 16 gigabytes, or an external USB hard disk. To begin, click on the Start orb in the lower left corner and click on the Control Panel. In the Control Panel find System and Security in the upper left corner and under that click on Back Up Your Computer. The next screen gives you access to all three back up functions. The first time you want to do backup, you must set up the backup parameters.

The second tool — a system-imaging application — backs up everything. A *system image* is the gold standard of backups. It's an exact digital copy of the complete contents and logical structure of your hard drive. You can use a system image to restore a PC to full running order, with all your software set up and ready for immediate use. When you restore a system image, you put your PC back to exactly the way it was at the moment the system image was made using the same or a new disk. You need to make a new system image only when your system changes in some major way (a major new software update, a new large application, or whatever). It's a low-frequency task. When you run a Windows 7 backup for the first time, you'll automatically be prompted to make your first system image. It's part of the initial backup process, built-in, and very easy to do. The disk images are so large they need to be made to an external USB hard disk. Be aware that Microsoft uses the term "backup" in this function



when it should say system image.

The third and final component of the Win7 backup system is a bootable **System Recovery Disk**. With this you can restore your system to the initial factory configuration even if the system will not boot. This disk can be made on a single writeable CD or DVD.

Home Networking and Shared Files

Many families now have two or more computers, for example "his" and "hers". Windows 7 makes it easy to set up a home network to share files and printers. The network is called a Home Group. To create the Home Group, go to Control Panel>Network and Internet>Homegroup and Sharing. You can then choose what you want to share and view the password assigned by the system. You may want to change the password immediately, as the ones assigned by the system are not "user friendly". Do the same on other computers that you want to add to the Homegroup.

Defragment

With Windows 7, you don't need to run the defragment program. Windows runs one for you, by default, one day every week at 1:00 a.m. or the next time the computer is turned on. You can double-check to make sure that your machine is running defrags automatically: click Start>All Programs>Accessories>System Tool>Task Scheduler. On the left, navigate to Task Scheduler Library, Microsoft, Windows, Defrag, and look for the ScheduledDefrag activity. To see when your hard drives have been defragmented, choose Start>All Programs>Accessories>System Tool>Disk Defragmenter. The Disk Defragmenter dialog box tells you when your drives were defragmented and how badly they were fragmented at the last calculation point. From that dialog box, you can manually inspect your drives and run a defragment process if you feel so inclined.

Personalize

You can personalize your Windows 7 computer in many ways. Move the mouse pointer to any clear area on the desktop and click the right mouse button. The popup menu shows several ways to personalize. If you select Personalize you can select the windows background picture (from several themes), and screen saver picture. You can also select the sounds used by Windows functions. Likewise you can select the mouse pointer shape, your login account picture, and desktop icons. You can also personalize the taskbar and start menu. If you have trouble reading the small print on the screen, you can personalize the display and select larger print fonts.

