



The Quail Runner

For and By the Residents
Of Quail Run



September—October 2011

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

BOG News

Thanks to **Dianne Potter** for her years of service on our Board of Directors. We wish her well in her new home on Cape Cod.

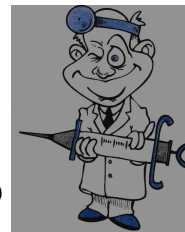
Welcome to **Allan Boemer** who agreed to return to the BOG to fill Dianne's vacancy.

We appreciate the many volunteer hours required to serve on the board.
(More BOG News on page 8)

Flu Clinics

Hudson will run multiple flu clinics this fall beginning in October. Seniors wishing to participate must have appropriate insurance documentation such a Medicare card in order to receive the inoculation at no cost.

The second clinic will be held on 10/15/2011 with pre-registration starting on October 3. (See page 5 for details)



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Coming Attractions At Our Community Center



October 15. Coffee Morning 9:30 – 11:00. \$1.00 charge. Come and enjoy coffee, breakfast pastries and conversation with your QR neighbors. Maybe meet new people, or connect with old friends. A donation to the food pantry will be gratefully accepted.

October Fest On Saturday, October 29 at the Community Center at 7:00 PM. The evening will include appetizers, desserts, cider, coffee, tea, or bring your own beverage. Costumes are optional, but there will be a prize for the best one! A door prize will also be awarded.

A sign up sheet will be posted at the Community Center, or call Sally Mauro @ 978-568-0821. Sign up deadline October 24. More details coming.



November 19, Pot Luck Supper @ 6:00. \$1.00 charge. Please bring a salad, main dish or dessert to feed eight, and sign up at the Center listing your choice. Reservation cut-off date is Wednesday Nov 16. A donation to the Food Pantry will be gratefully accepted.



December 3. Coffee Morning. 9:30 – 11:00. \$1.00 charge. Coffee, breakfast pastries, and conversation with your neighbors. This may be one of your last opportunities to chat with the Snow Birds who will soon be heading off to Florida! A donation to the Food Pantry will be gratefully accepted.



The Quail Runner Staff

Editor: MJ (Mary Jean) Ebens
Assistant Editor: Terri Kilshaw
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Proof Reader: Bob Freedman

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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**

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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

Communications: Phone, email address list:
 Barbara Picarello.

Website: QuailRunHudson.com

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



Deadline on the 23rd of 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.

Editor's Desk

MJ Ebens, editor



One of the best things about Quail Run is that we are a *Community of Volunteers*. Most of us *Seniors* learned long ago that getting involved in any organization is personally very satisfying as well as fun. All our volunteers from the **Board of Governors** down to those who water the various entrance plantings take hours of their own time to keep life here at Quail Run functioning and interesting.

Dianne Potter who moved to the Cape is a great example. She served on one of the first Boards and then ran for another term later on. **Allen Boemer**, her replacement, also served on the Board before. They both knew how many hours were required, but signed on anyway.

The **Social Committee** has and has had many volunteers who work hard to bring a variety of fun events to us. The **Building and Grounds Committee** assists the BOG in the background by helping track various issues. The **Communications Committee** is that mysterious collection of volunteers who are seldom seen, but keep all of us up-to-date with what's happening. This includes our Phone and Address Directory, email contacts, and our web-site. **Bruce Eckman** is developing an Emergency Contact List — and looking for volunteers. The *Quail Runner* is also a sub-committee under Communications. As volunteer editor I couldn't begin to do the job without the help of the many volunteer reporters, columnists, assistant editor, advertising manager, and proof readers.

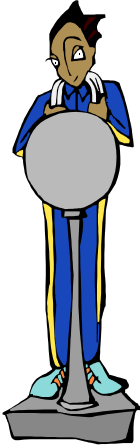
If you're not volunteering on something here, then you are missing out on a lot of the good life at QR. Getting involved is an excellent, positive, and rewarding way to bring new sparkle to your life and a way to meet your neighbors.



New Directory Coming — Update your listing on the Draft Copy at the Community Center

Phone and Email Updates

Alice Durben jaaldurb25@verizon.net .



Weight Loss Support Group

Meets every Wednesday from 9:30 am to 10:30 am in the Community Center. There are no dues or fees involved. The group is there to support and help one another by exchanging ideas, recipes, and strategies.

Open to all ladies here at Quail Run. Contact **Marlynn Stott** – 978-567-5912 mjandpkstott@yahoo.com or **Marcella Monte** – 978-562-0823 marcella-monte@comcast.net

Household Hazardous Waste Day

October 23; Rain or Shine; 8:00 AM to 12:00 PM
Transfer Station Cox Street

Hudson Residents ONLY Proof of residency required
Free Drop-Off Service. You Never Leave Your Car!

WHAT TO BRING

Unneeded household hazardous waste in sealed containers (use original containers when possible), 5-gallon maximum.

- Stains, Thinners & Strippers
- Solvents & Varnishes
- Adhesives, Glues
- Waste Fuels (Kerosene, Gasoline, Oil)
- Engine Degreaser, Brake Fluid
- Transmission Fluid
- Poisons, Insecticides, Weed Killers
- Wood Preservation
- Hobby & Artists Supplies
- Fiberglass Resins
- Photo Chemicals, Chemistry Sets
- Cleaners, Spot Removers
- Swimming Pool Chemicals
- Aerosol Cans
- Pesticides
- Antifreeze
- Motor Oil
- Batteries
- Sharps (Needles & Syringes)
- Intact Spent Florescent Lamps



ROMEO's

The group will meet for lunch on **Tuesday, October 25** at the Marlboro Super Chinese Buffet (Route #20)

Wednesday, November 16 – Piccadilly Pub – Route #85

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

Claire & Owen Kilcommins, 5E Autumn. 978-562-3336. okck@verizon.net.

Be sure to let Barbara Morgan, 978-568-1929, h.morgan@comcast.net, know if you have new neighbors. She's our "Welcome to the Neighborhood" representative.



Transitions

Farewell Dianne Potter is relocating to Cape Cod. She was one of the original members of the Board when Quail Run was turned over to the Association by the developer, and was elected for a subsequent term. We wish her well and will miss her advice and experience.

A-A-R-P! I wanna join the A-A-R-P!



The Retirement Village People

Quail Run Real Estate News

by Hugo Guidotti

Sales at Quail Run that recently closed include:

Unit #	List price	Days on market	Sold price
5E Autumn	\$297,900	70	\$295,000
6F Strawberry	\$309,900	64	\$305,000
5A Strawberry	\$314,900	62 (2 car, B)	\$312,900

Presently on the market:

3B Strawberry	\$299,900	56
9C Autumn	\$299,900	11
8 B Strawberry	\$309,900	12
12D Strawberry	\$319,900	285

Notice all of the above units on the market are "A" units. I have at least 2 families that want to buy at QR but only a B or C unit for the 2 bedrooms on the first floor.

The banks are difficult to deal with nowadays and want near perfect credit ratings but interest rates are at all time lows in the low 4% range for a 30 year fixed mortgage.

The number of real estate transactions nation wide fell again for the month of September but remember all real estate is local so national averages really don't mean a whole lot to us living in Massachusetts. Going one step farther, real estate activity in Massachusetts does not necessarily translate to Hudson, MA.

I think that activity will not increase greatly for us until Congress can get its act together and resolve the job situation and who knows when that will be. So for us at QR it appears prices and sales will hold pretty much where the above listings put us and I don't expect any upward movement until 2012.



Those of you who need a statement regarding your home's equity in order to take a loan to pay for the roof costs please call me if a simple Broker's Opinion to

Value will help you get the financing you need. Easy to do and no charge to QR folks. Check with your lender.



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E-mail: hugoshomes@aol.com

04/12



Curtain Call

Toby Allen

For the first play of our 5th year year, we picked *The Drowsy Chaperone* put on by the Concord Players.

This "clever, gleeful and intelligent" (*The New Yorker*) musical - within-a-comedy, winner of 5 2006 Tony Awards, including Best Book and Best Original Score, spoofs the musicals of the 1920's.

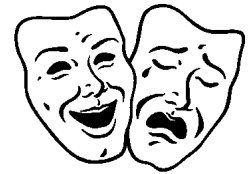
Date & Time **Sunday, November 13th at 2:00 PM.**

(We generally stick to matinees.) All are welcome to join us. Price is \$25.00.

Curtain Call Productions

We had hoped to put on a play in conjunction with October Fest, however this "community of Active Adults" is **too active** and we couldn't agree on a time to hold rehearsals.

We'll try again after the first of the year.



BOG Open Meeting Thursday, October 20

Senior Money Sense

by Howie Pearlman

Your retirement portfolio checkup, part 2

In the first part of this article, we looked at the allocation of your portfolio, reviewed when to rebalance, and made sure that you weren't sending the tax man any more money than necessary. Now we'll move on to Steps 2 looking at your holdings and reviewing them in the context of your overall retirement investment goals.

Step 2: Review your funds

If your holdings are limited to index funds, there's probably not much you need to do beyond rebalancing. But if you hold actively managed funds, take a few minutes to run down this checklist for each fund: Has the portfolio manager changed recently? Different managers have different styles, and a fund's volatility and performance may be very different under new leadership even if its investment objective hasn't changed. A manager change isn't necessarily a red flag, but think of it as a yellow one: something to keep an eye on.

Check for *style drift*. Go to the fund company's website and call up its page on the fund, or head over to Morningstar's website. Look for the *style box*, which looks like a little Rubik's Cube. That will tell you where the fund currently falls on the growth vs. value and small-cap vs. large-cap spectrums. Make sure it's where you think it ought to be -- if you bought a fund thinking it would fill the large-cap value niche in your portfolio, but it's more of a mid-cap growth fund these days (this sort of drift is more common than you'd think), consider finding another fund.

Review the fund's performance. Don't just look at the fund's total returns -- although that's definitely the place to start. Download the fund's most recent annual report. Inside will be a short interview with the fund's manager, called something like "Management Discussion & Analysis" (it's legally required). If recent performance has been stinky -- or unusually good -- it's worth finding out why. That interview should help you find the answer. It probably goes without saying, but a fund with an extended record of stinky performance should be sold. (This isn't like stock investing, where you buy on the dips.)

Next time we'll take stock of your stocks.

The Motley Fool.com by John Rosevear, August 1, 2007



07/12

Hudson Senior Center

The Center is starting a **Friendly Visitor Program** that provides social visits by trained volunteers to non-driving seniors in our community who would enjoy the company of a smiling face. This can be a rewarding experience for both the senior and the volunteer and in many cases lasting friendships are formed.



Volunteer and senior matches are based on shared interests, geography, volunteer availability and personality.

For more information on our Friendly Visitor Program please contact Annie, the Center's volunteer coordinator at: 978-875-1925

Flu Clinics

Hudson will run multiple flu clinics this fall beginning.

Seniors wishing to participate must have appropriate insurance documentation such a Medicare card in order to receive the inoculation at no cost.

The next clinic will be held on:

October 15

Time: 3:30 pm – 6:00 pm

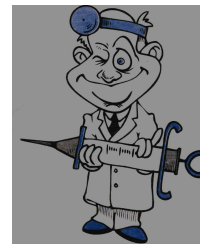
Location: Pumpkin Fest, Hudson High School Athletic Field

Eligibility: All Hudson residents 6 months or age and above

Free with insurance or Medicare information provided (please contact us directly if you are uninsured)

Pre-registration will start on 10/03/2011 is required.

Pre-register at: www.mylocalclinic.com or call the Board of Health at **978-562-2020**



Condo Care

For all the proud **new skylight** owners: Lamson Hardware here in Hudson carries Velux windows and can obtain an "extension crank" for the new windows. The cost is \$ 38. There also are two types of shades made for this window and they cost nearly \$400.00.

Thanks to Leland Bradbard for this info.

Condo Calendar

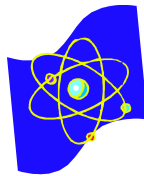
- Switch overhead fans to the winter setting with the button up.
- Replace the two AA batteries that run the LuxPro PSP511 thermostat. If the batteries die, according to the LuxPro tech, the thermostat defaults to about 40° and will continue to turn the furnace off and on. You have 30 seconds to swap the batteries before your program is lost.
- Replace the 9V batteries in the smoke detectors once a year. They are at the 2 bedrooms, dining/living area, loft, and the often forgotten basement.
- Replace carbon monoxide detectors 9V batteries.
- Replace the battery in the outdoor garage door opener key pad.
- Check your smoke detector-- push the button, perhaps with a broom handle, and make sure they are still functioning.
- Turn-off outside water faucets

Don't wrap or cover your air conditioner over the winter – that could cause serious condensation problems.

Energy Audit

If you signed up for this check on the energy efficiency of your home and haven't heard back from the **Conservation Services Group**, call them at 508-836-9500. The response there has been varied, so make sure you talk to someone who understands that you're from Quail Run and would like to know when they will visit your place. The big thing the audit will cover is sealing (**for free**) any areas where outside air is leaking in and/or inside air going out.

The Ebens called and left voice mail; a call back was received several days later and we had our audit.



Great Lengths Hair & Nail Salon



Appointment _____

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

9/11

Sale / Free / Wanted

Cat Care — Are you going away? Your cat will be happier in his own home! I will care for your kitty!! Daily visits for food, water, litter, mail, plants etc.



Reasonable fees. References. Short term dog care also available. Call **Terri** 978 562 0578 (Quail Run's resident cat-lover)

For sale and for free:

- 1) three piece patio Bistro set with umbrella \$50
- 2) two event Schwinn stationary bikes \$100
- 3) Hawaiian bamboo serpentine wide arm chair and cushions- \$250
- 4) Queen mattress and box springs, excellent condition- free
- 5) paper shredder-free

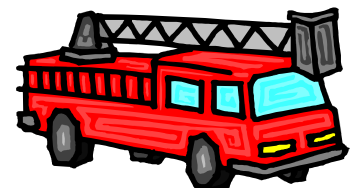
Linda and Tony Palmer, 978-568-9141

Hudson News

Selectmen Back Mutual Aid — In a unanimous decision, the Board of Selectmen recently approved having the town adopt the **Statewide Public Works Mutual Aid Law**. The law allows for the sharing of services, facilities, equipment, and other materials among participating communities in the event of an emergency.

According to the law, a statewide advisory committee will develop procedures, protocols, and programs for the efficient transfer of resources. Other nearby opt-in towns include Marlborough, Stow, Ashland, and West Boylston.

Boston Globe, 9-25-11



1/12



OWNER
RON CHIASSON
ELECTRICIAN

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INDUSTRIAL

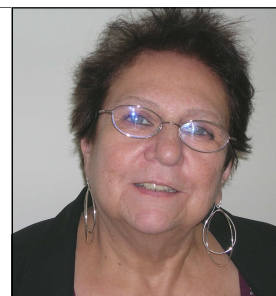
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Astrology — What's Up

By Beverly Beylouné

SCORPIO October 23 -
November 22



This year was a year when you had a lot more energy to do the things you wanted to do. That boost of energy will continue into 2012. Basically this has been a year with a focus on your personal life and socializing as well as a focus on your finances. The stars see you enjoying the company of friends and neighbors and this also continues into 2012. For those who are working, the focus at the end of 2011 will be on career and opportunities to advance so you can fill your piggy bank with some extra cash. This holiday season will be the happiest you've had in recent memory.



SAGITTARIUS November 23 – December 21

This has been a 'lucky' year when you seem to be able to hit the jackpot from investments to contests. It looks like that will continue into 2012 as your finances continue to improve. This means greater prosperity for you and your family in 2012. Consider all your options before making a career change (for those who are working). Planets may bring some 'old' pals back into your life...friends you haven't seen for a very long time. You will make deeper connections with loved ones 2011–2012 and at the same time sever ties. By the end of 2011 you may enjoy some exciting travel opportunities with friends.



(Happy Birthday Beverly!)

Quail Run Birthdays

October

- Al Durand, 1
- Claire Kilcommins, 4
- Barbara Picarello, 5
- Vinnie O'Brien, 6
- Ginger Pearlman, 6
- Ralph Trask, 7
- Jeannine Bensette, 9
- Ken Hart, 12
- Helen Montgomery, 17
- Ruth Fay, 22
- Nancy O'Brien, 22
- Harold Edelstein, 26
- Allen Boemer, 28
- Harry Morgan, 30



November

- Shirley Howard, 3
- Rosemary Fitzgerald, 4
- Regina Darcy, 9
- Bob Rittenhouse, 11
- Vincent Picarello, 16
- Tamara Boriakoff, 18
- Aida Fallon, 20
- Beverly Beylouné, 23
- Donna Milot, 25

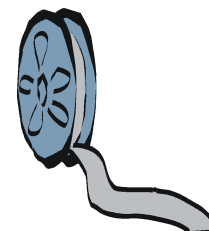
To include a birthday, contact your reporter or the editor

NetFlix Alternative

With the increase in NetFlix prices, you might want to check out the Turner Classic Movie channel or TCM (channel 230 on FIOS). This comes with the very basic service, so you should be able to receive it.

Not only are these great classic movies but there are **NO Commercials!** Some October examples:

- 10/5 4:30 pm *Young Man with a Horn* starring Kirk Douglas, Doris Day, Lauren Bacall
- 10/6 9:00 am *In Name Only* starring Gary Grant, Carole Lombard
- 10/8 2:15 am *Little Caesar* Edward G. Robinson, Douglas Fairbanks, Jr.
- 10/10 8:45 am *Seven Brides for Seven Brothers* with Howard Keel



Bog News

Questions have been raised regarding Alpine’s fees. All management companies base their basic contract price on a standard set of conditions. They know what is needed to handle each owner's account. They usually also take care of contracts for lawns, trash, snow removal, property maintenance, and deal with routine calls from owners and their problems. Any significant deviation from this has to be compensated in some fashion.

When Alpine was originally hired as our management company, no one anticipated the very costly project we would face now. The extra fee that Alpine charges for special major projects is a standard clause, similar to almost all local companies, and that contract has been renewed annually. We hope that there will not be any major expenses in the future. Per our contract, we are not charged a project management fee unless the project is over \$10,000, and there have been numerous projects that fit under that. For example, there was the need to upgrade a hot water tank in the clubhouse which didn’t trigger an extra cost. With the next renewal, the Board will seek a different arrangement, not necessarily a cap. No company can survive performing unlimited extra work for a fixed amount of money.

For our additional cost, Quail Run has had the equal of an additional business manager. Alpine (especially Cathy Birnbrich) started working with engineers on the roof problem as soon as damages were noted and coordinated the initial problems into a coherent solution. She ironed out inconsistencies between the insurance proceeds, repairs, the specs, and the contractor. Many owners have contacted her with concerns and questions of a "How will this affect me?" nature, and she has been the "go to" person for almost every interaction between contractors, supervisors, and owners. She has set up meetings with various people, the Board, engineers and bidders, referred the correct papers to our attorneys for their review, made sure that everything dovetails, and is here multiple times per week while the work is ongoing. Coordination is done, such as that the lawn irrigation is turned off selectively in some areas while the roofers are there and shingles and other materials are on site, for example.

Alpine keeps in touch with the bank that we have our line of credit with, and checks to be sure that we have adequate funds transferred to our account as needed.

(Continued right)

Are you Avid?

A special package of bank services and travel opportunities designed to give you more financial freedom and value than ever before.



5/12

BOG News (Continued from left)

They verify that invoices are correct, check with the engineer that it was correctly done, and then pay it. Alpine has to coordinate the final balance, allocate the correct charge to each owner, collect our payments either as a lump sum or calculate how much each owner is expected to pay monthly for the balance of the loan period and put the correct entry on each owner's account for that time period and see that it is collected and remitted to the bank timely (estimated at 10 more years).

Change in Board Members

With the resignation of **Dianne Potter**, the Board met under the authority of Article IV, Section 7 of the By Laws of Quail Run, and has elected **Allen Boemer** to serve as the fifth member of the Board.

Several owners were considered for the position. **Allen** was selected at this time because of the ongoing roof replacement project and his background as a licensed, practicing architect. It was felt that his input at this time going forward would be most helpful. He has been a member of the Board in the past.

With this appointment, the positions have been slightly changed. **Pat Ritter Waltrup** will assume the position of Clerk, **Allen Boemer** is the new Member at Large. The other positions are unchanged.

Tradespeople Recommendations

Hudson Shoe Repair—168 Main St., a charming Ukrainian gentleman will mend your shoes and other leather products. His shop is across the street from Hudson Appliance, in the rear of the building. He’s open most mornings.

Recommended by Ebens



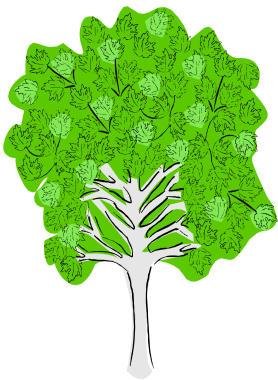
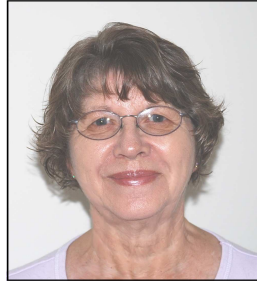
Area Highlights

By Barbara Champine

WACHUSETT MOUNTAIN STATE RESERVATION

Rising above the surrounding forest to a height of 2600 feet, Mount Wachusett stands as a unique landmark within the central New England landscape. It is the location of the largest known area of Old Growth Forest east of the Connecticut River in Massachusetts with trees dating over 350 years.

This is a good place to enjoy the fall foliage. Whether you have never been there or are familiar with the area, it is a must see. The state has just spent more than \$7.5 million for the restoration and reconstruction of the reservation. \$2.5 million was used to revitalize the summit area. The parking area at the summit has been eliminated and a new one has been constructed just below the summit before the pond. The summit is now pedestrian friendly. One addition is a tower with a ramp that rises 10 feet. This will give an even better view (on a clear day) of Mt. Monadnock, the Berkshires and the Boston skyline. The road to the top has been fixed and the Bicentennial Trail has been restored. There are 17 miles of hiking and walking trails within the park.



Begin your visit with a stop at the visitor center to get trail and area maps and other information. There are view points on the road to the top and also picnic tables. Wachusett Mountain has been called the jewel of the state park system.

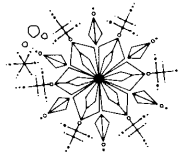
The ranger on duty told me that they hope to have the restoration completed and the road open by Columbus Day. If they don't have the project finished by then you can still get to the summit by hiking or, much more fun, taking the ski lift from the lodge in the ski area. This provides a spectacular view of fall foliage and it is only a short walk from the top of the lift to the summit.

(Continued at right)

Social Committee News

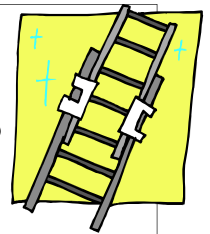
Here is the latest configuration of the committee: Chairperson: **Barbara Baker**; Secretary: **Paula Bradbard**; Treasurer: **Barbara Paradiso**; Private Rentals: **Sherry Lupien**; Juliets: **Barbara Langley**; Welcome New Residents: **Barbara Morgan**.

The rest of the Committee is: **Mary Lewis, Audrey Eckman, Marlynn Stott, Theresa Bosio, Rich Ebens, Lee Bradbard, Jeannine Bensette, Peggy Sullivan, Sally Mauro, Lynn Fishman, Jan Mudgett.**



December 10th. Holiday Party. Details will be forthcoming.

Building & Grounds Committee



The new committee is composed of: **Hugo Guidotti**, Chairman, **Harry Morgan, Kevin Fitzgerald, Roger Gagne, Allen Boemer, Frank Monte, Ken Hart, Bill McEvoy, Harold Edelstein, Ken Spears, Ron Chiasson, Peter Stott, Bruce Eckman, Les Malecki, and Carole Perla**

Area Highlights (continued from left)

Directions: Take Rt. 2 west to exit 25. At the top of the exit ramp take a right onto 140. Drive 2.1 miles and take a right onto Mile Hill Rd. Drive 0.5 miles to a split and take the left fork onto Mountain Rd. Drive 1.25 miles to the entrance on the right. (Do not go into the ski area unless you want to ride the lift.)

As an added bonus to this trip you may want to visit the Old Mill on rt.2A in Westminster. Take a left when you leave Mt. Wachusett and retrace the way you came in but cross over Rt. 2 and in a mile or so you will see the mill on the right. We like to stop here just to watch the falls and the ducks and geese on the pond, hike behind the pond, and take a few pictures. There is an excellent restaurant here and a country store gift shop.



Communications Committee

The current committee is continuing on for the next year with one new addition. **Bruce Eckman** has joined us to develop an Emergency Contact System. The rest of the group is: **MJ Ebens**, chair, editor *Quail Runner*; **George Champlain**, website; **Pete Recklett**, directory database, and **Barbara Picarello**, email.

Quail Run Address and Phone Directory



The next **Directory** will be available around the first of November. A draft version is posted in the Community Center. Check it over to be sure your listing is correct. Did you notify George Champine or are you missing QR email announcements? If you notice any other corrections or changes that should be made, please add them too.

There is no charge for the Directory; however, if you would like additional copies they are \$1.00 each. Let Barbara Picarello know.

Emergency Contact List

Bruce Eckman suggested establishing an **Emergency Contact List** to provide a resource in those instances where immediate notification of all residents at Quail Run is assured. Essentially e-mail, direct phone contact or hand delivered announcements outlining the emergency will be utilized. There will be a team of resident volunteers that will participate in the process when the situation demands that the Emergency Contact Protocol needs to be activated. **Those interested in volunteering can contact Bruce at 978-212-5628 or e-mail him at: baeckman@verizon.net.**



Further review and analysis of the recommendation to institute the new system is in progress and the final draft will be presented to the Board very shortly.

Driveway Nails

Mary Millett, 7D Autumn Dr. reminds us to check our driveways with all the roof construction. "I have picked up four nails in my driveway (and hopefully, not in my tires)." Our contractors do clean-up, but we still need to be vigilant.



HUDSON, MA

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3/11

Heritage Chorale 2011 – 2012 Season Celebrating our 75th Season

2011 Fall Concert

Sunday, November 13, 2:30 p.m. Trinity Chapel, Boston College: Mendelssohn: *Hymn of Praise (Symphony No. 2 in B-flat, Opus 52)*

Ticket prices: \$20.00 - General Admission, \$15.00 - Seniors and Students, Children 6 to 12 FREE

2012 POPS Diamond Jubilee

Sunday, February 12, 4:00 p.m. Nevins Hall, Memorial Building, Framingham, MA

Featuring songs popular in Heritage Chorale's founding year (1937) and other anniversary years

2012 Spring Concert

Saturday, May 5, 7:30 p.m. St. Mark's School, Southborough, MA

Carl Orff's *Carmina Burana*

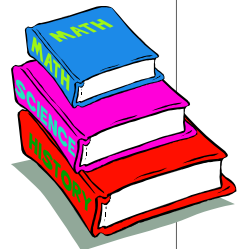
For more information and/or tickets please contact: **Elaine Recklet**, 4F Rotherham Way, 978-562-2721 erecklet@comcast.net



Hudson Public Library

Book Sale Oct 15- 9am – 8pm; Oct 16 – noon – 3pm; VFW, Palmiere Drive, Hudson Bargain Prices for all kinds of books.

Drop off your donations anytime at the Library



HEALTHY LIVING

by Peggy Rittenhouse

Exercise and Arthritis

You may think that exercise and arthritis don't go hand in hand. But that's certainly not the case.

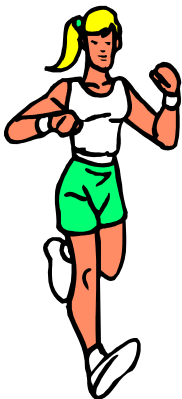
It was thought for many years that if you had arthritis you should not exercise because it would damage your joints. Now, however, research has shown that exercise is an essential tool in managing your arthritis.

Regular, moderate exercise offers a whole host of benefits to people with arthritis. Mainly, exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance. It reduces inflammation from arthritis and related conditions and reduces the risk of other chronic conditions. It also helps promote overall health and fitness by giving you more energy, helping you sleep better, controlling your weight, decreasing depression, and giving you more self-esteem. Also, exercise can help ward off other health problems such as osteoporosis and heart disease.

When starting an exercise program it is important to start slowly and it helps to make it fun. It is always good to start with flexibility exercises then move on to weight training and endurance exercises such as bicycling and walking. If you are in pain it would be well to start with a water exercise program because in the water your bodies buoyancy reduces stress on your hips, knees, and spine while building strength and increasing range of motion. One of the best exercises is walking—it's free, most anyone can do it and it is one of the most important things you can do if you have arthritis. If you choose walking it helps to think about **FITS**—Frequency, Intensity, Time and Steps. Frequency: go for a walk every day, if you can, but if not, walk at least 3-5 times per week. Intensity: aim for a moderate distance. Time: a good goal would be a walk for 30 minutes a day and build up to an hour, if possible. Steps:

counting steps can be a good way to make walking part of your everyday routine. Aim for 10,000 steps per day. A step counter on your belt is a good way to motivate yourself. Of course, you need to check with your doctor before beginning an exercise program.

My favorite place to walk is our local Assabet River Railtrail. See you on the trail!



JULIETS NEWS

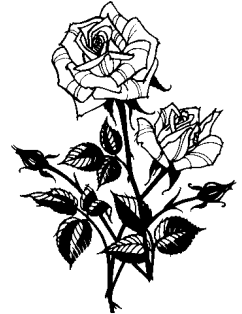
All Quail Run women are invited to Lunch

October 18 12:30 at Carbone's Restaurant on Rte 85, Hopkinton. For reservations, see the sign up sheet at the Center, or call Joanne Doherty, 978-562-3164, or Sherry Lupien, 978-562-5825. Cut off date for reservations is Saturday October 15.

November 9, Wednesday 12:30 at Welly's, 153 Main St., Marlborough. Separate room; Order off menu that's posted at the Community Center.

Parking across the street off of Florance st. Cut off date for reservations, Friday, 4 November

Sign up for either event at the Community Center.



Country Glass

Screen Discount

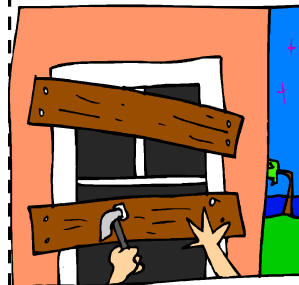
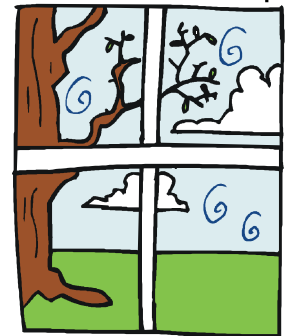
Robin Caty of Country Glass is offering a special discount to Quail Run residents for screen repair.

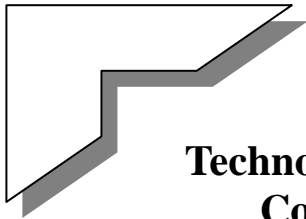
She offered a **20% discount for screen** repair. An example, large window screens are normally \$25.00, for us it would be \$20.00. The smaller windows such as the dormers would be less.

The residents must say they are from Quail Run to get the discount.

George Shaw who spoke to Robin about this advises us to have the screens repaired **AFTER** the construction is complete and the gutters are up.

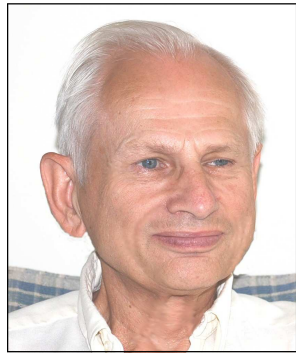
Country Glass, one of our advertisers (see page 10) is located at: 9 Bonazzoli Ave #6; Hudson; Phone:978-562-2332





Technology Corner

By George Champagne



Love the Nook We recently decided to get an e-book reader. Books as we know them are going to disappear, as evidenced by the closing of Borders bookstores. Judging by the miniscule size of the Boston Globe, newspapers are not far behind. The two leading e-book readers are the Amazon Kindle and the Barnes and Noble Nook. Each has advantages. The Kindle is lower cost at \$114, has a battery life of two months, and can hold 3500 books. However, the display is monochrome only and is hard to read in low light levels. Amazon now sells more e-books than paper books and has about one million titles available. The Nook costs about \$250, has color and can be read in low light or dark. You can also read email and surf the web on the Nook. Battery life is about one month and there are two million titles available for purchase. In both cases it takes about one minute to download a book. We decided on the Nook because of the low light capability and the color capability. Soon newspapers and magazines will be popular on e-readers.

There are large numbers of free books available on the internet, at <http://books.google.com/>, librivox.org, www.literalsystems.org, www.audiobooksforfree.com, and elsewhere. Amazon and Barnes and Noble also have free offerings. Hundreds of free MP3 music numbers are available on Amazon. Go to Amazon at: www.amazon.com and type "free mp3 downloads" in the search field at the top.

All plastic is not the same American credit cards are highly standardized and worked everywhere in the world. However they may not work everywhere any longer. Newly issued credit cards in Europe and elsewhere now include an embedded microprocessor. American credit cards will not work in the new readers that require the embedded microprocessor. If the merchant can enter the card number manually the old style cards will still work. Fortunately most ATMs world-wide

still accept credit cards without the embedded microprocessor, although this will change. Bottom line: Check first with your card company and/or take plenty of cash next time you travel off-shore.

Phaseout of Incandescent Light Bulbs In 2007 the federal government passed legislation to phase out incandescent bulbs by 2012 to 2014. The efficiency standards will start with a ban on 100-watt bulbs in January 2012 and end with a ban on 40-watt bulbs in January 2014. Halogen, light-emitting diode (LED), and compact fluorescent lights (CFL) will be legal. CFLs are probably the best compromise between cost and efficiency, as the others are relatively expensive.

Smart Phone Hacking

As smart phones become more popular, they inevitably become the targets of hacking. One hacking approach is to offer apps that contain a hacking virus. This is not a problem on the Apple iPhone because it is a closed system. Apple tests and qualifies all apps on the iPhone. It is much more of a problem on other smart phones which have an open architecture, and indeed a number of hacking apps have been found and removed. Another hacking approach is to eavesdrop on the data being sent and received at your smartphone. Because of this, you should not assume that web access from your smartphone is secure.

Identity Theft: One Stop Shopping A new web site has been established to provide one-stop shopping for everything about identity theft. It is at: www.idtheftinfo.org; established by the Consumer Federation of America, a advocacy organization of 300 consumer advocacy groups. It contains extensive information about how to avoid identity theft, and how to clean up the mess if your identity is stolen for both individuals and businesses. There are phone numbers for consumer hot lines, counseling, advice, and victim help.

Another way to recover a file A file deleted by mistake, can be recovered from the Recycle Bin, select it, then restore. For Vista or Windows 7, another way to recover a deleted file is to recover a previous version. Right click on the file name and select Recover Previous Version. Several alternatives are available for recovery. The previous version recovery is only available if the file has been changed since the last Restore Point was created.

